

Daily Nutrition Log

Name:

Grade:

Class:

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
Milk Products 3 - 4							
Grain Products 5 - 12							
Meat and Alternatives 2 - 3							
Vegetables and Fruits 5 - 10							