

Day	1	2	3	4	5	6	7
Breakfast	Cheerios, 2 oz. Milk, 1%, 8 fl oz. Walnuts, 3 Tbs. Raisins, 2 Tbs.	Oatmeal, 1 oz. made with 1 Tbs brown sugar. Raisins, 2 Tbs. Almonds, 2 Tbs. Milk, 1%, 4 floz.	Recipe: Peanut butter oatmeal bar Banana, 1 small Milk, 1%, 8 floz.	Egg on toast with spinach (1/3 c) and 1 slice of Am. Cheese; made with 1Tbs. olive oil Whole wheat bread, 2 sl. Fruit cocktail, ½ cup	Cheerios, 2 oz. Milk, 1%, 1 cup Banana, 1 small Walnuts, 2 Tbs.	Recipe: Peanut butter oatmeal bar Milk, 1%, 8 floz. Applesauce, ½ cup	Recipe: Breakfast burrito (bl. Beans, salsa, cheddar cheese, ww tortilla) Peaches, canned, 1 cup
Lunch	Recipe: Frittata with mushrooms, peppers, broccoli, potato Fruit cocktail, 1 cup	Recipe: Pasta salad with cheese Red onion, carrots Peaches, canned, 1 cup	Recipe: Broccoli wrap with cheese Pears, canned, 1 cup	Peanut butter (2 Tbs) sandwich with banana slices Whole wheat bread, 2 sl. Apple, 1 med. Milk, 1%, 8 floz.	Recipe: Grilled cheese with spinach Pineapple, canned, 1 cup	Recipe: Vegetable soup (carrots, spinach, broccoli, tomato) Brown rice, 2/3 cup Cheddar cheese, 1 oz. Fruit cocktail, 1 cup	Recipe: Baked stuffed potato (red onion, peppers, mushrooms) Pears, canned, 1 cup
Snack	Apple, 1 medium Peanut butter, 2 Tbs.	Walnuts, 2 Tbs. Pear, canned. 1 cup	tossed cheese: Whole wheat bread, 1 slice American cheese, 1 sl. Pineapple, canned, 1 cup	Peaches, 1 cup Almonds, 2 Tbs	Almonds, 2 Tbs. Raisins, 2 Tbs.	Peanut butter, 2 Tbs. Carrot sticks, 1 cup sticks	Raisins, 2 Tbs. Walnuts, 1 Tbs.
Dinner	Recipe: Spinach, tomatoes, cannellini beans Whole wheat pasta	Recipe: Mashed potato dinner (peas and carrots, red beans)	Recipe: Fried brown rice (red onion, peppers with egg)	Recipe: Lo Mein (corn, carrots, peas) Whole wheat spaghetti	Recipe: RTB fried brown rice (corn, tomato, black beans)	Recipe: Southwest lasagna	Recipe: Mac and cheese (red onion, broccoli)
Calories	1975	1998	1985	1975	1950	1965	2005
Grams of fiber	41	46	29	34	33	31	42
Servings of:							
Fruit	5	5	5	6	4	3	5
Vegetables	8	5	5	5	4	8	6.5
Whole grain	5	4	7	7	7	4	5
Dairy	1	2.75	2	2	3	3	1.5