Market to Meals
Healthy Eating Active Living Campaign

Sample Meal Plan

	Breakfast	Lunch	Dinner	Snacks (for the day)
Monday	cereal milk fruit or juice	peanut butter and jelly sandwich yogurt, celery sticks	baked chicken mashed potatoes broccoli milk	fruit granola bar
Tuesday	bagel yogurt fruit or juice	chicken* salad sandwich fruit, carrot sticks *leftover from Monday's dinner	spaghetti green salad bread milk	popcorn string cheese
Wednesday	oatmeal milk fruit or juice	spaghetti* green salad, fruit milk *leftover from Tuesday's dinner	chicken stir-fry with vegetables, steamed rice ice cream	nuts carrot sticks
Thursday	cereal milk fruit or juice	macaroni and cheese celery sticks, fruit milk	homemade pizza green salad milk	fruit crackers
Friday	oatmeal yogurt fruit or juice	tuna fish sandwich carrot sticks fruit milk	vegetable soup roll or crackers frozen yogurt	celery sticks with peanut butter
Saturday	cereal milk fruit or juice	(eat out)	baked pork chop corn, cole slaw bread milk	fruit string cheese
Sunday	scrambled eggs with cheese toast, potatoes, fruit milk, juice		beef tacos with tomatoes, lettuce, onion and cheese beans, rice milk	fruit yogurt

This institution is an equal opportunity provider. For the nearest WIC office, call toll free: 1-888-WIC-WORKS (1-888-942-9675) Developed by the WIC Supplemental Nutrition Program, California Department of Public Health
Arnold Schwarzenegger, Governor, State of California, **Kimberly Belshé**, Secretary, California Health and Human Services Agency, **Dr. Mark Horton**, Director, California Department of Public Health
07/07
CALIFORNIA WIC WOMEN, INFANTS & CHILDREN