

Weekly Food Diary



Virtual School

Food Group	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		TOTAL 5-DAY SERVINGS	SUMMARY FOR 5-DAY PERIOD				
	Food	Serving	Food	Serving	Food	Serving	Food	Serving	Food	Serving	BREAKFAST	Day 1	Day 2	Day 3	Day 4	Day 5
BREAKFAST																
Grains																
Vegetables																
Fruit																
Dairy																
Meats/Beans																
Fats/Sweets																
LUNCH	Food	Serving	Food	Serving	Food	Serving	Food	Serving	Food	Serving						
Grains																
Vegetables																
Fruit																
Dairy																
Meats/Beans																
Fats/Sweets																
DINNER	Food	Serving	Food	Serving	Food	Serving	Food	Serving	Food	Serving						
Grains																
Vegetables																
Fruit																
Dairy																
Meats/Beans																
Fats/Sweets																

Grains
Vegetables
Fruit
Dairy
Meats/Beans
Fats/Sweets