

Weekly Menu Planning

Menu for Week of _____

<u><i>Day</i></u>	<u><i>Breakfast</i></u>	<u><i>Lunch</i></u>	<u><i>Dinner</i></u>	<u><i>Snack</i></u>
<i>Sunday</i>				
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				