

**DTU HOME MEAL PLAN**

**NAME:**

**DATE:**

<u>BREAKFAST</u>	<u>PLACE &amp; TIME</u>	<u>FOOD AMOUNT</u>	<u>PARENT SIGN</u>
<p>1 ½ cup cereal or 1 cup oatmeal                      1 cup whole milk                      2 eggs  <b>OR</b>                      1 cup granola                      1 cup whole milk  <b>OR</b>                      2 pieces toast or large bagel                      2 TBS peanut butter or 2 TBS butter or 4 TBS cream cheese  <b>OR</b>                      French toast:                      2 pieces whole wheat bread                      1/3 cup whole milk                      2 eggs                      ½ TBS butter  <b>AND</b>                      1 piece fruit  <b>AND:</b></p>			
<p><u>LUNCH</u>                      2 pieces bread                      4 oz turkey/ham/chicken/beef OR 3 oz tuna                      1 TBS mayo OR 1 oz cheese  <b>OR</b>                      2 pieces bread                      2.5 TBS peanut butter and 1 TBS jam  <b>OR</b>                      2 pieces bread                      5 TBS tofu pate  <b>OR</b>                      2 pieces bread                      2 boiled eggs                      1 ½ TBS mayo  <b>OR</b>                      Grilled Cheese:                      2 pieces bread                      2 oz cheese                      1 ½ Tsp butter  <b>AND</b>                      1 piece fruit</p>			
<p><u>SNACK</u>                      8 oz whole milk ‘La Crème’ yogurt  <b>OR</b>                      6 crackers, 1 oz cheese, 1 piece fruit  <b>AND:</b></p>			
<p><u>DINNER</u>                      4 oz beef/poultry/fish/pork <b>OR</b> 2/3 cup beans and ½ oz cheese <b>OR</b> 8 oz tofu <b>OR</b> 3 eggs  <b>AND</b>                      1 cup pasta or rice <b>OR</b> 1 ½ flour tortillas <b>OR</b> 3 corn tortillas <b>OR</b> 2 pieces bread <b>OR</b> 6 oz potato  <b>AND</b>                      1 TBS butter or olive oil <b>OR</b> 4 TBS sour cream <b>OR</b> 1 oz cheese  <b>AND</b>                      1 cup salad                      1 TBS dressing                      1 ½ cups fresh cooked veggies  <b>AND</b>                      8 oz whole milk</p>			

**ACTIVITY:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_ **DURATION:** \_\_\_\_\_ **SUPERVISED BY:** \_\_\_\_\_

**MEDICATION:** \_\_\_\_\_ **TIME GIVEN:** \_\_\_\_\_ **PARENT SIGN** \_\_\_\_\_