

# Basic Daily Menu Plan

*For mothers-to-be and nursing mothers*

Meat Group

3 or more servings

Milk Group

4 or more cups for the mother-to-be

Vegetable / Fruit Group

Source of Vitamin C – 1 serving

Source of Vitamin A – 1 serving

Other Vegetables / Fruits – 2 servings

Bread / Cereal Group

4 or more servings (whole grain, enriched or fortified)

Sample Menus

*(for Mothers-to-be and Nursing Mothers)*



<b>Menu 1</b>	<p><b><u>Breakfast</u></b> Tomato Juice Iron fortified cereal Milk</p>	<p><b><u>Lunch</u></b> Navy bean soup Sandwich with cheese, lettuce, butter or margarine Apple Milk</p>	<p><b><u>Dinner</u></b> Baked Chicken Broccoli Mashed Potatoes Biscuit Milk Butter or Margarine Ice Cream</p>	<p><b><u>Snack</u></b> Milk Cheese Crackers</p>
<b>Menu 2</b>	<p><b><u>Breakfast</u></b> Orange Juice Iron fortified cereal Milk</p>	<p><b><u>Lunch</u></b> Tuna salad on lettuce with carrot and celery sticks Bread or roll Raisin-rice pudding Milk</p>	<p><b><u>Dinner</u></b> Pork Chops Asparagus Baked Potato Apricots and Graham Crackers Butter or Margarine Milk</p>	<p><b><u>Snack</u></b> Hard Cooked Egg Toast Butter or Margarine Milk</p>