mums Village
www.mumsvillage.com

# MENU PLAN

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| EARLY MORNING | | | | | | | |
| BREAKFAST | | | | | | | |
| | Milk | Milk | Milk | Milk | Milk | Milk | Milk |
| SNACK | | | | | | | |
| LUNCH | | | | | | | |
| | Milk | Milk | Milk | Milk | Milk | Milk | Milk |
| SNACK | | | | | | | |
| DINNER | | | | | | | |
| BEDTIME SNACK | | | | | | | |

| DAIRY | MEAT | FROZEN FOOD | PRODUCE | CANNED GOODS | DRY GOODS | MISC |
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