

FOOD FOR THOUGHT

MEAL PLANNING MENU

FRUITS



BLUEBERRIES
3 Points



GRAPES
3 Points



APPLE
5 Points



ORANGE
5 Points



PINEAPPLE
5 Points



BANANA
3 Points



MANGO
4 Points

VEGETABLES



LETTUCE
5 Points



TOMATOES
5 Points



POTATOES
5 Points



PEAS
5 Points



ONIONS
5 Points



BROCCOLI
10 Points



CARROTS
5 Points

PROTEIN



BURGERS
10 Points



FISH
15 Points



CHICKEN NUGGETS
10 Points



CHICKEN
10 Points



SHRIMP
15 Points



HOTDOG
10 Points



COLD CUTS
10 Points

GRAINS



BREAD
5 Points



BAGEL
10 Points



RICE
5 Points



PANCAKES
10 Points



CEREAL
10 Points



PASTA
10 Points



OATMEAL
5 Points

DAIRY



MILK
3 Points



CREAM CHEESE
5 Points



BUTTER
5 Points



CHEESE
5 Points



YOGURT
5 Points



ICE CREAM
10 Points



STRING CHEESE
5 Points

OTHERS



EGGS
10 Points



BEANS
5 Points



P B & J
10 Points



PIZZA
15 Points



COOKIES
10 Points



POPCORN
10 Points



FRUIT CHEWS
10 Points

BEVERAGES



WATER
1 Point



ICED TEA
2 Points



SODA
3 Points



JUICE
5 Points



SPORTS DRINK
5 Points



SMOOTHIE
5 Points



JUICE BOX
3 Points

CONDIMENTS



KETCHUP
3 Points



MUSTARD
3 Points



OLIVE OIL
5 Points



MAYONNAISE
3 Points



SALAD DRESSING
5 Points



PASTA SAUCE
5 Points



BBQ SAUCE
3 Points



FOOD FOR THOUGHT
MEAL PLANNING MENU

THE FIGHT HUNGER
PLAY-IN-A-BOX KIT