Menu Planning Assignment (25 points)
Due Date:

School officials in your area want to educate parents on healthy eating habits and help give them ideas for a sample menu. You are a teacher who has been asked by your director/principal to come up with a one-week menu that would include nutritious foods and be delicious for the children to eat. The menu submitted will be sent home to help promote healthy eating habits. You may work with two additional partners to plan a menu for a period of 5 days for toddlers, preschool, primary (K, 1st), or 2nd-5th grade aged children.

Your menu must have the following:
1. Breakfast, snack, lunch, snack, dinner.
2. Two different ethnic meals on any of the two days. (snack doesn't count).
3. Must meet the recommended food intake according to the different food groups.
4. Must include 5 days (Monday–Friday).
5. Must be interesting for parents and children to look at and implement.
6. One meal must be a vegetarian.
7. One meal must be vegan.

Grading Criteria: 25 points
1. Accuracy
2. Creativity in menu planning and layout of the menu
3. Neatness
4. Following directions
5. Appeal
6. Diversity of foods

Don’t forget to include water with every meal.