



# KIDS COUNT

Name: \_\_\_\_\_ Week: \_\_\_\_\_

MONDAY
Fruits and Vegetables (GREEN)
_____
_____
_____
_____
Milk and Dairy (BLUE)
_____
_____
_____
Grains, Breads, Cereal, Rice and Pasta (PURPLE)
_____
_____
_____
_____
_____
Meats and Proteins (YELLOW)
_____
_____
Fats, Oils, and Sweets (RED)
_____

TUESDAY
Fruits and Vegetables (GREEN)
_____
_____
_____
_____
Milk and Dairy (BLUE)
_____
_____
_____
Grains, Breads, Cereal, Rice and Pasta (PURPLE)
_____
_____
_____
_____
_____
Meats and Proteins (YELLOW)
_____
_____
Fats, Oils, and Sweets (RED)
_____

WEDNESDAY
Fruits and Vegetables (GREEN)
_____
_____
_____
_____
Milk and Dairy (BLUE)
_____
_____
_____
Grains, Breads, Cereal, Rice and Pasta (PURPLE)
_____
_____
_____
_____
_____
Meats and Proteins (YELLOW)
_____
_____
Fats, Oils, and Sweets (RED)
_____

THURSDAY
Fruits and Vegetables (GREEN)
_____
_____
_____
_____
Milk and Dairy (BLUE)
_____
_____
_____
Grains, Breads, Cereal, Rice and Pasta (PURPLE)
_____
_____
_____
_____
_____
Meats and Proteins (YELLOW)
_____
_____
Fats, Oils, and Sweets (RED)
_____

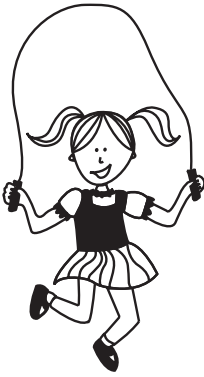
FRIDAY	
Fruits and Vegetables (GREEN)	_____ _____ _____ _____
Milk and Dairy (BLUE)	_____ _____ _____
Grains, Breads, Cereal, Rice and Pasta (PURPLE)	_____ _____ _____ _____ _____ _____
Meats and Proteins (YELLOW)	_____ _____
Fats, Oils, and Sweets (RED)	_____

SATURDAY	
Fruits and Vegetables (GREEN)	_____ _____ _____ _____
Milk and Dairy (BLUE)	_____ _____ _____
Grains, Breads, Cereal, Rice and Pasta (PURPLE)	_____ _____ _____ _____ _____ _____
Meats and Proteins (YELLOW)	_____ _____
Fats, Oils, and Sweets (RED)	_____

SUNDAY	
Fruits and Vegetables (GREEN)	_____ _____ _____ _____
Milk and Dairy (BLUE)	_____ _____ _____
Grains, Breads, Cereal, Rice and Pasta (PURPLE)	_____ _____ _____ _____ _____ _____
Meats and Proteins (YELLOW)	_____ _____
Fats, Oils, and Sweets (RED)	_____

RECIPES/NOTES/QUESTIONS FOR MEETING:

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\_\_\_\_\_



ACTIVITY BOX			
	Low Active	Active	Very Active
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			