

NMS Menu Module Canada Food Guide Analysis

Spring/Summer Week 2

	Grain Products (6)	Fruit & Veg (7)	Milk & Dairy (3)	Meat & Alt (2)
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

* Water in place of juice at Lunch (heavy meal) because increased water is needed for adequate hydration during the summer months and dietary requirements are otherwise fulfilled. (Assorted drinks available upon request).

** Totals include 'All Menu Items'