




Daily Nutrition Log

Name _____ # _____

Parent Signature: _____

Meal	Food	MP	BC	F	V	MD	FS
Breakfast							
Lunch							
Dinner							
Snacks							
Total Servings 							

MP = Meat/Protein BC = Bread/Cereal F = Fruit V = Vegetable MD = Milk/Dairy FS = Fats/Sugars