	Virginia	Cooperativ	e Extensio	on Service
VIRGINIA TECH	AND VIRGIN		VIRGIN	NA'S LAND GRANT UNIVERSITIES

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MENU PLANNING SHEET FOR: _____ calories

calories = TOTAL DAILY EXCHANGES EQUA		TOTAL DAILY EXCHANGES EQUAL:							
meal	amt.	Food Item	milk	meat	veg	fruit	bread	fat	cal.
						~			
							v		
Actual	Actual Totals - Should equal top line!								

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