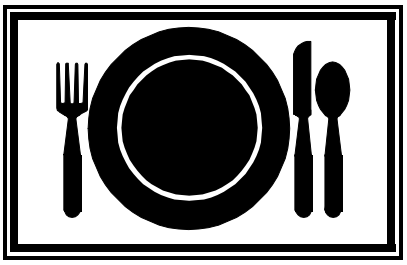
Chapter 2

Meal Planning



In this unit the RCCI can expect to learn the basics of planning school breakfast and lunch meals that qualify for reimbursement and meet the nutrition goals of the Dietary Guidelines for Americans and the RDA as these standards relate to Child Nutrition Programs.

You will be introduced to the "Trimming the Fat" method for approximating the Nutrient Standards (referred to in Chapter 1) with your menus.

Children learn better and behave better when they feel good. The surest way to nourish healthy children, who grow and develop to their maximum potential, is to make sure they are well fed. Healthy minds flourish in healthy bodies.

The Food Guide Pyramid, the Nutrient Standards (the RDA), and Nutrition and Your Health: Dietary Guidelines for Americans (commonly called Dietary Guidelines) are used to assure optimum nutrition. The Food Guide Pyramid is reproduced on the next page.

All agencies interested in well-nourished Americans support the Dietary Guidelines. This joint effort of professional societies and government agencies provides simple rules that can be used to measure the quality of planned menus.

The Dietary Guidelines say "what," and the Pyramid is a graphic that stresses "how much" all Americans should eat from the five food groups.

These are the Dietary Guidelines adapted to Child Nutrition:

- Offer a variety of foods.
- Serve meals that provide age-appropriate calories and encourage regular physical activity to maintain or improve weight.
- Offer meals low in fat, saturated fat, and cholesterol.
- Serve plenty of grain products, vegetables, and fruits.
- Use a moderate amount of sugar.
- Use a moderate amount of salt and sodium.

Applying these general principles when meals are planned offers assurance that children in

the RCCI are provided meals that supply optimal nutrition.

Planning with the Pyramid to meet the meal patterns

First and foremost, menus must be appealing. Nutritious, yes, but food nourishes only if it is eaten.

Next, all CN Program requirements for reimbursable meals must be met. Fortunately, and not coincidentally, the SMI is completely consistent with nutrition goals.

Children "eat" first with their eyes. How the food looks either stimulates or kills appetite.

Consider eye appeal in each meal plan:

★ complementing colors
★ variety of shapes
★ texture contrast

Picture the whole meal on the plate. The colors of beets on the same plate with spaghetti in tomato sauce is just as unappealing as baked fish with mashed potatoes. Baked chicken with Spanish rice and spaghetti with tossed salad are much better choices.

In a meal that includes mashed potatoes, tuna casserole, and applesauce, textures and shapes are too similar. A baked potato would be more appealing, with fresh apple slices for crisp texture. Take advantage of food shapes to make the presentation more interesting. Carrots, for example, can be served as rounds, cubes, shreds, or strips.

Consider variety:

✔ Flavors: Each menu should have some strong flavors, and some mild flavored foods. Broccoli and mashed potatoes, for example, or bagel sandwiches with fresh oranges.

✔ Temperature: Contrasts add interest to a meal—some cold foods, some hot; e.g., salad with casseroles and toast with cereal.

✔ Form: Favorite foods may be repeated more often when served in a different form; e.g., ground beef as hamburgers, tacos or pizza.

✔ Substance: Serve lighter foods with heavier dishes; e.g., slaw with beans and rice, fresh produce with Club sandwiches.

✔ Choices: Offering choices of two vegetables or two fruits makes the menu more acceptable to more people and encourages children to try small servings of new foods that are served along with their favorites. Alternate a variety of choices within a seven-day week of fruits and vegetables. Do not offer the same food item on the same day of the week. Offer fresh fruits and vegetables year round.

Consider equipment:

✎ Is refrigerator and freezer space available to store foods on the menus between trips to market?

✎ Are there too many

dishes to go into the oven at one time or too many pans on the stove top?

Consider cost:

- ✎ Does the program have a realistic food budget?
- ✎ Is the food cost examined periodically?
- ✎ Are donated foods used wisely?

Cycle Menus

The SMI encourages cycle menus. Generally cycle menus are most efficient. A cycle is a series of menus planned for several weeks and then repeated, perfecting as the cycle is used. With cycle menus the meals can be varied, and costs can be controlled. The cycle menu can be revised if a problem is encountered with acceptability or preparation time.

Cycle menus make it possible to predict amounts to prepare, based on past experience. Preparation methods can be standardized to assure quality control.

A two-week menu cycle is practical in a residence where children stay for only a few days or weeks. A four-week, or more, cycle avoids monotony in residences that offer long-term care.

Most people enjoy different foods in different seasons. Seasonal cycle menus are most acceptable and take advantage of seasonal foods, which helps keep costs low.

Cycle menus are efficient, but it is important to be flexible enough to change the menu for special events and to make best use of donated and home-grown food. Menus should be altered and special meals planned before shopping for the rest of the cycle.

On the following pages are forms for practice in planning menus. Be sure to focus on using foods plentiful in season, using the Food Pyramid as a step-by-step guide. Make a list of donated foods in each section of the Pyramid (upper right), and plan how to use those foods first.

Blank forms on pages 2-5 and 2-6 have space for three meals a day for seven days or one week. Four copies of the form selected are needed to plan a four-week cycle.

Grains/Breads

The base of all meals will be the base of the Food Guide Pyramid, breads and cereals. Use as many whole grain products as possible. Whole grain is a good source of fiber and has 35 different vitamins and minerals. When grain is refined, fiber comes out, and all the vitamins and minerals are either lost or diminished. Enriching adds back only three vitamins and iron.

Fruits and Vegetables

On the next level of the Food Guide Pyramid are fruits and vegetables. Add fruit to breakfast and to one other meal, either lunch or dinner. When using fresh produce on a cycle menu, take advantage of price, availability, and home-grown seasonal produce, such as oranges and melons.

Offering choices of vegetables is especially important, so children learn to like a variety of vegetables. Again, take advantage of as many seasonal specials and locally-grown vegetables as possible.

Meat/Meat Alternate

Depending on the grain chosen, decide on a protein source—meat, poultry, fish, eggs, yogurt, peanut butter, cheese, or dry beans and peas—that will complement the breads and cereals in the meal. With the change in regulations, if you have chosen NuMenus or Assisted NuMenus, you no longer have to serve a meat or meat alternate as long as the nutrient standard for protein is met by the weekly average. You may now have some meatless days.

Milk

Finally, add low-fat milk for the beverage.

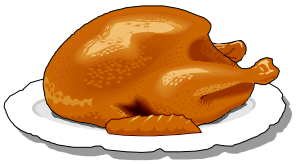
Other foods may be added to complete the menu. Specific foods may be needed to boost or reduce calorie level in a low-fat meal. Note: When planning the afternoon snack and dinner, remember to follow the same procedure to ensure that the total daily intake of food meets the Food Guide Pyramid.

After organizing your cycle menus, if using NuMenus or Assisted NuMenus, plan portion sizes to meet age-appropriate calorie goals (see pages 1-2, 1-5, and 1-6). If using Food Based Menus, specify portion sizes for reimbursable meals (see pages 1-5 and 1-6). Also, take into consideration those children who may have special needs or are on special diets.

The total daily needs for children can be met with foods in the dinner menu and planned healthy snacks added to the CN breakfast and lunch.

Remember to document price comparisons for small purchase procedures and save receipts for three years plus current year (see Chapter 3 on preparation and purchasing for more information).

If a program is being audited or investigated, the RCCI must retain records for the period in question until the audit or investigation is completed and closed out.



Sample Meal Planning Form

Note: dinner is not reimbursable. This form is included to help plan menus that are varied, balanced, and provide children with their daily nutrition needs.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

Traditional/Food Based Option

Cycle _____ Week ____ RCCI:

	Monday			Tuesday		
Pattern	Breakfast	Lunch	Dinner*	Breakfast	Lunch	Dinner*
Grains/Breads						
Vegetables/Fruits						
Meat/Meat Alternate						
Milk						
Other						

	Wednesday			Thursday		
Grains/Breads						
Vegetables/Fruits						
Meat/Meat Alternate						
Milk						
Other						

	Friday			Saturday		
Grains/Breads						
Vegetables/Fruits						
Meat/Meat Alternate						
Milk						
Other						

	Sunday		
Grains/Breads			
Vegetables/Fruits			
Meat/Meat Alternate			
Milk			
Other			

*Dinner is optional here and not a reimbursable meal.

Checklist for evaluating menus

When a cycle has been completed, check the menus against the quality standards, as well as the Child Nutrition regulations. The following is a check list from USDA's *Menu Planning Guide for School Food Service* adapted especially for the RCCI.

Acceptability Characteristics

- ☛ Color - varied and compatible hues?
- ☛ Texture - combination of soft and firm, starchy and juicy, crunchy and mushy?
- ☛ Shape - all the same or different size pieces and shapes?
- ☛ Flavor - contrasting bland and tart, sweet and sour, mild and strong?
- ☛ Temperature - some hot and some cold foods?
- ☛ Are most of the foods popular with children and have a few new foods also been included, along with new preparation methods and less popular foods?

Identify High-Fat Foods

- ✗ Are high-fat foods in the same meal?
- ✗ Are high-fat foods served infrequently?
- ✗ Are preparation methods generally recipes that call for less fat?

Identify High-Sugar Foods

- ❦ Are high-sugar foods balanced with tart foods in the same meal?
- ❦ Are serving sizes of high-sugar foods smaller, and are those foods served less often, substituting naturally sweet foods such as fruits?
- ❦ Are food preparation methods that require less sugar used whenever possible?

Identify Salty Foods

- ◆ Are salty foods balanced with low-sodium foods in the same meal?
- ◆ Are the number of salty foods limited to moderate levels?
- ◆ Are food preparation methods used that require less salt?

Increase Fruits and Vegetables

- ◆ Are at least five servings of fruits and vegetables included every day?
- ◆ Is a good source of vitamin A included three or four times a week? (See page 2-10 for a list of foods high in vitamin A.)
- ◆ Is a good source of vitamin C included daily? (See page 2-11 for a list of foods high in vitamin C.)

Increase Grains and Breads

- ◆ Are several foods that are good sources of iron included every day? (See page 2-12 for a list of foods high in iron.)
- ◆ For Food-Based option, are the grains/breads requirements being met?

Special Needs

- ◆ Is there a plan to adjust for higher or lower calorie requirements of some children with special needs?

Requirements

- ❂ Do all breakfast and lunch menus include all food items/menu items for reimbursable meals?
- ❂ Do planned servings match the requirements for the RCCI's population?

Being Practical

- ✱ Are high-cost foods and meals balanced with economy foods?
- ✱ Have the menus taken advantage of donated foods?
- ✱ Do the menus take advantage of seasonal and home-grown foods?
- ✱ Is there room to store the foods that will be needed to prepare the menus?
- ✱ Does the kitchen have oven space and proper size cooking and serving utensils available for each meal?
- ✱ Will there be time to prepare the foods for each meal? Will it be possible to get everything ready for each meal by serving time?

Better Food Choice Chart

On the left is a list of favorite foods that are high in fat. On the right is one suggestion for a better choice. **See how many better choices you can add.** Use the list when you plan your menus.

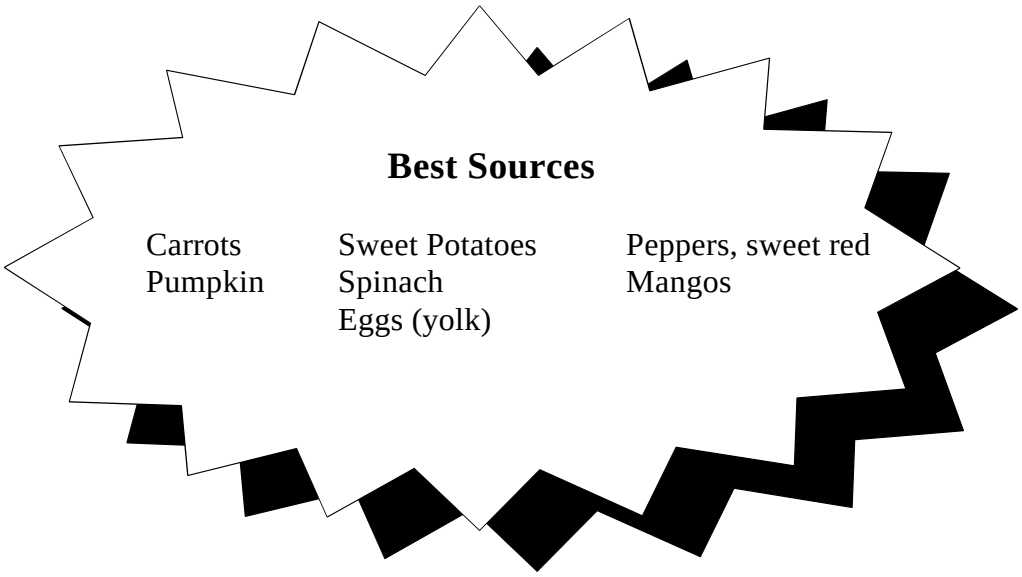
High-Fat Favorites	Low-Fat Choice	Your Choices
Whole milk	Low-fat milk	
Cheddar cheese	Part-skim mozzarella	
Sausage	Lean ham	
Hot dog	Turkey wiener	
Batter-fried fish	Grilled fish	
Fried chicken	Barbecue chicken	
Supreme pizza	Cheese pizza	
Beef burrito	Bean burrito	
Finger steaks	Roast beef	
French fries	Baked potato	
Enchiladas	Tacos	
Fruit cobbler	Fresh fruit	
Croissant	Pancakes	

There are many choices that could be made. On the next page are a few of the additional suggestions you might have listed that provide approximately the same nutrients with less fat or less saturated fat than the high-fat choice.

Additional suggestions:

High-Fat Favorites	Low-Fat Choice	Additional Choices
Whole milk	Low-fat milk	Low-fat chocolate milk
Cheddar cheese	Part-skim mozzarella	Farmers cheese, low-fat cheeses
Sausage	Lean ham	Low-cholesterol eggs or egg whites, turkey, lean roast beef, mozzarella, peanut butter
Hot dog	Turkey wiener	Roast beef, lean pork, baked chicken, tuna, salmon, turkey
Batter-fried fish	Grilled fish	Tuna, salmon, baked fish, chicken, lean beef or pork, beans
Fried chicken	Barbecue chicken	Baked chicken, roast turkey
Supreme pizza	Cheese pizza	Seafood pizza; turkey, lean beef or pork, chicken or turkey sub, tuna on a bagel
Beef burrito	Bean burrito	Low-fat taco, low-fat burrito
Finger steaks	Roast beef	Any lean meat, poultry or fish, baked, grilled, or poached
French fries	Baked potato	Mashed or roast potato, potato pancake
Enchiladas	Tacos	Low-fat burritos, low-fat taco salad
Fruit cobbler	Fresh fruit	Canned or frozen fruit
Croissant	Pancakes	Waffles, muffins, pancakes, breakfast sandwich

Vitamin A: Where to Find It



Good Sources

Cantaloupe
Cheese, cheddar
Mustard greens
Collard greens
Apricots, fresh
Romaine lettuce
Apricots, dried
Prunes, dried
Broccoli

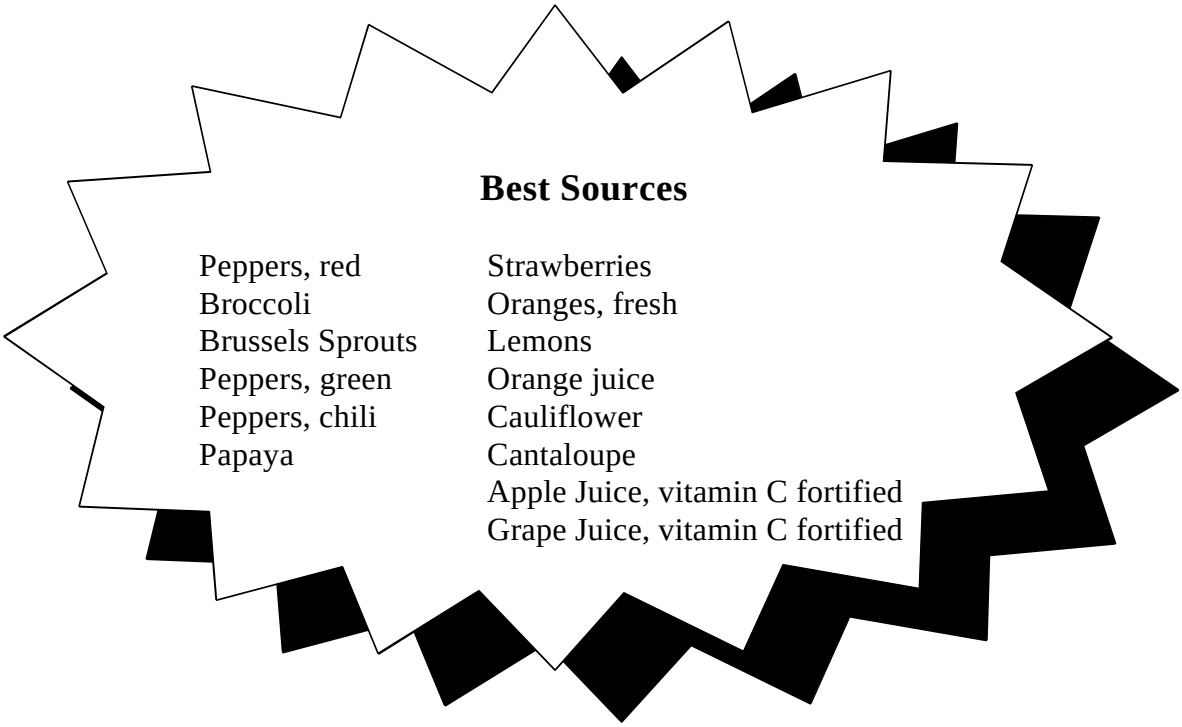
Fair Sources

Peppers, green
Tomatoes
Asparagus
Peaches, raw
Oranges, fresh
Cherries, red sour
Orange juice
Squash
Chard

Menu Planning Tips to Increase Vitamin A Intake

1. Plan one vitamin A food in breakfast or lunch menus every day or at least three times per week.
2. Check the brand of milk you serve to see if it is vitamin A fortified.
3. Choose fruits and vegetables high in vitamin A for their eye appeal. Is the lunch plate colorful?
4. Plan mealtime food preparation activities for children's participation to encourage acceptance of new foods high in vitamin A.

Vitamin C: Where to Find It



Good Sources

Tangerines	Raspberries, red
Grapefruit, juice	Tomatoes, fresh
Collard Greens	Cabbage
Honeydew Melon	Tomato, juice

Fair Sources

Pineapple, raw	Asparagus
Potato, w/skin, baked	Squash
Spinach	Watermelon
Turnips	

Menu Planning Tips to Increase Vitamin C Intake

1. Plan a high vitamin C food in breakfast, lunch or snack menus every day.

2. Prepare fresh fruits and vegetables as often as possible to take advantage of the interesting shapes and bright, natural colors of the foods.

3. Plan menus to combine high iron foods with high vitamin C foods to get the most iron available.

4. Plan mealtime preparation so vitamin C foods can be prepared only a short time before meal service to preserve most of the vitamins. If prepared in advance, cover tightly and refrigerate until serving.

Iron: Where to Find It

GOOD SOURCES

Dark green leafy vegetables
Eggs (yolk)
Whole grain/enriched breads
Wheat germ
Apricots, dried

FAIR SOURCES

Dark orange vegetables
Green peas
Dried fruits
Prune juice
Apricots
Bean sprouts
Baked potatoes
Chicken and turkey
Fish (tuna, mackerel)
Peanut butter

Menu Planning Tips to Increase Iron Intake

1. Add small amount of meat to soups, stews, legume dishes, and sandwiches to increase the iron absorbed from vegetables and grains. Example: the meat and tomatoes in chili help us absorb more of the iron from the beans.

2. Serve high vitamin C fruits/vegetables/juices with cereal, breads, eggs or legumes in the same meal to increase iron absorption.

3. Cook acid foods such as spaghetti sauce and chili in iron skillets or pans to increase iron intake.

4. Think of a new bean dish to serve each week. Legumes are economical and a source of protein, iron, fiber, complex carbohydrates, vitamins, and minerals.

5. Tomatoes on a sandwich will increase iron absorption.

ANALYZING YOUR MENUS

When choosing either the Traditional or Food Based Menu Planning System, you are not required to do a computer analysis of your menus. However, it is highly recommended that you do check your menus to ensure they are meeting the Nutrient Standards. This will assist your RCCI in having fewer modifications at the time of your review by the State Agency and will show your commitment to providing healthy school meals to your students. If you have chosen Assisted NuMenus or NuMenus, this section will not be applicable since you will have computer analysis of your menus available for review.

TRIMMING THE FAT

The "Trimming the Fat Reference Guide" is the recommended resource for assessing your menus, if you are using the Food Based Menu Planning System. You can order a "Trimming the Fat" reference guide from your State Agency.

STEPS TO FOLLOW

1. Do exercise on calculating percent of calories from fat and grams of fat.
2. Enter a week of menus on the Modified Menu worksheet.
3. On worksheet, enter values for calories, grams of fat and grams of saturated fat for each food item using food composition tables or food labels.
4. Modify your menus until they have sufficient calories and do not exceed 30% of calories from fat and 10% of calories from saturated fat.
5. Complete the "Trimming the Fat" check sheet.

LEARNING GOALS

In these exercises, you will have hands-on practice to apply the knowledge you have obtained in this chapter. When completed, you will be able to:

- Enter menus and analyze them for adequate calories, nutrients, and components/items based on the age/grade groupings you are serving.
- Modify menus that do not meet these requirements by increasing calories and/or decreasing fat.
- Request nutrition information from vendors and use it in your menu analysis process to ensure the analysis is accurate and complete.

- Use the USDA Quantity Recipes and food component information to determine the levels of calories, fat, and saturated fat.

KEY POINTS

- Providing adequate calories and keeping the fat content of the meals at or below 30% are the two most common problems experienced with the menus currently used. These Nutrient Standards must be met based on the age/grade grouping(s) you serve.
- Obtaining and using accurate and complete nutrition information is necessary in order to have an acceptable nutrient analysis of your menus. This will ensure you are providing your children with the needed nutrients for optimum growth and development.
- This analysis process will help you to streamline the State review process and minimize the need for major modifications with the review. It will also give you the credibility to support your public image for the meals you are providing for your children. See Chapter 8, “Preparing for a Review”, page 8-4.

SEVEN-DAY WEEK MENU

School: _____ Week _____

Monday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Tuesday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Wednessday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Thursday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

SEVEN-DAY WEEK MENU

Friday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Sunday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Saturday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Weekly Summary	Check Good Sources			Nutrients				
	Vit A 3/Wk	Vit C 5/Wk	Fiber 42g/Wk	Cal.	Fat (g)	% Cal From Fat	Sat. Fat (g)	% Cal From Sat. Fat
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
TOTAL								
Average								

TRIMMING THE FAT - CHECK LIST FOR RCCI'S

1. Do the menus meet the required components? ( ) yes ( ) no
2. The weekly total of calories is _____
3. The daily average of calories is (total ÷ days) = _____ calories per day
4. Does the daily average of calories meet the minimum calories for the students you serve? ( ) yes ( ) no
5. The weekly total of fat grams is _____.
6. To determine the daily average percent of calories from fat, use the formula below:

   _____ (weekly total fat grams) x 9 calories per gram = _____ (weekly total fat calories) ÷ _____ (weekly total calories) x 100 to give _____ (percent calories from fat) %

7. Is this week's average at or below 30% calories from fat? ( ) yes ( ) no
8. The weekly total of saturated fat grams is _____.
9. To determine the daily average percent of calories from saturated fat, use the formula below:

   _____ (weekly total sat. fat grams) x 9 calories per gram = _____ (weekly total sat. fat calories) ÷ _____ (weekly total calories) x 100 to give _____ (percent calories from sat. fat) %

10. Is this week's average less than 10% of calories from saturated fat? ( ) yes ( ) no
11. Do menus meet the nutrient requirements of five good vitamin C sources per week? ( ) yes ( ) no
12. Do menus meet the nutrient requirements of three good vitamin A sources per week? ( ) yes ( ) no
13. Do menus meet the fiber recommendations of six grams or more per day or 42 grams per week? ( ) yes ( ) no

ASSUMPTION: An RCCI week equals 7 days.

MODIFIED MENU WORKSHEET

DISTRICT: _____ **WEEK OF:** _____

MONDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

TUESDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

WEDNESDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

THURSDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

FRIDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

SATURDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

SUNDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

WEEKLY SUMMARY	CHECK FOR GOOD SOURCES			NUTRIENTS				
	Vit. A 2/Week	Vit. C 3/Week	Fiber 30g/Week	Calories (Cal.)	Fat (g)	% Cal. From Fat	Sat. Fat (g)	% Cal. From Sat. Fat
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
TOTAL								
**Week Averages								

**To get the Week Averages - divide totals by number of days in the week being analyzed.

PRODUCT/RECIPE EVALUATION

Product/Recipe Name	Brand/Code Vendor Recipe Number	Serving Size	Cal	Total Fat (g)	Sat. Fat (g)	Pro (g)	Ca (mg)	Iron (mg)	Vit A (RE)	Vit C (mg)	Chol (mg)	Fiber (g)	Sodium (mg)