

**Menu Approval Sheet
For use with
Senior Nutrition Programs**

Refer to the Nutrition Standards for portion sizes, frequency, and nutrient content.

Food Group	1 Meal per Day		2 Meals per Day		3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Meat, Eggs, Legumes	3 oz. or equivalent		4 oz. or equivalent		6 oz. or equivalent	
	Legumes 2x per week		Legumes 4x per week		Legumes 4-6x per week	
	Ground meat no more than 2x per week		Ground meat no more than 4x per week		Ground meat no more than 6x per week	
Fruit & Vegetables	3 servings		6 servings		9 servings	
Grains & Starches	2 servings		4 servings		6 servings	
	Whole grains 2x per week		Whole grains 4x per week		Whole grains 6x per week	
Milk	1 serving		2 serving		3 servings	
Vitamin A	1 rich serving 2-3x per week		1 rich serving 4-6x per week		1 rich serving 4-6x per week	
Vitamin C	1 rich or 2 fair servings		2 rich or 4 fair servings		3 rich or 6 fair servings	
Energy	No less than 600 per meal, averaging 685 for the week		No less than 1,235 per meal, averaging 1,370 for the week		No less than 2,000 per meal, averaging <= 2,054 for the week	
Follows Dietary Guidelines	Sodium – not more than 800 mg		Sodium – not more than 1,200 mg		Sodium – not more than 2,000 mg	
	Fat – 15-26 grams		Fat – 29-52 grams		Fat – 44-78 grams	

I certify that, to the best of my knowledge, each meal in the attached menus provides one-third of the current Recommended Dietary Allowances of the National Academy of Sciences and conforms to the Dietary Guidelines for Americans.

Signature: _____ Date: _____