

Menu Approval Sheet
For use with Nutritional Analysis
Illinois Senior Nutrition Programs*

Nutrient	1 Meal per Day		2 Meals per Day		3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Energy (Kcal)	No less than 600 per meal; Average 685 per day for the week		No less than 1235 Average 1370 for the week		No less than 2000 Average ≤2054 for the week	
Protein	19 grams-entree		38 grams-entrees		57 grams-entrees	
Fat	<26 grams ≤30% calories averaged over one week		<52 grams ≤30% calories averaged over one week		<78 grams ≤30% calories averaged over one week	
Fiber	10 grams average over one week		20 grams average over one week		30 grams average over one week	
Calcium	400 mg		800 mg		1200 mg	
Vitamin A	300 ug		600 ug		900 ug	
Vitamin C	30 mg		60 mg		90 mg	
Vitamin E	5 ug		10 ug		15 ug	
Vitamin B6	.6 mg		1.2 mg		1.7 mg	
Folate	133 ug		267 ug		400 ug	
Vitamin B12	.8 ug		1.61 ug		2.4 ug	
Carbohydrate	= or >43 grams		= or >87 grams		= or >130	
Sodium	Not more than 800 mg		Not more than 1200mg		Not more than 2000 mg	

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: _____

*Revised July 2012