

Food Based Menu Approval Form per day served						
Food Group	1 Meal per Day		2 Meals per Day		3 Meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
<b>Protein</b>	3 oz. or equivalent Minimum 25 grams per meal		6 oz. or equivalent Minimum 50 grams in 2 meals		9 oz. or equivalent Minimum 75 grams in 3 meals	
<b>Fruit/Vegetable</b>	3 servings		6 servings		9 servings	
<b>Source of Vitamin A:</b> _____	More than 250 micrograms served 3x/wk.		More than 250 micrograms served 6x/wk.		More than 250 micrograms served 9x/wk.	
<b>Source of Vitamin C:</b> _____	1 high or 2 fair Vitamin C servings daily		2 high or 4 fair Vitamin C servings daily		3 high or 6 fair Vitamin C servings daily	
<b>Source of Potassium:</b> _____	1 high or 2 fair Potassium serving 2-3x/wk.		1 high or 2 fair Potassium serving 4-6x/wk.		1 high or 2 fair Potassium serving 4-6x/wk.	
<b>Grains/Starches Estimated grams of CHO:</b>	1 to 2 servings		2 to 4 servings		3 to 6 servings	
	100% whole grain 3x/wk.		100% whole grain 6x/wk.		100% whole grain 9x/wk.	
<b>High Calcium food or beverage</b>	1 serving		2 servings		3 servings	
<b>Fat</b>	≤35% of calories average over one week		≤35% of calories average over one week		≤35% of calories average over one week	
<b>Sodium</b> Use of low sodium foods and non- processed foods encouraged	≤ 1300 mg per meal averaged over one week using label information		≤ 1800 mg per day averaged over one week using label information		≤ 2300 mg per day averaged over one week using label information	
<b>Energy</b>	Minimum 600 calories per day with a weekly average not to exceed 750 calories		Minimum 1200 calories per day with a weekly average not to exceed 1500 calories		Minimum 1800 calories per day with a weekly average not to exceed 2150 calories	

Menu Cycle: \_\_\_\_\_

Menu Day: \_\_\_\_\_

**I certify that, to the best of my knowledge, each meal in the attached conforms to the PDA Guidelines.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Registration Number: \_\_\_\_\_

Nutrition Program: \_\_\_\_\_

One form is needed for each day of the menu cycle. This material shall be retained on file for three years. Attach all applicable food labels and recipes.