

Menu Planning Worksheet

Name _____

Club _____

Project _____

- Plan meals for one day including snack in the menu table.
- Transfer all foods written in the menu, into “one day of foods and drinks”.
- Calculate number of servings put in “# of servings per day”.
- Check to see if your menu is balanced with the suggested number of servings each day.

Your <u>menu</u> for one day (include items bringing to judging)			
Breakfast	Lunch	Dinner	Snacks

Your One Day of Food and Drink						
Number of servings a day	Vegetable 2-1/2 cups	Fruit 1-1/2 cups	Meat 5-1/2 ounces	Milk 3 cups	Grains 6 ounces	Fats & sugar & others
Example:		1/2 c grapes		1/2 c low-fat milk 1 string cheese	1 c cooked oatmeal	1/2 tsp fat
Breakfast						
Lunch						
Dinner						
Snacks						
# of serving for day						

(see examples on back)