**Project Menu Plan for Breakfast Week #: \_\_\_\_\_**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | |
| **Month, Date** | |  | |  | |  | |  | |  | |
| **Meat or alternate** | |  | |  | |  | |  | |  | |
| **Vegetables** | |  | |  | |  | |  | |  | |
|  | |  | |  | |  | |  | |
| **Fruits** | |  | |  | |  | |  | |  | |
| **Bread or alternates** | |  | |  | |  | |  | |  | |
|  | |  | |  | |  | |  | |
| **Milk or alternate** | |  | |  | |  | |  | |  | |
| **Accompaniments** | |  | |  | |  | |  | |  | |
| **Beverage (optional)** | |  | |  | |  | |  | |  | |
| Analysis Weekly Avg. | | Nutrient Analysis Daily Values | | | | | | | | | |
| Kcal\_\_\_\_\_\_ Pro\_\_\_\_\_\_\_  Fat \_\_\_\_\_\_\_ Fiber\_\_\_\_\_ Vit C\_\_\_\_\_  Vit B12\_\_\_\_\_ Vit A\_\_\_\_\_  Vit B6\_\_\_\_\_ Ca\_\_\_\_\_\_\_ Mg\_\_\_\_\_\_\_\_ Zn\_\_\_\_\_\_\_ Na\_\_\_\_\_\_\_\_ K \_\_\_\_\_\_\_ | | Kcal\_\_\_\_\_\_ Pro\_\_\_\_\_\_\_  Fat \_\_\_\_\_\_\_ Fiber\_\_\_\_\_ Vit C\_\_\_\_\_  Vit B12\_\_\_\_\_ Vit A\_\_\_\_\_  Vit B6\_\_\_\_\_ Ca\_\_\_\_\_\_\_ Mg\_\_\_\_\_\_\_\_ Zn\_\_\_\_\_\_\_ Na\_\_\_\_\_\_\_\_ K \_\_\_\_\_\_\_ | | Kcal\_\_\_\_\_\_ Pro\_\_\_\_\_\_\_  Fat \_\_\_\_\_\_\_ Fiber\_\_\_\_\_ Vit C\_\_\_\_\_  Vit B12\_\_\_\_ Vit A\_\_\_\_\_  Vit B6\_\_\_\_\_ Ca\_\_\_\_\_\_\_ Mg\_\_\_\_\_\_\_ Zn\_\_\_\_\_\_\_ Na\_\_\_\_\_\_\_\_ K \_\_\_\_\_\_\_ | | Kcal\_\_\_\_\_\_ Pro\_\_\_\_\_\_\_  Fat \_\_\_\_\_\_\_ Fiber\_\_\_\_\_ Vit C\_\_\_\_\_  Vit B12\_\_\_\_ Vit A\_\_\_\_\_  Vit B6\_\_\_\_\_ Ca\_\_\_\_\_\_\_ Mg\_\_\_\_\_\_\_\_ Zn\_\_\_\_\_\_\_ Na\_\_\_\_\_\_\_\_ K \_\_\_\_\_\_\_ | | Kcal\_\_\_\_\_\_ Pro\_\_\_\_\_\_\_  Fat \_\_\_\_\_\_\_ Fiber\_\_\_\_\_ Vit C\_\_\_\_\_  Vit B12\_\_\_\_ Vit A\_\_\_\_\_  Vit B6\_\_\_\_\_ Ca\_\_\_\_\_\_\_ Mg\_\_\_\_\_\_\_\_ Zn\_\_\_\_\_\_\_ Na\_\_\_\_\_\_\_\_ K \_\_\_\_\_\_\_ | | Kcal\_\_\_\_ Pro\_\_\_\_\_\_\_  Fat \_\_\_\_\_ Fiber\_\_\_\_\_ Vit C\_\_\_\_\_  Vit B12\_\_\_ Vit A\_\_\_\_\_  Vit B6\_\_\_\_\_ Ca\_\_\_\_\_\_\_ Mg\_\_\_\_\_ Zn\_\_\_\_\_\_\_ Na\_\_\_\_\_\_\_\_ K \_\_\_\_\_\_\_ | |

**Prepared by:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **PROVIDER:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Effective date:** \_\_\_\_\_\_\_\_\_ to\_\_\_\_\_\_\_\_\_\_

I certify that these menus meet the nutrition requirements as specified in the Meal Bid Specifications provided by the CONTRACTEE and the corresponding computer nutrient analysis indicates compliance with the *DGA-DRI*.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PROVIDER Dietitian/Nutritionist AND Registration Number / SC License Number