**Project Menu Plan for Lunch/Dinner Week#: \_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Month, Date** |  |  |  |  |  |
| **Meat or alternate** |  |  |  |  |  |
|  |  |  |  |  |
| **Vegetables** |  |  |  |  |  |
|  |  |  |  |  |
| **Fruits**  |  |  |  |  |  |
| **Bread or alternates**  |  |  |  |  |  |
| **Milk or alternate** |  |  |  |  |  |
| **Dessert (optional)** |  |  |  |  |  |
| **Accompaniments** **(as needed)** |  |  |  |  |  |
| **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 offeror and the corresponding computer nutrient analysis indicates compliance with the *DGA-DRI*.

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

Offeror Dietitian/Nutritionist AND Registration Number / SC License Number