**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