

Menu Approval Sheet
For use with
**Nutritional Analysis for the
Kentucky Senior Nutrition Program**

Nutrient	1 Meal per Day	
		Check
Energy	No less than 625; Average 675 - 735 for the week	✓
Protein	15 - 25% of calories	✓
Carbohydrate	93 grams (acceptable range = 85 to 105 grams)	✓
Fat	Weekly average should be ≤ 30% calories (never more than 35%)	✓
Fiber	8 grams average over one week	✓
Calcium	No meal less than 360 mg 400 mg per day for weekly average	✓
Magnesium	No meal may be less than 126 mg 140 mg per meal averaged over one week	✓
Zinc	No meal less than 3.33 mg 3.7 mg per meal averaged over one week	✓
Vitamin A	300 mcg (RE) averaged over one week	✓
Vitamin B6	No meal less than .54 mg .6 mg per meal averaged over one week	✓
Vitamin B12	No meal less than .72 mcg .8 mcg per meal averaged over one week	✓
Vitamin C	No meal less than 27 mg 30 mg per meal averaged over one week	✓
Sodium	no one meal more than 1200 mg ≤ 1000 mg averaged over one week	✓

I certify that, to the best of my knowledge, each meal in the attached menus provides one-third of the current Recommended Dietary Allowances of the National Academy of Sciences and conforms to the Dietary Guidelines for Americans.

Signature: _____

[Handwritten Signature]

Licensed Dietitian/ Certified Nutritionist

Date: _____

7/24/15

5 Week Cycle Menu

Nutritional Analysis
1/3 Dietary Reference Intake

WEEK #1

Meat	Breaded Pork Chop	Lasagna	Pinto Beans	Stuffed Peppers	Chicken and Dumplings
Vegetable - 4oz.	Green Beans	Seasoned Vegetables	Cabbage	Mashed Potatoes	Carrots
	Fried Apples	Tossed Salad (tomato & green pepper)	Beets	Peach Cobbler	Green Beans
Bread	Whole Wheat Roll	Whole Wheat Roll	Cornbread	Whole Wheat Bread	Whole Wheat Bread
Fruit - 4oz.		Orange	Banana		Fruit & Marshmallow Saled
Milk - 1 cup	Milk	Milk	Milk	Milk	Milk
Dessert		Dressing	Diced Onions		

Menu Planned by:

Name Andrew D. Habbard, RD Title Dietician/Nutritionist

Certified as providing the required 1/3 RDA

**Cumberland Valley Area Agency on Aging and Independent Living
5 Week Cycle Menu**

Nutritional Analysis
1/3 Dietary Reference Intake

WEEK #2

Meat	Ravioli and Meat Sauce	BBQ Pork	Meat Loaf	Chili	Salmon Patty
Vegetable	Peas and Carrots Mix	Baked Beans	Mashed Potatoes	Okra	Macaroni & Tomatoes
	Apple Crisp	Cole Slaw	Peas	Apple Crisp	Creamed Corn
Bread	Whole Wheat Bread	Whole Wheat Bun	Whole Wheat Bread	Crackers	Whole Wheat Bread
Fruit - 4oz.		Mixed Fruit	Banana Pudding		Mandarin Oranges
Milk - 1 cup	Milk	Milk	Milk	Milk	Milk
Dessert					

Menu Planned by:

Name Shirley D. Hartsell, RD Title Dietician/Nutritionist

Certified as providing the required 1/3 RDA

**Cumberland Valley Area Agency on Aging and Independent Living
5 Week Cycle Menu**

Meal Pat Nutritional Analysis
1/3 Dietary Reference Intake

WEEK #3

Entrée	Roast Beef & Gravy	3oz. Chicken Leg or Thigh	Swiss Steak	Breaded Pollock	Pulled BBQ Chicken (with BBQ sauce)
Vegetable	Peas	Grilled Vegetables	Sweet Potatoes	Cole Slaw	Corn
	Mashed Potatoes	Baby Bakers	Corn	Macaroni & Cheese	Baked Beans
Bread	Whole Wheat Roll	Whole Wheat Bread	Whole Wheat Bread	Bun	Whole Wheat Bread
Fruit - 4oz.	Lime Frost Salad	Banana	Peaches	Cherry Crisp	Mixed Fruit
Milk - 1 cup	Milk	Milk	Milk	Milk	Milk
Dessert				Tartar Sauce	Condiments

Menu Planned by:

Name Shirley Hubbard, RD Title _____
 Name _____ Dietician/Nutritionist

Certified as providing
the required 1/3 RDA

**Cumberland Valley Area Agency on Aging and Independent Living
5 Week Cycle Menu**

Meal Pat Nutritional Analysis
1/3 Dietary Reference Intake

WEEK #4

Meat	Spaghetti w/ Meat Sauce	Vegetable Beef Soup	Country Fried Steak & Gravy	Herb Baked Chicken with gravy	Northern Beans and Ham
	Garden Salad with tomato & Green Pepper	Cabbage	Mashed Potatoes	Baby Bakers	Mixed Greens
Vegetable	Green Beans	Applesauce	Corn	California Blend Vegetables	Scalloped Potatoes
	Whole Wheat Bread	Combread	Whole Wheat Roll	Whole Wheat Bread	Combread
Bread	Mandarin Orange		Tropical Fruit	Jell-O w/Fruit & Cool Whip	Pears
Milk - 1 cup	Milk	Milk	Milk	Milk	Milk
Dessert	Chocolate Chip Cookie Salad Dressing				

Menu Planned by:

Certified as providing
the required 1/3 RDA

Name Title

Name Dietician/Nutritionist

**Cumberland Valley Area Agency on Aging and Independent Living
5 Week Cycle Menu**

Meal Pat Nutritional Analysis
1/3 Dietary Reference Intake

WEEK #5

Meat	Taco Salad	Salisbury Steak with Mushroom Gravy	Chicken Liver & Onions	Polish Sausage w/ Onions & Peppers	Hamburger
Vegetable	Refried Beans	Green Beans	Lima Beans	Corn	Baked Beans
	Corn	Baby Carrots	Mashed Potatoes	Cabbage	Red Potatoes with Herbs
Bread	Tortilla Chips Taco Sauce	Whole Wheat Bread	Whole Wheat Bread	Hot Dog Bun	Whole Wheat Bun
Fruit - 4oz.	Mixed Fruit	Peaches	Pears	Pineapple	Jell-O with fruit and Cool Whip
Milk - 1 cup	Milk	Milk	Milk	Milk	Milk
Dessert				Condiments	Condiments

Menu Planned by:

Name Ann D. Yarbrough, RD Title Dietician/Nutritionist

Certified as providing the required 1/3 RDA