"Custom" Meal Pattern Contribution Chart for: _____

(Make copies and sort by entrees, breads and desserts)

Menu Item	Recipe Number or Brand	Portion Size (one, 1/24 sheet pan, 2x2x2, etc)	Weight (of one portion in ounces)	Meal Pattern Contribution		
				Grain Servings	Fruit or Veg Cups	Meat/M Alt Ounces