Menu Organization Tool

MONDAY

Menu Items: List Entrée Choices First		Portion Size	X CN Label	Recipe or Brand	Entrée Component Contribution						Fruits & Vegetables		All Other Items Nutritional info.		Number of Planned Servings
					Meat/Meat Alt (oz)	Total Grains (servings)	Whole Grain Rich	Grain Dessert	Fruit (cups)	Vegetable (cups)	X Added Fat	X Added Sugar	Calories per serving	Saturated Fat per serving (g)	
Cheese pizza w/WG crust		1	X	Tonys	2.00	2.00	2.00						270	3	140
Yogurt		8 oz		Trix	2.00	1.50	1.50						243	1.75	4
w/ granola		1/3 C		SR											
Turkey sandwich		2 oz			2.00	2.00	2.00						210	0.5	4
on WW bread		2 sl		SaraLee											
Chef salad		1		SR	2.00	1.50	1.50			1.00			215	3.5	4
w/ WG croutons		1.5													
Fruit/Veg Bar	Circle YES NO	1 C													
(Refer to Multi-Day Form when completing the "Optional VegBar" worksheet)	See MDF														
Vegetables															
Fruit	Apple Slices	1/2 C													
	Diced Peaches lt syrup	1/2 C		Commodity								X			
OTHER --															
Grains, Sides, Dessert, Condiments	Ranch Drsg	2T		RC									70	0.5	4
Milk	white1%, skim choc	1C													