

Middlesex County 4-H Food Show Menu Planning Worksheet



Club/Individual Name:			 	
Table Theme/Name:				

- # Plan meals for one day, including snacks, in the menu table.
- * Transfer all foods into the "One Day of Food & Drink" and include serving size.
- **Calculate the number of servings of each food group in the last row.**
- **Solution** Check to see if your menu is balanced with the recommended number of servings each day.
- Wisit http://myplate.gov/ for more information on eating healthy.

Your menu for one day								
Breakfast	Lunch	Dinner	Snacks					

Recommended servings/day	Vegetable 2 ½ cups	Fruit 1 ½ cups	Proteins 5 ½ ounces	Dairy 3 cups	Grains 6 ounces	Oils 6 teaspoons
Example: Breakfast		½ c grapes		% c low fat milk 1 string cheese	1 c cheerios	½ tsp sugar
Breakfast						
Lunch						
Dinner						
Snacks						
Total Daily Servings						

Menu Writing Your menu should:

Have Meal Appeal

8 Be Practical

Colors: avoid clashing, unpleasant, or all the same color Flavors: sweet, sour, tart, and/or salty Textures: soft, crisp/crunchy, chewy, hard, and/or soft Shapes & Sizes: avoid too many of the same or similar

Preparation time Energy Use Cost per serving Family likes & dislikes

<u>Samples</u>

Scrambled egg Low fat milk Wheat toast Jelly ton Sal		Lunch	Mixed greens salad with tomatoes Salad dressing Grilled Mexican chicken orange low fat milk		Dinner		Snacks
		tomatoes Salad dressing Grilled Mexican ch orange low fat milk			pork chop potato ed Green beans Vhole wheat dinn eam milk	Cookie Apple	Carrots & Celery Sticks Cookie
Recommended	Vegetable	Fruit	Proteins		Dairy	Grains	Oils
servings/day Example: Breakfast	2 ½ cups	1 ½ Cups ½ c grapes	5 ½ oun	ces	3 cups % c low fat milk 1 string cheese	6 ounces 1 c cheerios	6 teaspoons ½ tsp sugar
Breakfast		½ banana	1 egg- scramb	led	4 oz low fat milk	1 slice wheat bread	1 tsp jelly
Lunch	2 c mixed green lettuc ½ tomato	½ orange e	2 oz gri Mexica chicken	n	8 oz low fat milk		1 tbsp dressing
Dinner	½ c green beans Sm. potato		2 oz po	rk chop	8 oz low fat milk	1 sm. Wheat dinner roll	1 tsp butter 1 oz sour cream
Snacks	1 c carrot & celery sticks	1/2 apple					2 Chips Ahoy
Total Daily Servings	4	1 ½	5		2 ½ c	2 oz	5 tsp

These sheets were lovingly adapted from New London County 4-H.



EXTENSION

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