



WYOMING DEPARTMENT OF HEALTH, AGING, CLS

Standard Meal Pattern Menu Approval Sheet

This form will not be accepted without check marks based on meals/day and signature

Food Group	1 meal/day		2 meals/day		3 meals/day	
	<i>Minimum</i>	<i>Check</i>	<i>Minimum</i>	<i>Check</i>	<i>Minimum</i>	<i>Check</i>
<i>Protein</i>	3 oz. or equivalent		4 oz. or equivalent		6 oz. or equivalent	
<i>Fruit &/or Vegetable</i>	3 servings		6 servings		9 servings	
	<i>Dark green vegetable 1x week</i>		<i>Dark green vegetable 1x week</i>		<i>Dark green vegetable 1x week</i>	
	<i>Red/orange vegetable 2x week</i>		<i>Red/orange vegetable 2x week</i>		<i>Red/orange vegetable 2x week</i>	
	<i>Starchy vegetable 2x week</i>		<i>Starchy vegetable 2x week</i>		<i>Starchy vegetable 2x week</i>	
	<i>Beans/peas 1x week</i>		<i>Beans/peas 1x week</i>		<i>Beans/peas 1x week</i>	
<i>Grain</i>	2 servings		4 servings		6 servings	
	<i>Whole grains 3x week</i>		<i>Whole grains 6x week</i>		<i>Whole grains 9x week</i>	
<i>Milk & Milk Alternatives</i>	1 serving		2 servings		3 servings	

Maximum Calorie, Fat & Sodium Content (Dietary Guideline Recommendations)

Average over one month (daily limit in parenthesis)

<i>Energy</i>	660 calories <i>(No less than 600/day)</i>		1,320 calories <i>(No less than 1,200/day)</i>		2,000 calories <i>(No less than 1,800/day)</i>	
<i>Fat</i>	30% <i>(35% or less per meal)</i>		30% <i>35% or less per meal</i>		30% <i>35% or less per meal</i>	
	<i><10% saturated fat</i>		<i><10% saturated fat</i>		<i><10% saturated fat</i>	
	<i>Avoid trans fat</i>		<i>Avoid trans fat</i>		<i>Avoid trans fat</i>	
<i>Sodium</i>	1,400mg		1,800mg		2,300mg	
<i>Added sugars</i>	<17g		<34g		<51g	

I certify that I have reviewed the Title III-C menu policies and the menu herein meets all nutritional requirements as indicated on this table and within the menu policy specifications. *Please check appropriate boxes to indicate standards are met for one, two, or three meals per day.*

Menu Dates Approved: _____

Registered Dietitian Signature: _____ *Date:* _____