

**Menu Approval Sheet
for use with Nutritional Analysis
Illinois Senior Nutrition Programs***

| Nutrient | 1 Meal per Day | | 2 Meals per Day | | 3 meals per Day | |
|----------------------|--|-------|---|-------|---|-------|
| | Minimum | Check | Minimum | Check | Minimum | Check |
| Energy (Kcal) | No less than 600 per meal; Average 685 per day for the week | ✓ | No less than 1235 Average 1370 for the week | | No less than 2000 Average ≤2054 for the week | |
| Protein | 19 grams-entree | ✓ | 38 grams-entrees | | 57 grams-entrees | |
| Fat | <26 grams ≤30% calories averaged over one week | ✓ | <52 grams ≤30% calories averaged over one week | | <78 grams ≤30% calories averaged over one week | |
| Fiber | 10 grams average over one week | ✓ | 20 grams average over one week | | 30 grams average over one week | |
| Calcium | 400 mg | ✓ | 800 mg | | 1200 mg | |
| Vitamin A | 300 ug | ✓ | 600 ug | | 900 ug | |
| Vitamin C | 30 mg | ✓ | 60 mg | | 90 mg | |
| Vitamin E | 5 ug | ✓ | 10 ug | | 15 ug | |
| Vitamin B6 | .6 mg | ✓ | 1.2 mg | | 1.7 mg | |
| Folate | 133 ug | ✓ | 267 ug | | 400 ug | |
| Vitamin B12 | .8 ug | ✓ | 1.61 ug | | 2.4 ug | |
| Carbohydrate | = or >43 grams | ✓ | = or >87 grams | | = or >130 | |
| Sodium | Not more than 800 mg | ✓ | Not more than 1200mg | | Not more than 2000 mg | |

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: S. Shulley, RD # 710935 Date: 12/22/16

*Revised July 2012