# CHART 2- MENU SPECIFICATIONS AND
# NUTRIENT ANALYSIS

Complete the information requested below. This information will be used to evaluate a sample of the menu's nutrient analysis, standardized recipe, and cycle menu for the senior nutrition application.

Organization Name: _____          Date: _____

| STANDARDIZED RECIPE<br>Sample Meat Loaf Recipe | NUTRIENT ANALYSIS PANEL<br>Per Serving of Meat Loaf | |
|---|---|---|
| **Recipe Source:** _____ | CALORIES/SERVING | _____ |
| | GM PROTEIN | _____ |
| **Yield:** _____ | GM CARBOHYRATE | _____ |
| | GM FAT | _____ |
| **Portion Size:** _____ | GM SATURATED FAT | _____ |
| **Quantity Prepared:** _____ lbs/oz | MG SODIUM | _____ |
| | GM DIETARY FIBER | _____ |

| STANDARDIZED RECIPE<br>Sample Beef Stew | NUTRIENT ANALYSIS PANEL<br>Per Serving of Beef Stew | |
|---|---|---|
| **Recipe Source:** _____ | CALORIES/SERVING | _____ |
| | GM PROTEIN | _____ |
| **Yield:** _____ | GM CARBOHYRATE | _____ |
| | GM FAT | _____ |
| **Portion Size:** _____ | GM SATURATED FAT | _____ |
| **Quantity Prepared:** _____ lbs/oz | MG SODIUM | _____ |
| | GM DIETARY FIBER | _____ |

1. **Attach** recipe for meat loaf and beef stew or list brand(s) name(s) if convenience item. Include nutrients in item per serving and indicate serving size.

2. **Attach** nutrient analysis for recipe per serving size

3. Briefly describe the method/software program used to analyze recipes for nutrient content:


4. **Attach** a one week nutrient analysis and corresponding one week menu used in the program with complete nutrition analysis per day and average nutrient per week for 1/3 DRI: calories, protein, carbohydrates, fat, saturated fat, sodium, dietary fiber.


*AAA 1-B Comments:*




_____
AAA 1-B Approval                    Date