

Member Name \_\_\_\_\_ Project Name \_\_\_\_\_

**MENU PLAN FOR 1 DAY  
(BRING THIS TO JUDGING)**

<b>Menu</b>	<b>Serving Size</b>
Breakfast:	
Snack:	
Lunch:	
Snack:	
Dinner:	
Snack:	

**Note:** In the space provided above, write a menu for the day including any snacks you may have eaten. Also write the serving size of each menu item. **Include in your list of menu items a food that you prepared for your project.**

**Does your menu have ...**

Variety \_\_\_; Quantity \_\_\_; Color \_\_\_; Temperature \_\_\_; Shape \_\_\_; Texture \_\_\_; Flavor \_\_\_