

PLANNING B - L - D - S* MENUS

(*Breakfast, Lunch, Dinner, Snack)

"What's for lunch?" Do we have anything for a snack?"

Preparing tasty meals and snacks for your family and friends takes careful planning. All the food you serve at one time or meal make up the menu. Menus are fun and easy to plan if you follow these guidelines:

1. **Start with the MyPlate information.** Know the amounts recommended from each group and what counts as a serving. (A full-color MyPlate Poster and an information sheet on serving sizes should be in your project book.)
2. **Plan menus for 1 day at a time.** Include breakfast, lunch, dinner and a snack or two. A paper to write your menus on is included in your project book.
3. **Plan menus that include foods you and your family like.** Try something new, too.
4. **Include a variety of foods served in different ways.** Check for variety in:
 - temperature (something hot, something cold)
 - texture (something crisp, something soft)
 - flavor (something sweet, something sour)
 - shape (something round, something rectangular)
 - color (something yellow, something green)
5. **The menu should tell you how a food is prepared.** For example: *mashed potatoes* instead of just *potatoes*; *baked chicken* instead of *meat* or *chicken*.
6. **List the foods in the order they will be served.** Capitalize all words except articles and prepositions (a, with, and).

EXAMPLES:

LIKE THIS:

Tossed Salad French Dressing
 Broiled Cube Steak
 Baked Potato Butter
 Roll Jelly
 Peach Crisp
 Milk

Not This:

Broiled Cube Steak
 baked potato
 butter - roll
Tossed salad and French dressing
 milk
 Peach Crisp

7. **Write the menu neatly.** Plan for good spacing and arrangement as in the example above.
8. **Write the serving size of each menu item.** Include in your menu list a food you prepared for the project. (An example is included for you.)

Member Name Susie Sample Project Name I Spy in the Kitchen

MENU PLAN FOR 1 DAY (BRING THIS TO JUDGING)

Menu	Serving Size
Breakfast: Orange Juice Scrambled Eggs Whole Wheat Toast - Jelly 2% Milk	1 cup 2 eggs 2 slices/2 Tbsp. 1 cup
Snack:	
Lunch: Shredded Chicken Sandwich Carrot & Celery Sticks Apple Slices with Carmel Dip 2% Milk	3 oz. chicken 1 bun ½ cup 1 apple/2 Tbsp. 1 cup
Snack: Strawberry Yogurt	1 cup
Dinner: Baked Meat Loaf Escalloped Potatoes Green Beans with Almonds Italian Bread – Margarine Peach Crisp Milk – Iced Tea	4 oz. slice ½ cup ½ cup 1 slice/1 tsp. ½ cup 1 cup
Snack: Popcorn Grape Juice	2 cups 1 cup

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 ____