

Menu Planning Assignment

Team G: Upscale Assisted Living Center

“Shady Oakes Assisted Living Facility Menu”

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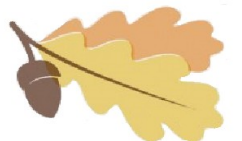
Shady Oaks Assisted Living Center Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	<i>Select two of the following:</i> Cold Cereal* Fruit Bowl Veggie Omelet Brown Butter Banana Muffin Assorted Juice and Beverages**	<i>Select two of the following:</i> Cold Cereal Fruit Bowl Oatmeal Pancakes Cinnamon Rolls w/ Icing Assorted Juice and Beverages	<i>Select two of the following:</i> Cold Cereal Fruit Bowl Scrambled Eggs and Hash Browns Blueberry Muffin Assorted Juice and Beverages	<i>Select two of the following:</i> Cold Cereal Fruit Bowl Biscuits and Gravy Raspberry Banana Scone Assorted Juice and Beverages	<i>Select two of the following:</i> Cold Cereal Fruit Bowl Eggs Benedict Walnut Banana Bread Assorted Juice and Beverages	<i>Select two of the following:</i> Cold Cereal Fruit Bowl Belgian Waffles Country Grits Assorted Juice and Beverages
Lunch	<i>Please Specify Main Selection</i> Herb-Crusted Salmon OR Herb-Baked Chicken Rice Pilaf Sautéed Green Beans Vanilla Cake w/ Lemon Buttercream Assorted Juice and Beverages	Home-Style Macaroni & Cheese Sliced Honey-Spiral Ham Cornbread Muffin Steamed Broccoli Raspberry Jell-O w/ Whipped Cream Assorted Juice and Beverages	<i>Please Specify Main Selection</i> Grilled Cheese Sandwich & Tomato Basil Soup OR Turkey Cilantro Sandwich & Broccoli Cheese Soup OR Chef Salad Strawberry Smoothie Assorted Juice and Beverages	<i>Please Specify Main Selection</i> Beef Stir Fry OR Asian Chicken Burger Pot Stickers Cherry Cheesecake Assorted Juice and Beverages	<i>Please Specify Main Selection</i> Apricot Chicken OR Apricot-Ginger Pork Chops Buttermilk Mashed Potatoes Swiss Chard w/ Toasted Breadcrumbs Mini Blackberry & Ginger Trifle Assorted Juice and Beverages	<i>Please Specify Main Selection</i> Chicken Salad Sandwich OR Turkey Reuben Sandwich Tomato Cucumber Salad French Onion Soup Peach Cobbler w/ Vanilla Ice Cream Assorted Juice and Beverages
Dinner	<i>Please Specify Main Selection</i> Lasagna OR Fettuccine Alfredo Romaine Lettuce Salad Garlic Breadsticks Warm Apple Crisp w/ Vanilla Ice Cream Assorted Juice and Beverages	<i>Please Specify Main Selection</i> Fried Rice <small>With Eggs, Bacon, & Veggies OR</small> Asian Noodle Bowl <small>With Flank Steak & Garlic</small> Pork Egg Rolls Glazed Carrots Raspberry or Strawberry Sorbet Assorted Juice and Beverages	Zesty Grilled Chicken Rotini Pasta <small>With clear gravy, marinara, or alfredo sauce</small> California Vegetables <small>carrots, broccoli, cauliflower</small> Banana Pudding w/ Vanilla Wafers Assorted Juice and Beverages	<i>Please Specify Main Selection</i> Chicken Enchilada Verde OR Steak Quesadilla <small>With peppers, mushrooms, tomatoes, and cheese</small> Black Beans Chewy Chocolate Chip Cookie Assorted Juice and Beverages	<i>Please Specify Main Selection</i> Italian Meatball Soup OR Black Bean Soup Spinach Salad w/ Mandarin Oranges Breadstick or Roll Strawberry Cheesecake Bars Assorted Juice and Beverages	<i>Please Specify Main Selection</i> BBQ Chicken OR Turkey Pot Pie Roasted Asparagus Fruit Cocktail Red Velvet Cupcake w/ Cream Cheese Frosting Assorted Juice and Beverages
Evening Snack	<i>Select one of the following:</i> Cottage Cheese & Peaches Snack Crackers & Pudding Cup Chocolate Chip Cookies & Low-Fat Milk	<i>Select one of the following:</i> Melon Salad w/ Ginger Simple Syrup and Mint Oatmeal Crème Pie	<i>Select one of the following:</i> Peach & Raspberry Cobbler Dark Chocolate Brownie Trail Mix	<i>Select one of the following:</i> Applesauce <small>plain or cinnamon</small> Frozen Yogurt <small>vanilla, chocolate, chocolate mint</small> Cheese and Crackers	<i>Select one of the following:</i> Cinnamon Apple Turnovers Carrot Cake Fruit Smoothies	<i>Select one of the following:</i> Yogurt w/ Mixed Berries Hardboiled Egg Kettle Corn

*Cereal Options: Raisin Bran, Rice Krispies, Cheerios, Frosted Flakes, Cinnamon Toast Crunch

**Juice and Beverages always available: Orange Juice, Cranberry Juice, Apple Juice, V-8 Juice, Coffee, Tea, Milk, Water

Fresh Fruit Choices are always available



Explanation of Advertising for Menu for Shady Oakes Assisted Living Facility

To advertise our menu, we will place a large menu sign in the entrance of the dining room/area (much like Pencourt's menu sign). It will detail the entire week's menus and includes all meals. We would change out the sign every week. To help better inform residents and for those who might be bed-bound, we will make and deliver a monthly meal calendar to each room. Residents will have these calendars to keep and refer to for the whole month.

Day 1

Breakfast

Can choose two of the following:

- ❖ Cold Cereal*, 1 cup
--with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Veggie Omelet, 1 each --Ordering Premade
--eggs, 2 each
--bell peppers, mushrooms
--cheddar cheese, .5 ounce
- ❖ Brown Butter Banana Muffin, 1 large
--banana, 1/3 of a banana
- ❖ Assorted Juices and Beverages**, 8 ounces

*Varieties available: Raisin Bran, Rice Krispies,
Cheerios, Frosted Flakes, Cinnamon Toast Crunch

**Available: Orange Juice, Cranberry Juice, Apple Juice, V-8 Juice, Coffee, Tea, Milk, Water

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

2 ounces protein
½ cup vegetables
1/3 cup dairy
3 ounces grains
1/3 cup fruit
varies

Lunch

Please specify main selection

- ❖ Herb-Crusted Salmon OR Herb-Baked Chicken, 4 ounces
--salmon fillet OR chicken breast
--white bread, 1 slice
--fresh parsley and dill
--dijon mustard
--garnished with lemon wedge and a dill sprig
- ❖ Rice Pilaf, 6 oz scoop (¾ cup)
--wild grain rice, ¾ cup
--dried cranberries, 1 ounce
--fresh parsley
- ❖ Sautéed Green Beans, ½ cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Vanilla Cake with Lemon Buttercream, 3x3 inch slice

4 ounces protein
1 ounce grains

1.5 ounces grains
1/8 cup fruit

½ cup vegetables
varies

Dinner

Please specify main selection

- ❖ Lasagna, 8 ounce portion
--pasta, 1 cup
--tomato sauce, ¼ cup

2 ounces grains
¼ cup vegetables

--ground beef, 1 ounce	1 ounce protein
--mixed cheeses, 2 ounces	¼ cup dairy
OR	
❖ Fettuccine Alfredo, 8 ounce portion	
--pasta, 1 cup	2 ounces grains
--cream cheese, parmesan cheese	¼ cup dairy
--2% milk	¼ cup dairy
❖ Garlic Breadsticks, 2 each	2 ounces grains
❖ Romaine Lettuce Salad, 1 cup	
--romaine lettuce, 1 cup	½ cup vegetables
--sliced tomato, cucumber, shredded carrots	½ cup vegetables
❖ Assorted Juices and Beverages, 8 ounces	varies
❖ Warm Apple Crisp with Vanilla Ice Cream, 1 cup	
--apple slices	½ cup fruit
--vanilla ice cream, 1 scoop	1/3 cup dairy

Evening Snack

Can choose one of the following:

❖ Cottage Cheese with Peaches	
--cottage cheese, ½ cup	¼ cup dairy
--peaches, ½ cup	½ cup fruit
❖ Snack Crackers and a Pudding Cup	
--pack of crackers	1 ounce grains
--pudding cup, 6 ounces	¾ cup dairy
❖ Chocolate Chip Cookies and Low-Fat Milk	
--chocolate chip cookies, 2 each	1 ounce grains
--low-fat milk, 8 ounces	1 cup dairy

Total My Plate Tally:

Fruits	2 1/3 cups
Vegetables	2 ¼ cups
Grains	14 ½ ounces
Protein	7 ounces
Dairy	4 1/3 cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

Day 2

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
--with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Oatmeal Pancakes with Maple Syrup, 3 each, 4-in
--oatmeal pancakes
- ❖ Cinnamon Rolls with Icing, 1 large each
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

3 ounces grains
3 ounces grains
varies

Lunch

- ❖ Home-style Macaroni and Cheese, $\frac{3}{4}$ cup
--macaroni pasta
--mixed cheeses & milk
--breadcrumb topping
- ❖ Sliced Honey-Spiral Ham, 2 small slices
--honey ham
- ❖ Cornbread Muffin, 1 each
- ❖ Steamed Broccoli, 1 cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Raspberry Jell-O with Whipped Cream, $\frac{1}{2}$ cup

1.5 ounces grains
 $\frac{1}{2}$ cup dairy
 $\frac{1}{4}$ ounce grains

3 ounces protein
1 ounce grains
1 cup vegetables
varies

Dinner

Please specify main selection

- ❖ Fried Rice, 1 $\frac{1}{4}$ cup
--brown rice, $\frac{3}{4}$ cup
--scrambled eggs, 1 each
--bacon, $\frac{1}{2}$ slice
--celery, green onion, mushrooms, peas, water chestnuts
--green onion garnish

OR

- ❖ Asian Noodle Bowl, 1 bowl (2 cups)
--beef broth
--rice noodles
--green onions
--flank steak strips
--ginger, garlic, soy sauce
--toasted sesame seed garnish

1.5 ounces grains
1 ounce protein
 $\frac{1}{2}$ ounce protein
 $\frac{1}{2}$ cup vegetables

1 ounce grains

2 ounces protein

- ❖ Pork Egg Rolls, 1 small
 - pork
 - cabbage, green onion, carrots
- ❖ Glazed Carrots, ½ cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Raspberry or Strawberry Sorbet, ½ cup
 - 1/4 cup fruit puree

1 ounce protein
 ¼ cup vegetables
 ½ cup vegetables
 varies
 ¼ cup fruit

Evening Snack

Can choose one of the following:

- ❖ Melon salad, 1 cup
 - watermelon, cantaloupe, honeydew
 - ginger simple syrup
 - mint
- ❖ Oatmeal Creme Pie, 1 each

1 cup fruit
 1 ounce grains

Total My Plate Tally:

Fruit 2 ¼ cups
 Vegetables 2 ¼ cups
 Grains 13 ¼ ounces
 Protein 7 ½ ounces
 Dairy 2 ½ cups**

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

** I figured in 1 cup of milk for dinner.

Day 3

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
 - with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Scrambled Eggs and Southwestern Hash Browns
 - eggs, 2 each
 - cilantro
 - shredded hash browns, 1 cup
 - diced bell peppers, corn, onion
 - shredded cheddar cheese
- ❖ Small Blueberry Muffin, 2 ½ in
 - blueberries
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

2 ounces protein

1 cup vegetables
½ cup vegetables
½ cup dairy
1 ounce grains
¼ fruit
varies

Lunch

Please Specify Main Selection

- ❖ Grilled Cheese Sandwich & Tomato Basil Soup, 1 each & 2 cups
 - wheat bread, 2 slices
 - cheddar and colby jack cheese
 - ripe tomatoes, yellow onion, carrots
 - basil, garlic, orange and lemon zest, brown sugar, broth
- OR
- ❖ Turkey Cilantro Sandwich with Broccoli Cheese Soup, 1 each & 2 cups
 - turkey slices
 - wheat bread, 2 slices
 - spinach or lettuce, pesto spread, cilantro
 - broccoli
 - cheese, milk
- OR
- ❖ Chef Salad, 2 cups
 - mixed greens- chopped romaine, spinach, spring greens
 - tomato wedges, green onions
 - shredded cheese
 - cubed turkey & ham
 - scrambled eggs
 - olives
- ❖ Choice of Salad Dressing: Ranch, Caesar, Blue Cheese, Italian, Thousand Island, Raspberry Vinaigrette
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Strawberry Smoothie, 12 oz

2 ounces grains
½ cup dairy
1 ½ cups vegetables

2 ounces protein
2 ounces grains
¼ cup vegetables
¼ cup vegetables
½ cup dairy

1 cup vegetables
½ cup vegetables
½ cup dairy
1 ounce protein
1 ounce protein

varies
1 cup fruit

--strawberries, sprite, ice cubes

Dinner

- ❖ Zesty Grilled Chicken, 1 each
--chicken flavored with lemon, cracked black pepper 3 ounces protein
- ❖ Rotini Pasta, 1 cup
--rotini pasta, 1 cup 2 ounces grains
--sauce choices: clear gravy, marinara sauce, alfredo sauce
- ❖ California Vegetables, ½ cup
--carrots, broccoli, onion, cauliflower ½ cup vegetables
- ❖ Assorted Juices and Beverages, 8 ounces varies
- ❖ Banana Pudding, 1 cup
--vanilla pudding, ½ cup ½ cup dairy
--banana slices, 8 each ¼ cup fruit
--vanilla wafers, 8 each ½ ounce grains

Evening Snack

Can choose one of the following:

- ❖ Fresh Peach and Raspberry Cobbler, ¾ cup
--peaches, raspberries ½ cup fruit
--crumble topping, almonds, cinnamon
- ❖ Dark Chocolate Brownie, 1 ½ in square
- ❖ Trail Mix, 1 ½ cups
--cereal squares ¾ cup ¾ ounce grains
--peanuts & almonds, 2 Tb. ½ ounce protein
--raisins, 2 Tb. ¼ cup fruit
--M&M candies, 2 Tb.

Total My Plate Tally:

Fruit	3 ¼ cups
Vegetables	5 ½ cups
Grains	9 ¼ ounces
Protein	9 ½ ounces
Dairy	3 ½ cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

Day 4

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
 - with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Biscuits & Gravy
 - 2 small biscuits, 2 in.
 - sausage gravy, 1/3 c
 - 1/4 c milk
 - 1 1/2 ounce sausage
- ❖ Raspberry Banana Scone, 1 large
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

2 ounce grains

1/4 c dairy
1 1/2 ounce protein
3 ounces grains
varies

Lunch

Please Specify Main Selection

- ❖ Beef Stir Fry, 2 cups
 - white rice, 1 cup
 - steak, 2 ounces
 - peppers, onions, carrots, broccoli
- OR
- ❖ Asian Chicken Burger, 1 each
 - whole wheat sesame bun
 - ground chicken patty
 - carrots, red onions, mushrooms
 - hoi sin sauce, ginger, Asian chili sauce, soy sauce, lime juice
- ❖ Pot Stickers, 1 each
 - wonton wrappers, 1 each
 - cabbage, onion, water chestnuts, ginger
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Cherry Cheesecake, 1 slice

1.5 ounces grains
2 ounces protein
1 cup vegetables

2 ounces grains
3 ounces protein
1/4 cup vegetables

1 ounce grains
1/4 cup vegetables
varies

Dinner

Please specify main selection

- ❖ Creamy Chicken Enchilada Verde, 1 each
 - flour tortillas, 10 inch
 - shredded chicken breast
 - cheddar cheese

3 ounces grains
2 ounces protein
1 cup dairy

- onions, green chiles, salsa verde, cilantro 1 cup vegetables
- lime wedge garnish
- OR
- ❖ Steak Quesadilla, 2 each
 - 6-inch flour tortillas, 2 each 2 ounces grains
 - grilled steak strips 3 ounces protein
 - green pepper, tomato, onion, mushrooms 2 cups vegetables
 - mozzarella cheese ¾ c dairy
 - garlic, cilantro
- ❖ Black Beans, ½ cup ½ cup vegetables
- ❖ Assorted Juices and Beverages, 8 ounces varies
- ❖ Chewy Chocolate Chip Cookie, 1 each

Evening Snack

Can choose one of the following:

- ❖ Applesauce, 1 cup 1 cup fruit
 - cinnamon available
- ❖ Frozen Yogurt, 1 cup 1 cup dairy
 - vanilla, chocolate, chocolate mint available
 - toppings: chocolate syrup, mini chocolate candies, whipped cream
- ❖ Cheese and Crackers
 - cheddar cheese, 7 small slices 2 cups dairy
 - saltine crackers, 7 each 1 ounce grains

Total My Plate Tally:

Fruit	2 cups
Vegetables	5 cups
Grains	16.5 ounces
Protein	11.5 ounces
Dairy	6 cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

Day 5

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
 - with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Eggs Benedict, 1 each
 - 1 egg
 - Canadian bacon, 1 slice
 - 1/2 English muffin
 - Hollandaise sauce
- ❖ Walnut Banana Bread, 2 slices
 - butter, water, sugar, flour, eggs, vanilla, salt, soda, nuts
 - bananas
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit

1 ounce protein
1 ounce grains

¼ cup fruit
varies

Lunch

Please Specify Main Selection

- ❖ Glazed Pork Chops with Apricot-Ginger Sauce, 1 each
 - boneless loin pork chop
 - salt, garlic powder, onion powder, pepper, garlic, ginger
 - olive oil, butter, chicken broth, apricot-pineapple preserves
- OR
- ❖ Apricot Chicken, 1 each
 - chicken breast
 - apricot jam
 - Russian salad dressing
 - curry powder, dry onion soup mix
- ❖ Buttermilk Mashed Potatoes, 1 cup
- ❖ Swiss Chard with Toasted Breadcrumbs, 1 cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Mini Blackberry and Ginger Trifle, 1 each
 - pound cake
 - fresh blackberries
 - heavy cream
 - ginger, sugar

2 ounces protein

2 ounces protein

1 cup vegetables
1 cup vegetables
varies

1 ounce grains
1 cup fruit

Dinner

Please specify main selection

- ❖ Italian Meatball Soup, 2 cups
 - Italian meatballs
 - crushed tomatoes, carrots, spinach, onion
 - macaroni noodles
 - garlic, Italian seasoning, chicken broth, water, olive oil

1 ounce protein
¼ cup vegetables
½ ounce grains

OR

- ❖ Black Bean Soup, 1 bowl-2 cups
 - olive oil, beef broth
 - carrots, celery, onion, green chilies
 - black beans
 - salt, pepper, garlic, chili powder, cumin, oregano, bay leaf, lime juiceOptional toppings:
 - sour cream, tortilla chips, shredded cheese, cilantro
- ❖ Spinach Mandarin Poppyseed Salad, 2 cups
 - baby spinach, roman lettuce
 - red onion, avocado, mozzarella, bacon
 - mandarin oranges
 - Poppyseed dressing
- ❖ Breadstick or Roll, 1 each
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Strawberry Cheesecake Bars, 1 each
 - pecan sandies cookies
 - butter, cream cheese, sour cream, eggs
 - vanilla, almond extract, sugar, salt
 - strawberry sauce, strawberries

Evening Snack

Can choose one of the following:

- ❖ Cinnamon Apple Turnovers, 1 each
 - green apples
 - brown sugar, cinnamon, flour
 - butter, sugar, powdered sugar, vanilla, milk
- ❖ Carrot Cake, 1 piece
- ❖ Fruit Smoothie, 16 ounces
 - mangos, peaches, raspberries
 - plain yogurt
 - milk

Total My Plate Tally:

Fruit	6 ½ cups
Vegetables	4 ¾ cups
Grains	6.5 ounces
Protein	7 ounces
Dairy	2 cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.

Day 6

Breakfast

Can choose two of the following:

- ❖ Cold Cereal, 1 cup
--with 1% milk
- ❖ Fruit Bowl, 1 cup
- ❖ Belgian Waffles with syrup, 2 each
- ❖ Country Grits with Butter, $\frac{3}{4}$ cup
- ❖ Assorted Juices and Beverages, 8 ounces

My Plate Tally

1 ounce grains
1 cup dairy
1 cup fruit
2 ounces grains
1 $\frac{1}{2}$ ounces grains
varies

Lunch

Please specify main selection

- ❖ Chicken Salad Sandwich on Croissant Roll, 1 each
--chicken salad, 1 cup
--celery, water chestnuts
--croissant, 1-2.4 ounce

OR

- ❖ Turkey Reuben Sandwich, 1 each
--grilled Rye Bread, 2 slices
--Swiss Cheese, 2 slices
--sauerkraut, $\frac{1}{2}$ cup
--thin sliced turkey breast, 4 slices
- ❖ Tomato Cucumber Salad with Oil and Vinegar, 1cup
- ❖ French Onion Soup, 1 $\frac{1}{2}$ cups
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Peach Cobbler with Vanilla Ice Cream, 1 cup
--sliced peaches
--vanilla ice cream, $\frac{1}{2}$ cup

4 ounces protein
 $\frac{1}{4}$ cup vegetables
2 $\frac{1}{2}$ ounces grains

2 ounces grains
1 cup dairy
 $\frac{1}{2}$ cup vegetables
4 ounces protein
1 cup vegetables
 $\frac{1}{2}$ cup vegetables
varies

$\frac{1}{2}$ cup fruit
 $\frac{1}{2}$ cup dairy

Dinner

Please specify main selection

- ❖ BBQ Chicken, 1 each
OR
- ❖ Turkey Pot Pie, 1 each
--pastry, 4-in circle
--peas, carrots, corn
--cubed turkey
- ❖ Roasted Asparagus, $\frac{3}{4}$ cup
- ❖ Fruit Cocktail, 1 cup
- ❖ Assorted Juices and Beverages, 8 ounces
- ❖ Red Velvet Cupcake with Cream Cheese Frosting, 1 each

3 $\frac{1}{2}$ ounces protein

1 ounce grains
 $\frac{1}{4}$ cup vegetables
1 $\frac{1}{2}$ ounces protein
 $\frac{3}{4}$ cup vegetables
1 cup fruit
varies

Evening Snack

Can choose one of the following:

- | | |
|-----------------------------|-----------------|
| ❖ Yogurt with Mixed Berries | 1 cup dairy |
| --mixed berries, 1 cup | 1 cup fruit |
| ❖ Hardboiled Egg, 1 each | 1 ounce protein |
| ❖ Kettle Corn, 3 cups | 1 ounce grains |

Total My Plate Tally:

Fruits	3 ½ cups
Vegetables	3 ¼ cups
Grains	11 ½ ounces
Protein	14 ounces
Dairy	3 ½ cups

*These My Plate Tallies are based on the entire menu, meaning they include all options. A patient will not eat all the servings listed but every choice combination sufficiently meets My Plate guidelines.