**

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

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| Agency Name: |  | Date: |

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| **STANDARDIZED RECIPE** |  | **NUTRIENT ANALYSIS PANEL** | | | |
| **Sample Meat Loaf Recipe** |  | **Per Serving of Meat Loaf** | | | |
|  |  |  | | | |
| **Recipe Source:** |  | calories/serving | |  | |
|  |  | gm protein | |  | |
| **Yield:** |  | gm carbohyrate | |  | |
|  |  | gm fat | |  | |
| **Portion Size:** |  | gm saturated fat | |  | |
|  |  | MG Cholesterol | |  | |
| **Quantity Prepared :**       lbs/oz |  | mg sodium | |  | |
|  |  | mg iron | |  | |
| gm dietary fiber | | \_\_\_\_\_\_\_\_\_\_ | |

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| **STANDARDIZED RECIPE** |  | **NUTRIENT ANALYSIS PANEL** | | | |
| **Sample Spaghetti Meat Sauce Recipe** |  | **Per Serving of Spaghetti Meat Sauce** | | | |
|  |  |  | | | |
| **Recipe Source:** |  | calories/serving | |  | |
|  |  | gm protein | |  | |
| **Yield:** |  | gm carbohyrate | |  | |
|  |  | gm fat | |  | |
| **Portion Size:** |  | gm saturated fat | |  | |
|  |  | MG Cholesterol | |  | |
| **Quantity Prepared :**       lbs/oz |  | mg sodium | |  | |
|  |  | mg iron | |  | |
| gm dietary fiber | | \_\_\_\_\_\_\_\_\_\_ | |

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| 1. ***Attach*** recipe for meat loaf and meat spaghetti sauce or list brand(s) name(s) if convenience item and nutrients in item per serving and service size. |
| 1. Briefly describe the method/software program used to analyze recipes for nutrient content: 2. ***Attach***nutrient analysis for recipe per serving. 3. ***Attach*** 1 week sample cycle with analysis provided per day and average nutrients per week. for 1/3 DRI: calories, protein, carbohydrate, fat, saturated fat, sodium, vitamin A, vitamin C, dietary fiber, calcium and iron. |