**ATTACHMENT H:**

**SOUTH CAROLINA MENU CHECKLIST**

Computer Analysis

**SCDOA Nutrient Requirements and Values for Analysis**

For menus that are documented as meeting the nutrient requirements through nutrient analysis software, this form must be completed and signed by the Registered Dietitian.

**Menu Cycle Name/Months/Year:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NUTRIENT** | **Daily Target Values**  **(Represent 1/3 of daily DRI)** | **Compliance Values Averaged over 1 week** | **Weekly Average Criteria Met** | | | |
| **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **Calories (Kcal)** | >/= 600 calories | 625-850 |  |  |  |  |
| **Protein (% of meal calories)** | >/= 15% of total calories | > 15% of total calories |  |  |  |  |
| **Fat (% of meal calories)** | Less than (<) 35% of total calories | 20-35% of total calories |  |  |  |  |
| **Carbs (% of meal calories)** | 45-65% of total calories | 45-65% of total calories |  |  |  |  |
| **Fiber (gm)** | >/= 9 gm\* | 9 gm |  |  |  |  |
| **Vitamin A (μg)** | 300 micrograms\* or 1000 I.U. | 300 micrograms or 1000 I.U. |  |  |  |  |
| **Vitamin C (mg)** | 30 milligrams\* | 30 milligrams |  |  |  |  |
| **Vitamin B6 (mg)** | 0.57 milligrams\* | 0.57 milligrams |  |  |  |  |
| **Vitamin B12 (μg)** | 0.79 micrograms\* | 0.79 micrograms |  |  |  |  |
| **Calcium (mg)** | 400 milligrams\* | 400 milligrams |  |  |  |  |
| **Sodium (mg)** | </= 1100 milligrams\* | 1100 milligrams |  |  |  |  |
| **Potassium (mg)** | 1133 milligrams\* | 1133 milligrams |  |  |  |  |

\*When adhering to DRI requirements, some target values may vary from the daily target value listed as long as the weekly Compliance Value Average is met. The Compliance Value Average is to allow for menu flexibility and client satisfaction. Please note that some nutrients such as calories and protein should meet Target Values daily. No individual meal should be less than 600 calories.

To increase menu variety, slight increases in the one-third (1/3) DRI minimums for fat and sodium may occur twice per menu cycle: sodium must not exceed 1400 milligrams and fat shall not exceed 40%.

**Prepared by:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I certify that these menus meet the nutrition requirements as specified in the Meal Specifications and that the corresponding computer nutrient analysis indicates compliance with the *DGA-DRIs*.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Registered Dietitian Nutritionist RDN License Number

**MENU PLAN \_\_\_\_\_\_\_\_\_\_\_\_\_**

**CYCLE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ WEEK #:\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | |
| **Month, Day** | |  | |  | |  | |  | |  | |
| **Protein or Alternate** | |  | |  | |  | |  | |  | |
| **Vegetable** | |  | |  | |  | |  | |  | |
| **Fruit** | |  | |  | |  | |  | |  | |
| **Grain** | |  | |  | |  | |  | |  | |
| **Milk or alternate** | |  | |  | |  | |  | |  | |
| **Dessert (optional)** | |  | |  | |  | |  | |  | |
| **Beverage (optional)** | |  | |  | |  | |  | |  | |
| **Analysis Weekly Avg.** | | **Nutrient Analysis Daily Values** [leave section below blank if utilizing meal pattern] | | | | | | | | | |
| Kcal | Pro% | Kcal | Pro% | Kcal | Pro% | Kcal | Pro% | Kcal | Pro% | Kcal | Pro% |
| Fat% | Carbs% | Fat% | Carbs% | Fat% | Carbs% | Fat% | Carbs% | Fat% | Carbs% | Fat% | Carbs% |
| Vit C (mg) | Carbs (gm) | Vit C (mg) | Carbs (gm) | Vit C (mg) | Carbs (gm) | Vit C (mg) | Carbs (gm) | Vit C (mg) | Carbs (gm) | Vit C (mg) | Carbs (gm) |
| Vit B12 (mg) | Na (mg) | Vit B12 (mg) | Na (mg) | Vit B12 (mg) | Na (mg) | Vit B12 (mg) | Na (mg) | Vit B12 (mg) | Na (mg) | Vit B12 (mg) | Na (mg) |
| Vit B6 (mg) | Vit A (μg) | Vit B6 (mg) | Vit A (μg) | Vit B6 (mg) | Vit A (μg) | Vit B6 (mg) | Vit A (μg) | Vit B6 (mg) | Vit A (μg) | Vit B6 (mg) | Vit A (μg) |
| Fiber (gm) | Ca (mg) | Fiber (gm) | Ca (mg) | Fiber (gm) | Ca (mg) | Fiber (gm) | Ca (mg) | Fiber (gm) | Ca (mg) | Fiber (gm) | Ca (mg) |
|  | K (mg) |  | K (mg) |  | K (mg) |  | K (mg) |  | K (mg) |  | K (mg) |

**Prepared by:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Effective date:** \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_

I certify that these menus meet the nutrition requirements as specified in the SCDOA Meal Specifications for compliance with the *DGA-1/3 DRIs*.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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