

**IDoA Menu Approval Sheet**  
**for use with**  
**Meal Pattern for Senior Nutrition Programs**

Refer to IDoA Menu Standards for portion sizes, frequency and nutrient content.  
Minimum and maximum amounts indicated are for one week of menus.

Food Group	Total - 1 Meal per Day		Total - 2 Meals per Day		Total - 3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
<b>Protein Foods</b>	<b>3 oz-eq.</b>	X	<b>6 oz-eq.</b>		<b>6 oz-eq.</b>	
Meat, Poultry, Eggs (oz-eq/week)	9oz-eq/week	Suggested for variety when planning menus, but are not requirements.	18oz-eq/week	Suggested for variety when planning menus, but are not requirements.	26oz-eq/week	Suggested for variety when planning menus, but are not requirements.
Fish/Seafood (oz-eq/week)	3oz-eq/week		6oz-eq/week		9oz-eq/week	
Nuts, Seeds, Soy Products, Legumes (oz-eq/week)	2oz-eq/week		3.5oz-eq/week		oz-eq/week	
<i>Limit</i>	Ground red meat (fat >10%) no more than 2x/wk	X	Ground red meat (fat >10%) no more than 4x/wk		Ground red meat (fat >10%) no more than 6x/wk	
<b>Notes:</b> Limiting cured/processed meats such as bacon, hotdogs, bologna, and luncheon meats to no more than 1X/week per meal can help with meeting the DRI for sodium. A 3oz-eq. meat alternative for a meal can meet the protein requirement for vegetarian/vegan diet.						
<b>Vegetables</b>	<b>1 cup-eq.</b>	X	<b>2 cup-eq.</b>		<b>2 ½ cup-eq.</b>	
<b>Note:</b> A least one serving from each of the five vegetable subgroups must be included in a weekly menu.						<b>Check</b>
<b>Dark-Green</b>	<b>Some examples:</b> Broccoli, spinach, romaine lettuce, collards, kale.					X
<b>Red &amp; Orange</b>	<b>Some examples:</b> tomatoes, sweet potatoes, red peppers, winter squash, pumpkin, carrots.					X
<b>Beans, Peas, Lentils</b>	<b>Some examples:</b> cooked dry beans, split peas, edamame, lentils.					X
<b>Starchy Vegetables</b>	<b>Some examples:</b> corn, potatoes, green peas, lima beans.					X
<b>Other Vegetables</b>	<b>Some examples:</b> iceberg lettuce, cabbage, asparagus, avocado, onions, zucchini, cauliflower, beets.					X
<b>Notes:</b> May serve an additional vegetable equivalent instead of fruit. Beans and lentils are both in the Vegetables Group and Protein Group, however, can count as only one group in a meal.						
<b>Fruits</b>	<b>½ cup-eq.</b>	X	<b>1 ½ cup-eq.</b>		<b>2 cup-eq.</b>	
<b>Note:</b> May serve additional fruit(s) equivalents instead of vegetables.						
<i>Fruits and Vegetables</i> <b>Vitamin A Target</b>	1 rich or 2 fair servings 2-3x/wk	X	1 rich or 2 fair servings 4-6x/wk		1 rich or 2 fair servings 4-6x/wk	
<i>Fruits and Vegetables</i> <b>Vitamin C Target</b>	1 rich or 2 fair servings daily	X	2 rich or 4 fair servings daily		3 rich or 6 fair servings daily	
<b>Grains</b>	<b>2oz-eq.</b>	X	<b>4oz-eq.</b>		<b>6oz-eq.</b>	
<b>Note:</b> Preferably at least half of the servings per meal should come from whole grain sources. For example, for serving 2 meals per day, at least 2oz-eq. of whole grains would be served. Refer to "Menu Standards Brief Description" on the next page for examples.						

This Menu Approval Sheet should not be altered in any way and is intended for all nutrition programs.

Food Group	Total - 1 Meal per Day		Total - 2 Meals per Day		Total - 3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
<b>Milk</b>	<b>1 cup-eq.</b>	X	<b>2 cup-eq.</b>		<b>3 cup-eq.</b>	
<b>Energy (kcal)</b>	No less than 600 Average of 685 for the week	X	No less than 1235 Average of 1370 for the week		No less than 2000 Average of $\leq$ 2054 for the week	
<b>Sodium Limit</b> <i>Note: **800 mg or less per meal is ideal</i>	<b>Present Goal:</b> **800 mg-1000 mg or less (900 mg averaged over one week)	X	1600 mg or less  (1700 mg averaged over one week)		2300 mg or less  (2400 mg averaged over one week)	
<b>Total fat Limit</b> (20%-35% kcal)	Fat (15-26 g)	X	Fat (29-52 g)		Fat (44-78 g)	

### Menu Standards Brief Description

<u>Food Group</u>	<u>Equivalent Reference</u>	<u>Examples of Common Portion Sizes</u>	<u>Target for 1 Meal</u>
<b>Protein Foods</b> <i>Note: for individuals that regularly eat meat, poultry, fish, count beans and peas in the vegetable group, however a combination of meat and peas/beans can meet the protein recommendation.</i>	1oz protein eq. 2oz protein eq.  3oz protein eq.	1 large egg OR 1oz natural cheese = <b>1oz protein eq.</b> 2 TBSP peanut butter OR 1oz of nuts/seeds OR 1 soy or bean burger patty OR ½ cup (~4oz) tofu OR ½ cup roasted soybeans OR ½ cup cooked beans, peas, lentils OR 1 cup lentil, split pea or bean soup = <b>2oz protein eq.</b> 3oz boneless skinless chicken breast (edible portion, no coating) = <b>3oz protein eq.</b>	3oz-eq.
<b>Vegetables</b>	½ cup-eq. 1 cup-eq.	1 cup raw spinach = ½ <b>cup veggie eq.</b> 1 cup raw or cooked chopped broccoli OR 1 cup cooked potatoes, peas, beans, corn OR 1 cup tomato juice OR 2 cups raw leafy greens (e.g. spinach, romaine) = <b>1 cup veggie eq.</b>	1 cup-eq.
<b>Fruits</b>	½ cup-eq. 1 cup-eq.	4oz applesauce container OR 4oz drained canned fruit OR ¼ cup dried fruit or ½ cup 100% fruit juice = ½ <b>cup fruit eq.</b> 1 large banana OR 1 cup melon balls OR 1 cup grapes OR 1 large orange OR 1 cup 100% fruit juice = <b>1 cup fruit eq.</b>	½ cup-eq.
<b>Grains</b> <i>Note: preferably at least half of the servings are coming from whole grains.</i>	1 oz-eq.	½ cup cooked oatmeal OR ½ cup (1oz dry) cooked white or brown rice OR ½ cup (1oz dry) cooked pasta OR 1 cup ready-to-eat breakfast cereal (flakes or rounds) OR 1- 6-inch flour tortilla OR 5 crackers OR ½ English muffin OR 1 small piece cornbread 2.5"X 1 ¼" X 1 ¼" = <b>1oz grain eq.</b>	2oz-eq.
<b>Milk</b> <i>Note: low-fat milk is preferred.</i>	1 cup-eq	1 cup of milk, calcium fortified milk alternative OR 1 cup of yogurt OR 1 ½ oz natural cheese OR ½ cup evaporated milk OR 1/3 cup shredded cheese = <b>1 cup milk eq.</b>	1 cup-eq.

I certify that, to the best of my knowledge, each meal in the attached menus follows the meal pattern developed by the Illinois Department on Aging and/or provides one-third of the current Dietary Reference Intakes of the National Academies of Sciences, Engineering, and Medicine and conforms to the most recent Dietary Guidelines for Americans.

Signature: \_\_\_\_\_ K. Leicht, RD LDN MBA \_\_\_\_\_ Date: 1/31/25

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Revised April 2021