

**Menu Approval Sheet
for use with Nutritional Analysis for
AgeOptions Title IIIC Nutrition Programs**

Nutrient	1 Meal per Day		2 Meals per Day		3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Energy (Kcal)	No less than 600 per meal; Average 685 per day for the week	✓	No less than 1235 Average 1370 for the week		No less than 2000 Average ≤2054 for the week	
Protein	19 grams	✓	38 grams		57 grams	
Fat	<26 grams ≤30% calories averaged over one week	<31% on average	<52 grams ≤30% calories averaged over one week		<78 grams ≤30% calories averaged over one week	
Fiber	10 grams average over one week	8.3g on average	20 grams average over one week		30 grams average over one week	
Calcium	400 mg	✓	800 mg		1200 mg	
Vitamin A	300 ug	✓	600 ug		900 ug	
Vitamin C	30 mg	✓	60 mg		90 mg	
Vitamin E	5 ug	n/a	10 ug		15 ug	
Vitamin B6	.6 mg	✓	1.2 mg		1.7mg	
Folate	133 ug	123 ug on avg.	267 ug		400 ug	
Vitamin B12	.8 ug	✓	1.61 ug		2.4 ug	
Carbohydrate	43 grams	✓	87 grams		130	
Sodium	Not more than 800 mg	734 mg on avg.	Not more than 1200mg		Not more than 2000 mg	

I certify that, to the best of my knowledge, each meal in the attached menus provides one-third of the current Recommended Dietary Allowances of the National Academy of Sciences and conforms to the Dietary Guidelines for Americans.

Signature: Amanda Daines RDN, LD Date: 12/19/2024