

Stark County 4-H Food & Nutrition Menu for the Day

Bring this completed form to 4-H Judging

Name _____

4-H Age (as of Jan. 1) _____ Club _____

In the space provided below, write a menu for the day, including snacks. Also write the serving size of each item and then mark the food groups each item represents in the chart below.

MENU	SERVING SIZE	FOOD GROUPS
<u>BREAKFAST</u>		
<u>LUNCH</u>		
<u>DINNER</u>		
<u>SNACKS</u>		

EXAMPLE

MENU	SERVING SIZE	FOOD GROUPS
<u>BREAKFAST</u> Hot Cooked Oatmeal with Brown Sugar Fresh Squeezed Orange Juice	1/2 cup 1T 1 cup	Grains Other Fruit