

FINAL PROJECT AND EXAM - FOOD AND NUTRITION

FORMAT

NAME Jane

DAY - (Start With Sunday) - Female \$25.32 - Male - \$26.04

Be sure to include amounts of foods on menus and be fairly specific. For example, if you had a tomato on your tossed salad, that would not only count as a vegetable, but as a vitamin A serving as well.

Breakfast- Toasted Eng. Muffin
with peanut butter
3/4 cup orange juice

Lunch- Chicken Sandwich
(1 slice chicken (leftover from Baked chicken breast)
(2 slices wheat bread 1 tsp. mustard)
Carrot sticks (1 carrot)
1 Cup skim milk

Dinner- 1 Cup spinach/lettuce salad
with 1 tbs. italian dressing
2 Cups spaghetti with 1/2 Cup spaghetti sauce
1 Cup skim milk
garlic bread (leftover hamburger bun with garlic powder)
and italian dressing (2 tsp)
Snack- Apple

Milk - Dairy 2
Meat- protein ✓
Bread and grain 10
2 Fruit and 3 vegetable 2/3
Vit. A & C ✓
Fat and sodium OK

Two points for each - 84 points
variety - 6 points
grocery list - 10 points

100 points

Other possible meals from the chicken on
the market order that is left over

Stuffed chicken breast
Baked breast slices (1 saved for sandwich)
BBQ Chicken wings
STIR FRY & Salad from thighs
Baked chicken legs
Soup - (bones - wing-tips)