*The Iowa Guide for Menu Planning can be used as a guide to develop emergency, shelf stable, grocery, and restaurant meals for sack lunches/to-go meals, etc. The following 2 Week Shelf Stable menu, 10 Meal Grocery Kit, and 20 Meal Shelf Stable Emergency Response Kit are RD approved. Substitutions are allowed using the guide. Also to note, there are many menu ideas and resources in the state Food Processor database. Reach out to Alexandra Bauman, RD LDN with questions at* *Alexandra.bauman@iowa.gov**.*

# Iowa Menu Approval Sheet

Iowa Guide for Menu Planning

Menu Dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Locations menu will be used: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Additional Instructions: A food item in one or more food group can only be classified once as meeting the requirement for a meal. For example: cottage cheese can be counted as a Milk/Milk alternative *or* a Lean Protein source, not both.

Nutrient-rich desserts that include fruit, whole grains, and low-fat milk can count toward meeting the appropriate food group required servings.

| **Food Group** | **Minimum Number of Servings** | **Minimum Requirements**  | **Does each meal meet the requirement?**(yes/no) |
| --- | --- | --- | --- |
| Fruits and Vegetables | 2-3 servings | Provide food sources high in vitamin C and potassium daily. Limit juice to one serving per meal, if using. Encourage no- to low-sodium canned vegetables.1 serving is equivalent to: * ½ cup cooked, canned, or chopped raw fruits or vegetables
* 1 cup leafy raw vegetable (lettuce, spinach, etc.)
* 1 medium whole fruit (apple, orange, banana, etc.)
* ½ grapefruit
* 1/8 melon
* ¼ cup dried fruit
* 6 oz 100% vitamin C fruit or vegetable juice
* 1 small potato or ½ large potato
* ½ cup sweet potatoes, yams, corn kernels, squash, peas, or lima beans
 | Yes |
| Lean Protein Source | 3 oz equivalent | Meats should be baked, broiled, grilled, or roasted. Limit processed meats to one 3 oz serving per week. Seafood is encouraged regularly for omega-3 fatty acids.1 ounce is equivalent to:* 1 oz cooked lean beef, veal pork, lamb, chicken, turkey, or fish
* 1 oz canned tuna or salmon packed in water
* 1 oz low-fat cheese
* 1 egg
* ¼ cup cooked beans or legumes
* ½ cup tofu
* ¼ cup low-fat cottage cheese
* ½ oz nuts or seeds
* 1 Tablespoon peanut butter
 | Yes |
| Grains | 2 servings | At least half of grains should be whole grain.1 serving is equivalent to:* 1 oz bread or grain product
* ½ cup cooked cereal, pasta, or rice
* ¾ cup dry cereal
* 1 slice bread or small dinner roll
* ½ English muffin, bun, small bagel, or pita bread
* 1--6” tortilla
* 1 ¼” square cornbread
* 1--2” diameter biscuit or muffin
* 4-6 crackers
 | Yes |
| Milk or Milk Alternative | 1 serving | 1 serving is equivalent to:* 8 oz vitamin D fortified skim, 1%, or 2% milk
* 8 oz dairy alternative milk fortified with calcium and vitamin D
* 8 oz low-fat yogurt
* 1 ½ oz cheese
* 1 cup pudding made with low-fat milk
* ½ cup ricotta cheese
* 2 cups cottage cheese
 |  Yes |
| Oils or Fats | No more than 1 serving | 1 serving is equivalent to: * 1 Tablespoon vegetable oil or margarine
* 1 Tablespoon mayonnaise
* 2 Tablespoons low-sodium salad dressing
* ½ medium avocado
* 1 oz nuts or seeds
* 2 Tablespoons peanut butter
 | Yes |
| Condiments | optional | Encourage herbal seasonings, lemon, and vinegar to provide flavor without sodium. Limit foods high in sodium. Condiments include items on the side like salad dressing, sugar/sugar substitutes, salt, pepper, butter, and trans-fat free non-dairy coffee creamer.  | Yes |
| Beverages | optional | No- to low-calorie beverages: water, water with lemon, unsweetened tea, coffee, etc. | Yes |
| Desserts | optional | Recommend fruit for dessert to decrease added sugar consumption. Nutrient-rich desserts that contain fruit, whole grains, low-fat milk product are encouraged. | Yes |

I certify to the best of my knowledge these menus provide one-third of the current Dietary Reference Intakes for individuals aged 60 years and older and conforms to the 2015-2020 Dietary Guidelines for Americans.

Dietitian Signature\_\_\_Alexandra Bauman, RD LDN\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_March 17, 2020\_\_\_\_\_\_\_\_\_\_

Iowa License Number\_\_087213\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address\_\_\_alexandra.bauman@iowa.gov\_\_\_\_\_\_\_\_\_\_

| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| --- | --- | --- | --- | --- |
| 6 ounce low sodium vegetable/tomato juice 4 ounce applesauce cup3 ounce deviled ham or ham salad spread1 Quaker Oatmeal to Go Bar4 crackers 1 ounce powdered skim milk | 6 ounce apple juice1 small box seedless raisins (1 ounce)3 ounce canned chicken1 packet instant oatmeal4 crackers1 ounce powdered skim milk1 packet mayonnaise  | 6 ounce orange juice4 ounce mixed fruit cup3 ounce peanut butter2 Graham Crackers1 individual box Dry Cereal1 ounce powdered skim milk | 6 ounce pineapple juice1 small box seedless raisins (1 ounce)3 ounce tuna4 crackers1 cereal bar1 ounce powdered skim milk1 packet relish1 packet mayonnaise | 6 ounce grape juice4 ounce peaches cup3 ounce canned chicken4 crackers4 ounce pudding cup1 cereal bar1 ounce powdered skim milk1 packet mayonnaise |
| 6 ounce cranberry juice1 15 ounce can beef stew 4 crackers1 ounce powdered skim milk | 6 ounce cranberry juice½ 14.5 ounce can vegetables (low sodium preferred)½ 8 ounce package dried red beans and rice4 crackers1 ounce powdered skim milk | 6 ounce grape juice½ 14.5 ounce can vegetables (low sodium preferred)½ 8 ounce package dried red beans and rice4 crackers1 ounce powdered skim milk | 6 ounce orange juice1 14.5 ounce can spaghetti and meatballs4 ounce pudding cup1 ounce powdered skim milk | 6 ounce low sodium vegetable/tomato juice4 ounce applesauce cup1 10.75 ounce can chicken and noodle soup (low sodium preferred)4 crackers1 ounce powdered skim milk |

## 2 Week Shelf Stable Menu

2 Week Shelf Stable Menu Grocery List:

* 10 individual 6 ounce fruit or vegetable juice (or 60 ounce fruit or vegetable juice)
* 4- 4 ounce fruit or applesauce cups
* 2 small box raisins (1 ounce each)
* 12 ounces canned meat or tuna (3- 5 ounce cans)
* 3 Tablespoons peanut butter (2- 0.75 packets or just give 1 small jar)
* 3 cereal bars
* 1 packet instant oatmeal
* 1- 15 ounce can beef stew, 1- 14.5 ounce can vegetables, 1- 8 ounce package dried red beans and rice, 1- 14.5 ounce can spaghetti and meatballs, 1- 10.75 ounce can chicken and noodle soup
* 36 crackers (~1 sleeve of saltines, ritz, 1 package grahams, etc.)
* 1 individual box dried cereal
* 2- 4 ounce pudding cups
* 3 packet mayonnaise and 1 packet relish
* 10 ounce powdered skim milk (or 100 ounce shelf-stable milk)

10 Meal Emergency Grocery Kit**:**

Choose one from each section:

|  |  |
| --- | --- |
|  | 10 pieces of fruit *or* 64 ounce carton fruit or vegetable juice |
|  | 3- 14.5 ounce cans vegetables *or* 5 cups cooked/chopped/frozen/raw vegetables |
|  | 15 ounce canned, fresh, or frozen meat *or* 1 dozen eggs *or* 15 ounce cottage cheese *or* 15 ounce low-fat cheese |
|  | 1- 16ounce jar peanut butter *or* 2- 15 ounce cans beans |
|  | 1 loaf bread (20 ounce equivalent) *or* 32 ounce dried pasta/rice/oats/cereal *or* 12 ounce box crackers |
|  | 10 ounce powdered milk *or* 80 ounce milk *or* 80 ounce yogurt *or* 20- 3.25 ounce pudding |

## Shelf Stable Emergency Response Kit for 20 Meals

| **Description** | **Units per kit** | **Weight per each** | **Wgt in oz.** |
| --- | --- | --- | --- |
| White Milk 2%, Shelf Stable 8 oz | 8 | 8 | 64 |
| Applesauce, Unsweetened 16 oz | 2 | 16 | 32 |
| Pancake Mix, Complete, 28 oz | 2 | 28 | 56 |
| Chicken, Canned, Deluxe White 5 oz | 4 | 5 | 28 |
| Spaghetti, Thin - 1 lb | 2 | 16 | 32 |
| Peanut Butter - 18 oz | 2 | 18 | 36 |
| Corn, Whole Kernel - 15.25 oz | 2 | 15.25 | 30.5 |
| Macaroni & Cheese BOX 7.25 oz | 2 | 7.5 | 15 |
| Tuna, chunk in water, 5 oz | 2 | 5 | 10 |
| Pancake Syrup, Lite 24 Oz. | 2 | 24 | 48 |
| Spaghetti Sauce 24 oz | 2 | 24 | 48 |
| Spaghetti Sauce, Meat Flavored 24 oz | 2 | 24 | 48 |
| Green Bean Cut, 15 oz | 2 | 15 | 30 |
|  |  |  |  |
|  |  |  |  |
| **Total** | 34 units | **Total wgt**  | **29.84 lbs.** |