

Kansas Menu Approval Sheet

Menus reviewed (date range): _____ -- _____

Location where menus will be used: _____

Menu planning approach: Nutrient analysis Meal pattern

Nutrition analysis

Nutrient	Nutrient Requirements per Meal, Averaged Weekly	Weekly Average Documentation	
Calories (Kcal)	≥534 calories	Meets Standard	<input type="checkbox"/>
Protein	15-35% of calories	Meets Standard	<input type="checkbox"/>
Fiber	≥9 g	Meets Standard	<input type="checkbox"/>
Fat (% of Total Calories)	20-30% of calories	Meets Standard	<input type="checkbox"/>
Saturated fat	<10% of calories	Meets Standard	<input type="checkbox"/>
Vitamin B12	≥0.8 mcg	Meets Standard	<input type="checkbox"/>
Vitamin D	≥200 IU	Meets Standard	<input type="checkbox"/>
Calcium	≥400 mg	Meets Standard	<input type="checkbox"/>
Potassium	≥1100 mg	Meets Standard	<input type="checkbox"/>
Sodium	≤1000 mg	Meets Standard	<input type="checkbox"/>

Meal pattern

Food Group	Serving Size	Weekly Average Servings per Meal	Weekly Average Documentation	
Protein	1 ounce of cooked edible portion	Minimum 3 Vary by type: Meats, Poultry, Eggs, Seafood, Nuts, Seeds, and Soy Products.	Meets Standard	<input type="checkbox"/>
Grains	½ cup or 1 ounce equivalent	1-2 At least half must be whole grains.	Meets Standard	<input type="checkbox"/>
Fruits and/or Vegetables	1/2 cup equivalent	Minimum 2 Vary vegetables by type: Dark green, red and orange, beans, peas and lentils, starchy, and other vegetables.	Meets Standard	<input type="checkbox"/>
Dairy	1 cup equivalent	Minimum 1	Meets Standard	<input type="checkbox"/>
Fats and Oils	1 tablespoon equivalent	Varies	Meets Standard	<input type="checkbox"/>

All foods are assumed to be in nutrient-dense forms; lean or low-fat and prepared with minimal added sugars; refined starches, saturated fat, or sodium. If all food choices to meet food group recommendations are in nutrient-dense forms, a small number of calories remain within the overall limit of the pattern (i.e., limit on calories for other uses). The number of calories depends on the total calorie level of the pattern and the amounts of food from each food group required to meet nutritional goals. Calories up to the specified limit can be used for added sugars, saturated fat, and/or alcohol, or to eat more than the recommended amount of food in a food group.

Instructions: This form is to be submitted electronically to the Kansas Department for Aging and Disability Services at KDADSOAASCA@ks.gov with menus and computer and/or meal pattern analysis dated and signed by the dietitian.

I certify to the best of my knowledge these menus provide one-third of the current Dietary Reference Intakes for individuals aged 70 years and older and conforms to the 2020-2025 Dietary Guidelines for Americans.

Dietitian Signature _____ Date _____
KS License or Registration # _____ Email Address _____