



Dear 4-H'er,

## Menu Form for 7<sup>th</sup> – 12<sup>th</sup> Graders

Seventh – twelfth grade 4-H'ers in food lab projects are required to plan a menu for one meal – breakfast, lunch OR dinner. The menu needs to include the food you are preparing for your project. The menu must be created by you and you should be familiar with the foods on your menu.

- Menus must include at least one food from each food group on MyPlate – protein, vegetables, fruit, grains and dairy. (Exception: 7<sup>th</sup>-8<sup>th</sup> grade Better Breakfast projects must include 4 groups in their menu.)
- Use the following menu form to assist with your one meal menu.
- Fill in the information requested (see example below); form is located on page 2.
- Please list the foods on your menu and then at the bottom, identify where all of the foods on your menu fit on MyPlate.
- Imagine how these foods will look on your plate. Is there a variety of colors and textures?
- Fold the menu form in half into a table tent to place on your table at Project Achievement.

For more information, please visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Please see your 4-H leader if you have questions. A sample menu is shown below, and the fill-in form is located on page 2. Thanks for participating in a foods lab project this year!



### **SAMPLE LUNCH MENU** **Created by Marsha Moon, Sunbeam County**

**Individual Pepperoni Pizza**  
**Salad with Italian Dressing**  
**Fresh Peach**  
**Iced Tea**

#### **MyPlate**

Meat/Beans (Protein):	Pepperoni
Vegetables:	Salad, Tomato sauce on the pizza
Fruit:	Peach
Grains:	Pizza Crust
Milk (Dairy):	Cheese on the pizza
Other foods:	Italian dressing, iced tea



Created by \_\_\_\_\_, \_\_\_\_\_ County

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**MyPlate**

*(List where the foods on your menu fit.)*

Protein: \_\_\_\_\_  
Vegetables: \_\_\_\_\_  
Fruits: \_\_\_\_\_  
Grains: \_\_\_\_\_  
Dairy: \_\_\_\_\_  
Other Foods: \_\_\_\_\_

**FOOD FARE ONLY - List two reasons your recipe is budget friendly:**

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