

**Ashtabula County Food & Nutrition Daily Menu**  
**Bring this completed form to 4-H Judging**

Name \_\_\_\_\_

4-H Age (age on 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 group(s) the item represents in the chart above. Include in your list of menu items the food that you prepared for your project judging.

<b>MENU</b>	<b>SERVING SIZE</b>	<b>FOODS GROUPS</b>
BREAKFAST		
LUNCH		
DINNER		
SNACKS		

**Example**

<b>MENU</b>	<b>Serving Size</b>	<b>Food Groups</b>
Lunch Cheeseburger French Fries Tossed Salad/Ranch Dressing	1 sandwich 10 fries 1 cup	Bread, Meat, Milk, Vegetable Vegetable, Other