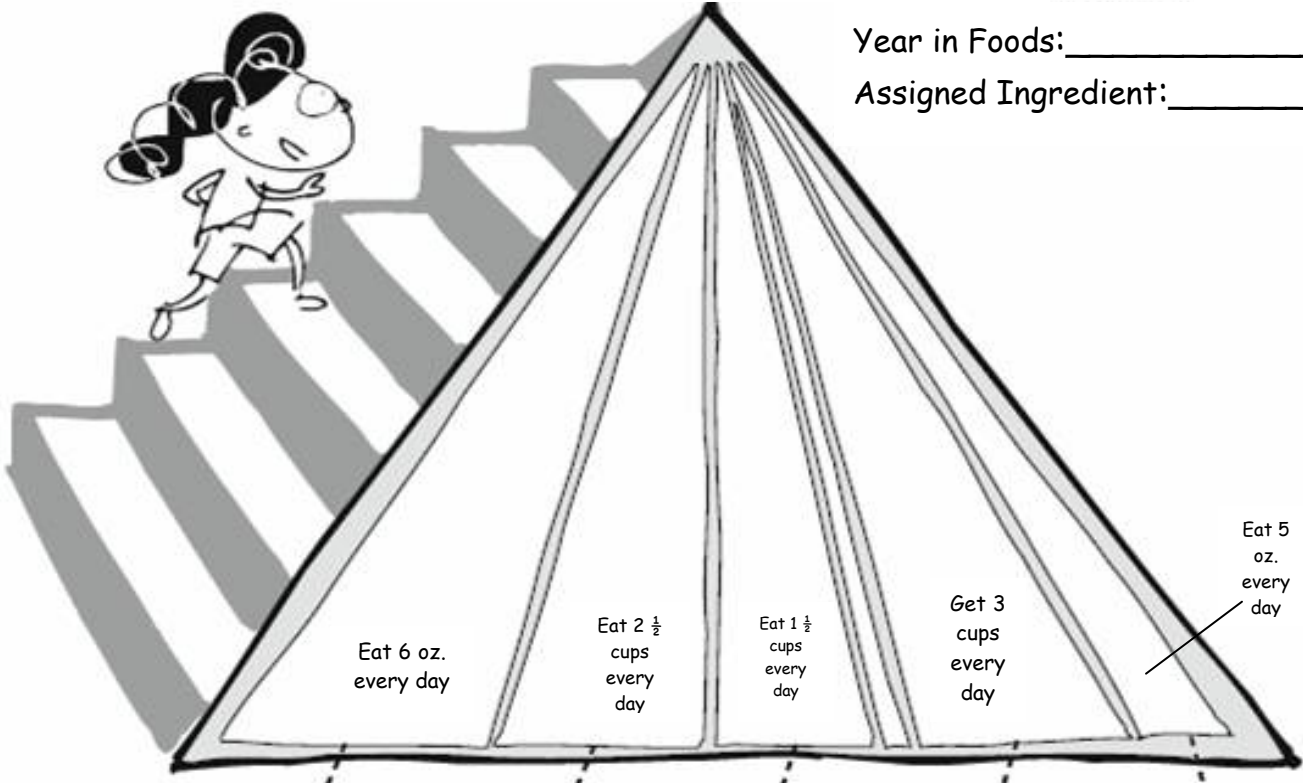


Entry No.: _____

My Menu Card

1st-2nd-3rd Year Cooking Members



Year in Foods: _____

Assigned Ingredient: _____

Grains	Vegetables	Fruits	Milk	Meat & Beans

Oils - (Use sparingly)

My Menu

This menu card is for one Meal, remember it **MUST** include your dish. Enter your meals menu of foods by appropriate food group levels on the Food Guide Pyramid!

Type of Meal: _____