



FOOD PYRAMID VERIFICATION

Week 1

PARSLEY Spring/Summer 2010

	GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Milk / Cheese	1	1	1	1	1	1	1
	Eggs / Meats / Fish / Poultry	0.5	0.5	0.5	0.5	0.5	0.5	1
	Fruits	1	1	1	2	1	1	1
	Vegetables	0	0	0	0	1	0	0
	Grains	3.25	2.25	3.25	3.25	3.25	2.25	2.75
NOON	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	1	1	1	1	1	1	1
	Fruits	0.25	0	0	0	0	0	1
	Vegetables	2	2	1	2	1	2	2
	Grains	2	2	2	2	3	2.25	1
EVENING	Milk / Cheese	1	1	1	1	1.58	1	1
	Eggs / Meats / Fish / Poultry	1	1	1	1.25	1	1	1
	Fruits	1	2	0	1	0	0	0
	Vegetables	1	1.67	2	1.5	1.33	3	1
	Grains	3.5	1	2	2.5	2.75	3.5	3.5
HS SNACK	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	0	0	0	0	0	0	0
	Fruits	1	1	1	1	1	1	1
	Vegetables	0	0	0	0	0	0	0
	Grains	1	1	1	1	1	1	1
FOOD PYRAMID EVALUATION TOTALS	Milk (2-3 servings)	2	2	2	2	2.6	2	2
	Protein (2-3 servings)	2.5	2.5	2.5	2.8	2.5	2.5	3
	Fruits (2-4 servings)	3.3	4	2	4	2	2	3
	Vegetables (3-5 servings)	3	3.7	3	3.5	3.3	5	3
	Grains (6-11 servings)	9.8	6.3	8.3	8.8	10	9	8.3

Note: This Food Pyramid Review is based on the 1996 Food Pyramid.

** Please refer to the daily meal spreadsheets for identification of food items used in this food pyramid analysis.



FOOD PYRAMID VERIFICATION

Week 2

PARSLEY Spring/Summer 2010

	GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Milk / Cheese	1	1	1	1	1	1	1
	Eggs / Meats / Fish / Poultry	1	0.5	0.5	0.66	1	0.5	1
	Fruits	1	1	1	1	1	1	2
	Vegetables	0	0	0	1	0	0	0
	Grains	3.25	2.25	2.25	2.25	3.25	3.25	3.25
NOON	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	1	1	1	1	1	1	1
	Fruits	0	0	0	0	0	0	0
	Vegetables	2	1	2	1	1	2	2
	Grains	2	2	3	2	2.5	2	2
EVENING	Milk / Cheese	1	1	1	1	1	1.67	1
	Eggs / Meats / Fish / Poultry	1	1	1	1	1	1	1
	Fruits	0	0	1	0	0	0	1.67
	Vegetables	2.5	2.5	2	1.25	2	2	1
	Grains	3	2.5	2.5	2	2.5	0.5	2.38
HS SNACK	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	0	0	0	0	0	0	0
	Fruits	1	1	1	1	1	1	1
	Vegetables	0	0	0	0	0	0	0
	Grains	1	1	1	1	1	1	1
FOOD PYRAMID EVALUATION TOTALS	Milk (2-3 servings)	2	2	2	2	2	2.7	2
	Protein (2-3 servings)	3	2.5	2.5	2.7	3	2.5	3
	Fruits (2-4 servings)	2	2	3	2	2	2	4.7
	Vegetables (3-5 servings)	4.5	3.5	4	3.3	3	4	3
	Grains (6-11 servings)	9.3	7.8	8.8	7.3	9.3	6.8	8.6

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FOOD PYRAMID VERIFICATION

Week 3

PARSLEY Spring/Summer 2010

	GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Milk / Cheese	1	1	1	1	1	1	1
	Eggs / Meats / Fish / Poultry	1	1	0.5	0.5	1	0.5	0.5
	Fruits	1	1	1	1	1	1	1
	Vegetables	0	0	0	0	0	1	0
	Grains	2.75	2.25	2.25	3.25	2.25	2.25	3.25
NOON	Milk / Cheese	0.33	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	1	1	1	1	1	1	1
	Fruits	0	0	0	0	0	0	1
	Vegetables	2	1	2	1	2	1	1.5
	Grains	1	3	1.5	3	2	2	2
EVENING	Milk / Cheese	1	1	1.33	1	1.5	1	2.5
	Eggs / Meats / Fish / Poultry	1	1	1	1	1	1	1
	Fruits	0	0	0	1	0	1	1
	Vegetables	2.5	2	1	2	1.5	1	2.5
	Grains	2.5	1	2.5	2	1	3	3.5
HS SNACK	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	0	0	0	0	0	0	0
	Fruits	1	1	1	1	1	1	1
	Vegetables	0	0	0	0	0	0	0
	Grains	1	1	1	1	1	1	1
FOOD PYRAMID EVALUATION TOTALS	Milk (2-3 servings)	2.3	2	2.3	2	2.5	2	3.5
	Protein (2-3 servings)	3	3	2.5	2.5	3	2.5	2.5
	Fruits (2-4 servings)	2	2	2	3	2	3	4
	Vegetables (3-5 servings)	4.5	3	3	3	3.5	3	4
	Grains (6-11 servings)	7.3	7.3	7.3	9.3	6.3	8.3	9.8

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FOOD PYRAMID VERIFICATION

Week 4

PARSLEY Spring/Summer 2010

	GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Milk / Cheese	1	1	1	1	1	1	1
	Eggs / Meats / Fish / Poultry	0.5	0.5	0.5	0.5	0.5	0.5	1
	Fruits	1	1	1	1	1	2	1
	Vegetables	0.5	0	0	0	0	0	0
	Grains	2.75	2.25	2.25	2.25	2.25	3.25	2.75
NOON	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	1	1	1	1	1	1	1
	Fruits	0	0	0	0	0.5	0	0
	Vegetables	2	2	2	2	2	1	2
	Grains	2	1	2	2	2	2.5	2
EVENING	Milk / Cheese	1	1.5	1	1	1.33	1	1
	Eggs / Meats / Fish / Poultry	1	1	1	1	1.25	1	1
	Fruits	0	1	0	0.5	0	1	0
	Vegetables	2	1.25	1	2	1.5	2	1
	Grains	2	2.5	2.5	2.5	1.5	1.5	2
HS SNACK	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	0	0	0	0	0	0	0
	Fruits	1	1	1	1	1	1	1
	Vegetables	0	0	0	0	0	0	0
	Grains	1	1	1	1	1	1	1
FOOD PYRAMID EVALUATION TOTALS	Milk (2-3 servings)	2	2.5	2	2	2.3	2	2
	Protein (2-3 servings)	2.5	2.5	2.5	2.5	2.8	2.5	3
	Fruits (2-4 servings)	2	3	2	2.5	2.5	4	2
	Vegetables (3-5 servings)	4.5	3.3	3	4	3.5	3	3
	Grains (6-11 servings)	7.8	6.8	7.8	7.8	6.8	8.3	7.8

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FOOD PYRAMID VERIFICATION

Week 5

PARSLEY Spring/Summer 2010

	GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Milk / Cheese	1	1	1	1	1	1	1
	Eggs / Meats / Fish / Poultry	0.5	0.5	0.75	1	0.5	0.5	0.5
	Fruits	1	1	1	2	1	1	1
	Vegetables	0	0	0	0	0	0	1
	Grains	3.25	2.25	2.75	2.25	2.25	2.25	2.25
NOON	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	1	1	1	1	1	1	1
	Fruits	0	1	0	0	0.5	0	0
	Vegetables	1.5	1.5	2	2	2	2	1
	Grains	3.5	3.25	2	1.5	2	2.5	3
EVENING	Milk / Cheese	1	1	1.5	1.5	1	1	1
	Eggs / Meats / Fish / Poultry	1	1	1	1	1	1.25	1
	Fruits	0	1	0	0	1	1	1
	Vegetables	2	2.25	2	1.5	1	2	1.25
	Grains	2	2	1	2	2	4	2.5
HS SNACK	Milk / Cheese	0	0	0	0	0	0	0
	Eggs / Meats / Fish / Poultry	0	0	0	0	0	0	0
	Fruits	1	1	1	1	1	1	1
	Vegetables	0	0	0	0	0	0	0
	Grains	1	1	1	1	1	1	1
FOOD PYRAMID EVALUATION TOTALS	Milk (2-3 servings)	2	2	2.5	2.5	2	2	2
	Protein (2-3 servings)	2.5	2.5	2.8	3	2.5	2.8	2.5
	Fruits (2-4 servings)	2	4	2	3	3.5	3	3
	Vegetables (3-5 servings)	3.5	3.8	4	3.5	3	4	3.3
	Grains (6-11 servings)	9.8	8.5	6.8	6.8	7.3	9.8	8.8

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