

Professional Portfolio

CS I a Sample Menu (from RC I-2)

Reflect on the sample menu for *Resource Collection I-2* that you participated in serving and/or designing:

- If you designed the menu, how does it reflect your commitment to children's nutritional needs?
- If you served the menu but did not design it, what are its strengths and/or what would you change?

I have designed this menu to include all food groups equally. I have included foods that the children will eat and some that might be new to them to try. I want to make sure that they are exposed to different foods but also still want to eat the ones that are familiar to the

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