ABSTRACT

Menu Planning Readiness for Nutritional Compliance Evaluation of Indonesia's Free Nutritious Meals Program: A Twenty-Day Menu Audit in Balikpapan

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Background : Menu planning is a critical step linking nutritional standards with food procurement, production, and portioning in Indonesia's Free Nutritious Meals Program (Program Makan Bergizi Gratis, MBG). The presence of major food groups alone cannot demonstrate nutritional compliance when target groups, standardized recipes, cooked serving weights, and actual portioning are insufficiently documented.

Objective : To evaluate menu composition and variety and assess the readiness of planning documents for nutritional compliance evaluation of the MBG Program at SPPG Balikpapan Selatan Sepinggan 1.

Research Methods/ Implementation Methods : A descriptive evaluative study was conducted by auditing all Budget Plan (Rencana Anggaran Biaya, RAB) documents covering four weekly periods from 31 August to 25 September 2026. The unit of analysis was one menu day (n=20). Variables included completeness of five menu components, variety of animal-source foods and fruits, standard ingredient quantities per portion, and availability of information required for nutrient analysis. Data were analyzed using frequencies, percentages, and document traceability assessment.

Results : All menus (100%) included a staple food, animal-source protein, plant-source protein, vegetables, and fruit. The main animal-source protein was chicken on 11 days (55%), eggs on eight days (40%), and beef on one day (5%). Fruits included watermelon on six days (30%), melon on four (20%), oranges on four (20%), Cavendish bananas on four (20%), and Fuji apples on two (10%). Rice was documented at 62.5 g for small portions and 75 g for large portions as ingredient weights in the RAB, not cooked serving weights. The documents lacked sufficient target-group and meal-time mapping, complete standardized recipes, cooked serving weights, and nutrient analysis.

Conclusion/Lesson Learned : Menu planning consistently incorporated five major food components and showed variation in animal-source proteins. However, component completeness cannot be interpreted as nutritional adequacy. Standardized documentation is required before energy and nutrient compliance with MBG standards can be verified.

Keyword : school feeding; menu planning; nutritional adequacy; menu audit; Indonesia