**SY 2012-2013 Menu Checklist**

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| **Breakfast and Lunch:** | **Completed** |
| **Are two different varieties of milk being served?** |  |
| **Is unflavored milk fat free/skim or 1%?** |  |
| **Is flavored milk fat free/skim?** |  |
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| **Lunch:** |  |
| **Are the fruit and vegetable components recognized as two separate components?** |  |
| **Is zero trans fat per serving found on all nutrition labels or manufacturer specifications?** |  |
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| **Offer vs. Serve:** |  |
| **Are all five components offered daily (meat/meat alternate, grain, fruit, vegetable, and milk)?** |  |
| **Are students required to select at least three different components for a reimbursable meal?** |  |
| **Are students required to select at least ½ cup of a fruit or vegetable for a reimbursable meal?** |  |
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| **Fruit Component:** |  |
| **Is 100% fruit juice counting toward only half of the fruit component?** |  |
| **For grades K-5, is at least ½ cup fruit offered daily?** |  |
| **For grades 6-8, is at least ½ cup fruit offered daily?** |  |
| **For grades 9-12, is at least 1 cup fruit offered daily?** |  |
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| **Vegetable Component:** |  |
| **Is 100% vegetable juice counting toward only half of the vegetable component?** |  |
| **Is only ½ of the portion size for leafy greens (romaine lettuce, iceburg lettuce, fresh spinach, etc.) credited towards the vegetable component? i.e., 1 cup = ½ cup vegetable** |  |
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| **Grades K-5:** |  |
|  **Is a minimum ¾ cup vegetable offered daily?** |  |
| **½ cup dark green vegetables offered weekly?** |  |
|  **¾ cup red/orange vegetables offered weekly?** |  |
|  **½ cup beans/peas (legumes) offered weekly?** |  |
| **½ cup starchy vegetables offered weekly?** |  |
| **½ cup other vegetables offered weekly?** |  |
| **1 cup additional vegetables offered weekly to reach the total?** |  |
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| **Grades 6-8:**  |  |
| **Is a minimum ¾ cup vegetable offered daily?** |  |
| **½ cup dark green vegetables offered weekly?** |  |
| **¾ cup red/orange vegetables offered weekly?** |  |
| **½ cup beans/peas (legumes) offered weekly?** |  |
| **½ cup starchy vegetables offered weekly?** |  |
| **½ cup other vegetables offered weekly?** |  |
| **1 cup additional vegetables offered weekly to reach the total?** |  |
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| **Grades 9-12:** |  |
| **Is a minimum 1 cup vegetables offered daily?** |  |
| **½ cup dark green vegetables offered weekly?** |  |
| **1 ¼ cup red/orange vegetables offered weekly?** |  |
| **½ cup beans/peas (legumes) offered weekly?** |  |
| **½ cup starchy vegetables offered weekly?** |  |
| **¾ cup other vegetables offered weekly?** |  |
| **1 ½ cup additional vegetables offered weekly to reach the total?** |  |
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| **Grain Component:** |  |
| **Are half of the weekly grain servings whole grain?** |  |
| **Are grain-based desserts offered no more than twice per week?** |  |
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| **Grades K-5:** |  |
| **Is there at least 1 serving of grain offered daily?** |  |
| **Are there 8 to 9 servings of grain offered weekly?\*\*** |  |
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| **Grades 6-8:** |  |
| **Is there at least 1 serving of grain offered daily?** |  |
| **Are there 8 to 10 servings of grain offered weekly?\*\*** |  |
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| **Grades 9-12:** |  |
| **Are there at least 2 servings of grain offered daily?** |  |
| **Are there 10 to 12 servings of grain offered weekly?\*\*** |  |
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| *\*\** ***These are minimums and maximums.*** *For schools operating less than 5 days per week, decrease the weekly quantity by 20% (1/5) for each day less than five.* |  |
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| **Meat/Meat Alternate Component:** |  |
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| **Grades K-5:** |  |
| **Is there at least 1 oz. of M/MA offered daily?** |  |
| **Are there 8 to 10 oz. of M/MA offered weekly?\*\*** |  |
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| **Grades 6-8:** |  |
| **Is there at least 1 oz. of M/MA offered daily?** |  |
| **Are there 9 to 10 oz. of M/MA offered weekly?\*\*** |  |
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| **Grades 9-12:** |  |
| **Are there 2 oz. of M/MA offered daily?** |  |
| **Are there 10 to 12 oz. of M/MA offered weekly?\*\*** |  |
|  |  |
| *\*\** ***These are minimums and maximums.*** *For schools operating less than 5 days per week, decrease the weekly quantity by 20% (1/5) for each day less than five.* |  |
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| **If a nutrient analysis is conducted:** |  |
| **Are the calorie ranges within the allowable ranges?** |  |
|  **Grades K-5: 550-650 calories** |  |
| **Grades 6-8: 600-700 calories** |  |
| **Grades 9-12: 750-850 calories** |  |
| **Is saturated fat < 10% of total calories for all grade groups?** |  |
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