

SY 2012-2013 Weekly Menu Checklist

Breakfast and Lunch:	Completed
Are two different varieties of milk being served?	
Is unflavored milk fat free/skim, 1/2% or 1%?	
Is flavored milk fat free/skim?	
Lunch:	
Are the fruit and vegetable components recognized as two separate components?	
Is zero <u>trans</u> fat per serving found on all nutrition labels or manufacturer specifications?	
Fruit Component:	
Is 100% fruit juice counting toward only half of the fruit component per week?	
For grades K-5, is at least 1/2 cup fruit offered daily?	
For grades 6-8, is at least 1/2 cup fruit offered daily?	
For grades 9-12, is at least 1 cup fruit offered daily?	
Vegetable Component:	
Is 100% vegetable juice counting toward only half of the vegetable component per week?	
Is only 1/2 of the portion size for leafy greens (romaine lettuce, iceberg lettuce, fresh spinach, etc.) credited towards the vegetable component? i.e., 1 cup = 1/2 cup vegetable	
Grades K-5:	
Is a minimum 3/4 cup vegetable offered daily?	
1/2 cup dark green vegetables offered weekly?	
3/4 cup red/orange vegetables offered weekly?	
1/2 cup beans/peas (legumes) offered weekly?	
1/2 cup starchy vegetables offered weekly?	
1/2 cup other vegetables offered weekly?	
1 cup additional vegetables offered weekly to reach the total?	
Grades 6-8:	
Is a minimum 3/4 cup vegetable offered daily?	
1/2 cup dark green vegetables offered weekly?	
3/4 cup red/orange vegetables offered weekly?	
1/2 cup beans/peas (legumes) offered weekly?	
1/2 cup starchy vegetables offered weekly?	
1/2 cup other vegetables offered weekly?	
1 cup additional vegetables offered weekly to reach the total?	
Grades 9-12:	
Is a minimum 1 cup vegetables offered daily?	
1/2 cup dark green vegetables offered weekly?	
1 1/4 cup red/orange vegetables offered weekly?	
1/2 cup beans/peas (legumes) offered weekly?	
1/2 cup starchy vegetables offered weekly?	
3/4 cup other vegetables offered weekly?	
1 1/2 cup additional vegetables offered weekly to reach the total?	

Grain Component:	<u>Completed</u>
Are half of the weekly grain servings whole grain-rich?	
Are grain-based desserts offered no more than twice per week?	
Grades K-5:	
Is there at least 1 serving of grain offered daily?	
Are there 8 to 9 servings of grain offered weekly?*	
Grades 6-8:	
Is there at least 1 serving of grain offered daily?	
Are there 8 to 10 servings of grain offered weekly?*	
Grades 9-12:	
Are there at least 2 servings of grain offered daily?	
Are there 10 to 12 servings of grain offered weekly?*	
<i>** 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.</i>	
Meat/Meat Alternate Component:	
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?*	
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?*	
Grades 9-12:	
Are there 2 oz. of M/MA offered daily?	
Are there 10 to 12 oz. of M/MA offered weekly?*	
<i>** 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.</i>	
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?	
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?	
Sodium Requirement	
Target Levels SY 2014-2015: K-5: 1,230 mg 6-8: 1,360 mg 9-12: 1,420 mg	