

HealthierUS School Challenge
Anytown Elementary Answer Key – Gold Award
Simple Menu Exercise

Month (Dates Served): October 3-7, 2005 School: Anytown Elementary School

Criteria	Week 1 Food & Portion Size
Three different fruits and five different vegetables offered each week	1. Apple, 3/8 c 2. Cherry cobbler, 1/4 c 3. Strawberries, 1/4 c (Also: cantaloupe, 1/4 c) 1. Green beans, 1/4 c 2. Cucumber, 1/8 c 3. Yams, 1/4 c 4. Peas, 1/4 c 5. Broccoli, 1/4 c (Also: Potatoes, 1/4 c; Carrots, 1/4 c; Lettuce & tomato, 1/4 c; Green salad, 1/4 c; Salad w/ spinach & broccoli, 1/4 c)
Dark green or orange vegetable or fruit offered three or more times per week	1. Broccoli, 1/4 c 2. Yams, 1/4 c 3. Green salad with romaine, 1/4 c
Fresh fruits or raw vegetables offered every day of the week	M. Apple, 3/8 c T. None W. Carrots, 1/4 c Th. Salad, 1/4 c (Also: Strawberries, 1/4 c) F. Salad, 1/4 c (Also: Cantaloupe, 1/4 c)
Good source of vitamin C offered each day	M. Lasagna, 1 piece T. Broccoli, 1/4 c W. Potatoes, 1/4 c & Peas, 1/4 c Th. Strawberries, 1/4 c F. Cantaloupe, 1/4 c
Four different entrées or meat/meat alternates offered throughout each week	1. Lasagna, 1 piece 2. Turkey, 2 oz 3. Chicken nuggets, 2 oz 4. Tacos, 2 oz meat
Cooked legumes (dried beans or peas): One or more servings offered each week	1. Black-eyed peas, 1/4 c
Whole grain foods offered every day of the week	M. Whole wheat roll, 1 oz T. Whole wheat roll, 1 oz W. Whole wheat cookie, 1 Th. Brown rice, 1/2 c F. Whole wheat bread sticks, 1 oz
Two or more sources of iron offered daily	M. Lasagna & Roll, 1 oz T. Peas, 1/4 c & Roll, 1 oz W. Cookie & Missing 2 nd source Th. Taco shell & Ground beef, 2 oz F. Pizza crust & Bread sticks, 1 oz
Low-fat (1%) and/or skim (nonfat) milk offered daily	M. Low-fat milk, 8 oz T. Low-fat milk, 8 oz W. Low-fat milk, 8 oz Th. Low-fat milk, 8 oz F. Low-fat milk, 8 oz