HealthierUS School Challenge
Anytown Elementary Worksheet--GOLD

Month (Dates Served): _____ School: _____

Criteria	Week 1 Food & Portion Size
Three different fruits and five different vegetables offered each week	1. 2. 3. 1. 2. 3. 4. 5.
Dark green or orange vegetable or fruit offered three or more times per week	1. 2. 3.
Fresh fruits or raw vegetables offered every day of the week	M T W Th F
Good source of vitamin C offered each day (A good source is at least 8 mg per serving. Fruit and vegetable items may be combined to meet the vitamin C requirement.)	M T W Th F
Four different entrées or meat/meat alternates offered throughout each week	1. 2. 3. 4.
Cooked legumes (dried beans or peas): One or more servings offered each week	1.
Whole grain foods offered every day of the week	M T W Th F
Two or more sources of iron offered daily (At least .8 mg per serving. One item may count as two sources if it has 1.6 mg or more of iron.)	M T W Th F
Low-fat (1%) and/or skim (nonfat) milk offered daily	M T W Th F