

Goal 7



Menu Criteria

Menu Criteria

Challenge Requirements

The following sections cover the ten menu requirements of the HealthierUS Challenge.

Description

The menu being used to meet the Challenge requirements must be served prior to submitting the application. The menu or production records must show portion sizes and any substitutions made.



Goldie's Tips

Use the online form to fill out the Lunch Menu Worksheet in the application. There may be many changes made to this worksheet throughout the application process. Lunch Menu Worksheets can be found at <http://teammnutrition.usda.gov/HealthierUS/index.html>.

October 2007

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN PATTY SANDWICH POTATO WEDGES WITH A CHOICE OF TOPPING FRESH FRUIT	2 SUPER NACHOS SALSA WITH A CHOICE OF TOPPING MIXED FRUIT	3 BAKED PASTA FRESH ITALIAN BREAD GREEN BEANS CHILLED PEAR CHUNKS MLK	4 BREAKFAST FOR LUNCH EGG SANDWICH ON BAGEL HASH BROWN POTATOES ORANGE SMILES MLK	5 SOUTHWEST STYLE PIZZA GARDEN SALAD WIDRESSING CHILLED PEACH SLICES MLK
6 NO SCHOOL Columbus Day Observed	7 Early Release/Teacher In-Service	8 HOLD A SNACK MEMORIAL DAY ROLL WITH A CHOICE OF TOPPING POTATO WEDGES CORN CHIPS FRESH FRUIT MLK	9 GRILLED CHEESE SANDWICH TOMATO SOUP CARROT-RAISIN SALAD MIXED FRUIT	10 PIZZERIA PIZZA PASTA SALAD CHOCOLATE FUDGING WHIPPED TOPPING MLK
11 BREAKFAST FOR LUNCH EGG SANDWICH ON BAGEL POTATO WEDGES CARROT STICKS FRESH FRUIT	12 CHICKEN FAJITA RICE CORN APPLE CRISP MLK	13 CHICKEN PARMESAN PASTA YOUR WAY! GARDEN SALAD WIDRESSING FRESH FRUIT	14 CHICKEN NUGGETS RICE APPLESAUCE CARROT STICKS ICE JUICY	15 PIZZERIA PIZZA BROCCOLI CHEESE CHILLED PEACH SLICES MLK
16 TOASTED HAM & CHEESE ON SUB ROLL VEGETABLE SOUP FRESH FRUIT MLK	17 TUNA BOAT SANDWICH FRESH RAW VEGETABLES WITH RANCH DRESSING RANCH DRESSING pizza	18 CHICKEN QUESADILLA RICE CORN APPLESAUCE MLK	19 TERRIYAKI CHICKEN PATTY SANDWICH RICE MIXED VEGETABLES CHILLED PEACH SLICES	20 STUFFED CRUST PIZZA PASTA SALAD BROWNIES FRESH FRUIT MLK
21 Italian GRILLED CHICKEN SANDWICH W/ LET & TOM PASTA SALAD CHILLED PEAR CHUNKS MLK	22 Tossing ITALIAN GRINDER CORN CHIPS TOMATOES AND CUCUMBERS FRESH FRUIT	23 Early Release/Teacher In-Service	24 GHOST	



- Lunch Menus Worksheet for 4 weeks (2 pages).
- Send copy of the menu (Menu must be for 4 weeks with at least a total of 16 days).
- Send nutrient analysis of menu if available.
- Send production records showing any/all substitutions that took place.
- Send bar recipes if applicable.
- Send nutrient analysis or food labels for any food that is used to meet one of the following criteria: vitamin C, entrée fat content, or iron.
- Send recipes or food labels for foods meeting the whole grain criteria

Gooding Gold Award Menu Example on Next Page....

Gooding Lunch Menus Worksheets (Week 1 – Week 2)

Attachment A-2		Lunch Menu Worksheet – GOLD			
Month (Dates Served): <u>January 17-February 17</u>		School: <u>Gooding Elementary</u>			
Enter an "X" Next to the Menu Planning Approach Used:	<input type="checkbox"/> Traditional	NSMP <input checked="" type="checkbox"/>			
	<input type="checkbox"/> Enhanced	ANSMP <input type="checkbox"/>			
Criteria	Foods Served that Meet the Criteria		Foods Served that Meet the Criteria		
	Week 1		Week 2		
	FOOD	PORTION SIZE	FOOD	PORTION SIZE	
3 Different Fruits Per Week	1 Pears - HCB3	1/4 c (self serve)	1 Kiwi Fruit-HCB 1	1/4 c (self serve)	
	2 Peaches-HCB Mexi	1/4 c (self serve)	2 Mandarin Oranges-HCB 2	1/4 c (self serve)	
	3 Oranges-HCB1	1/4 c (self serve)	3 Peaches-HCB Mexi	1/4 c (self serve)	
5 Different Vegetables Per Week	1 Yam-HCB 3	1/4 c (self serve)	1 Carrots-HCB1	1/4 c (self serve)	
	2 Broccoli	1/3 c	2 Broccoli	1/3 c	
	3 Steamed Carrots	1/3 c	3 Jicama- HCB Mexi	1/4 c (self serve)	
	4 Jicama-HCB Mexi	1/4 c (self serve)	4 Peas	1/2 c	
	5 Cauliflower-HCB 1	1/4 c (self serve)	5 Cauliflower-HCB 1	1/4 c (self serve)	
Dark Green/Orange Vegetables/Fruits – 3 or More Times Per Week	1 Broccoli	1/3 c	1 Carrots-HCB1	1/4 c (self serve)	
	2 Steamed Carrots	1/3 c	2 Broccoli	1/3 c	
	3 Oranges-HCB 1	1/4 c (self serve)	3 Peaches-HCB Mexi	1/4 c (self serve)	
Fresh Fruits/Raw Vegetables – Daily	M Holiday	Holiday	M Cauliflower-HCB 1	1/4 c (self serve)	
	T Watermelon-HCB 3	serve)	T Peas - HCB 2	1/4 c (self serve)	
	W Apples - HCB Burger	1/4 c (self serve)	W Jicama- HCB Mexi	1/4 c (self serve)	
	Th Jicama-HCB Mexi	1/4 c (self serve)	Th Kiwi Fruit-HCB Burger	1/4 c (self serve)	
	F Kiwi Fruit - HCB 1	1/4 c (self serve)	F Apples - HCB 1	1/4 c (self serve)	
Good Source of Vitamin C – Daily (At least 8 mg per serving. Fruit and veg. items may be combined to meet the Vitamin C requirement.)	M Holiday	Holiday	M Oranges - HCB 1	1/4 c (self serve)	
	T Broccoli	1/3 cup	T Sloppy Joe	1 Sloppy Joe	
	W Chicken Burger	1 Burger	W Enchaladas	1 Enchilada	
	Th Tacos	2 Tacos	Th Peas	1/2 c	
	F Chili	1/2 c	F Turkey Soup	1/2 cup	
4 Different Entrées or Meat/Meat Alternates Per Week	1 Macaroni and Cheese	1/2 c	1 Chicken Alfredo	2/3 cup	
	2 Chicken Burger	1 Burger	2 Sloppy Joe	1 Sloppy Joe	
	3 Tacos	2 Tacos	3 Enchiladas	1 Enchilada	
	4 Chili	1/2 c	4 Fish Burger	1 Burger	
Cooked Dried Beans or Peas – 1 or More Times Per Week	1 Refried Beans	1/2 c	1 Baked Beans-HCB1	1/4 c (self serve)	
	M Holiday	Holiday	M Alfredo/Apple Bread	2/3 c, 2" square	
2 or More Sources of Iron – Daily (At least 0.8 mg/serving.)	T Mac & Cheese/Baked Beans HCB 3	1/2 c, 1/4 c (self serve)	T Sloppy Joe/ Oatmeal Cookie	1 Sloppy Joe, 1 cookie	
	W Chicken Burger (1.88 mg)	1 Burger	W Enchiladas (2.05 mg)	1 Enchilada	
	Th Tacos (3.79mg)	2 tacos	Th Fish Burger (1.62 mg)	1 Burger	
	F Chili (3.85)	1/2 c	F Soup/Uncrustable	1/2 c, 1 sandwich	
	M Holiday	Holiday	M Applebread	2" square	
Whole Grain Foods – Daily	T Pumpkin Cake	2" square	T Oatmeal Raisin Cookie	1 cookie	
	W Apricot Cobbler	2" square	W Spanish Rice	1/3 cup	
	Th Spanish Rice	1/2 c	Th Pumpkin Cake	2" square	
	F Cinnamon Roll	1 roll	F Whole wheat cookie	1 cookie	
Lowfat (1%) and/or Skim (nonfat) Milk – Daily	M 1% (white & Choc)	1/2 pint	M 1% (white & Choc)	1/2 pint	
	T 1% (white & Choc)	1/2 pint	T 1% (white & Choc)	1/2 pint	
	W 1% (white & Choc)	1/2 pint	W 1% (white & Choc)	1/2 pint	
	Th 1% (white & Choc)	1/2 pint	Th 1% (white & Choc)	1/2 pint	
	F 1% (white & Choc)	1/2 pint	F 1% (white & Choc)	1/2 pint	

Gooding Lunch Menus Worksheets (Week 3 – Week 4)

Attachment A-2		Lunch Menu Worksheet – GOLD			
Month (Dates Served): <u>January 17- February 17</u>		School: <u>Gooding Elementary</u>			
Enter an "X" Next to the Menu Planning Approach Used:	<input type="checkbox"/> Traditional	NSMP <input checked="" type="checkbox"/>			
	<input type="checkbox"/> Enhanced	ANSMP <input type="checkbox"/>			
Criteria	Foods Served that Meet the Criteria		Foods Served that Meet the Criteria		
	Week 3		Week 4		
	FOOD	PORTION SIZE	FOOD	PORTION SIZE	
3 Different Fruits Per Week	1 Oranges-HCB4	1/4 c (self serve)	1 Grapes	1/2 cup	
	2 Peaches-HCB Mexi	1/4 c (self serve)	2 Pears - HCB 3	1/4 c (self serve)	
	3 Kiwi-HCB Burger	1/4 c (self serve)	3 Peaches-HCB B	1/4 c (self serve)	
5 Different Vegetables Per Week	1 (Broc/Cauliflower)	1/2 cup	1 Peas-HCB 2	1/4 c (self serve)	
	2 Green Beans	1/3 cup	2 Green Beans	1/3 cup	
	3 Jicama-HCB Mexi	1/4 c (self serve)	3 Corn on the Cob	1 cob	
	4 Carrots-HCB Pizza	1/4 c (self serve)	4 Cauliflower-HCB 1	1/4 c (self serve)	
	5 Corn	1/3 cup	5 Carrots	1/3 cup	
Dark Green/Orange Vegetables/Fruits – 3 or More Times Per Week	1 Peaches- HCB 4	1/4 c (self serve)	1 Mandarin Oranges-HCB 2	1/4 c (self serve)	
	2 Carrots	1/3 cup	2 Peaches-HCB Burger	1/4 c (self serve)	
	3 Oranges	1/4 c (self serve)	3 Carrots	1/3 cup	
Fresh Fruits/Raw Vegetables – Daily	M Cantaloupe-HCB 4	1/4 c (self serve)	M Grapes	1/2 cup	
	T Peas-HCB 2	1/4 c (self serve)	T Yam Sticks-HCB 3	1/4 c (self serve)	
	W Jicama-HCB Mexi	1/4 c (self serve)	W Oranges-HCB 1	1/4 c (self serve)	
	Th Kiwi-HCB Burger	1/4 c (self serve)	Th Strawberries	1/2 cup	
	F Oranges-HCB Pizza	1/4 c (self serve)	F Kiwi-HCB 1	1/4 c (self serve)	
Good Source of Vitamin C – Daily (At least 8 mg per serving. Fruit and veg. items may be combined to meet the Vitamin C requirement.)	M Ham and Cheese Roll	1 Roll	M Chicken Salad	1.5 cups	
	T Beef Macaroni	3/4 cup	T Lasagna	2x3" square	
	W Chicken Fajitas	1/3 cup	W Burritos	1 Burrito	
	Th Chicken Sandwich	1 Sandwich	Th Stawberries	1/2 cup	
	F Pizza	1 slice	F Chicken Nuggets	5 nuggets	
4 Different Entrées or Meat/Meat Alternates Per Week	1 Ham and Cheese Roll	1 Roll	1 Chicken Salad	1.5 c	
	2 Beef Macaroni	3/4 cup	2 Lasagna	2x3" square	
	3 Chicken Sandwich	1 Sandwich	3 Burritos	1 Burrito	
	4 Pizza	1 slice	4 Chicken Nuggets	5 nuggets	
Cooked Dried Beans or Peas – 1 or More Times Per Week	1 Baked Beans	1/2 cup	1 Baked Beans-HCB 1	1/4 c (self serve)	
2 or More Sources of Iron – Daily (At least 0.8 mg/serving.)	M Ham & Cheese Roll (4.27 mg)	1 Roll	M Chicken Salad (2.44 mg)	1.5 c	
	T Beef Macaroni (2.94 mg)	3/4 cup	T Lasagna (3.17 mg)	2x3" square	
	W Fajitas (1.91 mg)	1 fajita	W Burritos (2.60 mg)	1 Burrito	
	Th Chicken Sandwich (1.88 mg)	1 Sandwich	Th Turkey Sand & Soup/Cookie	1 sand, 1.5 cup soup, 1 cookie	
	F Pizza/Power Alley Bar	1 slice, 1 bar	F Mashed Potatoes/Roll	1/3 c, 1 roll	
Whole Grain Foods – Daily	M Roll on Ham & Cheese Sand	1 roll	M Blueberry Cobbler	2" square	
	T Whole Wheat Oat Roll	1 roll	T Whole Wheat Oat Roll	1 roll	
	W Spanish Rice	1/2 cup	W Spanish Rice	1/2 cup	
	Th Whole Wheat Cookie	1 cookie	Th Cowboy Cookie	1 cookie	
	F Power Alley Bar	1 bar	F Whole Wheat Oat Roll	1 roll	
Lowfat (1%) and/or Skim (nonfat) Milk – Daily	M 1% (white & Choc)	1/2 pint	M 1% (white & Choc)	1/2 pint	
	T 1% (white & Choc)	1/2 pint	T 1% (white & Choc)	1/2 pint	
	W 1% (white & Choc)	1/2 pint	W 1% (white & Choc)	1/2 pint	
	Th 1% (white & Choc)	1/2 pint	Th 1% (white & Choc)	1/2 pint	
	F 1% (white & Choc)	1/2 pint	F 1% (white & Choc)	1/2 pint	

Common Questions Answered

For the menu criteria, does a school have to meet ALL nine categories?

Yes, the school's menus must meet or exceed all of the standards/criteria set under the lunch menu criteria.

What's the basis for requiring schools to plan and serve menus that meet the menu criteria for school lunches in order to be certified? Aren't school lunches already required to meet the School Meals Initiative (SMI) nutrition standards?

Yes, school lunches are required to meet the SMI nutrition standards. However, to assess whether the applying school meets these standards would require a school's submission of a nutrient analysis of the menus. USDA does not want to burden schools with this requirement, nor State agencies in having to verify the nutrient analysis, so has chosen to require schools to demonstrate that menus are being planned and served that meet the principles of the Dietary Guidelines. This requirement, coupled with the SMI review criteria, provides confidence that the school is offering students healthy school meal choices.

