

# Menu Goal 4: Fresh Fruits/Raw Vegetables

## Challenge Requirements

### Silver Requirement:

Fresh fruits or raw vegetables must be offered 3 or more days of the week.

### Gold Requirement:

Fresh fruits or raw vegetables must be offered every day of the week.

## Description

Fruit /Vegetable juice may only be counted 2 times a week.



### Goldie's Tips

Healthy Choice Bars where students can pick from a variety of fruits and vegetables are very helpful in meeting all of the Challenge fruit and vegetable requirements.

### Silver Award

Monday	Tuesday	Wednesday	Thursday	Friday
				

### Gold Award

Monday	Tuesday	Wednesday	Thursday	Friday
				



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

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

## Gooding Gold Award Menu Example: Fresh Fruits and Raw Vegetables offered every day

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16  HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Gooding Elementary Healthy Choice Bar

## Common Questions Answered

**Why the emphasis on so many fruits and vegetables, especially the requirement for fresh fruits and vegetables in the menu criteria? Aren't dried, canned, and/or frozen fruits and vegetables just as nutritious?**

Different fruits and vegetables are rich in different nutrients so several criteria stress fruit and vegetable variety. Fruits and vegetables provide a variety of micronutrients including vitamins, minerals, and phytochemicals. Greater consumption of fruits and vegetables is associated with reduced risk of cancers, reduced risk of type 2 diabetes, and may be useful to achieve and sustain weight loss. The difference in the nutritional contribution of fresh, frozen, canned, and dried fruits and vegetables may be negligible in many instances, but the requirement for offering fresh fruits or vegetables three or more times per school week (daily for the gold certification) was added to further increase variety and fruit and vegetable acceptability. There are some fruits and vegetables that are predominantly available only in the raw state, e.g, melons, bananas, strawberries, kiwi, oranges, grapes, and different varieties of salad greens. This requirement exposes children to a variety of flavors and textures of fruits and vegetables.

