

Healthier Montana Menu Challenge

Lunch Menu Work Sheet for Weeks 1 and 2

Dates Served _____

School _____

Circle Menu Planning Approach Used: Traditional Enhanced NSMP ANSMP

Foods Served that Meet the Criteria

Criteria	Week 1		Week 2	
	FOOD	PORTION SIZE	FOOD	PORTION SIZE
Three Different Fruits per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Five Different Vegetables per Week	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Dark Green/Orange Vegetables/Fruits – Three or More Times per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Fresh Fruits/Raw Vegetables- Three or More Times per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
A 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 T W Th F	M T W Th F	M T W Th F	M T W Th F
Four Different Entrees or Meat/ Meat Alternatives per Week	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
Cooked Dried Beans or Peas- One or More Times per Week	1.	1.	1.	1.
Two or More Sources of Iron- Daily (At least 0.8 mg/serving. One item may count as two sources if it has 1.6 mg or more of iron)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
Whole Grain Foods- Three or More Times per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Low-fat (1%) and/or Skim (nonfat) Milk- Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F

Healthier Montana Menu Challenge

Lunch Menu Work Sheet for Weeks 3 and 4

Dates Served _____

School _____

Circle Menu Planning Approach Used: Traditional Enhanced NSMP ANSMP

Foods Served that Meet the Criteria

Criteria	Week 3		Week 4	
	FOOD	PORTION SIZE	FOOD	PORTION SIZE
Three Different Fruits per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Five Different Vegetables per Week	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Dark Green/Orange Vegetables/Fruits – Three or More Times per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Fresh Fruits/Raw Vegetables- Three or More Times per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
A 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 T W Th F	M T W Th F	M T W Th F	M T W Th F
Four Different Entrees or Meat/ Meat Alternatives per Week	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
Cooked Dried Beans or Peas- One or More Times per Week	1.	1.	1.	1.
Two or More Sources of Iron- Daily (At least 0.8 mg/serving. One item may count as two sources if it has 1.6 mg or more of iron)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
Whole Grain Foods- Three or More Times per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Low-fat (1%) and/or Skim (nonfat) Milk- Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F