

Menu Evaluation Checklist

Food & Menu Quality

- Menus are planned to provide all five meal components, including the required vegetable sub-groups within calorie ranges for age/grade groups.
- Menus are planned to provide half of the grains as whole grain rich products.
- Individual foods offered are those that the students eat well.
- Combinations of foods are pleasing and acceptable to the students.
- Foods offered are in season, readily available and of high quality.

Foods planned provide for contrast in:

- | | |
|--------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Flavor | <input type="checkbox"/> Shape |
| <input type="checkbox"/> Color | <input type="checkbox"/> Consistency |
| <input type="checkbox"/> Temperature | <input type="checkbox"/> Simple forms vs. mixtures |
| <input type="checkbox"/> Texture | <input type="checkbox"/> Preparation techniques |

Foods planned provide for variety in:

- Meat, poultry, fish, other protein foods
- Vegetables (fresh, frozen, canned)
- Fruit (fresh, canned, frozen or dried, unsweetened)
- Grains, breads and other cereals
- Accompaniments, garnishes and condiments
- One food or flavor is not repeated too frequently.
- Foods containing high levels of fat, sodium or cholesterol are limited on menus.
- Foods containing trans fats are not on the menu.

Availability of Resources

- Foods offered are within budget.
- Foods can be prepared with the personnel available.
- Foods can be prepared with the equipment available.

Marketing

- Foods are served attractively and are merchandized effectively.
- Published menus are neat, attractive and look professional.
- Reimbursable meals are identified at the beginning of the serving line.