**Lunch Menu Checklist**

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| **Milk** | **Completed** |
| **Are two different varieties of milk being served?** |  |
| **Are all milk options (flavored and unflavored) fat free/skim or 1%?** |  |
| **Is one of the milk options unflavored?** |  |
| **Lunch** | | |
| **Are the fruit and vegetable components recognized as two separate components?** |  |
| **Is zero *trans* fat per serving found on all nutrition labels or manufacturer specifications?** |  |
| **Offer vs. Serve** | | |
| **Are all five components offered daily (meat/meat alternate, grain, fruit, vegetable, and milk)?** |  |
| **Are students required to select at least three different components for a reimbursable meal?** |  |
| **Are students required to select at least ½ cup of a fruit or vegetable for a reimbursable meal?** |  |
| **Fruit Component** | | |
| **Is 100% fruit juice counting toward only half of the fruit component?** |  |
| **For grades K-5, is at least ½ cup fruit offered daily?** |  |
| **For grades 6-8, is at least ½ cup fruit offered daily?** |  |
| **For grades 9-12, is at least 1 cup fruit offered daily?** |  |
| **Vegetable Component** | | |
| **Is 100% vegetable juice counting toward only half of the vegetable component?** |  |
| **Is only ½ of the portion size for leafy greens (romaine lettuce, iceberg lettuce, fresh spinach, etc.) credited towards the vegetable component? i.e., 1 cup = ½ cup vegetable** |  |
| **Grades K-5:** | | |
| **Is a minimum ¾ cup vegetable offered daily?** |  |
| **½ cup dark green vegetables offered weekly?** |  |
| **¾ cup red/orange vegetables offered weekly?** |  |
| **½ cup beans/peas (legumes) offered weekly?** |  |
| **½ cup starchy vegetables offered weekly?** |  |
| **½ cup other vegetables offered weekly?** |  |
| **1 cup additional vegetables offered weekly to reach the total?** |  |
| **Grades 6-8:** | | |
| **Is a minimum ¾ cup vegetable offered daily?** |  |
| **½ cup dark green vegetables offered weekly?** |  |
| **¾ cup red/orange vegetables offered weekly?** |  |
| **½ cup beans/peas (legumes) offered weekly?** |  |
| **½ cup starchy vegetables offered weekly?** |  |
| **½ cup other vegetables offered weekly?** |  |
| **1 cup additional vegetables offered weekly to reach the total?** |  |
| **Vegetable Component, *continued*** | | |
| **Grades 9-12:** | | |
| **Is a minimum 1 cup vegetables offered daily?** |  | |
| **½ cup dark green vegetables offered weekly?** |  | |
| **1 ¼ cup red/orange vegetables offered weekly?** |  | |
| **½ cup beans/peas (legumes) offered weekly?** |  | |
| **½ cup starchy vegetables offered weekly?** |  | |
| **¾ cup other vegetables offered weekly?** |  | |
| **1 ½ cup additional vegetables offered weekly to reach the total?** |  | |
| **Grain Component** | | |
| **Are at least 80% of all creditable grains offered whole grain-rich?** |  | |
| **Do grain-based desserts not exceed 2 oz eq per week?** |  | |
| **Grades K-5:** | | |
| **Is there at least 1 oz eq of grains offered daily?** |  | |
| **Are at least 8 oz eq of grains offered weekly?\*\*** |  | |
| **Grades 6-8:** | | |
| **Is there at least 1 oz eq of grains offered daily?** |  | |
| **Are there at least 8 oz eq of grains offered weekly?\*\*** |  | |
| **Grades 9-12:** | | |
| **Are there at least 2 oz eq of grains offered daily?** |  | |
| **Are there at least 10 oz eq of grains offered weekly?\*\*** |  | |
| **Meat/Meat Alternate Component** | | |
| **Grades K-5:** | | |
| **Is there at least 1 oz eq of M/MA offered daily?** |  | |
| **Are there at least 8 oz eq of M/MA offered weekly?\*\*** |  | |
| **Grades 6-8:** | | |
| **Is there at least 1 oz eq of M/MA offered daily?** |  | |
| **Are there at least 9 oz eq of M/MA offered weekly?\*\*** |  | |
| **Grades 9-12:** | | |
| **Are there at least 2 oz eq of M/MA offered daily?** |  | |
| **Are there at least 10 oz eq of M/MA offered weekly?\*\*** |  | |
|  | | |
| **If a nutrient analysis is conducted:** |  | |
| **Are the calorie ranges within the allowable ranges?** |  | |
| **Grades K-5: 550-650 calories** |  | |
| **Grades 6-8: 600-700 calories** |  | |
| **Grades 9-12: 750-850 calories** |  | |
| **Is average weighted sodium lower than the age appropriate target?** |  | |
| **Grades K-5: ≤ 1110 mg** |  | |
| **Grades 6-8: ≤ 1225 mg** |  | |
| **Grades 9-12: ≤ 1280 mg** |  | |
| **Is saturated fat < 10% of total calories for all grade groups?** |  | |
| ***\*\**These are minimums for a 5 day school week.** For schools operating less than 5 days per week, decrease the weekly quantity by 20% (1/5) for each day less than five. | | |