

Lunch Menu Checklist

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 <i>trans</i> 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, <i>continued</i>	
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.