

Breakfast
Successful Menu Planning Self-Assessment Tool SY 2014–15

Area/Criteria	✓		
	Yes	No	N/A
Breakfast Meal Pattern			
Fruits			
Fruits daily quantity requirement met. (1 cup)			
Fruits weekly quantity requirement met. (5 cups)			
Fresh fruits available as cost permits.			
No more than half the fruit (or vegetable) offerings are in the form of juice.			
Starchy Vegetables as Substitutes			
Starchy Vegetables offered as substitutes are identified as substitutes.			
Starchy Vegetables offered as a substitute count toward the weekly fruit servings and dietary specifications.			
Starchy Vegetables offered as substitutes count towards OVS food items.			
2 c vegetables from dark green, red/orange, beans/peas or Other over wk.			
Starchy Vegetables as Additional (Extra)			
Starchy Vegetables offered as additional are identified as additional.			
Starchy Vegetables offered as an additional do <i>NOT</i> count toward the weekly fruit serving and dietary specifications.			
Starchy Vegetables offered as an additional do <i>NOT</i> count towards OVS.			
Grains			
Grains daily quantity requirement met.			
(K–5 & 6–8 & 9–12: 1oz eq Grain (G)			
Grains weekly minimum quantity requirement met.			
(K–5: 7 oz eq G; K–8: 8 oz eq G 6–8: 8 oz eq G; 9–12: 9 oz eq G; K–12: 9 oz eq G) ** NOTE: Must meet daily & weekly minimums and weekly average calorie range.			
Whole grain-rich requirement met. (All of the G's offered are WGR – contain 50% or more WG)			
Meat as Substitutes			
M/MA offered as substitutes are identified as being substitutes.			
M/MA offered as substitutes count towards the weekly grain servings and dietary specifications.			
M/MA offered as substitutes count towards OVS food items.			
Minimum of 1 oz. eq. grain offered			
Meat as Additional (Extra)			
M/MA offered as additional are identified as being additional.			
M/MA offered as additional do <i>NOT</i> count towards weekly grain servings but DO count towards weekly dietary specifications.			
M/MA as additional does <i>NOT</i> count towards OVS food items.			
Minimum of 1 oz. eq. grain offered			
Milk			
Variety of milk / type of milk requirement met. (At least two varieties) List here:			
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Area/Criteria			
	Yes	No	N/A

Nutrient Targets		
Weekly average Calories are within the limits for the grade group. (K-5: 350-500; 6-8: 400-550; 9-12: 450-600; K-12: 450-500)		
Weekly average of Calories from Saturated Fat is less than 10% of total.		
Weekly Average Sodium level is ≤ weekly limit for the grade group. (K-5: 540 mg; K-8 540 mg; 6-8: 600 mg; 6-12 600 mg; 9-12: 640 mg; K-12: 640 mg)		
No foods or ingredients with > 0.5mg trans-fat were used.		
Menu Design		
Appropriate menu choices are offered.		
Entree choices work with offer versus serve.		
Choices among fruits and vegetables work with offer versus serve.		
Foods with different shapes, sizes and colors are used each day.		
A variety of grains is used.		
Appealing colors and textures are used.		
Seasonal foods are included.		
USDA Foods are incorporated. List here:		
At least one new food is introduced. List here:		
There is a mix of light and heavy foods each day.		
Spicy and bland flavors provide a contrast each day.		
Determine number of food items offered each day		
Post signage for what students need to take for a reimbursable meal		
General		
All three food components (G, F, Milk) and at least 3 food items are offered for breakfast. For offer versus serve, at least 4 food items offered. Student must take 3 food items and one must be ½ cup fruit and/or vegetable.		
The overlapping requirements are met if the menu is for K-8, 6-12 or K-12.		
The breakfast and lunch menus complement and not repeat each other.		
The standardized recipes, preparation techniques and processed foods are specified.		
The projected servings are listed.		
The portions are listed in correct amounts that staff can understand.		
All condiments, sauces and other extras are listed.		
Staffing and Equipment		
Some preparation can be done ahead.		
Kitchen equipment can handle the production.		
Staff is capable of preparing the food.		
Workload is balanced among employees.		
Cost		
Cost has been considered.		
High and low-cost foods are balanced in the menu.		
Pre-costing for lunch =		
Pre-costing for breakfast =		