

**LUNCH**  
**Successful Menu Planning Self-Assessment Tool**

Area/Criteria	√		
	Yes	No	N/A
<b>Lunch Meal Pattern</b>			
<b>Meat / Meat Alternatives</b>			
Daily quantity requirement met. (K-5 & 6-8: 1 oz eq; 9-12: 2 oz eq)			
Weekly minimum quantity requirement met. (Grade K-5: 8 oz eq; Grade 6-8: 9 oz eq; Grade 9-12: 10 oz eq)			
<b>Grains</b>			
Daily quantity requirement met. (K-5 & 6-8: 1 oz eq G; 9-12: 2 oz eq G)			
Weekly minimum quantity requirement met. (Grade K-5: 8 oz eq; Grade 6-8: 8 oz eq; Grade 9-12: 10 oz eq)			
All grains are whole grain-rich (50% or more WG)			
No more than 2 oz. eq. grain based dessert per week.			
<b>Fruits</b>			
Daily quantity requirement met. (K-5 & 6-8: ½ cup F; 9-12: 1 cup F)			
Weekly quantity requirement met. (K-5 & 6-8: 2 ½ cups F; 9-12: 5 cups F)			
<b>Vegetables</b>			
Daily quantity requirement met. (K-5 & 6-8: ¾ cup V; 9-12: 1 cup V)			
Weekly quantity requirement met. (K-5 & 6-8: 3 ¾ cup V; 9-12: 5 cups V)			
Dark green vegetable subgroup minimum <u>weekly</u> requirement met. (1/2 cup per week) List item and quantity:			
Red/orange vegetable subgroup minimum <u>weekly</u> requirement met. (K-5 & 6-8: ¾ cup; 9-12: 1 ¼ cup) List item and quantity:			
Beans and Peas vegetable subgroup minimum <u>weekly</u> requirement met. (1/2 cup per week) List item and quantity:			
Starchy vegetables subgroup minimum <u>weekly</u> requirement met. (1/2 cup per week) List item and quantity:			
Other vegetables (from subgroup Other, or other subgroups dark green, red/orange and legumes) minimum <u>weekly</u> requirement met. (K-5 & 6-8: ½ cup; 9-12: ¾ cups) List item and quantity:			
Additional vegetables to reach minimum <u>weekly</u> total from any subgroup. (K-5 & 6-8: 1 cup per week; 9-12: 1 ½ cups) List item and quantity:			
<b>Milk</b>			
Variety of milk requirement met. (Two or more) List here:			

<b>Successful Menu Planning Self-Assessment Tool, page 2</b>			
<b>Area/Criteria</b>			
<b>Lunch Nutrient Targets</b>	<b>Yes</b>	<b>No</b>	<b>N/A</b>
<b>Calories</b> - Weekly average is within the limits for the grade group. (K-5: 550-650 kcal; 6-8: 600-700 kcal; 9-12: 750-850 kcal) Ave =			
<b>Saturated Fats</b> - Weekly average is less than 10% of total Calories. Ave =			
<b>Sodium</b> - Weekly Average is ≤ weekly limit for the grade group. (K-5:1377 mg; 6-8: 1520 mg; 9-12:1588 mg) Ave =			
<b>Trans-Fat</b> - No foods or ingredients with more than 0 g (≥ .5 g) trans-fat used.			
<b>Lunch Overview Checklist</b>			
All five food components are offered for lunch. (M/MA, G, F, V, Milk)			
The correct grade group has been selected for the students to be served.			
The overlapping requirements are met if the menu is for K-8.			
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.			
<b>Additional Lunch Menu Design Checklist</b>			
Appropriate menu choices offered.			
Choices among entrees 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 meat types and forms is used.			
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.			
<b>Staffing and Equipment</b>			
Some preparation can be done ahead.			
Kitchen equipment can handle the production.			
Staff is capable of preparing the food.			
<b>Staffing and Equipment, continued</b>			
Workload is balanced among employees.			
<b>Cost</b>			
Cost has been considered.			
High and low-cost foods are balanced in the menu.			
Pre-costing for lunch =			