

Use the following checklist to help determine if your daily and weekly menus meet National School Lunch Program requirements. An unchecked box indicates non-compliance with State and Federal Regulations.

Lunch

Milk Component

<input type="checkbox"/>	Is a minimum of 1 cup milk offered daily?
<input type="checkbox"/>	Are two different varieties of milk being served?
<input type="checkbox"/>	Is unflavored milk fat free (skim) or 1% (low-fat)?
<input type="checkbox"/>	Is flavored milk fat free (skim)?

Fruit Component

<input type="checkbox"/>	For grades K – 5 and 6 – 8 (K – 8), is at least ½ cup of fruit offered daily ?
<input type="checkbox"/>	For grades 9 – 12, is at least 1 cup fruit offered daily ?
<input type="checkbox"/>	Is 100% fruit juice counting toward only half of the fruit component?

Vegetable Component

<input type="checkbox"/>	For Grades K – 5 and 6 – 8 (K – 8), are the following minimum daily and weekly vegetable requirements met? <input type="checkbox"/> Is a minimum of ¾ cup vegetable offered daily ? <input type="checkbox"/> Is a minimum of ½ cup dark green vegetables offered weekly ? <input type="checkbox"/> Is a minimum of ¾ cup red/orange vegetables offered weekly ? <input type="checkbox"/> Is a minimum of ½ cup beans/peas (legumes) offered weekly ? <input type="checkbox"/> Is a minimum of ½ cup starchy vegetables offered weekly ? <input type="checkbox"/> Is a minimum of ½ cup “other” vegetables offered weekly ?
<input type="checkbox"/>	For grades 9 – 12, are the following minimum daily and weekly vegetable requirements met? <input type="checkbox"/> Is a minimum of 1 cup vegetable offered daily ? <input type="checkbox"/> Is a minimum of ½ cup dark green vegetables offered weekly ? <input type="checkbox"/> Is a minimum of 1 ¼ cup red/orange vegetables offered weekly ? <input type="checkbox"/> Is a minimum of ½ cup beans/peas (legumes) offered weekly ? <input type="checkbox"/> Is a minimum of ½ cup starchy vegetables offered weekly ? <input type="checkbox"/> Is a minimum of ¾ cup “other” vegetables offered weekly ?
<input type="checkbox"/>	Is only ½ of the portion size for leafy greens (romaine lettuce, iceberg lettuce, fresh spinach, etc.) credited toward the vegetable component? i.e., 1 cup = ½ cup vegetable
<input type="checkbox"/>	Is 100% vegetable juice, if offered, counting toward only half of the weekly vegetable component?

Grains Component

<input type="checkbox"/>	Are all of the weekly grain servings whole grain-rich?
<input type="checkbox"/>	For grades K – 8: <input type="checkbox"/> Is there at least 1 serving of grain offered daily ? <input type="checkbox"/> Are there at least 8 servings of grain offered weekly ?*

[Type text]

	<p>For grades 9 – 12:</p> <p><input type="checkbox"/> Are there at least 2 servings of grain offered daily?</p> <p><input type="checkbox"/> Are there at least 10 servings of grain offered weekly?*</p>
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* These are minimum quantities for a 5-day school week. For schools operating less than 5 days per week, decrease the weekly quantity by 20% for each day less than 5. For schools operating more than 5 days per week, increase the weekly quantity by 20% for each additional day.

Meat/Meat Alternate Component

	<p><u>For grades K – 5:</u></p> <p><input type="checkbox"/> Is there at least 1 serving of M/MA offered daily?</p> <p><input type="checkbox"/> Are there at least 8 servings of M/MA offered weekly?*</p> <p><u>For grades 6 – 8:</u></p> <p><input type="checkbox"/> Is there at least 1 serving of M/MA offered daily?</p> <p><input type="checkbox"/> Are there at least 9 servings of M/MA offered weekly?*</p> <p><u>For grades 9 – 12:</u></p> <p><input type="checkbox"/> Are there at least 2 servings of M/MA offered daily?</p> <p><input type="checkbox"/> Are there at least 10 servings of M/MA offered weekly?*</p>
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Offer vs. Serve

<input type="checkbox"/>	Are all 5 components offered daily (Milk, Fruits, Vegetables, Grains, and Meat/Meat Alternate)?
<input type="checkbox"/>	Are students required to select at least 3 different components for a reimbursable meal?
<input type="checkbox"/>	Are students required to select at least ½ cup of fruit or vegetable for a reimbursable meal?
<input type="checkbox"/>	Is reimbursable meal signage posted at or near the beginning of the service line?

Dietary Specifications

If a nutrient analysis is conducted:

<input type="checkbox"/>	Are weekly calories ranges within the allowable range(s):	Grades 6 – 8: 600-700		
		Grades K- 5: 550-650	Grades K – 8: 600 - 650	Grades K – 12: N/A
<input type="checkbox"/>	Is saturated fat <10% of total calories for all age groups?			
<input type="checkbox"/>	Is zero trans-fat per serving found on all nutrition labels or manufacturer specifications?			
<input type="checkbox"/>	Are sodium levels within the allowable limits?			
		Grades K- 5: ≤ 1230 mg	Grades 6 – 8: ≤1360 mg	Grades 9 – 12: ≤1420 mg