

MENU EVALUATION CHECKLIST

1. Have you included all components of the meal?
2. Have you met all of the new meal pattern requirements?
 - ❖ Yogurt/Cereal sugar limits requirements?
 - ❖ Whole Grain requirements?
 - ❖ Meat/meat alternates served during breakfast requirements?
 - ❖ Unflavored/flavored milk requirements?
 - ❖ Juice limitation requirements?
 - ❖ Are grain-based dessert eliminated from the menu?
 - ❖ Infant requirements?
3. Are serving sizes sufficient to provide young children the required quantity of:
 - ❖ Meat and/or meat alternate?
 - ❖ Two or more vegetables and/or fruits?
 - ❖ Enriched or whole-grain bread or an equivalent?
 - ❖ Fluid milk?
4. Have you included other foods to help meet the nutritional needs of young children and to satisfy their appetites?
5. Are the combinations of foods pleasing and acceptable to children?
6. Do meals include a good balance of:
 - ❖ Color--in the foods themselves or as a garnish?
 - ❖ Texture--soft, crisp, firm-textured?
 - ❖ Shape--different-sized pieces and shapes of foods?
 - ❖ Flavor--bland and tart or milk and strong flavored foods?
 - ❖ Temperature--hot and cold foods?
7. Have you included foods high in vitamin A, vitamin C, and iron?
8. Have you considered children's cultural and ethnic food practices?
9. Are foods varied from day to day, week to week?
10. Have you included different kinds or forms of foods (fresh, canned, dried)?
11. Have you included seasonal foods?
12. Have you specified in detail, all of the components list on the menu?
13. Have you reduced the amount of fats, sodium, and sugars used throughout the menu?