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Menu Checklist

Use the following checklist to help determine if your daily and weekly menus meet School Breakfast Program requirements. An unchecked box indicates non-compliance with state and federal regulations.

Breakfast

Milk Component

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| --- | --- |
|  | Is a minimum of 1 cup milk offered daily?  |
|  | Are two different varieties of milk being served?  |
|  | Is unflavored milk fat free (skim) or 1% (low-fat)? |
|  | Is flavored milk fat free (skim)? |

Fruit/Vegetable Component

|  |  |
| --- | --- |
|  | Is at least 1 cup fruit and/or vegetable offered daily? |
|  | Are fruit/vegetable juice offerings one-half or less of the total amount of fruit/vegetable offered over the week? |
|  | If vegetables are substitute for fruit, are at least 2 cups of the red/orange, dark green, legumes, or “other” vegetable subgroups offered over the course of the week? |

Grains Component

|  |  |
| --- | --- |
|  | Is at least 1 oz. equivalent grain offered daily? |
|  | Are the weekly grain minimums met?  |
|  | Are all grain servings whole grain-rich? |
|  | Are ready to eat cereals (RTE) fortified to meet program requirements? |
|  | If serving meat/meat alternate as part of the meal, is at least 1 oz. equivalency of grain also offered? |

Offer vs. Serve

|  |  |
| --- | --- |
|  | Are all 3 required components offered daily (Milk, Grains, Fruit/Vegetable)? |
|  | Are at least 4 food items, from the 3 components, offered? |
|  | Do reimbursable meals selected by students include at least ½ cup of fruit (or substitute vegetable), or ½ cup of juice? |
|  | Is reimbursable meal signage posted at or near the beginning of the service line? |
|  | Are students required to take at least 3 items for a reimbursable meal?  |

Dietary Specifications

|  |  |  |
| --- | --- | --- |
|  | Are weekly calories ranges within the allowable range(s): | **Grades 6 – 8**: 400 – 550  |
| **Grades K- 5**: 350 – 500 | **Grades K – 8**: 400 - 500 | **Grades K – 12**: 450 - 500 | **Grades K- 5**: 350 – 500 |
|  | Is saturated fat <10% of total calories for all age groups? |
|  | Are the sodium levels within the allowable limits? |
| **Grades K- 5**: ≤ 540 | **Grades 6 – 8**: ≤600 | **Grades 9 – 12**: ≤640 |  |