

Handout 4.1: Menu Criteria Windowpane, Answers

Refer to Handout 1.2: *Criteria of the HealthierUS School Challenge* to identify the criteria each picture represents. Record ideas in the windowpane.

 <p>5 different vegetables each week</p>	 <p>1 serving of dry beans & peas each week</p>	<p>5 different fruits each week</p> 
<p>Whole-grain food minimum of 3 times a week for Bronze/Silver; daily for either Gold award.</p> 	 <p>Only low-fat or fat-free milk</p>	 <p>Offer 1 fresh fruit/week for Bronze & Silver; 2 fresh fruits for either Gold award.</p>
 <p>Limit juice to 1 time per week; 100% juice</p>	<p>Every student has the opportunity to select a HUSSC meal</p> 	 <p>Dark green or orange vegetable 3 times a week</p>

Handout 4.3: Evaluating the Sample Menus - Answers

Sample Menu #1 Activity - Answers

1. What menu components offer choices for students?

Salad Bar and Milk

2. Are there adequate whole grains in this week for the Silver/Bronze Awards?

(Silver/Bronze whole grain criteria: Offer 3 x per week)

No – only 2 whole grains are offered (WW Roll and WW Bun)

3. How could menu items be modified to offer more whole grains and meet the Silver/Bronze Award criteria?

WW Bread Sticks; Spanish Brown Rice

4. You have modified the menu to meet the Silver/Bronze whole grain criteria. Now do all students have the opportunity to select a lunch that meets the HUSSC Silver/Bronze awards criteria?

No - There are no dry beans or peas offered during the week.

A different fruit is not offered each day – Apple Wedges and Applesauce are from the same source fruit.

Handout 4.3 – Evaluating the Sample Menus – Answers, continued

Sample Menu #2 Activity – Answers

Plug Menu#2 into the Lunch Menu Worksheet for the Silver/Bronze Award and answer the following questions. Provide information to back up your answers.

1. Can students select a different vegetable each day?

Yes

- **Monday: Peas, Lettuce/Tomato/Pickle, Mashed Potatoes**
- **Tuesday: Califlower/Broccoli/Carrot Medley, Spinach Salad**
- **Wednesday: Mashed Potatoes, Tossed Salad w/Romaine**
- **Thursday: Potato Wedges, Cole Slaw**
- **Friday: Potato Tots, Carrot/Raisin Salad, Green Beans**

2. Are there enough dark green/orange vegetables offered over the week to meet HUSSC criteria?

Yes (Offer 3x per week, 2 must be different)

- **Tuesday: Spinach Salad and Vegetable Medley**
- **Wednesday: Tossed Salad w/Romaine**
- **Friday: Carrot/Raisin Salad**

3. Does the menu meet the HUSSC fruit criteria?

No – a fruit is needed on Thursday

4. Does the menu meet the Silver/Bronze whole grain requirement?

No – (Offer 3x per week)

Need to change one grain offering to a whole grain. Options: pizza crust, spaghetti, rice, crackers, French toast.

5. As modified for grains and fruit, do all students have the opportunity to select a lunch that meets HUSSC criteria for the Silver/Bronze awards?

No – On Wednesday, if a student chooses both the Tossed Salad w/Romaine and the WW Roll, they can't select the Fresh Apple Wedges which is the fresh fruit option for the S/B award.

On Thursday if a student chose the Potato Wedges and Corn or Cole Slaw they couldn't select the weekly Dry Bean/Pea option.

How could these issues be addressed?

- **Offer the fresh fruit on another day**
- **Allow choice of at least 3 side dishes**

Handout 4.3: Evaluating the Sample Menus – Answers, continued

Sample Menu #3 Activity – Answers

Plug Menu #3 into the Lunch Menu Worksheet for the Gold and Gold with Distinction Award and answer the following question. Provide information to back up your answers.

1. How can the menu be modified to meet all the HUSSC Gold Awards menu criteria?
 - **Add another, different dark green/orange vegetable**

 - **Offer a different fruit every day (Apple, Applesauce, Apple Crisp are from the same source fruit). Check the label for the Fruit Sorbet to determine the type of fruit juice used as the base as it may be apple juice.**

 - **Increase the serving of Spanish Brown Rice to 2/3 cup to assure that 1/2 cup of brown rice is served as vegetables added to Spanish Rice displace rice in each serving.**

Handout 4.3: Evaluating the Sample Menus – Answers, continued

Sample Menu #4 Activity Answers

1. Highlight the meal components used to meet HealthierUS Challenge criteria.

Spaghetti (WW Noodles); Steamed Carrots; WW Bun; WW Tortilla; Black Bean Salsa; Chef Salad (Romaine, Spinach, Broccoli and Carrots); Fruit Boat (Fresh Oranges); Fruit & Veggie Bar (Fresh Oranges, Romaine & Spinach Salad w/Broccoli and Carrots, WW French Bread Stick, Black Bean Salsa)

2. Review the menu and answer these questions:

- A. Sam selects a pizza slice and corn at the Pizza/Italian line. What additional item or combination of items can he select at other stations to complete a meal that meets HUSSC criteria?

Fruit/Veggie Bar HUSSC Options:

Fresh Oranges, Romaine/Spinach Salad

WW French Bread Stick

Black Bean Salsa

Grab & Go HUSSC Options:

Fruit Boat

Veggie Boat

- B. Julie selects a pre-plated entrée chef salad at the Grab & Go line. What additional item or combination of items can she select at other stations to complete a meal that meets HUSSC criteria?

Grab & Go HUSSC Options:

Fruit Boat

Fruit/Veggie Bar HUSSC Options :

Fresh Oranges

WW French Bread Stick

Black Bean Salsa

- C. Due to limited space, no additional items can be added to any line. Review the meal components and list modifications that can be made at each station to increase HUSSC options.

Note: There are numerous possible scenarios. Those listed below are not the only options but can be used for discussion.

Pizza/Italian Line: Purchase or make Pizza with WW Crust; Add lentils to Spaghetti sauce; substitute a dark green or orange vegetable for the Corn.

Home Cooking Line: Make Macaroni & Cheese with whole grain pasta; purchase chicken tenders with whole grain breading.

Sandwich Line: Substitute Baked Sweet Potato Fries or Tots for the Baked Fries.

Grab & Go Line: Substitute Broccoli for either the celery or cauliflower in the Veggie Boat;

Fruit & Veggie Bar: Substitute shredded Bok Choy or Kale for the Broccoli in the Romaine Salad;

Handout 4.6 – Relating the Production Record to the HealthierUS Challenge Criteria – Answers

1. The menu listed on the Production Record should match the menu that is available to your customers. **True/False**

The menu shown on the production record should be written as it was planned and match printed menus for customers, menus posted on the district website or printed in the local newspaper.

2. Menu substitutions are not allowed in the HealthierUS School Challenge. **True/False**

Substitutions of menu items used to meet a HUSSC criteria are allowed as long as the substitution is a “like” item. For example, if a fresh fruit is listed on the menu, another fresh fruit must be substituted. If an orange vegetable is listed on the menu, another orange vegetable must be substituted.

3. Recipes and product labels are the only documentation needed to support products used to meet HUSSC criteria. **True/False**

If commercial product labels don’t contain enough information to verify HUSSC criteria, the product manufacturer must supply you with a completed Attachment B (as noted in Lesson 2 – Whole Grains).

All school made recipes are encouraged to be accompanied by the Attachment B form (Lesson 2-Whole Grains).

4. The number of student servings is not used to evaluate any HUSSC criteria. **True/False**

The number of student servings is reviewed to determine if a HUSSC menu item is routinely selected or appears to be a token item used only to meet one of the HUSSC criteria.

To qualify as “selected on a regular basis”, an item must be selected by 10% or more of the students served for at least 16 out of 20 days.

Only applications for the Gold with Distinction award will be evaluated to determine if items are “regularly selected”.