

Handout 4.1: *Menu Criteria Windowpane*

Refer to Handout 1.1: *Criteria of the HealthierUS School Challenge* to identify the criteria each picture represents. Record ideas in the windowpane.

Handout 4.2: *Sample Weekly Menus*

Basic Philosophy of the HealthierUS School Challenge: *All Children Should Have the Opportunity to Select a HealthierUS School Challenge Menu.*

Sample Menu 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna Green Beans Bread Sticks Salad Bar Cherry Cobbler Choice of Milk	Roast Turkey w/ Gravy Candied Yams WW Roll Salad Bar Fresh Apple Wedges Choice of Milk	Grilled Chicken Nuggets Mashed Potatoes Green Peas Salad Bar Cookie Choice of Milk	Beef Tacos Spanish Rice Corn Salad Bar Applesauce Choice of Milk	Fish Filet on WW Bun Baked French Fries Salad Bar Orange Sections Choice of Milk

Handout 4.2: *Sample Weekly Menus*

Sample Menu 2				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of Entrée: Hamburger on WW Bun Grilled Chicken Nuggets</p> <p>Choice of 2: Green Peas Lettuce, Tomato & Pickle Cup Canned Pears Mashed Potatoes w/Gravy</p> <p>Choice of Milk</p>	<p>Choice of Entrée: Cheese Pizza Beef Stew w/ Brown Rice</p> <p>Choice of 2: Banana Half Califlower/Broccoli/Carrot Medley Spinach Salad Fruit Cocktail</p> <p>Choice of Milk</p>	<p>Choice of Entrée: Country Baked Steak Spaghetti w/ Meat Sauce</p> <p>Choice of 2: Mashed Potatoes w/ Gravy Tossed Salad w/ Romaine WW Roll Apple Wedges Choice of Milk</p>	<p>Choice of Entrée: Fish Taco on a WW Tortilla Chef Salad w/ Crackers</p> <p>Choice of 2: Baked Potato Wedges Corn Lettuce, Tomato, & Cole Slaw Baked Beans</p> <p>Choice of Milk</p>	<p>Choice of Entrée: Chicken Parmesan Sandwich on a Hoagie Roll French Toast w/Low Fat Sausage Links</p> <p>Choice of 2: Carrot & Raisin Salad Potato Tots Green Beans Spiced Frozen Peaches</p> <p>Choice of Milk</p>

These sample menus were adapted from actual menus submitted for the HealthierUS School Challenge and contain menus of both food-based and nutrient-based menu planning approaches. Some of the days may lack sufficient food items for a food-based approach.

Handout 4.2: *Sample Weekly Menus*

Sample Menu 3:

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Pork (2 oz) w/ Gravy OR Ground Beef (1 oz) w/ Lentils (1/2 cup) Choice of 3: Mashed Potatoes (1/2 c) Green Beans (1/2 c) Shredded Lettuce and Tomato (1/4 c) Whole Wheat Roll (2 oz) Fresh Apple Milk – Chocolate Skim or 1% White	Chicken Patty (2 oz) on Whole Wheat Bun (2 oz) OR Rib-B-Q (2 oz) on Whole Wheat Bun (1 oz) Choice of 3: Tater Wedges (1/2 c) Carrot Sticks (1/2 c) w/ Dip Fruit Sorbet (equals 1/4 c fruit) Cookie (1 ea) Milk – Chocolate Skim or 1% White	Ham (1 oz) & Cheese (1 oz) Hoagie Sandwich (2 oz) OR Turkey (2 oz) Sandwich on Whole Wheat Roll (2 oz) Choice of 3: Potato Salad (1/2 c) Celery Sticks (1/4 c) Tossed Salad w/Romaine (1/2 c) Canned Peaches (1/2 c) Milk – Chocolate Skim or 1% White	Macaroni & Cheese (1.5 oz cheese, 1/2 cup pasta)/1/2 Peanut Butter (.5 oz) and Jelly Sandwich OR Beef and Cheese Enchilada (2.5 oz) w/ Whole Wheat Tortilla(1 oz) Choice of 3: Green Beans (1/2 c) Green Peppers w/ Dip (1/4 c ea) Orange Wedges (1/2 c) Apple Crisp (1/2 c) Milk – Chocolate Skim or 1% White	Double Cheese Whole Grain Pizza (5 oz) OR Baked Fish Sticks (2 oz) Choice of 3: Corn (1/2 c) Tossed Salad (1/2 c) Applesauce (1/4 c) Animal Crackers (1 oz) Spanish Brown Rice (1/2 c) Milk – Chocolate Skim or 1% White

These sample menus were adapted from actual menus submitted for the HealthierUS School Challenge and contain menus of both food-based and nutrient-based menu planning approaches. Some of the days may lack sufficient food items for a food-based approach.

Handout 4.2: Sample Weekly Menus

Sample Menu 4:

*Milks are low fat or Fat free

Home Cooking Line

Macaroni	& Cheese
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Sandwich

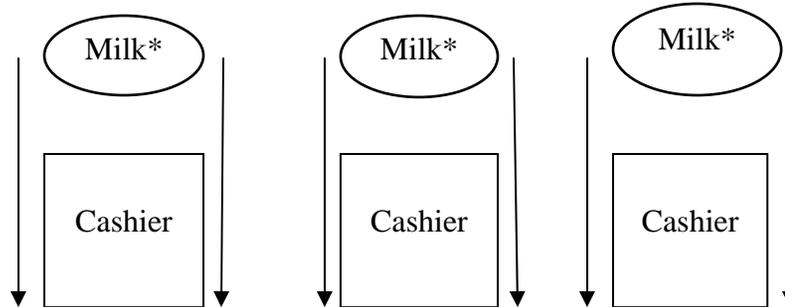
BBQ Turkey Baked Fries on WW Bun Bean Salsa	Black
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Fruit/Veggie Bar

Fresh Oranges Ham Fresh Grapes Cheese Canned Peaches	Cabbage Slaw Romaine & Spinach Salad w/ Broccoli Turkey	
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Pizza OR Italian Line

Pizza Slice Corn OR Spaghetti sauce



- Pre Plated Chef Salad w/ Romaine Spinach Broccoli & Carrots
- Fruit Boat w/ Fresh Grapes & Oranges
- Veggie Boat w/ celery, carrots & cauliflower

Grab & Go

Handout 4.3: *Evaluating the Sample Weeks' Menus*

Menu # 1 Activity:

1. What menu components offer choices for students?
2. Are there adequate whole grains in this week for the Silver/Bronze Awards?
3. What modification(s) can be made to meet the Silver/Bronze award criteria?
4. You have modified the menu to meet the Silver/Bronze award criteria. Now do all students have the opportunity to select a lunch that meets the HUSSC criteria? Why?

Handout 4.3: *Evaluating the Sample Week's Menu*

Menu # 2 Activity:

Plug the menu into the Lunch Menu Worksheet for the Silver/Bronze award criteria and, as a table group, answer the following questions. Provide information to back up your answers

1. Can students select a different vegetable each day?
2. Are there enough dark green/orange vegetables offered over the week to meet HUSSC criteria?
3. Does the menu meet the HUSSC fruit criteria?
4. Does the menu meet the Silver/Bronze whole grain requirement? If not, list possible modifications that would meet the Silver/Bronze criteria.
5. As modified for whole grains and fruit, do all students have the opportunity to select a lunch that meets the HUSSC criteria?
6. How can Menu #2 be further modified so all students have the opportunity to select a lunch that meets the HUSSC criteria?

Handout 4.3: *Evaluating the Sample Week's Menu*

Menu # 3 Activity:

Plug the menu into the Lunch Menu Worksheet for the Gold/Gold with Distinction awards and, as a table group, answer the following questions. Provide information to back up your answers.

1. How can the menu be modified to meet all the Gold awards criteria?

Handout 4.4: Lunch Menu Worksheet – BRONZE or SILVER

OMB Control No.: 0564-0524
Expiration Date: 04/30/2013



HealthierUS School Challenge Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Bronze Award Silver Award

Dates Week 1 Menu served:

Week 1			
Menu Planning Approach <input type="text" value="Enhanced-Mod. for the majority of children"/>			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes. more info.?	M	<input type="text"/>	M 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	W	<input type="text"/>	W 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	F	<input type="text"/>	F 1/4 cup
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). more info.?	M	<input type="text"/>	M 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	W	<input type="text"/>	W 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	F	<input type="text"/>	F 1/4 cup
Cooked dry beans or peas (legumes): Offer at least once a week (at least ¼ cup serving size). more info.?	M	<input type="text"/>	M 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	W	<input type="text"/>	W 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	F	<input type="text"/>	F 1/4 cup
Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples. more info.?	M	<input type="text"/>	M 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	W	<input type="text"/>	W 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	F	<input type="text"/>	F 1/4 cup
Fresh fruit: Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). more info.?	M	<input type="text"/>	M 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	W	<input type="text"/>	W 1/4 cup
	T	<input type="text"/>	T 1/4 cup
	F	<input type="text"/>	F 1/4 cup
Whole grain foods: Offer whole grain food at least 3 days/week, and may not be the same one each day. more info.?	M	<input type="text"/>	M g
	T	<input type="text"/>	T g
	W	<input type="text"/>	W g
	T	<input type="text"/>	T g
	F	<input type="text"/>	F g

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO

2. Does this week's menu meet the HUSSC menu criteria? YES NO

School

Reminder Save Your Work! *Bronze Award / Silver Award Application 4*

Please check when this page is completed.

Handout 4.5: Lunch Menu Worksheet – GOLD or GOLD Award of Distinction



OMB Control No.: 0584-0524
Expiration Date: 03/31/2010

HealthierUS School Challenge Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Gold Award Gold Award of Distinction

Dates Week 2 Menu served:

Week 2			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<p>Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> more info.?</p>	<p>M <input type="text"/></p> <p>T <input type="text"/></p> <p>W <input type="text"/></p> <p>T <input type="text"/></p> <p>F <input type="text"/></p>	<p>M 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>W 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>F 1/4 cup ▼</p>	
<p>Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). more info.?</p>	<p>M <input type="text"/></p> <p>T <input type="text"/></p> <p>W <input type="text"/></p> <p>T <input type="text"/></p> <p>F <input type="text"/></p>	<p>M 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>W 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>F 1/4 cup ▼</p>	
<p>Cooked dry beans or peas (legumes): Offer at least 1 serving per week. At least 1/4 cup serving required. more info.?</p>	<p>M <input type="text"/></p> <p>T <input type="text"/></p> <p>W <input type="text"/></p> <p>T <input type="text"/></p> <p>F <input type="text"/></p>	<p>M 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>W 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>F 1/4 cup ▼</p>	
<p>Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> more info.?</p>	<p>M <input type="text"/></p> <p>T <input type="text"/></p> <p>W <input type="text"/></p> <p>T <input type="text"/></p> <p>F <input type="text"/></p>	<p>M 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>W 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>F 1/4 cup ▼</p>	
<p>Fresh fruit: Offer fresh fruit at least 2 days a week (at least ¼ cup serving size). more info.?</p>	<p>M <input type="text"/></p> <p>T <input type="text"/></p> <p>W <input type="text"/></p> <p>T <input type="text"/></p> <p>F <input type="text"/></p>	<p>M 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>W 1/4 cup ▼</p> <p>T 1/4 cup ▼</p> <p>F 1/4 cup ▼</p>	
<p>Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day. more info.?</p>	<p>M <input type="text"/></p> <p>T <input type="text"/></p> <p>W <input type="text"/></p> <p>T <input type="text"/></p> <p>F <input type="text"/></p>	<p>M <input type="text"/> g ▼</p> <p>T <input type="text"/> g ▼</p> <p>W <input type="text"/> g ▼</p> <p>T <input type="text"/> g ▼</p> <p>F <input type="text"/> g ▼</p>	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO

2. Does this week's menu meet the HUSSC menu criteria? YES NO

School

Gold Award / Gold Award of Distinction Application 5

**Reminder
Save
Your
Work!**

Please check when this page is completed.

Handout 4.6 – Relating the Production Record to the HealthierUS School Challenge

Circle or underline the correct answer for each question. Note why you have chosen your answer.

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

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

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

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