

## MENU ASSESSMENT

### DOES YOUR MENU MEET THE 'BEST PRACTICE' STANDARD?

Milk	Yes	No
For infants (0-11 months), only breast milk or iron-fortified infant formula is served (whole milk or other types of milk are not served).		
For toddlers (12-23 months), only breast milk or whole cow's milk is served.		
For children 2 years and older, only low fat (1%) or non-fat (skim) milk is served.		
Flavored milk is not offered.		
Milk is not served with juice as the second component in a snack. <i>This is a requirement.</i>		
Grain & Breads	Yes	No
At least half of the grains and breads served are whole grains. Examples include whole wheat, whole rye, brown rice, wild rice, whole wheat couscous, bulgur, quinoa, whole cornmeal, whole-grain corn, whole-grain barley, oatmeal.		
Breakfast cereals contain no more than 6 grams of added sugar per dry ounce (see WIC approved cereal list).		
Fatty/sugary grains and breads are not served. Examples include cookies, cakes, pies, doughnuts, granola bars, grain fruit bars, toaster pastries, sweet rolls and brownies.		
Fruits & Vegetables	Yes	No
Whole fruit rather than fruit juice is served at most meals and snacks.		
A variety (3 or more different types) of unsweetened fresh, frozen or canned fruits are served each week. Examples include apples, apricots, avocado, bananas, berries, cherries, citrus fruits, grapes, kiwi fruit, mangos, melons, papaya, peaches, pears, pineapples, plums, prunes, raisins, and watermelon.		
Only canned fruit packed in juice or water is served.		
For children 1 year and older, 100% juice is limited to 1 age-appropriate serving per day: <ul style="list-style-type: none"> <li>• 1-2 years: 2 fl. oz. (1/4 cup)</li> <li>• 3-5 years: 4 fl. oz. (1/2 cup)</li> <li>• 6 years and older: 4-6 fl. oz. (1/2 - 3/4 cup)</li> </ul>		
No juice is served to children less than 1 year of age.		
No juice is served in bottles.		
Dark green vegetables are served at least 2 times per week. Examples include bok choy, broccoli, collard greens, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.		
Orange vegetables are served at least 2 times per week. Examples include acorn squash, butternut squash, carrots, hubbard squash, pumpkin, and sweet potatoes.		
Fried or pre-fried veggies (e.g. French fries, tater tots, hashbrowns) are not served.		

Fruits & Vegetables	Yes	No
Legumes are served at least 1 time per week. Examples include black beans, black-eyed peas, garbanzo beans (chick peas), green peas, kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, and white beans. <i>Note: May be credited as a vegetable or a meat alternate, but not both at the same meal.</i>		
Other vegetables are served at least 3 times per week. Examples include artichokes, asparagus, beets, Brussel sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, iceberg lettuce, mushrooms, okra, onions, tomatoes, wax beans, and zucchini.		
Meats & Meat Alternates	Yes	No
Dried or canned beans, lentils or peas are served 1 or more times per week. Examples include black beans, blacked-eyed peas, garbanzo beans (chickpeas), lima beans, split peas and lentils.		
When canned beans are served, low-sodium varieties are offered, and/or beans are rinsed before cooking or serving.		
Only extra-lean ground beef (93% lean or higher) is served.		
Only extra-lean cuts of pork are served. This includes pork tenderloin and extra-lean boneless ham.		
Skin from chicken or turkey is removed before serving.		
Only water-pack canned fish, such as tuna or shrimp, is served.		
As a group, highly processed red meat, poultry, and fish are limited to 1 time per week or less. This include bologna, hot dogs, sausage, salami, pepperoni, breaded chicken nuggets, patties or tenders, breaded fish nuggets or sticks, and corndogs.		
Only natural cheeses are offered. Examples include cheddar or Colby-jack made from 2% milk, and part-skim mozzarella cheese. Cheese spreads are not served.		
Yogurt contains no more than 23 grams of sugar per 6 oz serving.		
Additional Best Practices		
Seasonal and locally produced foods are incorporated into meals.		
The following foods are not served: non-credible foods that are sources of added sugars, such as sweet toppings (e.g. honey, jams, syrup), yogurt sold with mix-in ingredients (e.g. honey, candy, cookie pieces) and sugar sweetened beverages (e.g. fruit drinks or sodas).		
Brightly colored fruits and vegetables are served at each meal.		
The center has implemented family-style meal service and children are allowed to serve themselves (with adult supervision).		
Children are involved in mealtime set-up and clean-up routines.		
Special celebrations (e.g. birthdays) involve non-food treats or healthy foods.		
Staff members eat with children at the table.		
Staff members model healthful eating behaviors.		
Food (healthy or unhealthy) is never used as a reward or punishment.		
Parents are given literature/activities to promote new foods at home at least two times per year.		