

## GUIDELINES FOR MENU PLANNING

1. Lunches meet or exceed minimum meal requirements of either the Traditional or Enhanced Food-Based Menu Planning approach.
2. Vitamin A-rich source included a minimum of three times per week.
3. A vitamin C-rich source included every day.
4. Several iron-rich foods included daily.
5. Fresh fruit or vegetable included each day.
6. Meals meet the Dietary Guidelines for Americans:
  - a. Meals provide no more than 30 percent of total calories from fat and less than 10 percent of calories from saturated fat averaged over a school week.
  - b. Menus include only moderate levels of salt and sugar.
7. Meals well-balanced in terms of color, shape, texture, and flavor.
8. Foods varied from day to day—week to week (same food prepared the same way not served a second time during the week).
9. Foods and food combinations desirable for age group served.
10. A well-liked food included each day.
11. Cost of all lunches served within the food budget.
12. All lunches prepared in time available.
13. A USDA-donated commodity included each day.
14. Menu promotions for month included frequently.
15. Keep fat, sugar, and salt at levels in accordance with the dietary guidelines.