

Caregivers Promoting Healthy Habits		Center:
Menu Rubric		Rater:
Grains		
2	A. Whole grains are served (oatmeal, whole grain cereal, brown rice, whole wheat bread, whole wheat crackers)	
	0	0-25% of the total grains are whole grains
	1	26-49% of the total grains are whole grains
	2	50% or more of the total grains are whole grains
2	B. Grains high in solid fats or added sugars are served (cookies, cakes, pies, donuts, cereal bars, muffins, sugary cereals)	
	0	3+ times per week
	1	2 times per week
	2	0-1 time(s) per week
Fruits and Vegetables		
2	C. Vegetables, not including fried vegetables or beans, are served	
	0	0-4 times per week
	1	5-6 times per week
	2	7+ times per week
2	D. Dark green vegetables are served (broccoli, collard greens, mustard greens, romaine lettuce, spinach, turnip greens)	
	0	0 times per week
	1	1 time per week
	2	2+ times per week
2	E. Red or orange vegetables are served (butternut squash, carrots, red peppers, sweet potatoes, and tomatoes)	
	0	0 times per week
	1	1 time per week
	2	2+ times per week

1	F. Starchy vegetables are served (white potatoes, corn, green peas, lima beans)	
	0	3+ times per week
	1	0-2 times per week
1	G. Fried or pre-fried vegetables are served (French fries, hashbrowns, tater tots, fried okra, fried zucchini)	
	0	1+ times per week
	1	0 times per week
2	H. Fruits, not including 100% juice, are served	
	0	0-3 times per week
	1	4-6 times per week
	2	7+ times per week
2	I. 100% fruit juice is served	
	0	5+ times per week
	1	3-4 times per week
	2	0-2 times per week
2	J. Fresh or frozen fruits and/or vegetables are served	
	0	0-2 times per week
	1	3-4 times per week
	2	5+ times per week
Protein		
2	K. Lean proteins are served (baked chicken and fish, tuna, deli turkey, eggs, nuts, beans, lentils, lowfat yogurt)	
	0	0-2 times per week
	1	3-4 times per week
	2	5+ times per week
2	L. Yogurt, cheese, or additional milk (not counting the milk required for breakfast and lunch) are served	
	0	0 times per week
	1	1 time per week
	2	2 times per week
1	M. Beans or Lentils are served (black, black-eyed peas, garbanzo, kidney, lima, navy, pinto, soy beans, split peas, white)	
	0	0 times per week
	1	1+ times per week

2	N. Fried, pre-fried or high fat meats are served (chicken nuggets, fish sticks, hot dogs, bacon, bologna, ground beef)	
	0	2+ times per week
	1	1 time per week
	2	0 times per week
Other		
1	O. Sugar sweetened or artificially sweetened beverages are served (flavored milk, sports drinks, soda, sweet tea)	
	0	1+ times per week
	1	0 times per week
2	P. A variety of different foods are served (not including beverages)	
	0	Less than 30 different menu items
	1	30-34 different menu items
	2	35+ different menu items
2	Q. An excellent source of vitamin C is served (at least 20% of RDA for children)	
	0	0-2 times per week
	1	3-4 times per week
	2	5+ times per week
30	Total Score: /30	Percent:
Comments:		

This rubric was developed by Bright from the Start: Georgia Department of Early Care and Learning in collaboration with Georgia State University with funding from USDA Team Nutrition. USDA is an equal opportunity provider and employer.



Menu Rubric Clarifications:

A. Whole grains are served

- Whole grains include oatmeal; brown rice; wild rice; granola/granola bars; and breads, pastas, crackers, and cereals that are clearly labeled on the menu as being “whole grain” or “whole wheat”.
- Toasted oats, shredded wheat, and oat bran are whole grains.
- Crisped rice, corn flakes, Kix, cream of wheat, and grits are NOT whole grains.

B. High sugar grains are served

- Donuts, pastries, sweet rolls, sweet breads, toaster pastries, muffins, pies, cakes, cookies, vanilla wafers, marshmallow and cereal treats or bars, brownies, fig bars, granola/cereal bars, pancakes or waffles with syrup, croissants, biscuits and flour tortillas.
 - i. DOES NOT include graham crackers, animal crackers or baked (not fried) crackers (like Goldfish)
- Sugar-sweetened cereals with over 6g of sugar per dry ounce (Apple Cinnamon/Honey Nut/Yogurt Burst/Frosted/Fruity/Berry Burst Cheerios, Fruit Loops, Apple Jacks, Honey Nut/Multi-Bran Chex, Berry Berry Kix and cereals that are chocolate or have marshmallows)
 - i. Bran flakes, Cheerios, Multigrain Cheerios, Crisped rice, Corn Flakes, Corn/Rice/Wheat/Multi-bran Chex, Kix, oat bran, oatmeal squares, frosted shredded wheat, Honey Bunches of Oats, Life, Total and other cereals approved for the WIC food package are NOT high sugar cereals

C. Vegetables, not including fried vegetables, are served

- Includes fresh, frozen, and canned. Includes vegetable soup and tomato soup. Includes salsa and guacamole served as a snack (at least ¼ cup), but does not include salsa or guacamole served as a condiment with an entrée.
- Includes lima beans and green beans
- A “garden salad” or “side salad” counts as one vegetable.
- Does not include small quantities of vegetables that are served as part of the entrée, unless the condiments are served as a creditable component for CACFP.

D. Dark green vegetables are served

- Dark green include bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, watercress.

E. Red or orange vegetables are served

- Red and orange include acorn squash, butternut squash, carrots, hubbard squash, pumpkin, red peppers, sweet potatoes, tomatoes and tomato juice.

G. Fried vegetables are served

- a. Fried and pre-fried vegetables include, but are not limited to, French fries (unless they are hand cut and baked), tater tots, hash browns, potato pancakes, fried okra, fried green tomatoes, onion rings, and spring rolls. Vegetables without breading and prepared by “stir-frying” are not considered to be fried.

H. Fruits, not including 100% juice, are served

- a. Includes fresh, frozen, canned and dried.

J. Fresh or frozen fruits and/or vegetables are served

- a. Assume the following are fresh or frozen, unless otherwise noted:
 - i. Fruits: apple slices, bananas, berries, orange slices, grapes, plums, kiwi, melon, cherries
 - ii. Vegetables: broccoli, carrot sticks or baby carrots, cauliflower, celery, cucumbers, baked potato, salad
- b. Assume the following are NOT fresh or frozen, unless otherwise noted:
 - i. Fruits: apple rings, applesauce, baked apples, mixed fruit, peaches, pears, pineapple
 - ii. Vegetables: carrots (except for baby and sticks), corn, green beans, greens (collards, mustard, etc), lima beans, potatoes, mixed vegetables, peas, spinach, vegetable or tomato soup

K. Lean proteins are served

- a. Fresh or plain frozen lean beef, pork, lamb, venison, chicken, turkey or other poultry: broiled, roasted, braised, stewed, or stir fried in mixed dishes.
- b. Fresh, frozen, or canned fish or seafood.
- c. Eggs, reduced fat cheese, yogurt, beans, lentils, nuts, and peanut butter.
- d. Beef liver is considered lean, but it is recommended that consumption is limited due to cholesterol content

L. Yogurt, cheese or additional milk is served

- Includes cheese served on pizza, sandwiches and macaroni and cheese.
- Does NOT include cheese sauce, cheese dip or scalloped potatoes.
- Includes milk served at snack, but not milk served at breakfast or lunch.

M. Beans and lentils are served

- Includes baked beans, black beans, blackeye peas, butter beans, chickpeas (garbanzo beans), kidney beans, lentils, navy beans, pinto beans.
- Does NOT include green beans.

N. Fried, pre-fried or high fat meats are served

- a. Fried and pre-fried meats include, but are not limited to steak nuggets, fish sticks, chicken nuggets, chicken fingers, chicken patties, fried chicken, chicken fried steak, and corn dogs.
- b. High fat meats include, but are not limited to, pork, regular ground beef, bologna, salami, hot dogs, pepperoni, ham (unless deli slices), bacon, sausage, and Salisbury steak.

O. Sugar sweetened or artificially sweetened beverages are served

- a. Beverages that contain added sugars or artificial sweeteners include, but are not limited to soda, diet soda, Kool-aid, Crystal Light, flavored milk, flavored water, vitamin water, sports drinks, juice drinks, fruit punch (non-100% juice), fruit ades (like lemonade), sweet tea, and fruit juice with added sugar or artificial sweeteners (like some “light” juices).

Q. An excellent source of vitamin C is served

- a. An excellent source of vitamin C includes foods that provide at least 20% of the RDA for children per the CACFP recommended food portion. These foods include:
 - i. Vegetables: bell peppers (red and green), brussel sprouts, broccoli, cabbage, cauliflower, collard greens, okra, kale, mustard greens, peas, potato, rutabagas, spinach, summer squash, sweet potatoes, tomatoes, turnip greens
 - 1. Carrots, celery and corn DO NOT have enough vitamin C
 - ii. Fruits: banana, blackberries, blueberries, cantaloupe, grapefruit, grapes, guava, honeydew melon, kiwi, mango, oranges (fruit and juice), papaya, peaches (fresh, not canned), pineapple (fruit, juice and canned), plums, raspberries, strawberries, tangerines, watermelon
 - 1. Apples, fruit cocktail, pears (canned and fresh) DO NOT have enough vitamin C
 - iii. Fortified juices and applesauce