

Weekly Menu Checklist

Directions: Complete this checklist each week to ensure your menus provide plenty of protein, fiber, vitamins and minerals for growing children, while limiting saturated fat, sugar and sodium (salt).

Reviewer: _____

Menu Dates: _____



- Half of the grains on the menu are whole grains
 - High fat, high sugar grains are served no more than once
 - At least one orange vegetable is served
 - At least one leafy, green vegetable is served
 - Cooked vegetable are served without butter, margarine or animal fat
 - 100% juice is served no more than twice per week
 - One fresh fruit or vegetable is served every day
 - Only 1% or skim milk is served for children 2 years and older
 - High fat meats are served no more than once per week
 - Beans or lentils are served at least once
 - Sugar-sweetened or artificially sweetened beverages are not served
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Here are some tips to help you complete the checklist:

- **Whole grains** include oatmeal, whole grain cereal, whole wheat breads or buns, whole wheat or whole corn tortillas, brown or wild rice, whole wheat pasta, whole grain crackers, bulgur and barley.
- **High fat, high sugar grains** include biscuits, donuts, pastries, croissants, sweet breads, honey buns, muffins, French toast sticks, toaster pastries, cakes, pies, cookies, brownies, fig bars, cereal bars, sugar coated cereal, and corn or wheat chips.
- **Orange veggies** include carrots, sweet potatoes, acorn or butternut squash, and pumpkin.
- **Dark green, leafy veggies** include broccoli, spinach, greens and romaine lettuce.
- **1% and skim milk** are the best choices for children two years and older, while whole milk is the best choice for children 12-23 months.
- **High fat meats** include sausage, bacon, hot dogs, ground beef, pepperoni, salami, bologna, ham, and fried or pre-fried meats like chicken nuggets, steak nuggets, chicken patties, and fish sticks.
- **Beans and lentils** include black beans, pinto beans, black-eyed peas, kidney beans, chickpeas (garbanzo beans), and lima beans. Green beans are not included in this group, because they are low in protein.
- Children should only be served plain water, plain milk and 100% fruit or vegetable juice. Any other beverage is considered **sugar-sweetened or artificially sweetened**.

If you have any questions or would like help with menu development, contact Monica Fink, Nutrition Project Manager, at (404)463-4093 or monica.fink@decal.ga.gov