	Menu			Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	○ cup(s) fruit ( <i>Must be</i> ≥ 1 cup)
				○ cup(s) vegetable ( <i>Must be</i> ≥ 1 <i>cup</i> )
				○ oz eq grain ( <i>Must be</i> ≥ 2 oz eq)
				○ oz eq M/MA ( <i>Must be</i> ≥ 2 oz eq)
				• 1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	○ cup(s) fruit ( <i>Must be</i> ≥ 1 <i>cup</i> )
				○ cup(s) vegetable ( <i>Must be</i> ≥ 1 cup)
				○ oz eq grain ( <i>Must be</i> ≥ 2 oz eq)
				o oz eq M/MA ( <i>Must be</i> ≥ 2 oz eq)
				• 1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	○ cup(s) fruit ( <i>Must be</i> ≥ 1 cup)
				○ cup(s) vegetable ( <i>Must be</i> ≥ 1 <i>cup</i> )
				o oz eq grain ( <i>Must be</i> ≥ 2 oz eq)
				o oz eq M/MA ( <i>Must be</i> ≥ 2 oz eq)
				• 1 cup milk (Two varieties offered; one is unflavored)
		WEEKLY CHECKLIST		
<ul> <li>Minimum ½ cup dark green vegetables</li> <li>Minimum 1 cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> <li>Minimum ½ cup starchy vegetables</li> <li>Minimum ¾ cup other vegetables</li> </ul>	<ul> <li>o total o</li> <li>o total o</li> </ul>	cups of vegetable offered weekly ( <i>Must</i> cups of fruit offered weekly ( <i>Must</i> $be \ge 3$ oz eq of M/MA offered weekly ( <i>Must</i> $be$ oz eq of grain offered weekly ( <i>Must</i> $be \ge 3$	ecups) ≥ 6 oz eq)	<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>

	Menu			Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	○ cup(s) fruit ( <i>Must be</i> ≥ $1/2 cup$ )
				○ cup(s) vegetable ( <i>Must be</i> ≥ $3/4$ cup)
				○ oz eq grain ( <i>Must be</i> ≥ 1 oz eq)
				○ oz eq M/MA ( <i>Must be</i> ≥ 1 oz eq)
				• 1 cup milk (Two varieties offered; one is unflavored)
	Menu		• •	Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	○ cup(s) fruit ( <i>Must be</i> ≥ $1/2 cup$ )
				○ cup(s) vegetable ( <i>Must be</i> ≥ $3/4$ cup)
				○ oz eq grain ( <i>Must be</i> ≥ 1 oz eq)
				o oz eq M/MA ( <i>Must be</i> ≥ 1 oz eq)
				• 1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	○ cup(s) fruit ( <i>Must be</i> ≥ $1/2 cup$ )
				○ cup(s) vegetable ( <i>Must be</i> ≥ $3/4$ <i>cup</i> )
				○ oz eq grain ( <i>Must be</i> ≥ 1 oz eq)
				○ oz eq M/MA ( <i>Must be</i> ≥ 1 oz eq)
				• 1 cup milk (Two varieties offered; one is unflavored)
		WEEKLY CHECKLIST		
<ul> <li>Minimum ½ cup dark green vegetables</li> <li>Minimum ½ cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> <li>Minimum ½ cup starchy vegetables</li> <li>Minimum ¼ cup other vegetables</li> </ul>	<ul> <li> total c</li> <li> total o</li> </ul>	sups of vegetable offered weekly ( <i>Must</i> sups of fruit offered weekly ( <i>Must</i> $be \ge 1$ of eq of M/MA offered weekly ( <i>Must</i> $be \ge 1$ of eq of grain offered weekly ( <i>Must</i> $be \ge 1$	1/2 cups) ≥ 5 1/2 oz eq)	<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>

	Menu			Daily Checklist
<u>Items</u>	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ 1 cup)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ 1 cup)</li> <li>oz eq grain (<i>Must be</i> ≥ 2 oz eq)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 2 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Menu		1	Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ 1 cup)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ 1 cup)</li> <li>oz eq grain (<i>Must be</i> ≥ 2 oz eq)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 2 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Menu			Daily Checklist
Items	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ 1 cup)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ 1 cup)</li> <li>oz eq grain (<i>Must be</i> ≥ 2 oz eq)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 2 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Menu			Daily Checklist
<u>ltems</u>	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ 1 cup)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ 1 cup)</li> <li>oz eq grain (<i>Must be</i> ≥ 2 oz eq)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 2 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
		WEEKLY CHECKLIST		
<ul> <li>Minimum ½ cup dark green vegetables</li> <li>Minimum 1 ¼ cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> <li>Minimum ½ cup starchy vegetables</li> <li>Minimum ¾ cup other vegetables</li> </ul>	<ul> <li>○ total o</li> <li>○ total o</li> </ul>	cups of vegetable offered weekly ( $Must$ cups of fruit offered weekly ( $Must$ be $\geq 2$ oz eq of M/MA offered weekly ( $Must$ be oz eq of grain offered weekly ( $Must$ be	¢cups) ≥ 8 oz eq)	<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>

	Menu			Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ ½ cup)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ ¾ cup)</li> <li>oz eq grain (<i>Must be</i> ≥ 1 oz eq)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Menu			Daily Checklist
Items	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Menu			Daily Checklist
Items	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Menu			Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ ½ cup)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ ¾ cup)</li> <li>oz eq grain (<i>Must be</i> ≥ 1 oz eq)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
		WEEKLY CHECKLIST		
<ul> <li>Minimum ½ cup dark green vegetables</li> <li>Minimum ¾ cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> <li>Minimum ½ cup starchy vegetables</li> <li>Minimum ½ cup other vegetables</li> </ul>	<ul> <li>○ total</li> <li>○ total</li> </ul>	cups of vegetable offered weekly (Musi cups of fruit offered weekly (Musi $be \ge 3$ oz eq of M/MA offered weekly (Musi $be$ oz eq of grain offered weekly (Musi $be$	ecups) ≥ 7 oz eq)	<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>

NATIONAL SCHOOL LUNCH PROGRAM

	Monday Me	nu		Monday Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ 1 <i>cup</i>)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ 1 <i>cup</i>)</li> <li>oz eq grain (<i>Must be</i> ≥ 2 <i>oz eq</i>)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 2 <i>oz eq</i>)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Tuesday Me	nu		Tuesday Daily Checklist
Items	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	o cup(s) fruit (Must be ≥ 1 cup)o cup(s) vegetable (Must be ≥ 1 cup)o oz eq grain (Must be ≥ 2 oz eq)o oz eq M/MA (Must be ≥ 2 oz eq)o1 cup milk (Two varieties offered; one is unflavored)
	Wednesday M	lenu		Wednesday Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ 1 cup)</li> <li>cup(s) vegetable (Must be ≥ 1 cup)</li> <li>oz eq grain (Must be ≥ 2 oz eq)</li> <li>oz eq M/MA (Must be ≥ 2 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Thursday Mo			Thursday Daily Checklist
Items	Serving Size	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ 1 <i>cup</i>)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ 1 <i>cup</i>)</li> <li>oz eq grain (<i>Must be</i> ≥ 2 <i>oz eq</i>)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 2 <i>oz eq</i>)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Friday Mer	u	•	Friday Daily Checklist
Items	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ 1 <i>cup</i>)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ 1 <i>cup</i>)</li> <li>oz eq grain (<i>Must be</i> ≥ 2 <i>oz eq</i>)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 2 <i>oz eq</i>)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
		WEEKLY CHECKLIST		
<ul> <li>Minimum 1 ¼ cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> </ul>	<ul> <li> total cups</li> <li> total oz el</li> </ul>	of vegetable offered weekly ( <i>Must be</i> $\ge$ of fruit offered weekly ( <i>Must be</i> $\ge$ 5 <i>cup</i> : q of M/MA offered weekly ( <i>Must be</i> $\ge$ 10 q of grain offered weekly ( <i>Must be</i> $\ge$ 10 q	s) oz eq)	<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>

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	Monday Me	nu		Monday Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Tuesday Me	nu		Tuesday Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Wednesday M	lenu		Wednesday Daily Checklist
Items	Serving Size	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Thursday Me	enu		Thursday Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Friday Men	u		Friday Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
		WEEKLY CHECKLIST		
• Minimum ½ cup legumes	<ul> <li>total cups</li> <li>total oz ec</li> </ul>	of vegetable offered weekly (must be $\geq$ of fruit offered weekly (must be $\geq 2 \frac{1}{2}$ cu of M/MA offered weekly (must be $\geq 9$ or grain offered weekly (must be $\geq 8$ oz eq	ups) o pz eq)	Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich

	Menu			Daily Checklist
<u>Items</u>	Serving Size	Components (list all that apply)	<u>Notes</u>	o       cup(s) fruit (Must be ≥ 1 cup)         o       cup(s) vegetable (Must be ≥ 1 cup)         o       cz eq grain (Must be ≥ 2 oz eq)         o       oz eq M/MA (Must be ≥ 2 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
<u>Items</u>	Serving Size	Components (list all that apply)	<u>Notes</u>	o      cup(s) fruit (Must be ≥ 1 cup)         o      cup(s) vegetable (Must be ≥ 1 cup)         o      coz eq grain (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
<u>ltems</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	o      cup(s) fruit (Must be ≥ 1 cup)         o      cup(s) vegetable (Must be ≥ 1 cup)         o      oz eq grain (Must be ≥ 2 oz eq)         o      oz eq M/MA (Must be ≥ 2 oz eq)         o      oz eq M/MA (Must be ≥ 2 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
<u>ltems</u>	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	o      cup(s) fruit (Must be ≥ 1 cup)         o      cup(s) vegetable (Must be ≥ 1 cup)         o      coz eq grain (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
<u>ltems</u>	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (<i>Must be</i> ≥ 1 cup)</li> <li>cup(s) vegetable (<i>Must be</i> ≥ 1 cup)</li> <li>oz eq grain (<i>Must be</i> ≥ 2 oz eq)</li> <li>oz eq M/MA (<i>Must be</i> ≥ 2 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Menu			Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	o      cup(s) fruit (Must be ≥ 1 cup)         o      cup(s) vegetable (Must be ≥ 1 cup)         o      oz eq grain (Must be ≥ 2 oz eq)         o      oz eq M/MA (Must be ≥ 2 oz eq)         o      oz eq m/MA (Must be ≥ 2 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
		WEEKLY CHECKLIST		
<ul> <li>Minimum ½ cup dark green vegetables</li> <li>Minimum 1 ¼ cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> <li>Minimum ½ cup starchy vegetables</li> <li>Minimum ¾ cup other vegetables</li> </ul>	<ul> <li>o total o</li> <li>o total o</li> </ul>	cups of vegetable offered weekly ( <i>Must</i> cups of fruit offered weekly ( <i>Must</i> $be \ge 6$ bz eq of M/MA offered weekly ( <i>Must</i> $be$ bz eq of grain offered weekly ( <i>Must</i> $be \ge$	cups) ≥ 12 oz eq)	<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>

	Menu			Daily Checklist
Items	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	o      cup(s) fruit (Must be ≥ ½ cup)         o      cup(s) vegetable (Must be ≥ ¾ cup)         o      oz eq grain (Must be ≥ 1 oz eq)         o      oz eq M/MA (Must be ≥ 1 oz eq)         o      oz eq M/MA (Must be ≥ 1 oz eq)         o       I cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
Items	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	o      cup(s) fruit (Must be ≥ ½ cup)         o      cup(s) vegetable (Must be ≥ ¾ cup)         o      coz eq grain (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)
	Menu			Daily Checklist
Items	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ½ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
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Items	Serving Size	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
	Menu			Daily Checklist
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		WEEKLY CHECKLIST		
<ul> <li>Minimum ½ cup dark green vegetables</li> <li>Minimum ¾ cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> <li>Minimum ½ cup starchy vegetables</li> <li>Minimum ½ cup other vegetables</li> </ul>	<ul> <li>○ total o</li> <li>○ total o</li> </ul>	cups of vegetable offered weekly ( <i>Must</i> cups of fruit offered weekly ( <i>Must</i> $be \ge 3$ bz eq of M/MA offered weekly ( <i>Must</i> $be$ bz eq of grain offered weekly ( <i>Must</i> $be \ge 3$	8 cups) ≥ 11 oz eq)	<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>

	Menu			Daily Checklist
Items	Serving Size	Components (list all that apply)	<u>Notes</u>	o      cup(s) fruit (Must be ≥ 1 cup)         o      cup(s) vegetable (Must be ≥ 1 cup)         o      coz eq grain (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o      coz eq M/MA (Must be ≥ 2 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
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ltems	Serving Size	<u>Components (list all that apply)</u>	<u>Notes</u>	o
	Menu			Daily Checklist
Items	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	<ul> <li>cup(s) fruit (Must be ≥ 1 cup)</li> <li>cup(s) vegetable (Must be ≥ 1 cup)</li> <li>oz eq grain (Must be ≥ 2 oz eq)</li> <li>oz eq M/MA (Must be ≥ 2 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
		WEEKLY CHECKLIST		
<ul> <li>Minimum ½ cup dark green vegetables</li> <li>Minimum 1 ¼ cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> <li>Minimum ½ cup starchy vegetables</li> <li>Minimum ¾ cup other vegetables</li> </ul>	<ul> <li>o total cups</li> <li>o total oz e</li> </ul>	of vegetable offered weekly ( <i>Must be</i> $\geq$ 7 <i>cups</i> ) of fruit offered weekly ( <i>Must be</i> $\geq$ 7 <i>cups</i> ) q of M/MA offered weekly ( <i>Must be</i> $\geq$ 14 <i>oz eq</i> ) q of grain offered weekly ( <i>Must be</i> $\geq$ 14 <i>oz eq</i> )		<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains offered are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>

	Menu			Daily Checklist
ltems	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	o      cup(s) fruit (Must be ≥ ½ cup)         o      cup(s) vegetable (Must be ≥ ¾ cup)         o      oz eq grain (Must be ≥ 1 oz eq)         o      oz eq M/MA (Must be ≥ 1 oz eq)         o      oz eq M/MA (Must be ≥ 1 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
<u>ltems</u>	<u>Serving Size</u>	Components (list all that apply)	Notes	o      cup(s) fruit (Must be ≥ ½ cup)         o      cup(s) vegetable (Must be ≥ ¾ cup)         o      coz eq grain (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)         o      coz eq mink (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
ltems	<u>Serving Size</u>	Components (list all that apply)	Notes	<ul> <li>cup(s) fruit (Must be ≥ ½ cup)</li> <li>cup(s) vegetable (Must be ≥ ¾ cup)</li> <li>oz eq grain (Must be ≥ 1 oz eq)</li> <li>oz eq M/MA (Must be ≥ 1 oz eq)</li> <li>1 cup milk (Two varieties offered; one is unflavored)</li> </ul>
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ltems	<u>Serving Size</u>	Components (list all that apply)	Notes	o      cup(s) fruit (Must be ≥ ½ cup)         o      cup(s) vegetable (Must be ≥ ½ cup)         o      coz eq grain (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)         o      coz eq M/MA (Must be ≥ 1 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
<u>ltems</u>	<u>Serving Size</u>	Components (list all that apply)	Notes	o      cup(s) fruit (Must be ≥ ½ cup)         o      cup(s) vegetable (Must be ≥ ¾ cup)         o      oz eq grain (Must be ≥ 1 oz eq)         o      oz eq M/MA (Must be ≥ 1 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
	Menu			Daily Checklist
ltems	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	o      cup(s) fruit (Must be ≥ ½ cup)         o      cup(s) vegetable (Must be ≥ ¾ cup)         o      oz eq grain (Must be ≥ 1 oz eq)         o      oz eq M/MA (Must be ≥ 1 oz eq)         o      oz eq M/MA (Must be ≥ 1 oz eq)         o       1 cup milk (Two varieties offered; one is unflavored)
		WEEKLY CHECKLIST		
<ul> <li>Minimum ½ cup dark green vegetables</li> <li>Minimum ¼ cup red/orange vegetables</li> <li>Minimum ½ cup legumes</li> <li>Minimum ½ cup starchy vegetables</li> <li>Minimum ½ cup other vegetables</li> </ul>	<ul> <li>o total cups</li> <li>o total oz ec</li> </ul>	of vegetable offered weekly ( <i>Must be</i> $\geq$ 5 ¼ cups of fruit offered weekly ( <i>Must be</i> $\geq$ 3 ½ cups) of M/MA offered weekly ( <i>Must be</i> $\geq$ 12 ½ oz eq of grain offered weekly ( <i>Must be</i> $\geq$ 11 oz eq)		<ul> <li>No more than 50% of fruit offered is juice</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> <li>At least 80% of grains offered are whole grain-rich</li> <li>No more than 2 oz eq grain-based dessert offered weekly</li> </ul>