

Answer Key

Bad Apple At-Risk Menu

Problems with the menu include:

Monday (6/1)

Snack – Menu is creditable. A fruit and a vegetable may be served as the two required components at snack. Ensure full portions are served.

Supper – Menu is not creditable since two fruits are being served. Only one fruit or fruit juice and one vegetable OR two vegetables can be served at supper.

Tuesday (6/2)

Snack – Menu **is** creditable.

Supper – Menu is not creditable since the meal needs the vegetable component.

Wednesday (6/3)

Snack – Menu is not creditable since vanilla wafers are not creditable. Another component must be served. Yogurt must not have more than 23 grams of sugar per six ounces.

Supper – Menu *may* be creditable if the CN label or manufacturer's product statement credits the breading on the chicken nugget as a grain in addition to the meat/meat alternate contribution. Menu lacks variety as items are same color and texture.

Thursday (6/4)

Snack – Menu **is** creditable.

Supper – Menu is not creditable since the grain component is missing.

Friday (6/5)

Snack – Menu is not creditable since whole chocolate milk is not creditable. For adults and children six years of age and older, flavored fat-free (skim) or unflavored fat-free (skim) or low-fat (1%) milk can be served.

Supper – Menu **is** creditable.

Overall: Ensure one whole grain-rich (WG) is served daily. Only Tuesday and Thursday had WG served.

Maintain copies of all WG, yogurt and cereal nutrition facts labels.