

Answer Key

Exercise 4 - Bad Apple Day Care Menu

Problems with the menu include:

Monday (6/8)

Breakfast- Menu is not creditable because the vegetable/fruit component is missing. 2% milk is not creditable. Scrambled eggs could be served in place of toast as a component or may be served as an 'other' item at breakfast.

Lunch – 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 lunch.

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

Tuesday (6/9)

Breakfast – Menu is not creditable since the milk component is missing. Ham slice was served in place of the bread component.

Lunch – Menu is not creditable since the vegetable component is missing.

Snack – Menu **is** creditable.

Wednesday (6/10)

Breakfast – Menu **is** creditable.

Lunch – Menu *may* be creditable if the CN label or manufacturer's product statement credits the breadings 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.

Snack – Menu is not creditable since vanilla wafers are not creditable. Another component must be served. Yogurt meets the sugar limits of 6 ounces containing 0 – 12 grams of added sugar.

Thursday (6/11)

Breakfast – Menu is not creditable since the vegetable/fruit component is missing.

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

Snack – Menu **is** creditable.

Friday (6/12)

Breakfast – Menu is not creditable since the grain component is over the sugar limits for a ready-to-eat cereal. The cereal also could not be credited as a whole grain item.

Lunch – Menu **is** creditable.

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

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

Maintain copies of all WG, yogurt and cereal nutrition facts labels. Meat/Alternates can be served up to three times a week for breakfasts, in place of the grain component.