

Answer Key

Exercise 4 - Bad Apple Adult Day Care Menu

Problems with the menu include:

Monday (6/8)

- **Breakfast**- Menu is **not** creditable because the vegetable/fruit component is missing. 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 a snack. Ensure full portions are served.

Tuesday (6/9)

- **Breakfast**—The menu is not creditable since the milk component is missing. A 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**—The 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. However, the menu lacks variety as items are the same color and texture.
- **Snack**—The Menu is not creditable since vanilla wafers are not creditable. Another component must be served. The yogurt is not creditable because it must contain no more than 12 grams (g) of added sugar per six ounces.

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 creditable since whole chocolate milk is allowed for adults.

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 breakfast, in place of the grain component.