MENU ASSESSMENT
DOES YOUR MENU MEET THE 'BEST PRACTICE' STANDARD?

Milk	YES	NO
For infants (0-11 months), only breast milk or iron-fortified infant formula is served.		
For toddlers (12-23 months), only breast milk or whole cow's milk is served.		
For children 2 years and older, only low-fat (1%) or non-fat (skim) milk is served.		
Flavored milk is not offered.		
Milk is not served with juice as the second component in a snack.		
Grains & Breads	**YES**	**NO**
At least half of the grains and breads served are *whole* grains. Examples include breads, crackers and cereals made from whole wheat flour, brown rice, whole wheat couscous, bulgur, barley, quinoa, and oatmeal.		
Breakfast cereals contain no more than 6 grams of added sugar per dry ounce (see WIC approved cereals list in the Grains & Breads chapter).		
Fatty/sugary grains and breads are limited to 1 time per week or less. Examples include cookies, cakes, pies, waffles, and French toast.		
Fruits & Vegetables	**YES**	**NO**
Whole fruit rather than fruit juice is served at most meals and snacks.		
A variety (3 or more different types) of unsweetened fresh, frozen or canned fruits are served each week. Examples include apples, apricots, avocado, bananas, berries, cherries, citrus fruits, grapes, kiwi fruit, mangoes, melons, papaya, peaches, pears, pineapple, plums, prunes, raisins, and watermelon.		
Only canned fruit packed in juice or water is served.		
When juice is served, only 100% juice is offered.		
For children 1 year and older, 100% juice is limited to 1 age-appropriate serving per day: • 1-2 years: 2 fl. oz (1/4 cup) • 3-5 years: 4 fl. oz. (1/2 cup) • 6 years and older: 4-6 fl. oz. (1/2–3/4 cup)		
No juice is served to children less than 1 year of age.		
No juice is served in a bottle.		
Dark green vegetables are served at least 2 times per week. Examples include bok choy, broccoli, collard greens, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.		

Fruits & Vegetables	YES	NO
Orange vegetables are served at least 2 times per week. Examples include acorn squash, butternut squash, carrots, hubbard squash, pumpkin, and sweet potatoes.		
Legumes are served at least 1 time per week. Examples include black beans, black-eyed peas, garbanzo beans (chickpeas), green peas, kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, and white beans. *Note: May be credited as a vegetable or meat alternate, but not both.*		
Other vegetables are served at least 3 times per week. Examples include artichokes, asparagus, beets, brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, iceberg lettuce, mushrooms, okra, onions, tomatoes, wax beans, and zucchini.		
Fried or pre-fried vegetables (e.g. French fries, tater tots and hash browns) are not served.		
Meats & Meat Alternates	**YES**	**NO**
Dried or canned beans, lentils, or peas are served 1 or more times per week. Examples include black beans, black-eyed peas, kidney beans, garbanzo beans (chickpeas), lima beans, split peas and lentils.		
When canned beans are served, low-sodium varieties are offered and/or beans are rinsed before cooking or serving.		
Only extra-lean ground beef (93% lean or higher) is served.		
Only extra-lean cuts of pork are served. This includes pork tenderloin and extra-lean boneless ham.		
Skin from chicken or turkey is removed before serving.		
Only water-pack canned fish, such as tuna or shrimp, is served.		
As a group, highly processed red meat, poultry, and fish are limited to 1 time per week or less. This includes bologna, hot dogs, sausage, salami, pepperoni, breaded chicken nuggets, patties or tenders, and breaded fish nuggets or sticks.		
Only natural cheeses that are low in fat are offered. Examples include cheddar or Colby-jack made from 2% milk, 50% reduced-fat cheese, and part-skim mozzarella cheese.		
Low-fat (1%) or non-fat yogurt and cottage cheese are served. Yogurt contains no more than 40 grams of total carbohydrate per 8 oz. serving.		