

Menu Monitoring for DRI and DGA Compliance

Part I – Nutrition Program

Nutrition Program: _____

Nutrition Site: _____

Menu Cycle: _____ Week: _____ Service Dates: _____

Part II – Description of Program

Number of days meal served per week: (Example: five days per week)

Numbers of meals served per day: (Example: one meal per day – lunch)

Part III – General Menu Development

1. Has input from the consumer been included into the planning?

Yes _____ No _____

2. Are the menus ethnically or culturally appropriate?

Yes _____ No _____

3. Are special events or holidays planned?

Yes _____ No _____

4. If modified diets are offered, can the menu be easily modified?

Yes _____ No _____

5. Are the menus planned for the season of the year?

Yes _____ No _____

6. Are there contrasts in:

a. Flavor? Yes _____ No _____

b. Color? Yes _____ No _____

c. Shape and form? Yes _____ No _____

d. Temperature? Yes _____ No _____

- e. Texture? Yes_____No _____
 - f. Method and preparation? Yes_____No _____
 - g. Variety? Yes_____No _____
7. Can the menu be easily served?
Yes_____No _____
 8. Can the meals be safely served and held in the appropriate food trays?
Yes____No _____
 9. Can the meal be safely transported with temperature and quality maintained?
Yes_____No _____
 10. Are the foods in season and most economical? _____
 11. If convenience foods are used, is labor versus cost considered? _____
 12. Is the raw food cost within budget? _____

Part IV – Menu Review, Approval and Documentation

1. Has the menu been approved and dated by a dietitian or nutritionist? Yes_____No _____
2. Have appropriate substitutions been approved? Yes_____No _____
3. Name of dietitian or nutritionist: _____
4. License or registration number: _____

Part V – Documentation of Nutritional Adequacy (Check the Method of Compliance Used)

1. Computer Nutrient Analysis Software:_____ (Use Checklist A for monitoring)
2. Texas Model for Menu Planning:_____ (Use Checklist B for monitoring)

Part VI – Standardized Recipes

1. Are there standardized recipes available for the each of the food items on the menu?
Yes_____No _____
2. If computer nutrient analysis is used, does the database include the standardized recipes? Yes_____No _____

Checklist A - Computer Nutrient Analysis

Part I – Computer Nutrient Analysis Software

1. Name of computer nutrient analysis software program used:

2. Does the software program include the USDA National Nutrient Database for Standard Reference?

Yes_____No _____

3. Does the software program include standardized recipes? Yes_____No _____

4. Does the software program allow for additional data information from contractors and manufacturers? Yes_____No _____

5. Week Number: _____

Part II – Daily Averaged Target Nutrients per Meal

Values per nutrient analysis averaged per meal per day.

Nutrient	Compliance range per meal	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
calories	600 to 1000 calories							
protein	20 gm or higher							

Part III – Target Nutrients Averaged Over the Number of Days of Meal Service per Week

Nutrient	Compliance Range per Meal	Values per Nutrient Analysis Averaged per Week
fat (percent of total calories)	30% of total calories or less	
vitamin A	250 micrograms or higher	

Nutrient	Compliance Range per Meal	Values per Nutrient Analysis Averaged per Week
vitamin C	25 milligrams or higher	
calcium	400 milligrams or higher	
sodium	1,200 milligrams or less	
potassium	1,200 milligrams or higher	
fiber	seven grams or higher	

Checklist B - Texas Model for Menu Planning

The three bullets for each food group type indicate the minimum number of ounces or servings needed each day based on the number of meals served each day. The types of foods to provide or limit within the minimum number of ounces or servings are listed in the first column, below. The following seven columns are the days of meal service.

Food Group Type: Meat or Meat Alternate Number of Equivalents

Indicate the number of ounces served each day. Determine if the minimum total number of ounces per day is met based on the number of meals served per day.

- One meal: three ounces
- Two meals: four to six ounces
- Three meals: six to eight ounces

Provide	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Lower Fat Meat or Meat Alternates							
Fish, as frequently as possible							

Indicate the number of ounces served each day. Determine if the limitations per week are met.

Limit	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Processed, smoked, cured, high sodium meats-one serving per week							
Cheese-no more than three ounces per week							

Food Group Type: Fruits or Vegetables

Indicate the number of times a source is provided each day. Determine if the minimum number of servings for each nutrient is met, either weekly or daily based on the number of meals served each day.

- One meal: two to three servings
- Two meals: six servings
- Three meals: eight servings

Provide	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Vitamin A source three times per week							
Vitamin C source daily							
Potassium source daily							
Fiber source daily							

Indicate the number of servings provided each day. Determine if the limitation of one serving or less per meal was met based on the total number of meals served each day.

Limit to one serving or less per meal	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Juice							
Starchy vegetables							
Canned vegetables with salt							

Food Group Type: Grains

Indicate the number of servings provided each day. Determine if the minimum number of servings each day for grains is met based on the number of meals served each day.

- One meal: two servings
- Two meals: four servings
- Three meals: six servings

Provide	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Minimum of one-third of the whole grain product serving per meal daily							

Indicate the number of servings provided each day. Determine if the limitation of one serving per week is met, regardless of the number of meals served each day.

Limit	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Quick breads-one serving per week							

Food Group Type: Milk or Milk Alternates

Indicate the number of servings provided each day. Determine if the limitation of servings of milk products not fortified with vitamin D is met considering the number of meals served each day.

- One meal: one serving
- Two meals: two servings
- Three meals: three servings

Limit	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Milk products not fortified with vitamin D							

Food Group Type: Desserts – Optional

Indicate the number of optional desserts provided each day. Determine if the program is providing nutrient rich optional desserts.

Provide	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Nutrient rich desserts such as fruit, whole grains, low-fat milk products with limited sugar and fat							

Indicate the number of optional dessert servings provided each day. Determine if the limitation of one serving per week if serving one meal daily is met.

Limit	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
High sugar and high fat desserts (pies, cakes, cookies)- once per week if serving one meal daily							

Food Group Type: Oils or Fats – Optional

Indicate the percent of calories and the sources of trans fat provided for each meal. Oils or fats are optional. Determine if the oils or fats are limited to no more than 30% of total calories and are used only to enhance flavor or presentation. Determine if all sources of trans fat are eliminated.

Limit	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Total fat to no more than 30% of total calories and provide only to enhance flavor or presentation							
Eliminate all sources of trans fat							

Food Group Type: Other Foods – Optional

Indicate the appropriate number of other foods served per meal. Determine if the program is using other foods only for additional calories, to enhance flavor or maintain temperatures.

Provide	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
To make up additional calories as needed, enhance flavor, maintain temperatures							

Indicate the appropriate number of other foods served per meal. Determine if the limitation is being met.

Limit	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
Foods high in sodium and high sodium condiments							

