

HealthierUS School Challenge Menu Criteria – Lunch

These criteria are optional, not required

- Three *different* fruits and five *different* vegetables are offered weekly
- Menus include a dark green or orange vegetable or fruit three or more times per week
- Fresh fruit or raw vegetables are offered three or more times per week
- Menus include a good source of vitamin C every day.
- Four *different* entrees or meat/meat alternates are offered throughout each school week. When daily choices are not offered, higher fat entrée items are limited to once per week. A higher fat entrée is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds and nut butters.
- Cooked dried beans or peas are offered at least once per school week.
- Whole grain foods are offered three or more times per school week. A whole grain food is one labeled as a whole grain product or with a whole grain as the *primary* grain ingredients in the ingredient statement. Examples of a whole grain ingredient include the terms “whole wheat flour”, “entire wheat flour”, “cracked wheat”, “graham flour”, “brown rice”, “old-fashioned oatmeal”, “quick-cooking oats”, and “cornmeal”.
- Menus provide two or more sources of iron each day
- Lowfat (1%) and/or skim (nonfat) milk is offered daily.

HealthierUS Schools can be certified as either Silver or Gold Team Nutrition Schools, according to standards established by FNS. The objective is to recognize schools that take specific steps to improve their programs and address obesity and to encourage other schools to follow their lead. Ultimately, FNS would like to see all schools take the challenge: Go for the Silver! Go for the Gold!

Schools must meet a basic set of criteria. To be certified, a school must:

- be an elementary school
- be enrolled as a Team Nutrition School
- offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the *Dietary Guidelines for Americans* and that meet USDA nutrition standards (lunch menu criteria listed above)
- provide nutrition education to students
- provide students the opportunity for physical activity
- maintain an Average Daily Participation of 70 percent or higher of school enrollment for reimbursable lunches
- adhere to guidelines established by FNS for foods served/sold in schools outside the National School Lunch Program.

More information on the Healthier US School Challenge can be found on the USDA Team Nutrition WEB site at <http://www.fns.usda.gov/tn/HealthierUS/index.htm>

Healthier US School Challenge menu criteria were developed based on the 2005 Dietary Guidelines for Americans. These criteria are not required.