

Caregivers Promoting Healthy Habits Menu Rubric

Center:

Rater:

Grains

2	A. Whole grains are served (oatmeal, whole grain cereal, brown rice, whole wheat bread, whole wheat crackers)	
	0	25% or less of total grains are whole grains
	1	26-49% of total grains are whole grains
	2	50% or more of total grains are whole grains

Fruits and Vegetables

2	B. Vegetables, not including fried vegetables or beans, are served	
	0	0-4 times per week
	1	5-6 times per week
	2	7+ times per week
1	C. Dark green vegetables are served (broccoli, spinach, collard greens, turnip greens, mustard greens)	
	0	0 times per week
	1	1+ times per week
1	D. Orange vegetables are served (carrots, sweet potatoes, squash)	
	0	0 times per week
	1	1+ times per week
2	E. Fried vegetables are served (French fries, hashbrowns, tater tots, fried okra, fried zucchini)	
	0	3+ times per week
	1	1-2 times per week
	2	0 times per week

2	F. Fruits, not including 100% juice, are served	
	0	0-3 times per week
	1	4-6 times per week
	2	7+ times per week
2	G. 100% fruit juice is served	
	0	5+ times per week
	1	3-4 times per week
	2	0-2 times per week
2	H. Fresh fruits and/or vegetables are served	
	0	0-2 times per week
	1	3-4 times per week
	2	5+ times per week
Milk		
2	I. Type of milk served to children ages 2 years and older	
	0	Whole
	1	2%
	2	1% or Skim
Protein		
2	J. Yogurt or Cheese is served	
	0	0 times per week
	1	1 time per week
	2	2 times per week

1	K. Beans or Lentils are served	
	0	0 times per week
	1	1+ times per week
2	L. Lean proteins are served (baked chicken and fish, tuna, deli turkey, eggs, nuts, beans, lentils, lowfat yogurt)	
	0	0-2 times per week
	1	3-4 times per week
	2	5+ times per week
2	M. Fried or pre-fried meats are served (chicken or steak nuggets, chicken patty, fish sticks, corn dogs)	
	0	3+ times per week
	1	1-2 times per week
	2	0 times per week
2	N. High fat meats are served (sausage, bacon, bologna, salami, ham, hot dogs, ground beef)	
	0	3+ times per week
	1	1-2 times per week
	2	0 times per week
Other		
2	O. High fat or high sugar foods are served (donuts, pastries, cookies, muffins, sugary cereals, biscuits, pizza)	
	0	3+ times per week
	1	1-2 times per week
	2	0 times per week
2	P. Sugar sweetened or artificially sweetened beverages are served (flavored milk, sports drinks, soda, sweet tea)	
	0	1+ times per week
	1	0 times per week

2	Q. A variety of different foods are served	
	0	Less than 30 different menu items
	1	30-39 different menu items
	2	40+ different menu items
2	R. An excellent source of vitamin C is served (at least 20% of RDA for children)	
	0	0-2 times per week
	1	3-4 times per week
	2	5+ times per week
33	Total Score: /33	Percent:
Additional Notes:		

Menu Rubric Clarifications:

A. Whole grains are served

- Whole grains include oatmeal; brown rice; wild rice; granola/granola bars; and breads, pastas, crackers, and cereals that are clearly labeled on the menu as being “whole grain” or “whole wheat”.
- Cheerios, shredded wheat, and oat bran are whole grains.
- Rice Krispies, corn flakes, Kix, cream of wheat, and grits are NOT whole grains.

B. Vegetables, not including fried vegetables, are served

- Includes fresh, frozen, and canned. Includes pasta sauce, vegetable soup and tomato soup. Includes salsa and guacamole served with chips as a snack (at least ¼ cup), but does not include salsa or guacamole served as a condiment with an entrée.
- Includes lima beans and green beans
- A “garden salad” or “side salad” counts as one vegetable.
- Does not include small quantities of vegetables that are served as part of the entrée, such as lettuce and tomato on sandwiches or burritos, toppings on pizza, components of soup (EXCEPT for vegetable soup), or vegetable juice.

E. Fried vegetables are served

- Fried and pre-fried vegetables include, but are not limited to, French fries (unless they are hand cut and baked), tater tots, hash browns, potato pancakes, fried okra, fried green tomatoes, onion rings, and spring rolls. Vegetables without breading and prepared by “stir-frying” are not considered to be fried.

F. Fruits, not including 100% juice, are served

- Includes fresh, frozen, canned and dried.
- Does not include fruits served as part of a dessert, such as strawberry shortcake, banana pudding, banana split, peach cobbler, fruit crisp, blueberry muffins, etc.

H. Fresh fruits and/or vegetables are served

- Fresh fruits and vegetables will include those that are received fresh and served fresh.
- Assume the following are fresh, unless otherwise noted:
 - i. Fruits: apple slices, bananas, berries, orange slices, grapes, plums, kiwi, melon, cherries
 - ii. Vegetables: carrot sticks or baby carrots, celery, cucumbers, salad

- Assume the following are NOT fresh, unless otherwise noted:
 - i. Fruits: apple rings, applesauce, baked apples, mixed fruit, peaches, pears, pineapple
 - ii. Vegetables: broccoli, carrots (except for baby and sticks), corn, green beans, greens (collards, mustard, etc), lima beans, potatoes, mixed vegetables, peas, spinach, vegetable soup

J. Yogurt or Cheese is served

- Includes cheese served on pizza, sandwiches and macaroni and cheese
- Does NOT include cheese sauce or scalloped potatoes

K. Beans and lentils are served

- Includes baked beans, black beans, blackeye peas, butter beans, chickpeas (garbanzo beans), kidney beans, lentils, navy beans, pinto beans
- Does NOT include green beans or lima beans

L. Lean proteins are served

- Lean proteins include eggs, nuts, peanut butter, seeds, beans, lentils, lowfat yogurt, soy products, baked or roasted chicken or turkey, baked fish, tuna, lean ground beef, deli meat (turkey, turkey bologna, ham, roast beef), Canadian bacon, buffalo, pork tenderloin, beef jerky.

M. Fried or pre-fried meats are served

- Fried and pre-fried meats include, but are not limited to steak nuggets, fish sticks, chicken nuggets, chicken fingers, chicken patties, fried chicken, chicken fried steak, and corn dogs.

N. High fat meats are served

- High fat meats include, but are not limited to, pork, regular ground beef, bologna, salami, hot dogs, pepperoni, ham (unless deli slices), bacon, sausage, and Salisbury steak.

O. High sugar and/or high fat foods are served

High sugar and/or high fat foods include, but are not limited to:

- Donuts, pastries, sweet rolls, sweet breads, toaster pastries, muffins, biscuits, croissants, pies, cakes, cookies, vanilla wafers, brownies, fig bars, and cereal bars
 - i. DOES NOT include pancakes, waffles, granola bars, graham crackers, or animal crackers

- Candy, pudding, popsicles, ice-cream, milkshakes, rice krispie treats
 - i. DOES NOT include gelatin
- Tortilla chips, potato chips, corn chips, cheese puffs
 - i. DOES NOT include goldfish crackers, pretzels, crackers, Cheese Its, Chex Mix
- Sugar-sweetened cereals with over 7g of sugar per cup (Apple Cinnamon/Honey Nut/Yogurt Burst/Frosted/Fruity/Berry Burst Cheerios, Fruit Loops, Apple Jacks, Life cereals, Honey Nut/Multi-Bran Chex, Berry Berry Kix and cereals that are chocolate, frosted or have marshmallows)
 - i. Cheerios, Multigrain Cheerios, Rice Krispies, Corn Flakes, Corn/Rice/Wheat Chex, Kix, oat bran, shredded wheat are NOT high sugar cereals
- Anything fried like hushpuppies, french toast sticks, mozzarella sticks (do not double count fried meat or vegetables)

P. Sugar sweetened or artificially sweetened beverages are served

- Beverages that contain added sugars or artificial sweeteners include, but are not limited to soda, diet soda, Kool-aid, Crystal Light, flavored milk, flavored water, vitamin water, sports drinks, juice drinks, fruit punch (non-100% juice), fruit ades (like lemonade), sweet tea, and fruit juice with added sugar or artificial sweeteners (like some “light” juices).

Q. An excellent source of vitamin C is served

- An excellent source of vitamin C includes foods that provide at least 20% of the RDA for children per the CACFP recommended food portion. These foods include:
 - i. Vegetables: bell peppers (red and green), brussel sprouts, broccoli, cabbage, cauliflower, collard greens, okra, kale, mustard greens, peas, potato, rutabagas, spinach, summer squash, sweet potatoes, tomatoes, turnip greens
 - 1. Carrots, celery and corn DO NOT have enough vitamin C
 - ii. Fruits: banana, blackberries, blueberries, cantaloupe, grapefruit, grapes, guava, honeydew melon, kiwi, mango, oranges (fruit and juice), papaya, peaches (fresh, not canned), pineapple (fruit, juice and canned), plums, raspberries, strawberries, tangerines, watermelon
 - 1. Apples, fruit cocktail, pears (canned and fresh) DO NOT have enough vitamin C
 - iii. Fortified juices