

## Dietary Specifications Summary

Instructions: For each question below, select the number that corresponds to the best description for Breakfast and Lunch menus served the week of \_\_\_\_\_ at \_\_\_\_\_

- 1 - Always (every day or 5 days/week)
- 2 - Most items or most of the time (3-4 days/week)
- 3 - Some items or some of the time (1-2 days/week)
- 4 - Never (0 days/week)

1) Are specifications considered when purchasing menu items and condiments to limit the following?

a. Saturated-Fat

Breakfast

Lunch

b. Sodium

Breakfast

Lunch

c. Trans-Fat

Breakfast

Lunch

2) Only low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored) milk is used for student consumption and in menu recipes.

Breakfast

Lunch

3) Low-fat, fat-free milk products used. This includes yogurt and cottage cheese.

Breakfast

Lunch

4) Cheeses (all varieties including reduced fat) is controlled by placing items in portion cups, portion controlled packaging or the use of appropriate serving size utensils to limit portion size allowed per meal. This includes cheese offered on salad bars.

Breakfast

Lunch

5) Are non-creditable cheese products offered as part of a reimbursable meal? (Non-creditable cheese includes: cheese sauce without a CN label or product formulation statement, cheese product, imitation cheese and powdered cheese).

Breakfast

Lunch

6) Reduced-fat, low fat, fat-free mayonnaise, sour cream, and/or salad dressings offered instead of full-fat varieties.

Breakfast

Lunch

7) Broths and/or soups with low or reduced sodium are used, rather than regular broths and soups.

Breakfast

Lunch

8) Fresh, frozen, and/or low sodium or no sodium canned vegetables offered, rather than reduced sodium or regular canned vegetables.

Breakfast

Lunch

9) How often are bacon, bacon bits, pepperoni, chow mein noodles, pickles, olives, packaged crackers and/or croutons available to students?

Breakfast

Lunch

10) How often are meats such as hot dogs, luncheon meats (e.g. ham, turkey) and/or sausage offered on the service line and/or salad bar? (All varieties - including reduced and/or low sodium).

Breakfast

Lunch

11) Canned fruits are packed in water, fruit juice, or light syrup. If only fresh fruit is offered, then select the "N/A" dropdown response.

Breakfast

Lunch

12) Grain-based desserts such as doughnuts, pastries, cakes, and cookies are limited to 2 oz. eq. per week or less for Lunch? If grain-based desserts are not offered, then select the "N/A" dropdown response.

Breakfast

Lunch

13) How often are "grain-based dessert" type items such as doughnuts, toaster pastries, cake, muffins, and cookies offered at Breakfast?

Breakfast

Lunch

14) Other seasonings, such as herbs and spices, substituted for salt.

Breakfast

Lunch

15) Oil used in recipes, rather than shortening, margarine, or butter.

Breakfast

Lunch

16) Fat is drained from browned meats and poultry and/or fat is skimmed from broths, soups, stews, or gravies and/or skin is removed from poultry or skinless poultry is used. If browned meats and poultry are not offered, then select the "N/A" dropdown response.

Breakfast

Lunch

17) Is a deep fat fryer used on-site to prepare school meal items?

Breakfast

Lunch

18) Is butter or margarine added to breads and/or vegetables prior to serving?

Breakfast

Lunch

19) Standardized recipes followed: all ingredients are weighed or measured with standardized weight or measuring utensils.

Breakfast

Lunch

20) Meal pattern for appropriate age/grade groups are used for menu planning, including the meal patterns and serving sizes.

Breakfast

Lunch

21) How often are extra, non-reimbursable food items (e.g. potato chips, ice cream, pudding and/or gelatin) offered on the menu? Items sold a la carte are exempt.

Breakfast

Lunch

22) Portion sizes for condiments (e.g. hot sauce, ketchup, mustard, salad dressing) are controlled by placing items in portion cups, portion controlled packaging or the use of appropriate serving size utensils to limit portion size allowed per meal.

Breakfast

Lunch

23) Students are offered butter or margarine:

a. In the serving line?

Breakfast

Lunch

b. At a condiment station?

Breakfast

Lunch

c. If they ask for it?

Breakfast

Lunch

24) Students are offered salt:

a. In the serving line?

Breakfast

Lunch

b. At a condiment station?

Breakfast

Lunch

c. On meal tables.

Breakfast

Lunch

d. If they ask for it.

Breakfast

Lunch

25) Larger portions and/or bonus items and/or seconds are offered (offering portion sizes that are inconsistent with the planned menu). Entrees sold a la carte are exempt.

Breakfast

Lunch

**Once complete please save and upload a copy to TXUNPS Review Attachments.**