



Baby Steps to a Better Menu

DECEMBER 17, 2019

1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1110, 1120, 1150



Overview

- Define a 'Better' Menu
- The Menu Equation
- Build your Baby Steps
 - Find your Focus
 - Create the Continuum
 - Put it into Practice

Define a 'Better' Menu

Define a 'Better' Menu

What is a **BETTER** menu?

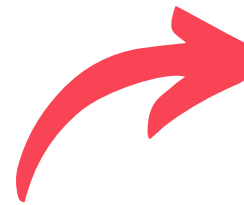
- Based on the values of you, your staff, your students, and your community
- There is no 'one-size fits all' definition
- Avoid comparing apples to oranges



The Menu Equation

The Menu Equation

INPUTS



OUTPUTS

Menu Planning Worksheet – K-5 (Optional)

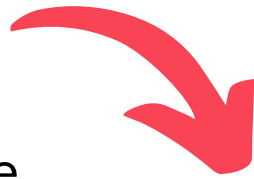
Component	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/meat alternate: 9-10 ounce equivalent weekly 1 ounce equivalent daily minimum	Min: Max:	Min: Max:	Min: Max:	Min: Max:	Min: Max:
Fruit: 2½ cups weekly ½ cup daily minimum					
Vegetable: 3½ cups weekly ½ cup daily minimum					
• Dark Green ½ cup weekly					
• Red/Orange ½ cup weekly					
• Beans, Peas (Legumes) ½ cup weekly					
• Starchy ½ cup weekly					
• Other ½ cup weekly					
• Additional Vegetable to reach total 1 cup weekly					
Grains: 8-9 ounce equivalent weekly 1 ounce equivalent daily minimum	Min: Max:	Min: Max:	Min: Max:	Min: Max:	Min: Max:
• Non-Whole Grain-Rich					
• Whole Grain-Rich					
Milk: 5 cups weekly 1 cup daily Two choices required					

Your Menu

The Menu Equation

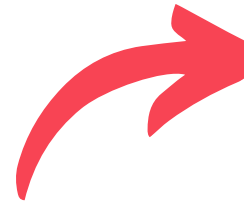
INPUTS

Resources, time, and energy that you invest into your menu



OUTPUTS

Impact of your menu on your program



Menu Planning Worksheet – K-5 (Optional)

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/meat alternate: 9-10 ounce equivalent weekly 1 ounce equivalent daily minimum	Min: Max:	Min: Max:	Min: Max:	Min: Max:	Min: Max:
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• Non-Whole Grain-Rich					
• Whole Grain-Rich					
Milk: 5 cups weekly 1 cup daily Two choices required					

Your Menu

The Menu Equation

INPUTS



Food Offerings

Components
Ingredients
Food Source
Variety
Repetition
Availability

Staff

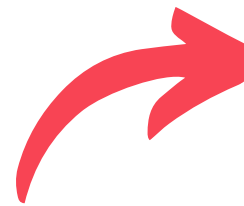
Cost

Equipment

Menu Planning Worksheet – K-5 (Optional)

Component	Monday		Tuesday		Wednesday		Thursday		Friday	
Meat/meat alternate: 9-10 ounce equivalent weekly 1 ounce equivalent daily minimum	Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:
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• Non-Whole Grain-Rich										
• Whole Grain-Rich										
Milk: 5 cups weekly 1 cup daily Two choices required										

**Your
Menu**



OUTPUTS

Satisfaction

Student
Parent
Staff

Participation

The Menu Equation

INPUTS

OUTPUTS

Food Offerings

Components
Ingredients
Food Source
Variety
Repetition
Availability

Staff

Cost

Equipment

Menu Planning Worksheet – K-5 (Optional)

Component	Monday		Tuesday		Wednesday		Thursday		Friday	
Meat/meat alternate: 9-10 ounce equivalent weekly 1 ounce equivalent daily minimum	Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:	Min:	Max:
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• Non-Whole Grain-Rich										
• Whole Grain-Rich										
Milk: 5 cups weekly 1 cup daily Two choices required										

Your Menu

Satisfaction

Student
Parent
Staff

Participation

Build your Baby Steps

Build your Baby Steps

It's as easy as 1,2,3 !

1. Find your Focus
2. Create the Continuum
3. Put it into Practice

Build your Baby Steps

1. Find your Focus

Select one menu input to be your focus area based on your values:

Variety

Ingredients

Specific Component

Repetition

Food Source

Other: _____

Build your Baby Steps

1. Find your Focus

Select one menu input to be your focus area based on your values:

Variety

Number of options available daily, weekly, per cycle menu, etc.

Ingredients

Ingredients to use more frequently or ingredients to limit and/or avoid

Specific Component(s)

Adjustments to your current offerings of a specific component (milk, grains, meat/meat alternate, fruit, or vegetables)

Repetition

Frequency in which the same item is served

Food Source

Where food items come from and/or how the item is grown/raised

Other: _____

Build your Baby Steps

1. Find your Focus

Select one menu input to be your focus area based on your values:

For Example... *Specific Component(s)*

Build your Baby Steps

1. Find your Focus

Select one menu input to be your focus area based on your values:

For Example... **Specific Component(s)**

Fruit

- Less fruit juice
- More fresh fruit
- Less canned or dried fruit with added sugar
- More options each day
- Greater variety each week or cycle menu
- More seasonal fruit offerings
- More local fruit
- More cut/chopped/sliced fresh fruit

Vegetables

- More fresh vegetables
- Fewer canned vegetables with added sodium
- More options each day
- More subgroups offered each day
- Greater variety each week or cycle menu
- More seasonal vegetable offerings
- More local vegetables
- More cut/chopped/sliced fresh veggies

Meat/Meat Alternate

- Greater variety of options each day/week/cycle
- More plant-based options each day/week/cycle
- More fish options
- Fewer packaged meat/meat alternate items
- More local meat/meat alternates

Milk

- Fewer flavored milk offerings
- More local milk

Grains

- More whole grain rich items
- More 100% whole grain items
- Greater variety of grains
- More intact whole grains
- More local grains

Build your Baby Steps

1. Find your Focus

Select one menu input to be your focus area based on your values:

For Example... **Specific Component(s) & Variety**

Fruit

- Less fruit juice
- More fresh fruit
- Less canned or dried fruit with added sugar
- More options each day
- **Greater variety each week or cycle menu**
- More seasonal fruit offerings
- More local fruit
- More cut/chopped/sliced fresh fruit

Vegetables

- More fresh vegetables
- Fewer canned vegetables with added sodium
- More options each day
- More subgroups offered each day
- **Greater variety each week or cycle menu**
- More seasonal vegetable offerings
- More local vegetables
- More cut/chopped/sliced fresh veggies

Meat/Meat Alternate

- Greater variety of options each day/week/cycle
- More plant-based options each day/week/cycle
- More fish options
- Fewer packaged meat/meat alternate items
- More local meat/meat alternates

Milk

- Fewer flavored milk offerings
- More local milk

Grains

- More whole grain rich items
- More 100% whole grain items
- Greater variety of grains
- More intact whole grains
- More local grains

Build your Baby Steps

1. Find your Focus

Select one menu input to be your focus area based on your values:

For Example... *Specific Component(s) & Variety*

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week

Build your Baby Steps

1. Find your Focus ✓

Select one menu input to be your focus area based on your values:

For Example... *Specific Component(s) & Variety*

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week

Build your Baby Steps

2. Create the Continuum

Map out your path from START to GOAL keeping the following considerations in mind:

- Staff
- Equipment
- Availability
- Cost

Build your Baby Steps

2. Create the Continuum

For Example...

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week

START 7 varieties/week (2 fruits & 5 vegetables)

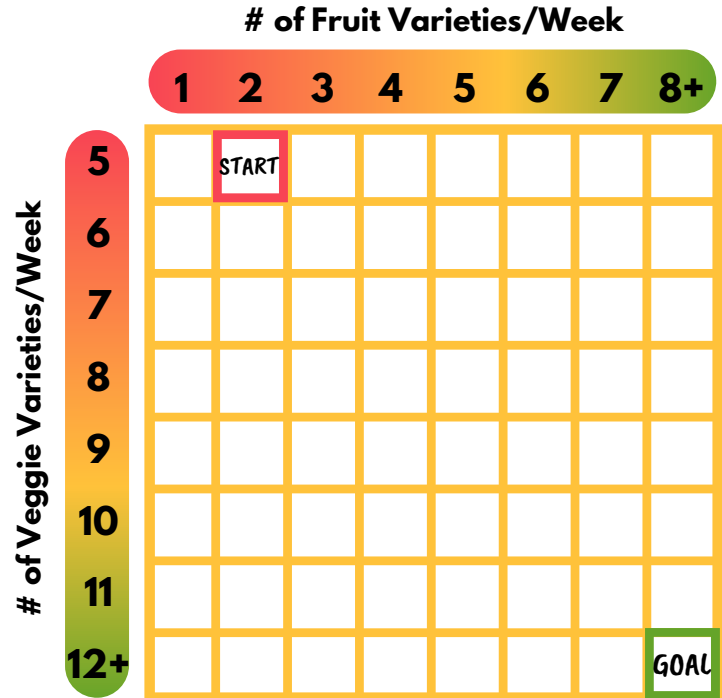
GOAL 20 varieties/week

Build your Baby Steps

2. Create the Continuum

For Example...

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week



START 7 varieties/week (2 fruits & 5 vegetables)

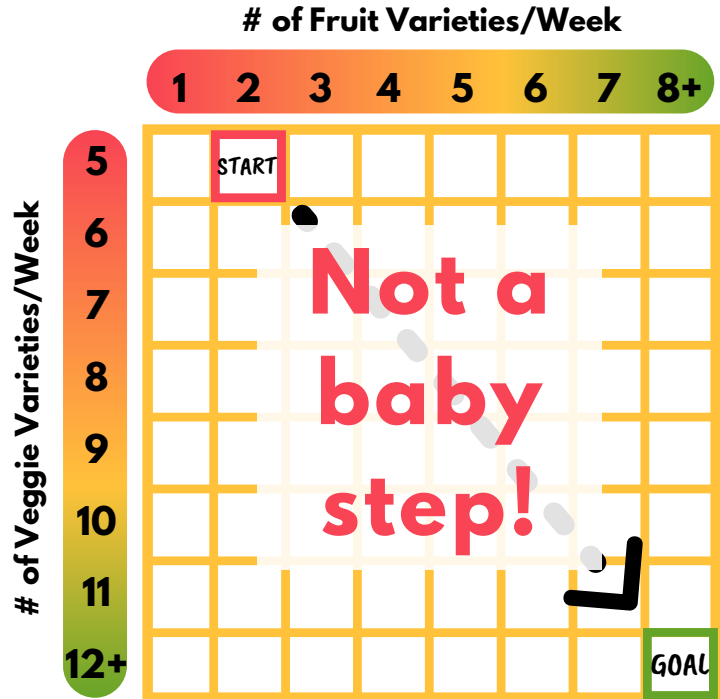
GOAL 20 varieties/week

Build your Baby Steps

2. Create the Continuum

For Example...

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week



START 7 varieties/week (2 fruits & 5 vegetables)

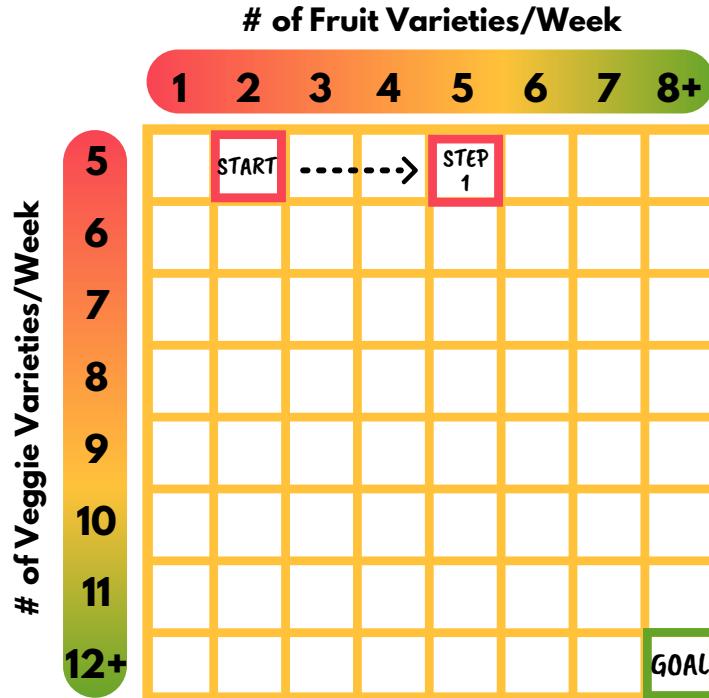
GOAL 20 varieties/week

Build your Baby Steps

2. Create the Continuum

For Example...

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week



START 7 varieties/week (2 fruits & 5 vegetables)

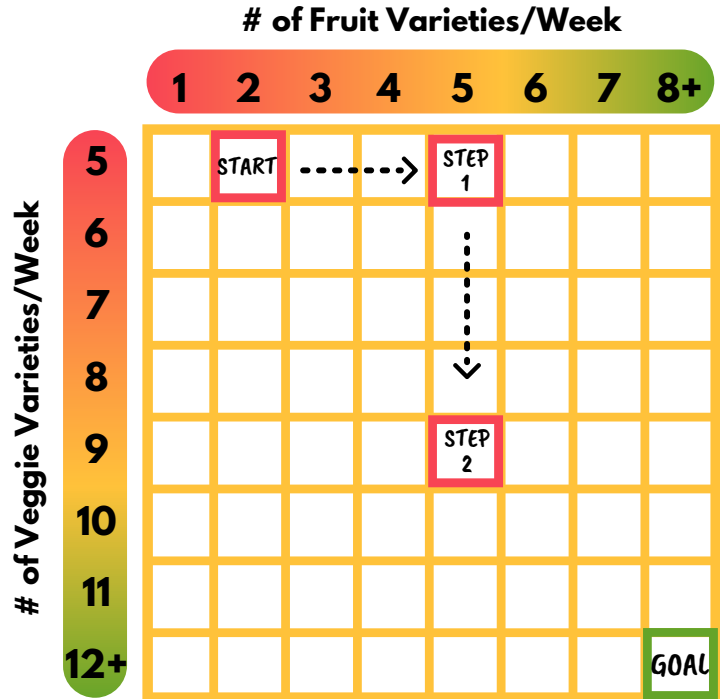
STEP 1 +3 varieties/week (3 fruits)

Build your Baby Steps

2. Create the Continuum

For Example...

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week



START 7 varieties/week (2 fruits & 5 vegetables)

STEP 1 +3 varieties/week (3 fruits)

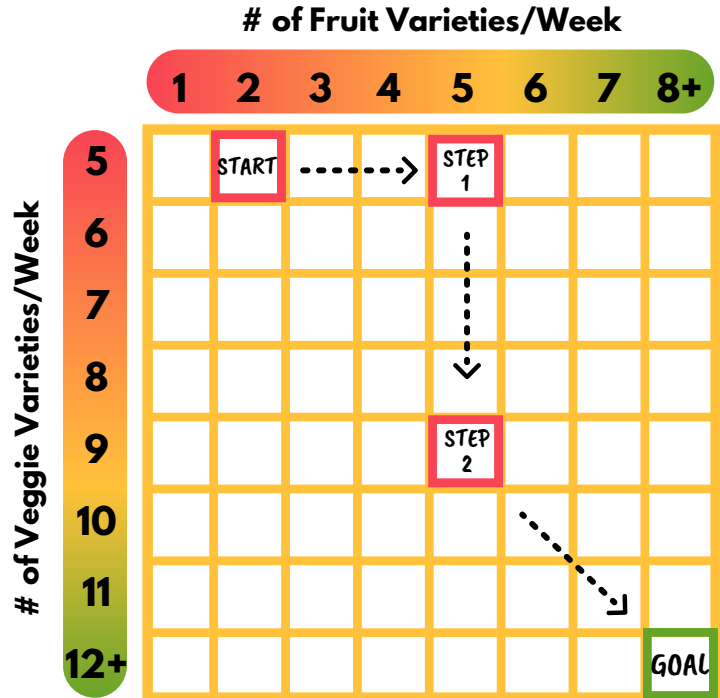
STEP 2 +4 varieties/week (4 vegetables)

Build your Baby Steps

2. Create the Continuum

For Example...

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week



START 7 varieties/week (2 fruits & 5 vegetables)

STEP 1 +3 varieties/week (3 fruits)

STEP 2 +4 varieties/week (4 vegetables)

GOAL +6 varieties/week (3 fruits & 3 vegetables)

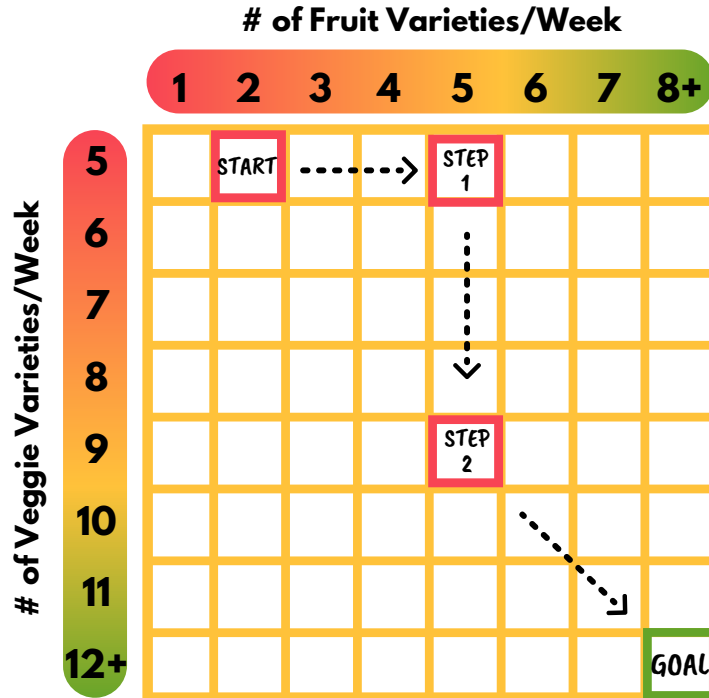
20 varieties/week (8 fruits & 12 vegetables)

Build your Baby Steps

2. Create the Continuum ✓

For Example...

Focus Phrase: Increase the variety of fruits and vegetables served at lunch each week



START 7 varieties/week (2 fruits & 5 vegetables)

STEP 1 +3 varieties/week (3 fruits)

STEP 2 +4 varieties/week (4 vegetables)

GOAL +6 varieties/week (3 fruits & 3 vegetables)

20 varieties/week (8 fruits & 12 vegetables)

Build your Baby Steps

3. Put it into Practice

Specify your time frame and outline the necessary actions to complete each step.

Build your Baby Steps

3. Put it into Practice

For Example...

START **2 months**.....> **STEP 1**

+3 varieties/week

- Menu a unique fruit variety each day of the week

Build your Baby Steps

3. Put it into Practice

For Example...

START **2 months**.....> STEP 1

+3 varieties/week

- Menu a unique fruit variety each day of the week

STEP 1 **3 months**.....> STEP 2

+4 varieties/week

- Offer a side salad with romaine, cucumber, tomatoes, and cauliflower in addition to the varieties used to meet the minimum vegetable subgroup requirements
- Continue to menu a unique fruit variety each day of the week

Build your Baby Steps

3. Put it into Practice

For Example...

START> STEP 1

+3 varieties/week

- Menu a unique fruit variety each day of the week

STEP 1> STEP 2

+4 varieties/week

- Offer a side salad with romaine, cucumber, tomatoes, and cauliflower in addition to the varieties used to meet the minimum vegetable subgroup requirements
- Continue to menu a unique fruit variety each day of the week

STEP 2> GOAL

+6 varieties/week

Add a salad bar!

- Offer two unique fruit varieties each day of the week on the salad bar
- Offer 2-3 unique varieties from each vegetable subgroup every week

Build your Baby Steps

3. Put it into Practice ✓

For Example...

START **2 months** → STEP 1
+3 varieties/week

- Menu a unique fruit variety each day of the week

STEP 1 **3 months** → STEP 2
+4 varieties/week

- Offer a side salad with romaine, cucumber, tomatoes, and cauliflower in addition to the varieties used to meet the minimum vegetable subgroup requirements
- Continue to menu a unique fruit variety each day of the week

STEP 2 **6 months** → **GOAL**
+6 varieties/week

Add a salad bar!

- Offer two unique fruit varieties each day of the week on the salad bar
- Offer 2-3 unique varieties from each vegetable subgroup every week

Build your Baby Steps

Let's review!

1. Find your Focus
2. Create the Continuum
3. Put it into Practice

CREATE YOUR OWN!

Download the template available on the *upLIFT LEARN* webpage under the *Webinars* tab to get started!

Next Steps

Join us next month!

Eat your Fruits and Veggies!

January 21, 2019

1:30pm - 2:00pm

In this webinar, we will explore the importance of fruit and vegetable consumption, as well as review the research that has examined strategies for increasing fruit and vegetable consumption in schools. Participants will walk away with a better understanding of the effectiveness of several strategies used in the school nutrition setting for increasing children's consumption of fruits and vegetables.



Remember!



CONTEST!

LEAs who attend or watch recordings for every upLIFT webinar from August until March will automatically be entered into a contest to receive a FREE culinary training for their staff from the Blue Watermelon Project.





Thank you!

Any questions?
Please type them into the chat bar now.

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



Comprehension Check

Question #1

A 'better menu' is a menu that is based the values of you, your staff, your students, and your community.

TRUE

FALSE

Comprehension Check

Question #1

A 'better menu' is a menu that is based the values of you, your staff, your students, and your community.



TRUE

FALSE

Comprehension Check

Question #2

Which of the following is not a menu input?

- a. Food offerings
- b. Staff
- c. Equipment
- d. Satisfaction

Comprehension Check

Question #2

Which of the following is not a menu input?

- a. Food offerings
- b. Staff
- c. Equipment
- d. Satisfaction



Comprehension Check

Question #3

Building your baby steps is as easy as:

1. Find your Focus
2. Create the Continuum
3. Put it into Practice

TRUE

FALSE

Comprehension Check

Question #3

Building your baby steps is as easy as:

1. Find your Focus
2. Create the Continuum
3. Put it into Practice



TRUE
FALSE

Congratulations!

You have completed the [Recorded Webinar: Baby Steps to a Better Menu](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: Baby Steps to a Better Menu](#)
- Key Area: 1000-Nutrition
- Learning Codes: 1110, 1120, 1150
- Length: 0.5 hour

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Congratulations!

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

*This will not appear in your Event Management System (EMS) Account.

<https://www.surveymonkey.com/r/upliftrecordedwebinar>

The information below is for your reference when completing the survey:

- Training Title: [Recorded Webinar: Baby Steps to a Better Menu](#)
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