

Names _____ / _____ County/District _____

Lunch/Snack Choices

category	4 - advanced	3 - proficient	2 - basic	1 - below basic	0 - not met
meal balance	includes foods that would typically be served at one meal	includes foods that are typically served together with 1-2 surprises	food choices are not typically eaten at one meal unless buffet (tacos, pizza, chicken salad);	random food choices	
food groups	plate contains all 5 food groups	plate contains only 4 of 5 food groups	plate only has 3 food groups or	plate only has 2 of the food groups	one or less food groups
portion size	food portion is appropriate serving size (per SuperTracker My Plan)	food portion is 1/4 cup more or less than serving size	food portion is 1/2 cup more or less than serving size	food portion is 3/4 cup more or less than serving size	food portion is barely a taste
color	plate is colorful and full of variety in all food groups	plate is somewhat colorful	plate could use a little more color	no color at all, plate seems dull and uniform in color.	
grain	At least 2 ounces (or more) of grain foods and includes a whole grain choice	At least 2 ounces of grain but does not include a whole grain choice	1 ounce of whole grain	1 ounce, not whole grain	no grain
vegetable	1.5 cups of vegetables	1 cup of vegetables	3/4 cup of vegetables	1/2 cup of vegetables	no vegetables
fruit	1.5 cups of fruit	1 cup of fruit	3/4 cup of fruit	1/2 cup of fruit	no fruit
protein	At least 2 ounces (or more) of protein foods and includes a lean source	At least 2 ounces (or more) of protein foods but does not include a lean source	1 ounce of lean protein food	1 ounce, not lean	no protein
dairy	1 - 1.5 cup serving size	3/4 cup serving	1/2 cup serving	1/4 cup serving	no dairy
total calories of snack & lunch (daily target is 2800 for boy; 2200 for girl)	within 50 calories of 1/4 of daily target (900 for boy; 650 for girl)	within 75 calories of 1/4 daily target	within 150 calories of 1/4 daily target	within 200 calories of 1/4 daily target	within 250 calories of 1/4 daily target
saturated fat (daily target is 31 g for boys; 24 g for girls)	within 3 grams or less of 1/4 daily target	over 4 grams of 1/4 daily target	over 6 grams of 1/4 daily target; or less than 10 grams of fat	over 8 grams of 1/4 daily target; or less than 8 grams of fat	over 10 grams of 1/4 daily target; or less than 6 grams of fat
sodium(less than 2200 per day)	1100 mg or less	1101-1250 mg	1251-1600 mg	1601-1850 mg	1850 mg +
Food from sales flyer			included in menu, accurate nutrition fact numbers for portion size	included in menu; nutrition fact numbers not accurate for portion size	numbers not accurate; not included in menu
total possible score= 50					