

Preschool Menu Review Worksheet

Center ID: _____ Date of First Day of Week of Menu: _____

*note: choose to record data on the week during which the preschool was observed. If the preschool was not observed, pick week to observe randomly

Does the menu match observation data?

- Yes
- No
- NA: Menu and observation not on same day OR no observation recorded for this site

Does the menu feature any data on breakfast?

- Yes
- No

Does the menu feature any data on snack?

- Yes
- No

Record number of times per week each item is served at each meal for week of observation. If type of food is not specified for a particular category (e.g. whole grain content or preparation of meat), code as "888." If no data because data on a meal is missing, code as "999." If unsure about where to code a food, check with mypyramid.gov classifications.

Breaded meats (chicken nuggets, chicken fingers, chicken patties, fish sticks, fish patties)

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Nonbreaded fish or poultry (baked fish, roasted/grilled chicken or turkey, deli chicken/turkey/tuna)

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Beef/pork/processed meats (ground beef or meatballs, sausage, bacon, hotdogs, bologna, salami, pepperoni)

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Veggie/soy burgers or nuggets

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Legumes and beans (not including green or wax beans)

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Peanut butter or other nut butters

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Eggs

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Low fat cheese

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Regular cheese

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total cheese (inc. cheese sauce, cream cheese)

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Candy, chocolate, ice cream

Muffins, fruit breads, cakes, cupcakes, cookies, or granola bars (count graham and animal crackers here)

- List:**
 TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Regular potato chips, corn chips, cheese puffs

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Baked chips, pretzels, popcorn, tortilla chips

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

French fries, tator tots, hash browns, other fried potato

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Fruit drinks, NOT 100% juice (e.g. lemonade, cranberry juice cocktail)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Soda

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Sports drinks

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Iced tea

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Flavored Yogurt

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Unflavored Yogurt

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Low fat milk (1%)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Reduced fat milk (2%)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Skim milk

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Flavored milk

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total milk

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

100% whole grain bread/bread products (bagels, English muffins, rolls, buns)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Partially whole grain bread/bread products

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Refined bread/bread products

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total bread/bread products

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Whole grain pasta or rice

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Refined pasta or rice

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total pasta or rice

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

100% whole grain cereal

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Partially whole grain cereal

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Refined cereal

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total cereal

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Whole grain crackers (e.g. Triscuits, Wasa bread)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Refined crackers (e.g. Goldfish, Saltines)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total crackers

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Canned fruit (including applesauce)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Fresh, dried, or frozen fruit

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total fruit

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Canned vegetables (do not count potatoes or corn)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Fresh/frozen vegetables (do not count potatoes or corn)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total non-fried vegetables

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

Total dark green, red, orange, or yellow vegetables (including corn)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

100% juice

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

High saturated fat condiments (butter, gravy)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

High sugar condiments (syrup, jelly, jam)

List:

TOTAL FOR WEEK, BREAKFAST: _____
 TOTAL FOR WEEK, LUNCH: _____
 TOTAL FOR WEEK, SNACK: _____
 TOTAL FOR ALL MEALS: _____

VARIETY

- Number of different types of fruits for week: _____
- Number of different types of vegetables for week: _____
- Number of different types of proteins for week: _____
- Number of days in which no fruit was served: _____
- Number of days in which no vegetable (*excluding* white potatoes) was served: _____

CLARITY OF THE MENU

Did the menu specify whole grain content of starches?

- No
- Sometimes
- Yes

Did the menu specify types of vegetables served?

- No
- Sometimes
- Yes

Did the menu specify types of fruits served?

- No
- Sometimes
- Yes

Did the menu specify fat content of milk served?

- No
- Sometimes
- Yes

Did the menu specify whether fruits were canned or fresh?

- No
- Sometimes
- Yes

Did the menu specify whether vegetables were canned or fresh?

- No
- Sometimes
- Yes