

# Menu Practices Questionnaire

School Nutrition Programs Administrative Review SY 2016-17



School/Org: \_\_\_\_\_ Food Service Director: \_\_\_\_\_

For each question below, circle the number that corresponds to the best description:

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)

	Lunch				Breakfast			
Are specifications considered when purchasing menu items and condiments to limit the following?								
a. Saturated fat	1	2	3	4	1	2	3	4
b. Sodium	1	2	3	4	1	2	3	4
c. Trans fat	1	2	3	4	1	2	3	4
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.	1	2	3	4	1	2	3	4
Low-fat, fat-free milk products are used. This includes yogurt and cottage cheese.	1	2	3	4	1	2	3	4
Cheese (all varieties including reduced fat) is placed 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.	1	2	3	4	1	2	3	4
How often are non-creditable cheese products offered as part of a reimbursable meal? (Non-creditable cheese includes: cheese sauce without a CN label, cheese product, imitation cheese and powdered cheese).	1	2	3	4	1	2	3	4
How often are reduced-fat, low fat, fat-free mayonnaise, sour cream, and/or salad dressings offered instead of full-fat varieties?	1	2	3	4	1	2	3	4
How often are broths and/or soups with low or reduced sodium used, rather than regular broths and soups?	1	2	3	4	N/A			
How often are fresh, frozen, and/or low sodium or no sodium canned vegetables offered, rather than reduced sodium or regular canned vegetables?	1	2	3	4	1	2	3	4
How often are bacon, bacon bits, pepperoni, chow mein noodles, pickles, olives, packaged crackers and/or croutons available to students?	1	2	3	4	N/A			
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).	1	2	3	4	1	2	3	4
Canned fruits are packed in water, fruit juice, or light syrup. If only fresh fruit is offered, then write "N/A".	1	2	3	4	1	2	3	4
How often are grain-based desserts such as doughnuts, pastries, cakes, and cookies limited to 2 oz. eq. per week or less for LUNCH. If grain-based desserts are not offered, then write "N/A".	1	2	3	4	N/A			
How often are "grain-based dessert" type items such as doughnuts, toaster pastries, cake, muffins, and cookies offered at BREAKFAST?	N/A				1	2	3	4

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	Lunch				Breakfast			
How often are other seasonings, such as herbs and spices, substituted for salt?	1	2	3	4	1	2	3	4
How often is oil used in recipes, rather than shortening, margarine, or butter?	1	2	3	4	1	2	3	4
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 write "N/A"	1	2	3	4	1	2	3	4
How often is a deep fat fryer used on-site to prepare school meal items?	1	2	3	4	1	2	3	4
How often is butter or margarine added to breads and/or vegetables prior to serving?	1	2	3	4	1	2	3	4
Standardized recipes are followed: all ingredients are weighed or measured with standardized weight or measuring utensils.	1	2	3	4	1	2	3	4
Meal pattern for appropriate age/grade groups are used for menu planning, including the meal patterns and serving sizes.	1	2	3	4	1	2	3	4
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.	1	2	3	4	1	2	3	4
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.	1	2	3	4	1	2	3	4
Students are offered butter or margarine:								
a. In the serving line.	1	2	3	4	1	2	3	4
b. At a condiment station.	1	2	3	4	1	2	3	4
c. If they ask for it.	1	2	3	4	1	2	3	4
Students are offered salt:								
a. In the serving line.	1	2	3	4	1	2	3	4
b. At a condiment station.	1	2	3	4	1	2	3	4
c. On meal tables.	1	2	3	4	1	2	3	4
d. If they ask for it.	1	2	3	4	1	2	3	4
Larger portions and/or bonus items and/or seconds are offered (offering portion sizes that are inconsistent with the planned menu). Entrées sold a la carte are exempt.	1	2	3	4	1	2	3	4

Please complete and return to OPI School Nutrition Programs by:

**September 30, 2016**