

Menu Goal 6:

Entrée Variety/Fat Content

Challenge Requirements

Entrée Variety: Four different entrées (or meat/meat alternates) must be offered each week.

Entrée Fat Maximum: Limit high fat entrees (high fat entrée = > 40% cal from fat).

Description

Entrée Variety: Different entrées or meat/meat alternates are defined as variations in form, texture, etc and not necessarily different types of meat/ meat alternate.

Although beef is the common type of foods in these examples they are all considered different entrées:

- Meatloaf
- Hamburger
- Lasagna

Offering different types of meat/meat alternate such as pork, beef, fish, chicken, egg, beans, etc as frequently as possible ensures that a variety of nutrients are consumed.

Entrée Fat Maximum:

A higher fat entrée is defined as having 40% or more calories from fat (excluding nuts, seeds, and nut butters)

If school only offers 1 entrée daily: It can only have 1 entrée with more than 40% calories from fat per week.

If school offers multiple entrées daily: a student must be able to select a lower fat entrée every day.



Goldie's Tips

Organize menus ahead of time so there is only one high fat item served per week. Not required to use main line, can count salad bar or any other low fat entrée choice. Entrée chosen to meet this requirement must be used to meet other requirements (Example: cannot use 1 entrée to meet legume requirement and one to meet low fat requirement)



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place nutrient analysis and/or food labels in your HealthierUS Challenge application packet showing the entrées that are below 40% calories from fat.



Gooding Elementary School Lunch

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: 4 different entrées offered each week and entrees >40% fat

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Roll French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Common Questions Answered

What do “4 different entrees or meat/meat alternates (M/MA) offered during a school week” mean? Does this mean that 4 different choices of entrée or meat/meat alternates must be offered each school day?

This criterion does not mean that a school has to offer choices from four different entrées or meat/meat alternate menu items on a daily basis but rather offer a *variety* of entrées or meat/meat alternate menu items over the school week—not just hamburger and/or pizza everyday. USDA is aware that budgetary limitations require SFAs to plan menus that efficiently make use of USDA donated commodities, such as ground beef. In spite of these limitations, SFAs are encouraged to follow the principles of good menu planning by planning entrées or meat/meat alternate menu items that appear different and varied to students. For example, ground beef can be offered as various menu items such as Meatballs and Spaghetti, Beef Tacos, Salisbury Steak, Hamburger on Bun, etc. rather than offering just hamburger and/or pizza several times a week. Using the principles of menu planning entices students to choose school meals and offers a variety of nutrients. Different entrées or meat/meat alternates are therefore defined as variations in form, texture, etc. and not necessarily different types of meat/meat alternate (beef, ham, chicken, eggs, fish, etc). However, SFAs should be aware that varying the types of meat/meat alternate such as pork, beef, fish, chicken, egg, dried beans, etc. as frequently as possible ensures that a variety of nutrients are offered. The criterion further states that if daily choices are not provided, the school limits higher fat entrees to once a week. Higher fat entrees are defined as those having 40% or more of calories from fat, excluding nut butters (peanut butter, etc.) which contain predominantly monounsaturated fats.

What if a school does offer a hamburger and/or pizza each school day as a daily choice but additionally offers other entrée/meat meat-alternate choices? Would this school meet the 4 different entrees or meat/meat alternates per week criterion?

The school could meet the criterion if at least four different entrees were offered each school week, e.g., hamburger and/or pizza daily, and additionally the school offers other entrées/meat/meat alternates such as a salad bar, potato bar, baked chicken, baked ham, and baked fish strips throughout the school week.