



**HEALTHY SCHOOL ACT LUNCH MENU VERIFICATION CRITERIA**

**FRUIT COMPONENT-1 DIFFERENT FRUIT EACH DAY &  
2 FRESH FRUITS EACH WEEK**

**VEGETABLE COMPONENT-1 DIFFERENT VEGETABLE EACH DAY &  
3 ORANGE/DARK GREEN VEGETABLES EACH WEEK  
(2 of 3 MUST BE DIFFERENT)**

**FOOD ITEMS**

Acorn Squash, Butternut Squash, Hubbard Squash, Carrots, Beet Greens, Bok Choy, Broccoli, Kale, Mustard Greens, Collard Greens, Pumpkin, Spinach, Sweet Potatoes, Swiss Chard, Turnip Greens, Watercress, Mesclun, Dark Green Leafy Lettuce, Romaine Lettuce, Edible, and Escarole.

**LEGUME COMPONENT- ONCE PER WEEK**

**FOOD ITEMS**

Black Beans, Black-eyed peas, mature, Garbanzo beans (chickpeas), Great northern beans, Kidney beans, Lentils, Lima beans, mature, Navy (Pea) beans, Pink beans, Pinto beans, Red beans, Soybeans, mature, Split peas (Dry or Split), Whole Peas, Refried Beans, Baked Beans, Navy Beans, and Mung Beans.

**WHOLE GRAIN COMPONENT-WHOLE GRAIN SPECIFIED**

**FOOD ITEMS**

Whole Wheat Breads, Whole Wheat Rolls, Whole Wheat Buns, Tortillas, Taco Shells, Granola, Chips/pretzels, Pita Pockets, Cornbread/Muffins).

Pasta-Whole Wheat pasta including macaroni, spaghetti, vermicelli, or whole grain noodles.

Whole Wheat Side Dishes (brown rice, wild rice, cracked wheat, whole grain bulgur or barley, whole specialty grains). Whole grain uses include soups, casseroles, combination dishes including whole grain pizza crust.

**MILK-FAT VARIETY-2 TYPES OF DIFFERENT MILK-FAT VARIETY**

**FOOD ITEMS**

1% milk-fat flavored or unflavored, skim-milk flavored or unflavored

**PORTION CONTROL**-At least ¼ cup fruits/vegetables and 1 serving of whole grain component.

**LOCAL DISTRIBUTION**-Name and contact information of local distributor

**NOTE:** DOD Fresh is a sufficient description for those schools which use the commodity fruits and vegetables as their local distributor/s.