

OSSE - DC

Weekly Certification Worksheet

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B - (SAMPLE) Elementary Lunch

5 Day Week	Mon 7/8/19	Tue 7/9/19	Wed 7/10/19	Thu 7/11/19	Fri 7/12/19			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (<= half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	0	0	0			2	2.5	NO			2	0	0.00%
Vegetables: Minimum (cups)	1	0.5	1	0	0.75			3.25	3.75	NO	Weekly Vegetable Juice Limit Check (<= half of total Veg)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	1	0	0			1	0.5	Yes					
-Red/Orange	0	0.5	0	0	0			0.5	0.75	NO					
-Legumes	1	0	0	0	0.25			1.25	0.5	Yes					
-Starchy	0	0	0	0	0			0	0.5	NO					
-Other	0	0	0	0	0.5			0.5	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	2	2	2	0	2			8	8	Yes					
Grain: Maximum (oz eq)	2	2	2	0	2			8	9	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	8	Weekly Whole Grain Rich Total	8	% of Whole Grain Rich	100%			100% whole grain rich	Yes					
	Mon 7/8/19	Tue 7/9/19	Wed 7/10/19	Thu 7/11/19	Fri 7/12/19			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2			10	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat (1% or less) unflavored, Low-fat (1% or less) flavored	NO	Yes	Yes	Yes	Yes										
Reduced fat(2%) or whole, unflavored and flavored															

**Cells with this background color signify Requirements not being met!

If you have the appropriate waiver from your State Agency, then the menu must be at least 50% whole grain-rich.