Menu Evaluation
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Directions: Evaluate the following menus for children in group settings, based on the variety, nutrition, and choking prevention principles described in class. In your response, comment on the pros and cons of each menu relative to these principles. Include suggestions for improving the menu, if they need to be improved.

Example: Peas, potato nuggets, meatballs, apple juice
This menu is all the same shape, but the peas add some variety in color. All of the temperatures are the same, and the textures are somewhat soft, though the meatballs may be a little chewy, and the potato nuggets might be crisp. The fat content of the meal may be a little high, due to the potato nuggets and meatballs. The meatballs provide iron, but the calcium content of this meal is poor.
In order to add variety in shape, a different form of potato could be served, such as baked French fries. Apple slices would add crunch and a cold temperature. A lower fat hamburger can be used for the meatballs, in order to reduce the fat content. Finally, milk should be served in place of apple juice in order to increase the calcium content of the meal.

1. Macaroni and cheese (from a box), corn, peaches, 2% milk

2. Chopped turkey, grated cheese, white rice, cooked frozen broccoli, grapes, 2% milk
3. Baked fish, baked potato with margarine, canned pears, cauliflower, canned pears, 1% milk

4. Whole wheat roll, vegetarian bean soup, raw carrots, canned peaches, skim milk

5. Sandwich: deli turkey, white bread, iceberg lettuce, mayonnaise, canned pears, orange juice