

Indianola Community Schools Weekly Certification Worksheet

R - take and talk actual

5 Day Week	Mon 3/21/16	Tue 3/22/16	Wed 3/23/16	Thu 3/24/16	Fri 3/25/16			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)	0.5	0.5	1	0.5	1			3.5	2.5	Yes		3.5	0	0.00%	Yes
Vegetables: Minimum (cups)	0.75	1	0.75	1	1.5			5	3.75	Yes	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	0.5	0.25	0	0		0.75	0.5	Yes						
-Red/Orange	0.375	0.25	0.25	0	0.5		1.375	0.75	Yes						
-Legumes	0	0.25	0	0	0.375		0.625	0.5	Yes						
-Starchy	0	0	0	0.5	0		0.5	0.5	Yes						
-Other	0.375	0	0.25	0.5	0		1.125	0.5	Yes						
Meat/Meat Alt: Minimum (oz eq)	2.25	2.5	2	1.5	1.5			9.75	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2.25	2.5	2	1.5	1.5			9.75	10	Yes					
Grain: Minimum (oz eq)	2.75	2	1	1.5	1.75			9	8	Yes					
Grain: Maximum (oz eq)	2.75	2	1	1.5	1.75			9	10	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	9	Weekly Whole Grain Rich Total	9	% of Whole Grain Rich	100%			100% whole grain rich	Yes					
	Mon 3/21/16	Tue 3/22/16	Wed 3/23/16	Thu 3/24/16	Fri 3/25/16			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	3	3	3	3	3			15	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	Yes	Yes	Yes										
Low-fat(1% or less), flavored															
Reduced fat(2%) or whole, unflavored and flavored															

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