



## Step Up Menu Plan

Focus on Fruits and Vary Your Veggies	Step Up Goals – Level 1	Step Up Goals – Level 2*	Step Up Goals – Level 3**	Ideas
	<ol style="list-style-type: none"> <li>1. Add <u>two</u> new types of fruit to your cycle menu.</li> <li>2. Add <u>two</u> new types of vegetables to your cycle menu.</li> <li>3. Offer a dark green or orange vegetable or fruit <u>two or more times a week</u>. (linked to HUSSC list)</li> </ol>	<ol style="list-style-type: none"> <li>1. Offer a different vegetable each day of the week and count 100% vegetable juice only once per week.</li> <li>2. Offer a dark green or orange vegetable+ <u>three or more times a week using at least two different vegetables</u>.</li> <li>3. Offer <u>one or more servings</u> of dried beans or peas <u>a week</u>.</li> <li>4. Offer <u>a</u> different fruit each day of the week and count 100% fruit juice only once per week.</li> <li>5. Use fruit packed in juice or light syrup and dried fruit with no added sugar.</li> <li>6. Offer fresh fruits <u>one or more times a week</u>.</li> </ol> <p>Note: A fruit or vegetable can count toward more than one goal.</p> <p>+See the Guidance for Dark Green and Orange Vegetables and Dry Beans and Peas for examples of dark green or orange fruits and vegetables and dry beans and peas.</p>	<ol style="list-style-type: none"> <li>1. Continue to follow action steps from Level 2</li> <li>2. Offer fresh fruits two or more days a week.</li> </ol>	<ol style="list-style-type: none"> <li>1. Add navy beans, black beans or garbanzo beans to soups.</li> <li>2. Cut a kiwi fruit in half and serve with a spoon.</li> <li>3. Serve fresh fruits kabobs or chunks with nonfat honey yogurt dip.</li> <li>4. Use a lettuce mix with Romaine lettuce, spinach and/or carrots.</li> <li>5. Serve ratatouille – a vegetable ragout - made famous by the popular animated movie.</li> <li>6. Serve oven-roasted sweet potato wedges.</li> <li>7. Serve steamed broccoli with lemon/garlic seasoning and butter flavored seasoning.</li> <li>8. Vary your salad bar by adding garbanzo beans or kidney beans; fresh cauliflower, broccoli, spinach, peppers, radishes, cucumbers, tomatoes and frozen peas. Add dried fruits to salads and breads.</li> </ol>

<p><b>Make Half Your Grains Whole</b></p>	<p><b>Step Up Goals – Level 1</b></p> <p>1. Serve a different whole grain food++ <u>two or more times</u> a week.</p> <p>++A whole grain food is one with a whole grain as the primary grain ingredient. Examples of whole grain ingredients include the terms “whole wheat flour”, “cracked wheat”, “entire wheat flour”, “graham flour”, “brown rice”, “old-fashioned oatmeal”, “quick-cooking oats”, and “whole corn.” See the Whole Grains Resource for whole grain products that meet the <i>HealthierUS</i> School Challenge.</p>	<p><b>Step Up Goals – Level 2*</b></p> <p>1. Serve whole grain foods ++ <u>three or more times</u> a week using at least two different whole grains.</p> <p>++A whole grain food is one with a whole grain as the primary grain ingredient. Examples of whole grain ingredients include the terms “whole wheat flour”, “cracked wheat”, “entire wheat flour”, “graham flour”, “brown rice”, “old-fashioned oatmeal”, “quick-cooking oats”, and “whole corn.” See the Whole Grains Resource for whole grain products that meet the <i>HealthierUS</i> School Challenge.</p>	<p><b>Step Up Goals – Level 3**</b></p> <p>1. Serve whole grain foods ++ <u>every day</u> of the week using at least two different whole grain.</p> <p>++A whole grain food is one with a whole grain as the primary grain ingredient. Examples of whole grain ingredients include the terms “whole wheat flour”, “cracked wheat”, “entire wheat flour”, “graham flour”, “brown rice”, “old-fashioned oatmeal”, “quick-cooking oats”, and “whole corn.” See the Whole Grains Resource for whole grain products that meet the <i>HealthierUS</i> School Challenge.</p>	<p><b>Ideas</b></p> <ol style="list-style-type: none"> <li>1. Serve “checkerboard” sandwiches made with one white and one whole grain slice of bread. Cut in quarters and flip opposite quarters to make checkerboard pattern.</li> <li>2. Serve pizza with a whole grain crust.</li> <li>3. Add brown rice to stir-fried dishes.</li> <li>4. Use whole grain pasta for spaghetti dishes.</li> <li>5. Offer a variety of whole-grain breads, bagels and muffins daily.</li> </ol>
<p><b>Get Your Calcium Rich Foods</b></p>	<p><b>Step Up Goals – Level 1</b></p> <p>1. Offer low-fat (1%) and/or skim (nonfat) milk <u>daily</u>.</p>	<p><b>Step Up Goals – Level 2*</b></p> <p>1. Offer only low-fat (1%) and/or skim (nonfat) milk <u>daily</u>.</p>	<p><b>Step Up Goals – Level 3**</b></p> <p>1. Continue to follow action step from Level 2</p>	<p><b>Ideas</b></p> <ol style="list-style-type: none"> <li>1. Offer smoothies made of yogurt and fruit as a beverage option.</li> <li>2. Offer a low-fat yogurt parfait entrée choice.</li> <li>3. Use low-fat and/or part-skim cheese on pizza, salad bars and tacos.</li> <li>4. Top casseroles and baked pasta dishes with reduced-fat cheese at end of cooking time.</li> <li>5. Top fruit or desserts with a dollop of flavored nonfat yogurt (i.e., maple yogurt for pumpkin pie; lemon</li> </ol>

<p><b>Go Lean with Protein</b></p>	<p><b>Step Up Goals – Level 1</b></p> <ol style="list-style-type: none"> <li>1. Offer <u>three</u> different entrees or more throughout each week.</li> <li>2. Limit higher fat entrees* to <u>twice a week</u>, when daily choices are not offered.</li> <li>3. Offer a low-fat entrée <u>three or more times a week</u> when daily choices are offered.</li> </ol> <p>* A higher fat entrée is defined as having 40% calories of fat or more, excluding nuts, seeds, and nut butters.</p>	<p><b>Step Up Goals – Level 2</b></p> <ol style="list-style-type: none"> <li>1. Offer <u>four</u> different entrees or more throughout each week.</li> <li>2. Limit higher fat entrees* to <u>once a week</u>, when daily choices are not offered.</li> <li>3. Offer a low-fat entrée* <u>four or more times per week</u>.</li> </ol> <p>* A higher fat entrée is defined as having 40% calories of fat or more, excluding nuts, seeds, and nut butters.</p>	<p><b>Step Up Goals – Level 3</b></p> <ol style="list-style-type: none"> <li>1. Continue to follow action steps from Level 2</li> <li>2. Offer a low-fat entrée* every day when choices are offered.</li> </ol> <p>* A higher fat entrée is defined as having 40% calories of fat or more, excluding nuts, seeds, and nut butters.</p>	<p>yogurt on gingerbread)</p> <p><b>Ideas</b></p> <ol style="list-style-type: none"> <li>1. Offer a bean burrito as an low-fat entrée.</li> <li>2. Serve fish sticks or squares with low-fat breading.</li> <li>3. Add textured soy protein to ground meats to lower fat content of entrees.</li> <li>4. Extend meat in entrees by using half canned dried beans in chili, burritos, tacos or quesadillas.</li> <li>5. Introduce entrees with ethnic flavor using dried beans and/or peas like “Red Lentil Dhal” or a “Black Bean Taco Salad” or “Chicken Enchilada Casserole”:</li> <li>6. Add beans to soups and finish with vinegar, lemon or lime juice to bring out more flavor.</li> <li>7. Add strips of lean meat or poultry to salads.</li> <li>8. Serve Roast Chicken Caesar wraps with Romaine/lettuce mix, onion, carrots and low-fat dressing.</li> <li>9. Opt for oven-fried chicken versus fried for no oily mess in the kitchen.</li> </ol>
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Know the Limits on Fat	Step Up Goals – Level 1	Step Up Goals – Level 2	Step Up Goals – Level 3	Ideas
	<ol style="list-style-type: none"> <li>1. Plan menus that meet <a href="#">USDA School Meals Initiative standards</a> for fat and saturated fat.</li> <li>2. Use lean, low-fat and/or non-fat ingredients in cooking.</li> <li>3. Use healthy cooking techniques that reduce fat. (i.e., bake, roast, broil, steam).</li> <li>4. Purchase foods with less fat, saturated fat, <i>trans</i> fats and cholesterol.</li> <li>5. Offer a low-fat choice <u>daily</u> when choices are offered.</li> <li>6. Limit higher-fat side dishes** to <u>twice a week</u> when no choice is offered.</li> </ol> <p>** A higher fat side dish is defined as containing more than 30% calories of fat <u>or</u> more than 10% calories of both saturated fat and trans fat combined.</p>	<ol style="list-style-type: none"> <li>1. Continue to follow action steps from Level 1.</li> <li>2. Use healthy preparation techniques that reduce fats and cholesterol. <ul style="list-style-type: none"> <li>• use butter-flavored cooking spray or seasoning instead of butter for flavor.</li> <li>• use pan sprays instead of fat to coat pans.</li> <li>• drain cooked meat and chill soups to remove excess fat, etc.</li> <li>• reduce, eliminate or replace unnecessary fat in recipes.</li> <li>• use fats that contain less saturated, <i>trans</i> fats and cholesterol in food preparation (vegetable oils vs. solid shortening, margarine, butter).</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Continue to follow action steps from Level 2.</li> <li>2. Limit higher-fat side dishes** (besides entrees) to <u>once a week</u> when no choice is offered.</li> </ol> <p>** A higher fat side dish is defined as containing more than 30% calories of fat <u>or</u> more than 10% calories of both saturated fat and trans fat combined.</p>	<ol style="list-style-type: none"> <li>1. Spray whole grain yeast rolls with butter-flavored spray after removing from oven.</li> <li>2. Use butter-flavored seasoning or spray to prepare steamed vegetable and stir-fries.</li> <li>3. Serve rice or pasta bowls with less meat and more beans, vegetables and grains.</li> <li>4. Use part-skim cheese, chicken and veggies on pizza to lower fat content.</li> <li>5. Flavor vegetables with a low-fat cheese sauce.</li> <li>6. Serve low-fat salad dressings and dips.</li> <li>7. Prepare low-fat brownies with prune puree.</li> <li>8. Prepare fruit crisps using one-quarter to one-third less fat in the topping.</li> <li>9. Use angel food cake as a non-fat base for a fruit and yogurt topping.</li> </ol>

<b>Take Steps to Reduce Sodium ***</b>	<b>Step Up Goals – Level 1</b>	<b>Step Up Goals – Level 2</b>	<b>Step Up Goals – Level 3</b>	<b>Ideas</b>
	<ol style="list-style-type: none"> <li>1. <i>Gradually</i> reduce salt and other sodium-containing ingredients in recipes by using more herbs and spices.</li> <li>2. Offer salty or high sodium foods in smaller portions less frequently.</li> <li>3. Where practical, replace canned vegetables with fresh or frozen.</li> <li>4. Reduce salt used in cooking pasta, rice, beans or cereal.</li> <li>5. Drain canned meat, poultry, seafood and canned vegetables to reduce sodium.</li> </ol>	<ol style="list-style-type: none"> <li>1. Continue to follow action steps from Level 1.</li> <li>2. Compare food labels and purchase ready-made foods with lower sodium content.</li> <li>3. Prepare more entrees from fresh meat, poultry or fish so you can control the amount of sodium.</li> <li>4. Where practical, prepare soups and sauces from scratch using unsalted stock.</li> <li>5. Modify menus to eliminate salty or high sodium foods.</li> </ol>	<ol style="list-style-type: none"> <li>1. Continue to follow action steps from Level 2.</li> <li>2. Make as many products from scratch as feasible so you can control the amount of sodium added.</li> <li>3. Modify purchasing specifications for ready-made foods to include standards for maximum sodium content.</li> </ol>	<ol style="list-style-type: none"> <li>1. Try garlic powder, pepper and other sodium- or salt-free herbs and spices to flavor meats, vegetables, sauces, and soups.</li> <li>2. Prepare soups with reduced sodium broth or salt-free broth base.</li> <li>3. Add lemon juice to flavor vegetables or brighten the flavor of soups.</li> </ol>

\* These goals meet the [HealthierUS School Challenge](http://teamnutrition.usda.gov/HealthierUS/index.html) Bronze and Silver criteria for school menus. There are additional criteria for competitive foods including a la carte and second servings. For more information about these criteria go to: <http://teamnutrition.usda.gov/HealthierUS/index.html>

\*\* These goals meet the [HealthierUS School Challenge](http://teamnutrition.usda.gov/HealthierUS/index.html) Gold and Gold Award of Distinction criteria for school menus.

\*\*\* The 2005 Dietary Guidelines for Americans recommends consumption of less than 2,300 mg of sodium. To meet the 2005 DGAs, school lunches should contain less than 767 mg. and a school breakfast should include 575 mg. of sodium.

### Revised May 2009

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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.