SOUTH CAROLINA MENU CHECKLIST
Meal Pattern – Salad Bar/Hot Bar Choice

Menu Components to be Offered

Menu development should be based on participant preferences and how you plan to use your salad bar:

> **Full Bar:** Includes protein (e.g. chicken, fish, and egg), vegetables, fruit, and grains. These items create the full meal excluding beverages.   Dairy items may be provided on the bar (shredded cheese, cottage cheese, yogurt, etc.) or it could be provided separately (example: 8 oz carton of milk)

> **Fruit and Vegetable Bar:** Participants choose their own options for a side salad or a fruit plate. These items are selected as an addition to the rest of their meal.

A food item in one or more food group can only be classified once as meeting the requirement for a meal. For example: shredded cheese can be counted as a Dairy *or* a Protein source, not both.

Choice Daily Offerings		
Bar Type ☐ **Full Bar** ☐ **Fruit and Vegetable Bar**	**FOOD GROUP OR SUBGROUP**	**Criteria Met** ☒
Vegetables	At least one leafy green provided (applies to salad bars)	☐
(subgroups) Dark-Green		
Red & Orange	At least three vegetable choices (includes leafy greens- applies to salad bars)	☐
Beans, Peas, Lentils		
Starchy Vegetable	Minimum of two vegetable subgroups offered	☐
Other Vegetables		
Fruits	Minimum of one fruit choice	☐
Grains	Minimum of one grain choice	☐
Dairy and Alternates	At least one serving	☐
Protein Foods	At least two protein choices	☐
Vitamin A- good sources◆	At least one high Vitamin A source provided (can be from fruits and/or vegetables)	☐
Vitamin C- good sources◆	At least one high Vitamin C source provided (can be from fruits and/or vegetables)	☐
Fat/Oils	At least one salad dressing	☐
Dessert	Optional	☐
Beverage	Optional	☐

Prepared by: _____

I certify that these menus meet the nutrition requirements as specified in the SCDOA Meal Specifications for compliance with the *DGA-1/3 DRIs*.

_____   _____

Registered Dietitian Nutritionist   RDN License Number

Date(s) of service:_____

Food Group or Subgroup	Serving Size	Menu: Salad Bar/Hot Bar Choice
Protein Foods		
Vegetables		
Fruits		
Grains		
Milk or Alternate		
Fats/Oils		
Dessert (optional)		
Beverage (optional)		

Prepared by: _____   **Effective date:** _____ to _____

I certify that these menus meet the nutrition requirements as specified in the SCDOA Meal Specifications for compliance with the *DGA-1/3 DRIs*.

_____   _____

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