Meal Appeal Self-Assessment

Date: _____ Name: _____

District Name: _____ School Name: _____

INSTRUCTIONS

1. Read each statement carefully.
2. Check off statements that reflect your school's lunchroom. If you have multiple lunchrooms, use a different assessment for each school.
3. Tally the score.
4. Choose unchecked strategies to implement in the lunchroom.

LUNCHROOM ATMOSPHERE

- ☐ Cafeteria staff smile and greet students upon entering the service line and throughout meal service.
- ☐ Attractive, healthful food posters are displayed in dining and service areas.
- ☐ A menu board with today's featured meal options with creative names is readable from 5 feet away when approaching the service area.
- ☐ The lunchroom is branded and decorated in a way that reflects the student body.
- ☐ Cleaning supplies or broken/unused equipment are not visible during meal service.
- ☐ All lights in the dining and meal service areas work and are turned on.
- ☐ Compost/recycling and trash cans are at least 5 feet away from dining students.
- ☐ There is a clear traffic pattern. Signs, floor decals, or rope lines are used when appropriate.
- ☐ Trash cans are emptied when full.
- ☐ A menu board with tomorrow's featured meal with creative names is readable from 5 feet away in the service or dining area.

LUNCHROOM ATMOSPHERE SUBTOTAL: _____out of 10

FRUIT

- ☐ At ***least*** two kinds of fruit are offered.
- ☐ Sliced or cut fruit is offered.
- ☐ A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- ☐ Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale.
- ☐ At least one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- ☐ A fruit taste test is offered at least once a year.

FRUIT SUBTOTAL: _____out of 6

VEGETABLES

- ☐ At ***least*** two kinds of vegetables are offered.
- ☐ Vegetables are offered on ***all*** service lines.
- ☐ Both hot ***and*** cold vegetables are offered.
- ☐ When cut, raw vegetables are offered, they are paired with low-fat dip (e.g., ranch, salsa, hummus).
- ☐ A serving of vegetables is incorporated into an entrée item ***at least*** once a month (e.g., beef and broccoli bowl, spaghetti, black bean burrito).
- ☐ Self-serve spices and seasonings are available for students to add flavor to vegetables.
- ☐ At ***least*** one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection.

VEGETABLES SUBTOTAL: _____out of 7

SALAD

- ☐ Pre-packaged salads or a salad bar is available to all students.
- ☐ Pre-packaged salads or a salad bar is in a high traffic area.
- ☐ Pre-packaged salads or a salad bar are labeled with creative, descriptive names and displayed next to each choice.
- ☐ Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.

SALAD SUBTOTAL: _____out of 4

WHITE MILK

- ☐ Milk cases/coolers are kept full throughout meal service.
- ☐ White milk is offered in all beverage coolers.
- ☐ White milk is organized and represents at least one third of all milk in each designated milk cooler.
- ☐ White milk is displayed in front of other beverages in all coolers.
- ☐ 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.

WHITE MILK SUBTOTAL: _____out of 5

REIMBURSABLE MEALS

- ☐ Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
- ☐ One entrée is identified as the featured entrée-of-the-day, is labeled with a creative name next to the point of selection, and is the first entrée offered.
- ☐ Creative, descriptive names are used for featured items on the monthly menu.
- ☐ One reimbursable meal is identified as the featured combo meal and is labeled with a creative name.
- ☐ The combo meal of the day or featured entrée-of-the-day is displayed on a sample tray or photograph.
- ☐ A (reimbursable) combo meal is offered as a grab-and-go meal.
- ☐ Signs show students how to make a reimbursable meal on any service line (e.g., a sign that says "Add a milk, fruit and carrots to your pizza for the Power Pizza Meal Deal!").
- ☐ Students can pre-order lunch in the morning or day before.
- ☐ Students must use cash to purchase à la carte snack items if available.
- ☐ Students have to ask a food service worker to select á là carte snack items if available.
- ☐ Students are offered a taste test of a new entrée at least once a year.

REIMBURSABLE MEALS SUBTOTAL: _____out of 11

STUDENT INVOLVEMENT

- ☐ Student artwork is displayed in the service area or dining space.
- ☐ Students are involved in the creation of artwork or marketing materials to promote menu items.
- ☐ Students, teachers, or administrators announce today's menu in daily announcements.
- ☐ Students are involved in the development of creative and descriptive names for menu items.
- ☐ Students have the opportunity to volunteer in the lunchroom.
- ☐ Students provide feedback (informal or formal) to inform menu development.

STUDENT INVOLVEMENT SUBTOTAL: _____out of 6

SCHOOL COMMUNITY INVOLVEMENT

- ☐ A monthly menu is posted in the main office.
- ☐ A menu board with creative, descriptive names for today's featured meal options is located in the main office.
- ☐ A monthly menu is provided to students, families, teachers, and administrators.
- ☐ Information about the benefits of school meals is provided to teachers and administration at least annually.
- ☐ Nutrition education is incorporated into the school day.
- ☐ Students are engaged in growing food (for example, gardening, seed planting, farm tours, etc.).
- ☐ Elementary schools provide recess before lunch.
- ☐ The school has a partnership with Farm to School, local business(es), or a farmer's market.
- ☐ Meal appeal strategies are included in the Local School Wellness Policy.

SCHOOL COMMUNITY INVOLVEMENT SUBTOTAL: _____out of 9

ASSESSMENT TOTAL

_____Lunchroom Atmosphere	_____White Milk
_____Fruit	_____Reimbursable Meals
_____Vegetables	_____Student Involvement
_____Salad	_____School Community Involvement

_____TOTAL SCORE out of 58

Adapted by WI DPI from the Smarter Lunchrooms Scorecard created by Cornell University