

HealthierUS School Challenge

Application Cover Sheet

Application for: _____ Bronze Award _____ Silver Award _____ Gold Award

PRINT ALL INFORMATION

School Name _____

School District _____

School Address _____

Principal's Name _____

School Phone Number _____

School Foodservice Manager's Name _____

Date Submitted _____

Application revised 1/15/08

FOR OFFICE USE ONLY

FNS Region _____ RO Reviewer Name and Phone Number _____

Application received HQ _____

Entered into database _____

Reviewed _____

Decision _____

Letter & award _____

Database _____

Website _____

SY _____

HealthierUS School Challenge

Application Packet Check-off Sheet

Place this sheet in the front of your application packet

School Name _____

School District _____

State _____

Please include the following information in your Application Packet:

_____ Application Cover Sheet

_____ Application Form (two pages)

_____ The prior month's menus for reimbursable school lunches served in your school. (*Four weeks, with at least a total of 16 days, no less than 3 days/week*) Include portion sizes.

_____ Lunch Menu Worksheet (*Bronze/Silver or Gold*)

_____ Documentation of foods served, such as recipes, ingredient statements, and/or Nutrition Facts labels to verify that the criteria have been met. Supply a recipe for a salad bar, hot bar, etc.

_____ Nutrition Education Worksheet

_____ Physical Activity Worksheet

Name/Address:
W

HealthierUS School Challenge Application

<u>Bronze and Silver Criteria</u>	Yes	No
1. We are a Team Nutrition School.		
2. At our school, reimbursable lunches are offered that meet USDA nutrition standards. All improvement activities planned as a result of the most recent School Meals Initiative (SMI) review have been achieved in accordance with the criteria in the instructions.		
3. At our school, reimbursable lunches are offered that demonstrate healthy menu planning practices, principles of the <i>Dietary Guidelines for Americans</i> , and meet or exceed the menu criteria in the instructions. (Include forms and documentation for menus served.)		
4. At our school, nutrition education is provided to students in multiple grades and meets or exceeds the criteria in the instructions. (Include worksheet.)		
5. At our school, the opportunity for physical activity is provided to students that meets or exceeds the criteria in the instructions. (Include worksheet.)		
6A. Silver: A student Average Daily Participation (ADP) of 70% or higher of school enrollment is maintained for reimbursable lunches. List Oct. ADP:		
6B. Bronze: A student Average Daily Participation (ADP) of 62-69% of school enrollment is maintained for reimbursable lunches. List Oct. ADP:		
7. (a) <i>During meal periods in the foodservice area</i> , our school does not sell/serve any food or beverage in competition with reimbursable meals. OR (b) <i>During meal periods in the foodservice area</i> , all the foods and beverages our school sells/serves in competition with reimbursable meals, meet the criteria specified in the instructions.		
<u>Gold Criteria</u>	Yes	No
1. Our school meets all the criteria of 1 through 6A above, and additionally meets criteria 2 and 3 below.		
2. Our school lunch menus for reimbursable lunches also offer a fresh fruit or raw vegetable, and a whole grain food each school day.		
3. (a) <i>Throughout the school day (including meal periods) and throughout the school campus</i> , our school does not sell/serve any food or beverage other than reimbursable meals. OR (b) <i>Throughout the school day (including meal periods) and throughout the school campus</i> , all the foods and beverages our school sells/serves other than reimbursable meals, meet the criteria specified in the instructions.		

Month (Dates Served): _____

School: _____

Circle Menu Planning Approach Used: Traditional

Enhanced

NSMP

ANSMP

Criteria	Foods Served that Meet the Criteria			
	Week 1		Week 2	
	FOOD	PORTION SIZE	FOOD	PORTION SIZE
3 <u>Different</u> Fruits Per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
5 <u>Different</u> Vegetables Per Week	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5..	1. 2. 3. 4. 5.
<u>Dark Green/Orange</u> Vegetables/Fruits – 3 or More Times Per Week	1. 2. 3.	1. 2. 3..	1. 2. 3.	1. 2. 3.
<u>Fresh</u> Fruits/<u>Raw</u> Vegetables – 3 or More Times Per Week	1. 2. 3	1. 2. 3.	1. 2. 3.	1. 2. 3.
Good Source of <u>Vitamin C</u> – Daily (At least 8 mg per serving. Fruit and veg. items may be combined to meet the Vitamin C requirement.)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
4 <u>Different</u> Entrées or Meat/Meat Alternates Per Week	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
<u>Cooked Dried</u> Beans or Peas – 1 or More Times Per Week	1.	1.	1.	1.
<u>Whole Grain</u> Foods – 3 or More Times Per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
2 or More Sources of <u>Iron</u> – Daily (At least .8 mg/serving. One item may count as 2 sources if it has 1.6 mg or more of iron.)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
<u>Lowfat</u> (1%) and/or <u>Fat-free</u> Milk – Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F

Month (Dates Served): _____

School: _____

Circle Menu Planning Approach Used: Traditional

Enhanced

NSMP

ANSMP

Criteria	Foods Served that Meet the Criteria			
	Week 3		Week 4	
	FOOD	PORTION SIZE	FOOD	PORTION SIZE
3 <u>Different</u> Fruits Per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
5 <u>Different</u> Vegetables Per Week	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1 2. 3. 4. 5..	1. 2. 3. 4. 5.
<u>Dark Green/Orange</u> Vegetables/Fruits – 3 or More Times Per Week	1. 2 3.	1 2. 3..	1. 2. 3.	1. 2. 3.
<u>Fresh</u> Fruits/<u>Raw</u> Vegetables – 3 or More Times Per Week	1. 2. 3	1. 2. 3.	1. 2. 3.	1. 2. 3.
Good Source of <u>Vitamin C</u> – Daily (At least 8 mg per serving. Fruit and veg. items may be combined to meet the Vitamin C requirement.)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
4 <u>Different</u> Entrées or Meat/Meat Alternates Per Week	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
Cooked <u>Dried</u> Beans or Peas – 1 or More Times Per Week	1.	1.	1.	1.
<u>Whole Grain</u> Foods – 3 or More Times Per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
2 or More Sources of <u>Iron</u> – Daily (At least .8 mg/serving. One item may count as 2 sources if it has 1.6 mg or more of iron.)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
<u>Lowfat</u> (1%) and/or <u>Fat-free</u> Milk – Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F

Lunch Menu Worksheet – GOLD

Month (Dates Served): _____

School: _____

Circle Menu Planning Approach Used: Traditional Enhanced NSMP ANSMP

Criteria	Foods Served that Meet the Criteria			
	Week 1		Week 2	
	FOOD	PORTION SIZE	FOOD	PORTION SIZE
3 Different Fruits Per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
5 Different Vegetables Per Week	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Dark Green/Orange Vegetables/Fruits – 3 or More Times Per Week	1. 2. 3.	1. 2. 3..	1. 2. 3.	1. 2. 3.
Fresh Fruits/Raw Vegetables –Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F
Good Source of Vitamin C – Daily (At least 8 mg per serving. Fruit and veg. Items may be combined to meet the Vitamin C requirement.)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
4 Different Entrées or Meat/Meat Alternates Per Week	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
Cooked Dried Beans or Peas – 1 or More Times Per Week	1.	1.	1.	1.
Whole Grain Foods – Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F
2 or More Sources of Iron – Daily (At least .8 mg/serving. One item may count as 2 sources if it has 1.6 mg or more of iron.)	M T W Th F	M T W Th F	M T W Th F.	M T W Th F
Lowfat (1%) and/or Fat-free Milk – Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F

Lunch Menu Worksheet – GOLD

Month (Dates Served): _____

School: _____

Circle Menu Planning Approach Used: Traditional Enhanced NSMP ANSMP

Criteria	Foods Served that Meet the Criteria			
	Week 3		Week 4	
	FOOD	PORTION SIZE	FOOD	PORTION SIZE
3 <u>Different</u> Fruits Per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
5 <u>Different</u> Vegetables Per Week	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
<u>Dark Green/Orange</u> Vegetables/Fruits – 3 or More Times Per Week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
<u>Fresh</u> Fruits/<u>Raw</u> Vegetables – Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F
<u>Good Source of Vitamin C</u> – Daily (At least 8 mg per serving. Fruit and veg. Items may be combined to meet the Vitamin C requirement.)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
4 <u>Different</u> Entrées or Meat/Meat Alternates Per Week	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
<u>Cooked Dried</u> Beans or Peas – 1 or More Times Per Week	1.	1.	1.	1.
<u>Whole Grain</u> Foods – Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F
2 or More Sources of <u>Iron</u> – Daily (At least .8 mg/serving. One item may count as 2 sources if it has 1.6 mg or more of iron.)	M T W Th F	M T W Th F	M T W Th F	M T W Th F
<u>Lowfat</u> (1%) and/or <u>Fat-free</u> Milk – Daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F

HealthierUS School Challenge
Nutrition Education Worksheet
Bronze, Silver or Gold Criteria

School Name _____

Grades in your school: (circle all that apply) 1 2 3 4 5 6 7 8

Grades in which nutrition education is offered (circle all that apply) 1 2 3 4 5 6 7 8

Provide a brief description of nutrition education efforts for each grade in the following chart or submit a written description.

Grades	Describe nutrition education efforts in your school, including how nutrition education involves the classroom, school cafeteria, and home/parents. Include in your description how nutrition education is delivered as part of a structured systematic unit of instruction.

HealthierUS School Challenge
Physical Activity Worksheet
Bronze, Silver or Gold Criteria

School Name _____

Grades in your school: (circle all that apply) 1 2 3 4 5 6 7 8

Grades in which physical education classes are provided: 1 2 3 4 5 6 7 8

In the chart below list all physical activities offered for each grade and describe:

Grades	Physical Education class offered? (yes or no)	How often is Physical Education offered? How long is each PE class?	Describe any alternate physical activity offered and how often offered. Indicate time allotted for the activity.