

Apply Your Knowledge Menu Planning

1. Some of the advantages of a cycle menu include:

- kitchen staff will get to fine tune skills
- waste is increased
- menu production records can be preplanned and reused
- ordering is more accurate

2. When planning menus it is best to consider:

- use of seasonal foods
- including variety of entrees
- total presentation of the meal
- balancing low cost with higher cost foods

3. For Grades K-5 and 6-8, for lunch the new fruit requirement is:

- $\frac{1}{2}$ cup per day, 3 cups per week
- $\frac{3}{4}$ cup per day, 4 cups per week
- $\frac{1}{2}$ cup per day, 3 $\frac{1}{2}$ cups per week
- $\frac{1}{2}$ cup per day, 2 $\frac{1}{2}$ cups per week

4. Which of the following is not a vegetable subgroup?

- dark green vegetables
- yellow vegetables
- red/orange Vegetables
- dry beans/peas

5. True or False. One-fourth cup of dried fruit is credited as one half cup of fruit.

- True
- False

6. The percentage of whole-grain rich grains for breakfast and lunch must be:

- 50%
- 60%
- 75%
- 100%

7. Grain-based desserts count toward the grains for lunch, but you may only serve them:

- one per day
- two per week
- three per week
- four per week

8. True or False: When crediting leafy salad greens for vegetable volume, they count as $\frac{1}{2}$ of their volume

- True
- False

9. True or False: If you offer milk and juice at the same meal, the student may take one or the other, but not both.

- True
- False