

NYC Food Standards Menu Template (for all programs serving people ages 14 and older)

How to fill out the menu template (1-2 meals per day):

Meal: Breakfast/ Lunch/ Dinner - only fill out the rows for the necessary meals. The rows for meals not provided by the program can be left blank.

Entree & Side: List the featured meal and any side components served at each meal. Include the serving size for all items.

- Be as descriptive as possible by including the type of protein used and the cooking method (i.e., roasted, baked, grilled), when applicable, for all menu items.
- Label all entrees featuring a whole or minimally processed plant protein with "WMPP".
- Label all whole-grain items with "WG".

Vegetables and Fruits: List all vegetables and fruits served.

- Vegetables are recommended but not required at breakfast.
- Include serving sizes in cups.

Condiments: List all condiments served with meals.

- Include the serving size.

Beverages: Water (required) and 100% juice/ milk (optional).

- Include serving sizes in ounces (oz).

Meal - Snack: Water (required) and at least 2 of the following 3 food categories: Vegetable and fruit, protein, and whole grain.

- Include serving sizes for all items.

Follow the self-check to ensure the menu adheres to the Food Standards.

For more information on the NYC Food Standards, visit nyc.gov/healthyworkplaces.

Program Name:

Date: [week of Month Day, Year]

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Entree & Side (WMPP, WG)							
	Vegetable (cup)							
	Fruit (cup)							
	Condiments							
	Beverage							
Lunch	Entrée & Side (WMPP, WG)							
	Vegetable (cup)							
	Fruit (cup)							
	Condiments							
	Beverage							
Dinner	Entrée & Side (WMPP, WG)							
	Vegetable (c-eg)							
	Fruit (cup)							
	Condiments							
	Beverage							
Snack	Food (WMPP, WG)							
	Beverage							

Self check and Action Plan: Assess if the menu meets all of the requirements listed in the table below to follow the NYC Food Standards and document an action if needed

Instructions:
 Use the status column to indicate if the Standard is met.
 Use the action column to list steps that need to be taken to meet compliance for any status marked "X"

Key
Y = Standard implemented
X = Standard not met
? = Unable to determine. Additional information needed.

Food Category	NYC Food Standards Requirements	Status	Action
Grains	Half of all grains served must be whole grain Cereal and sliced sandwich bread must be whole grain. Use WG to indicate all whole grains.		
Fruits and Vegetables	At least 2 servings of fruits and vegetables per day. One serving is equal to 1 cup raw or cooked vegetable or fruit, 2 cups leafy salad greens, or 1/2 cup dried fruit or vegetable.		
Vegetables	At least one cup per day is dark green, red, orange, or other nonstarchy vegetable.		
Fruit	At least 1 serving of fruit per day. 100% fruit juice does not count toward this requirement.		
Plant-Based Proteins	At least 2 serving of plant protein at lunch and at dinner per week. At least 1 as the primary protein and 1 can be another primary protein, part of a mixed entree, or a side dish		
Beef and other ruminant meat meats	No more than 1 serving per week per meal type		
Processed Meat	Processed meat is not served, for example sausage, bacon, hot dogs or deli meat.		
Beverages	Require water at all meals If served, limit 100% juice to no more than one 6oz serving or smaller per day Milk must be 1% or nonfat and unsweetened Soy milk must contain ≤5g added sugar per serving and be fortified with calcium, vitamin A, and vitamin D		
Snacks	Food Category: At least 1 serving per week of fruits or vegetables. 100% fruit juice does not count toward this requirement. Include at least 2 out of 3 categories at each snack: fruits/vegetables, grains, or protein.		