

Healthy Menu Options Offered Daily

BEVERAGES

Add 1% milk or skim milk as the default dairy product.

Offer a low- or no-calorie beverage (e.g., diet soda, unsweetened iced tea, coffee).

FRUITS AND VEGETABLES

Offer one or more non-fried vegetable side dishes (without sauce/butter).

Offer one or more fruit side dishes (no added sugar).

If chips or fries are available, offer baked chips, a non-fried vegetable and/or a fruit as substitutes.

Offer a non-fried vegetable (no added sauce/butter) or fruit (no added sugar) available as substitute for an unhealthy side (e.g., chips, fries) **without added charge**.*

PORTION SIZES

Offer two or more reduced-size portion meals.

WHOLE GRAINS

Offer a whole grain bread or bun option available for sandwiches, burgers and/or bread baskets.

Do not butter sandwich buns unless the customer requests it.

Offer one or more whole grain options (other than whole grain bread) (e.g., whole grain pasta, whole wheat wrap, corn tortilla, quinoa, popcorn, oatmeal, etc.).

SPREADS AND DRESSINGS

Place spreads (e.g., mayonnaise or butter) and dressings on the side for all burgers, sandwiches and wraps.

KIDS' MENU

Make healthier side items (non-fried vegetable or fruit) the default option with all children's meals **without added charge**.

Make healthier beverages (1% milk and water) the default option with all children's meals **without added charge**.

OTHER ACTIVITIES

Offer locally grown foods and highlight them on the menu.

Provide senior or children's meals to anyone who requests them.

Reprint menus to list side dishes with healthiest items first.

Reprint menus with better descriptions and photos of healthy foods.

Clearly display the door/window decal showing participation in the program.*

Silver-level restaurants

offer **at least 6** of the healthy options above.

Gold-level restaurants

offer **7 or more** of the healthy options above, which must include the two * items.