

MENU PLANNING – FACT SHEET

LESSON I

Topic: Introduction to Menu Planning

Goal: To practice the fundamentals of menu planning.

Outcomes: The participant will:

- define menu planning.
- articulate the base of knowledge needed to develop menus.
- verbalize the importance of the 2000 Dietary Guidelines for Americans, the Food Guide Pyramid and the Nutrition Integrity Standards.
- review the current resources available to develop menus.

LESSON II

Topic: Factors Affecting Menu Development

Goal: To apply the factors that influence menu creation.

Outcomes: The participant will:

- compare various meal pattern requirements.
- verbalize the global factors that impact menu development.
- identify factors that enhance menu development.

LESSON III

Topic: The Menu Development Process

Goal: To learn the principles and types of menus.

Outcomes: The participant will:

- explain the advantages and disadvantages of single, choice and cycle menus.
- articulate the differences between Nutrient Standard Menu Planning (NSMP), Assisted NSMP, Enhanced Food Based, and Traditional menu planning systems.
- list the advantages and disadvantages of each system.
- calculate purchasing quantities correctly using the Food Buying Guide.

LESSONS IV and V

Topic: Planning and Analyzing School Meals

Goal: To successfully create a breakfast and lunch menu for one five-day week.

Outcomes: The participant will:

- plan a breakfast and lunch menu for one five-day week.
- apply the principles of analyzing nutrients in school meals using the USDA and other research based materials.
- evaluate the newly designed school breakfast and lunch menu using the menu evaluation and dietary guideline checklist.
- determine the total meal costs for one day's breakfast and lunch using available resources.
- complete a comparative analysis of the menu designed, using the dietary guideline checklist, and make recommendations for meeting those requirements.