

## 9 Principles of Menu Development for Child Nutrition Programs

1	Meet or exceed all nutritional guidelines as outlined by the USDA CN Meal Pattern 2010.
2	Expose students to new and healthy foods as well as new and healthy preparations of foods.
3	Include foods known to be "student friendly" as well as nutritious foods that support child development but are known to be under-consumed by children.
4	Vary color, texture, shapes & sizes, flavor, temperature, and preparation methods in each week's menu.
5	Feature some menu items inspired by global flavors.
6	Offer plant based and/or vegetarian options daily. VT AOE Seasonal Cycle Menus include plant based/vegetarian options that are indicated with an asterisk*
7	Repeat popular items or food types within the cycle without duplicating daily menus more than once in a two-week period.
8	Market menu items creatively, positively, and with attention to aesthetics.
9	Vary foods within each meal component (M/MA, Veg, Grain, Fruit, Milk) throughout the cycle.

