

**Name:**

**Class:**

**Due Date:**

### 6<sup>th</sup> Grade Daily Specials Menu

**Requirements:**

- **One healthy/balanced breakfast**
- **One healthy/balanced lunch**
- **One healthy/balanced dinner**
- **Three healthy snacks/appetizers**
- **Three healthy beverage options**

**\*Show Me the Knowledge – your menu should demonstrate your understanding of healthy food choices, and the importance of balanced eating. Be sure to include descriptions/details on the menu/food options.**

**Resource:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

<b>Category</b>	<b>Exceeds Expectations</b>	<b>Meets Expectations</b>	<b>Needs Improvement</b>	<b>Inadequate</b>
<b>Breakfast is balanced and includes healthy options.</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>Lunch is balanced and includes healthy options.</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>Dinner is balanced and includes healthy options.</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>Snacks provide a variety of healthy options. (3 total)</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>Beverage choices are healthy. (3 total)</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>Overall Menu Appearance/Presentation</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>

TOTAL SCORE:     /30 =     %