



Eat the Rainbow Salad Bar Checklist

Date _____ School Name _____ Completed by _____

This checklist is designed to determine if your salad bar is meeting smart menu planning and customer service best practice standards. It can be used as a training or goal setting tool for your lunch program.



INSTRUCTIONS

1. Review the checklist before beginning.
2. Have your salad bar menu and production records handy for reference.
3. Observe the salad bar on a typical day. Check off the statements that you meet.
4. Tally the score. Compare your total to the Self Check ranges.
5. Discuss the results with your staff, students and other partners.
6. Choose any unchecked strategies as possible enhancements or goals for the salad bar.
7. Identify your top 2 strategies and write those in the goal section at the bottom of page 2.

Appealing Signage

1. Upon entering the cafeteria, the customer is drawn to the salad bar by signage.
2. The signage conveys the choices offered.
3. The signage conveys how a student can make a complete meal from the salad bar.
4. Signage promotes locally grown items (e.g., Montana Harvest of the Month).

Vary the Vegetable

5. The salad bar is colorful and eye appealing with at least 4 different colors of vegetables offered.
6. Serving dishes are contrasting colors to make the fruits, vegetables and items stand out.
7. One or more offerings contain legumes, dried beans, or peas.
8. The salad bar offers two or more dark green vegetables.
9. The salad bar offers two or more red/orange vegetables.

Focus on Fruits

10. Fruit is offered in at least two locations on the salad bar.
11. One or more fresh fruit choice is offered.
12. Sliced or cut fruit is offered.
13. Students are allowed to take whole, fresh fruit out of the cafeteria for consumption later.

Engaging Students

14. Students are engaged in growing foods for the salad bar.
15. Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and non-produce items.
16. The salad bar is easily accessible from both sides and/or is located in a high traffic area.
17. A student can make a reimbursable meal from the salad bar.
18. Self-serve spices and seasonings are available for students to add flavor to their salad.
19. Students are involved in helping to promote the salad bar.
20. A share table has been approved by the county sanitarian and is available for wrapped fruits, vegetables or other packaged items.

Daily, Weekly, Monthly, Yearly Best Practices

21. The salad bar is restocked and made presentable between lunch periods.
22. At least one fruit, vegetable, or item offered is locally or regionally grown or produced.
23. The salad bar is featured on the monthly menu.
24. Soup is offered with the salad bar at least once a week.
25. Lentil, legume, dried bean or pea offerings vary throughout the week. (At least 3 different recipes or items.)
26. Two or three salad dressing choices are available.
27. A monthly or yearly salad bar promotion occurs.
28. A "new salad bar item" taste test is offered at least once a year.

Add up the total number of checked statements:  _____

SELF CHECK

Colorful Salad Bar

0 – 10 points

Your salad bar offers students a choice of fresh fruits and vegetables.

Impressive Salad Bar

11 – 20 points

Your salad bar presents a nice variety of fruits, vegetables, and legumes which makes it easy for students to choose healthy foods.

Salad Bar Super Star

21 – 28 points

Your salad bar offers a large variety of colorful, healthy choices. Students enjoy eating a rainbow of colors at your inviting and well-planned salad bar.

What are your goals for your Salad Bar?

1.

2.