

Restaurant ID _____

Rater ID _____

Community

- Lacey
- Olympia
- Tumwater
- Rochester
- Rainier
- Tenino
- Yelm
- Other, _____

Type of Food

- American
- Asian
- Caribbean
- French
- Greek
- Indian
- Italian
- Mediterranean
- Mexican
- Vegetarian
- Other _____

Main Menu Items

- BBQ
- Burgers
- Burritos/Tacos
- Chicken
- Deli
- Donuts/Pastries
- Pasta
- Pizza
- Seafood
- Subs
- Other _____

Today is _____

Month

- April
- May

Day of Week

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

Start Time _____ (Hour and Minute)

End Time _____ (Hour and Minute)

Located inside or in combination with another store. Yes No



B. Children's Menu

1. Children's menu/kids food items on menu. Yes No, STOP SURVEY

2. Children's menu age limit listed. Yes, _____ No

3. Kids eat free or reduced price. Yes No
(e.g. anytime of day or any day of week)

C. Children's Meals

Composition (Children's Menu)

1. How many CHILD/KID options are listed on the menu.

- a. Breakfast (entrées or sides). 0 1 2 3+
- b. Lunch (entrées). 0 1 2 3+
- c. Dinner (entrées). See Lunch 0 1 2 3+

For lunch and dinner only.

2. Side included. Yes Sometimes No Not sure

3. Drink included. Yes Sometimes No Not sure

4. Dessert included. Yes Sometimes No Not sure

If yes, is it **unhealthy**. Yes No Not sure (describe below)

Not sure, _____

D. Breakfast Menu

BREAKFAST ENTRÉES OR SIDES (CHILDREN'S MENU)

NO BREAKFAST

1. Any healthy breakfast entrées or sides. Yes No Not sure (describe below)
(check list below to determine)

- | | |
|--|---|
| <input type="checkbox"/> Fruit | <input type="checkbox"/> Toast <i>(not French)</i> |
| <input type="checkbox"/> Lean Meat | <input type="checkbox"/> Pancakes |
| <input type="checkbox"/> Egg Beaters | <input type="checkbox"/> English Muffin |
| | <input type="checkbox"/> Bagel |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Grits | If yes: light. <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> Packaged cereal | |
| If yes: name/type _____ | |

Guidelines

- ~ Do NOT count entrées or sides as healthy, if labeled as healthy or better for you.
- ~ Anything with red meat is NOT healthy (e.g. ham, sausage, bacon), UNLESS the meat is described as 'lean'.

Any other healthy or possibly healthy breakfast entrée or side:

2. Range of healthy breakfast entrees or sides.

Breakfast 0 1 2 3+

3. Any breakfast entrées or sides include or have available as an option 100% whole grain product. *(e.g. bread)*

Yes No Not sure

Observations or Comments

BREAKFAST BEVERAGES (CHILDREN'S MENU)

NO BREAKFAST

1. Is 100% juice a beverage option. Yes No Not sure

a. Is orange juice an option. Yes No Not sure

2. Is milk a beverage option. Yes No Not sure

If yes:

a. 1% or non-fat (skim) milk available. Yes No Not sure
(yes, if described as lowfat)

b. 2% milk available. Yes No Not sure

c. Milk flavor available. Regular Flavored Not sure

BREAKFAST LABELING

1. ANY nutrition information on the adult/regular **breakfast** menu. Yes No
(e.g. calories, sodium)

2. Nutrition information for ANY **children's breakfast** menu items. Yes No

3. ANY **breakfast** menu items labeled or marked as healthier (does not mean they are) on the adult/regular menu. *(e.g. weight watcher points, heart symbol, ☺)*

Yes No

4. ANY **children's breakfast** menu items labeled or marked as healthier. Yes No
(e.g. heart symbol, ☺)

If yes: Entrée/Side Beverage Other, _____

5. **Children's breakfast** menu encourages healthy requests (proactive). Yes No
(e.g. sides include an 'Or' statement, healthy substitution options)

6. **Children's breakfast** menu notations encourage larger portion size. Yes No
(e.g. low cost for next size up or adding extra food)

Observations or Comments

E. Lunch Menu

LUNCH ENTRÉES (CHILDREN'S MENU)

NO LUNCH

1. Any healthy lunch entrées. Yes No Not sure (describe below)

Guidelines

- ~ Do NOT count entrées as healthy, if labeled as healthy or better for you.
- ~ Fried is NOT healthy. Unless noted, fish and chicken should be considered fried.
- ~ Anything with cheese, mayonnaise, butter or cream sauce as a significant ingredient is NOT healthy (e.g. macaroni & cheese, ravioli, cheese enchilada, pizza).
- ~ Anything with red meat is NOT healthy (e.g. hamburger, taco, burrito, hot dog), UNLESS the meat is described as 'lean'.
- ~ Grilled, baked or broiled ARE considered healthy, even if prepared in sauce.
- ~ Beans and rice (including burritos or soft tacos) ARE healthy, UNLESS protein source does not fit above (e.g. combination burrito).
- ~ Green salads ARE healthy regardless of dressing, UNLESS protein source does not fit above (e.g. salad with fried chicken).
- ~ Peanut butter and jelly sandwich IS considered healthy.

If NOT SURE whether a lunch entrée is healthy, describe below:

2. Range of healthy lunch entrees.

Lunch 0 1 2 3+

3. Any lunch entrée include or have available as an option 100% whole grain product.
(e.g. bun, pasta, rice)

Yes No Not sure

Observations or Comments

LUNCH SIDES (CHILDREN'S MENU)

NO LUNCH

1. Is an **unhealthy** side **assigned**. Yes Sometimes No Not sure (describe below)
(e.g. french fries)

If NOT SURE, describe side(s): _____

2. Is fruit available as a side. Yes No Not sure

If yes:

With added sugar. Yes No Not sure
(e.g. caramel, sweetened)

3. Are vegetables available as a side. Yes No Not sure
(do not include potatoes or fried vegetables)

If yes:

With added sauce. Yes No Not sure
(e.g. ranch, cheese, butter)

List any other healthy or possibly healthy **lunch** sides:

LUNCH BEVERAGES (CHILDREN'S MENU)

NO LUNCH

1. Is pop/soda/juice drink the assigned beverage. Yes No Not sure
(e.g. cola, lemonade, punch, orange drink)

2. Is 100% juice a beverage option. Yes No Not sure

a. Is orange juice an option. Yes No Not sure

3. Is milk a beverage option. Yes No Not sure

If yes:

a. 1% or non-fat (skim) milk available. Yes No Not sure
(yes, if described as lowfat)

b. 2% milk available. Yes No Not sure

c. Milk flavor available. Regular Flavored Not sure

LUNCH LABELING

1. ANY nutrition information on the adult/regular lunch menu. Yes No
(e.g. calories, sodium)

2. Nutrition information for ANY children's lunch menu items. Yes No

3. ANY lunch menu items labeled or marked as healthier (does not mean they are) on the adult/regular menu. (e.g. weight watcher points, heart symbol, ☺)

Yes No

4. ANY children's lunch menu items labeled or marked as healthier. Yes No
(e.g. heart symbol, ☺)

If yes: Entrée/Side Beverage Other, _____

5. Children's lunch menu encourages healthy requests (proactive). Yes No
(e.g. sides include an 'Or' statement, healthy substitution options)

6. Children's lunch menu encourages larger portion size. Yes No
(e.g. low cost for next size up or adding extra food)

F. Dinner Menu

DINNER ENTRÉES (CHILDREN'S MENU)

SAME AS LUNCH OR NO DINNER

1. Any healthy dinner entrées. Yes No Not sure (describe below)

Guidelines

- ~ Do NOT count entrées as healthy, if labeled as healthy or better for you.
- ~ Fried is NOT healthy. Unless noted, fish and chicken should be considered fried.
- ~ Anything with cheese, mayonnaise, butter or cream sauce as a significant ingredient is NOT healthy (e.g. macaroni & cheese, ravioli, cheese enchilada, pizza).
- ~ Anything with red meat is NOT healthy (e.g. hamburger, taco, burrito, hot dog), UNLESS the meat is described as 'lean'.
- ~ Grilled, baked or broiled ARE considered healthy, even if prepared in sauce.
- ~ Beans and rice (including burritos or soft tacos) ARE healthy, UNLESS protein source does not fit above (e.g. combination burrito).
- ~ Green salads ARE healthy regardless of dressing, UNLESS protein source does not fit above (e.g. salad with fried chicken).
- ~ Peanut butter and jelly sandwich IS considered healthy.

If NOT SURE whether a dinner entrée is healthy, describe below:

2. Range of healthy dinner entrees.

Dinner 0 1 2 3+

3. Any dinner entrée include or have available as an option 100% whole grain product.
(e.g. bun, pasta, rice)

Yes No Not sure

Observations or Comments

DINNER SIDES (CHILDREN'S MENU)

SAME AS LUNCH OR NO DINNER

1. Is an **unhealthy side assigned**. Yes Sometimes No Not sure (describe below)
(e.g. french fries)

If NOT SURE, describe side(s): _____

2. Is fruit available as a side. Yes No Not sure

If yes:

With added sugar. Yes No Not sure
(e.g. caramel, sweetened)

3. Are vegetables available as a side. Yes No Not sure
(do not include potatoes or fried vegetables)

If yes:

With added sauce. Yes No Not sure
(e.g. ranch, cheese, butter)

List any other healthy or possibly healthy **dinner** sides:

DINNER BEVERAGES (CHILDREN'S MENU)

SAME AS LUNCH OR NO DINNER

1. Is pop/soda/juice drink the assigned beverage. Yes No Not sure
(e.g. cola, lemonade, punch, orange drink)

2. Is 100% juice a beverage option. Yes No Not sure

a. Is orange juice an option. Yes No Not sure

3. Is milk a beverage option. Yes No Not sure

If yes:

a. 1% or non-fat (skim) milk available. Yes No Not sure
(yes, if described as lowfat)

b. 2% milk available. Yes No Not sure

c. Milk flavor available. Regular Flavored Not sure

DINNER MENU LABELING

1. ANY nutrition information on the adult/regular dinner menu. Yes No
(e.g. calories, sodium)

2. Nutrition information for ANY children's dinner menu items. Yes No

3. ANY dinner menu items labeled or marked as healthier (does not mean they are) on the adult/regular menu. (e.g. weight watcher points, heart symbol, ☺)
 Yes No

4. ANY children's dinner menu items labeled or marked as healthier. Yes No
(e.g. heart symbol, ☺)

If yes: Entrée/Side Beverage Other, _____

5. Children's dinner menu encourages healthy requests (proactive). Yes No
(e.g. sides include an 'Or' statement, healthy substitution options)

6. Children's dinner menu encourages larger portion size. Yes No
(e.g. low cost for next size up or adding extra food)

G. Promotion (Children's Menu)

HEALTHY PROMOTION

1. Does the children's menu highlight healthy menu items.
(e.g. pictures of featured products)

Yes No

2. Does the children's menu highlight healthy eating.
(e.g. , fruit/vegetable characters, pictures of a balanced meal)

Yes No

Observations or Comments

UNHEALTHY PROMOTION

3. Does the children's menu promote unhealthy menu items.
(e.g. pictures of fried foods)

Yes No

4. Does the children's menu promote unhealthy substitutions or condiments.
(e.g. adding cheese, butter)

Yes No

Observations or Comments

For more information about this tool or the project contact:

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