Quick Service Restaurant

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
A. Restaurant Characteristics

Present at Restaurant

1. Sit-Down Area  
   - Yes, Inside
   - No, STOP SURVEY
   - Yes, Outside

2. Drive Thru  
   - Yes
   - No

3. Children’s Area:  
   a. Playground/climbing toys
      - Yes
      - No
      - Not sure
   b. Game/party room
      - Yes
      - No
      - Not sure

4. High Chairs/Booster Seats  
   - Yes
   - No
   - Not sure

Operation of Restaurant

5. Days of Operation  
   - Monday - Sunday
   - Monday - Saturday
   - Monday
   - Tuesday
   - Wednesday
   - Thursday
   - Friday
   - Saturday
   - Sunday
   - Not sure

6. General Hours of Operation  
   On most days, the restaurant is open for:  
   - Breakfast (5am-11am)
   - Lunch (11am-4pm)
   - Dinner (4pm-10pm)
   - Open 24 hours a day
   - Other, _________________________
   - Not sure
B. Children’s Menu

1. Children’s menu/ kids food items on board.  
   - Yes  
   - No, STOP SURVEY

2. Children’s menu age limit listed.  
   - Yes, ___________  
   - No

C. Children’s Meals

Composition (Children’s Menu)

1. How many CHILD/KID entrees are listed on the menu board.
   a. Breakfast.  
      - 0  
      - 1  
      - 2  
      - 3+
   b. Lunch/ Dinner.  
      - 0  
      - 1  
      - 2  
      - 3+

2. Side included.  
   - Yes  
   - Sometimes  
   - No  
   - Not sure

3. Drink included.  
   - Yes  
   - Sometimes  
   - No  
   - Not sure

4. Dessert included.  
   (e.g. automatic or redemption)  
   - Yes  
   - Sometimes  
   - No  
   - Not sure

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

   Not sure, ____________________________________________________
D. Healthy Options

Entrées (Children's Menu)

1. Any healthy 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 an entrée is healthy, describe below:

2. Range of healthy entrees

   Breakfast □ 0 □ 1 □ 2 □ 3+
   Lunch/Dinner □ 0 □ 1 □ 2 □ 3+

Observations or Comments
Beverages (Children’s Menu)

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

   If no:
   
   What is the assigned beverage (only 1 beverage should be listed).
   
   ☐ 100% Juice ☐ Other, ________
   ☐ Milk
   ☐ Water

3. *Is 100% juice a beverage option.*
   ☐ Yes ☐ No ☐ Not sure

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

4. *Is milk a beverage option.*
   ☐ Yes ☐ No ☐ Not sure

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

   b. *2% milk available.*
      ☐ Yes ☐ No ☐ Not sure

   c. *Milk flavor available.*
      ☐ Regular ☐ Flavored ☐ Not sure

5. *Is water a beverage option.*
   (e.g. bottled or at soda dispenser)
   ☐ Yes ☐ No ☐ Not sure

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Observations or Comments
6. **Is an unhealthy side assigned.** [ ] Yes [ ] No [ ] Not sure (describe below)
   *(e.g. french fries, regular chips)*

   **If NOT SURE, describe side(s):** ________________________________

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7. **Is fruit available as a side.** [ ] Yes [ ] No [ ] Not sure

   **If yes:**
   **With added sugar.** *(e.g. caramel, sweetened)* [ ] Yes [ ] No [ ] Not sure

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8. **Are vegetables available as a side.** [ ] Yes [ ] No [ ] Not sure

   *(do not include potatoes or fried vegetables)*

   **If yes:**
   **With added sauce.** *(e.g. ranch, cheese, butter)* [ ] Yes [ ] No [ ] Not sure

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9. **Is yogurt available as a side.** [ ] Yes [ ] No [ ] Not sure

   **If yes:**
   **Light.** [ ] Yes [ ] No [ ] Not sure

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List any other healthy or possibly healthy sides:
E. Whole Grain

1. Any children’s entrées or sides include 100% whole grain product. (e.g. bun, pasta, rice)
   □ Yes □ No □ Not sure

F. Cost of Healthy Options

Substitutions (Children’s Menu)

2. Does it cost more to select a healthy beverage over an unhealthy one.
   □ Yes □ Sometimes □ No □ Not sure

3. Does it cost more to select a healthy side over an unhealthy one.
   □ Yes □ Sometimes □ No □ Not sure

3. Menu board encourages healthy requests (proactive). (e.g. sides include an ‘Or’ statement)
   □ Yes □ No

Observations or Comments
G. Labeling

1. **ANY nutrition information on the menu board.**
   (e.g. calories, sodium)  
   □ Yes  □ No

   **If yes:**
   Nutrition information for ANY children's menu items.  
   □ Yes  □ No

2. **ANY nutrition information posted near point-of-sale (where ordering or waiting to order).**
   (e.g. wall poster, counter brochure)  
   □ Yes  □ No

   **If yes:**
   Nutrition information for ANY children's menu items.  
   □ Yes  □ No

3. **ANY menu items labeled or marked as healthier (does not mean they are).**
   (e.g. heart symbol, ©)  
   □ Yes  □ No

   **a. ANY children's menu items labeled or marked as healthier.**
   (e.g. heart symbol, ©)  
   □ Yes  □ No

   **If yes:**
   □ Entrée  □ Beverage  □ Side  □ Other, ___________

4. **ANY menu board notations encourage larger portion size.**
   (e.g. low cost for next size up or adding extra food)  
   □ Yes  □ No

**Observations or Comments**
H. Promotion (Inside)

1. **Do signs, table tents, or displays highlight healthy menu items.**
   *(e.g. featured products)*
   - [☐] Many
   - [☐] Some
   - [☐] None

2. **Do signs, table tents, or displays highlight healthy eating.**
   *(e.g. balanced meal)*
   - [☐] Many
   - [☐] Some
   - [☐] None

3. **Do signs, table tents, or displays connect menu items to a healthy lifestyle.**
   *(e.g. physical activity, does not need to include images of food)*
   - [☐] Many
   - [☐] Some
   - [☐] None

4. **Do signs, table tents, or displays promote unhealthy menu items.**
   *(e.g. fried foods)*
   - [☐] Many
   - [☐] Some
   - [☐] None

5. **Do signs, table tents, or displays promote unhealthy substitutions or condiments.**
   *(e.g. adding cheese, butter)*
   - [☐] Many
   - [☐] Some
   - [☐] None

**Observations or Comments**

For more information about this tool or the project contact:
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