**H3. GROUP 2, 3—FSM A LA CARTE FOODS CHECKLIST**

**(BASIC AND EXPANDED MENU SURVEY)**

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****SCHOOL NUTRITION AND MEAL COST STUDY



OMB Clearance Number: 0584-xxxx

Expiration Date: xx/xx/xxxx

A La Carte Foods Checklist

*November 7, 2013*

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-XXXX. The time required to complete this information collection is estimated to range from 480 to 600 minutes per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection.

**Please refer to the *Instructions for the Menu Survey* booklet for instructions on completing this form. Remember to include this form when you return the Menu Survey Folder with all completed survey materials.**

**SCHOOL NAME:**

**DATE COMPLETED:** | | | / | | | / | | | | |

Month Day Year

|  |
| --- |
| 1. Does your school sell food or beverages on an a la carte basis (including milk)?  1 □ Yes  0 □ No **Thank you. You are done.**  2. When does your school sell food or beverages on an a la carte basis?  1 □ During breakfast only  **ANSWER BOTH Q.3 AND Q.4**  2 □ During lunch only **Go to Q.4**  3 □ During breakfast and lunch  3. Is milk the only item your school sells on an a la carte basis at breakfast?  1 □ Yes  0 □ No  4. Is milk the only item your school sells on an a la carte basis at lunch?  1 □ Yes  0 □ No |

**SCHOOL NUTRITION AND MEAL COST STUDY**

**A La Carte Foods Checklist**

| **Food Item** | **Breakfast** | **Lunch** |
| --- | --- | --- |
| **A. Milk** | | |
| 1. Whole white milk | 1 □ | 1 □ |
| 2. Reduced fat (2%) white milk | 2 □ | 2 □ |
| 3. Low-fat (1% or 0.5%) white milk | 3 □ | 3 □ |
| 4. Fat-free/skim white milk | 4 □ | 4 □ |
| 5. Reduced fat (2%) *flavored* milk | 5 □ | 5 □ |
| 6. Low-fat (1% or 0.5%) *flavored* milk | 6 □ | 6 □ |
| 7. Fat-free/skim *flavored* milk | 7 □ | 7 □ |
| 8. Other milk beverages, including non-dairy milks *(Specify)* | 8 □ | 8 □ |
| a. | 9 □ | 9 □ |
| b. | 10 □ | 10 □ |
| **If milk is the only item your school sells on an a la carte basis, you are done. If your school sells other items on an a la carte basis, please continue completing the checklist.** | | |
| **B. 100% Juice and Water** | | |
| 1. Juice (100% fruit or vegetable juice) | 11 □ | 11 □ |
| 2. Bottled water (plain, flavored, or sparkling) | 12 □ | 12 □ |
| **C. Beverages Other than Milk, 100% Juice, or Water** | | |
| 1. Diet carbonated soft drink (diet soda/pop) | 13 □ | 13 □ |
| 2. Regular carbonated soft drink (regular soda/pop) | 14 □ | 14 □ |
| 3. Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi‑C, lemonade, punch, iced tea) | 15 □ | 15 □ |
| 4. Sports drinks (such as Gatorade or PowerAde) | 16 □ | 16 □ |
| 5. Energy drinks (such as Red Bull or Monster Energy) | 17 □ | 17 □ |
| 6. Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk) | 18 □ | 18 □ |
| 7. Hot or cold coffee or tea | 19 □ | 19 □ |
| 8. Other beverages *(Specify)* | 20 □ | 20 □ |
| a. | 21 □ | 21 □ |
| b. | 22 □ | 22 □ |
| **D. Fruit** | | |
| 1. Dried fruit (such as raisins or apricots) | 23 □ | 23 □ |
| 2. Canned fruit | 24 □ | 24 □ |
| 3. Fresh fruit | 25 □ | 25 □ |
| **E. Vegetables** | | |
| **cooked vegetables** | | |
| 1. Baked French fries (including tater tots) | 26 □ | 26 □ |
| 2. Deep-fried French fries (including tater tots) | 27 □ | 27 □ |
| 3. Potatoes (other than French fries/tater tots) | 28 □ | 28 □ |
| 4. Corn | 29 □ | 29 □ |
| 5. Carrots | 30 □ | 30 □ |
| 6. Broccoli | 31 □ | 31 □ |
| 7. Peas | 32 □ | 32 □ |
| 8. Green beans | 33 □ | 33 □ |
| 9. Mixed vegetables | 34 □ | 34 □ |
| 10. Vegetable soup | 35 □ | 35 □ |
| 11. Other cooked vegetables *(Specify)* | 36 □ | 36 □ |
| a. | 37 □ | 37 □ |
| b. | 38 □ | 38 □ |
| **uncooked vegetables** | | |
| 12. Carrot sticks | 39 □ | 39 □ |
| 13. Celery | 40 □ | 40 □ |
| 14. Cucumbers | 41 □ | 41 □ |
| 15. Salad bars | 42 □ | 42 □ |
| 16. Tossed salads (side) | 43 □ | 43 □ |
| 17. Prepared salads (such as potato salad, coleslaw, or three bean salad) | 44 □ | 44 □ |
| 18. Other raw vegetables *(Specify)* | 45 □ | 45 □ |
| a. | 46 □ | 46 □ |
| b. | 47 □ | 47 □ |
| **F. Bread/Grains** | | |
| 1. Regular bread, rolls, bagels, or tortillas | 48 □ | 48 □ |
| 2. Whole grain-rich breads, rolls, bagels, or tortillas | 49 □ | 49 □ |
| 3. Other bread items (such as biscuits, croissants, or hot pretzels) | 50 □ | 50 □ |
| 4. Low-fat muffins | 51 □ | 51 □ |
| 5. Regular muffins | 52 □ | 52 □ |
| 6. Ready-to-eat breakfast cereal | 53 □ | 53 □ |
| 7. Pancakes, waffles, or French toast | 54 □ | 54 □ |
| 8. Rice, pasta, or cereal | 55 □ | 55 □ |
| 9. Other bread/grains *(Specify)* | 56 □ | 56 □ |
| a. | 57 □ | 57 □ |
| b. | 58 □ | 58 □ |
| **G. Meat/Meat Alternates** | | |
| 1. Breaded chicken/turkey (nuggets, patties, strips, parts) | 59 □ | 59 □ |
| 2. Not breaded chicken/turkey (nuggets, patties, strips, parts) | 60 □ | 60 □ |
| 3. Breaded beef/pork (nuggets, patties, strips) | 61 □ | 61 □ |
| 4. Not breaded beef/pork (nuggets, patties, strips) | 62 □ | 62 □ |
| 5. Sausage or bacon | 63 □ | 63 □ |
| 6. Breaded fish (nuggets, patties, strips/sticks) | 64 □ | 64 □ |
| 7. Not breaded fish (nuggets, patties, strips/sticks, fillets) | 65 □ | 65 □ |
| 8. Eggs | 66 □ | 66 □ |
| 9. Cheese | 67 □ | 67 □ |
| 10. Fried or baked cheese or pizza sticks (for example, Bosco sticks) | 68 □ | 68 □ |
| 11. Chili | 69 □ | 69 □ |
| 12. Yogurt | 70 □ | 70 □ |
| 13. Peanut butter | 71 □ | 71 □ |
| 14. Nuts and/or seeds (such as almonds, peanuts, sunflower seeds, or trail mix) | 72 □ | 72 □ |
| 15. Other meat/meat alternates *(Specify)* | 73 □ | 73 □ |
| a. | 74 □ | 74 □ |
| b. | 75 □ | 75 □ |
| **H. Entrees** | | |
| **sandwiches** | | |
| 1. Cheeseburger or hamburger | 76 □ | 76 □ |
| 2. Hot dog or corn dog | 77 □ | 77 □ |
| 3. Barbecue (including sloppy joes) | 78 □ | 78 □ |
| 4. Peanut butter sandwich (including with jelly) | 79 □ | 79 □ |
| 5. Cheese sandwich | 80 □ | 80 □ |
| 6. Veggie burger | 81 □ | 81 □ |
| 7. Chicken, egg, or tuna salad sandwich | 82 □ | 82 □ |
| 8. Sandwich with breaded meat, poultry or fish | 83 □ | 83 □ |
| 9. Sandwich with cold cuts (salami, bologna, or pepperoni) | 84 □ | 84 □ |
| 10. Sandwich with plain (not breaded) meat, poultry or fish | 85 □ | 85 □ |
| 11. Breakfast sandwich or breakfast burrito | 86 □ | 86 □ |
| 12. Other sandwiches *(Specify)* | 87 □ | 87 □ |
| a. | 88 □ | 88 □ |
| b. | 89 □ | 89 □ |
| **other entrees** | | |
| 13. Pizza without meat | 90 □ | 90 □ |
| 14. Pizza with meat | 91 □ | 91 □ |
| 15. Calzone or Hot Pocket | 92 □ | 92 □ |
| 16. Burritos | 93 □ | 93 □ |
| 17. Other Mexican foods (such as tacos, nachos, or quesadillas) | 94 □ | 94 □ |
| 18. Chinese food | 95 □ | 95 □ |
| 19. Lasagna | 96 □ | 96 □ |
| 20. Spaghetti | 97 □ | 97 □ |
| 21. Macaroni and cheese | 98 □ | 98 □ |
| 22. Entrée salad (such as chef’s, cob, or chicken Caesar) | 99 □ | 99 □ |
| 23 Soup with meat or beans (such as chicken, clam chowder, or minestrone) | 100 □ | 100 □ |
| 24. Sausage and biscuits | 101 □ | 101 □ |
| 25. Other entrees *(Specify)* | 102 □ | 102 □ |
| a. | 103 □ | 103 □ |
| b. | 104 □ | 104 □ |
| **I. Baked Goods/Desserts** | | |
| 1. Low-fat/reduced-fat cakes, cupcakes, or brownies | 105 □ | 105 □ |
| 2. Regular cakes, cupcakes, or brownies | 106 □ | 106 □ |
| 3. Low-fat pies, turnovers, or toaster pastries | 107 □ | 107 □ |
| 4. Regular pies, turnovers, or toaster pasties | 108 □ | 108 □ |
| 5. Low-fat doughnuts or cinnamon rolls | 109 □ | 109 □ |
| 6. Regular doughnuts or cinnamon rolls | 110 □ | 110 □ |
| 7. Low-fat cookies | 111 □ | 111 □ |
| 8. Regular cookies | 112 □ | 112 □ |
| 9. Fruit crisp or cobbler | 113 □ | 113 □ |
| 10. Other baked goods/desserts *(Specify)* | 114 □ | 114 □ |
| a. | 115 □ | 115 □ |
| b. | 116 □ | 116 □ |
| **J. Frozen/Dairy Dessert** | | |
| 1. Frozen fruit bars or popsicles | 117 □ | 117 □ |
| 2. Milkshakes, smoothies, or yogurt drinks | 118 □ | 118 □ |
| 3. Low-fat/reduced-fat ice cream, frozen yogurt, or sherbet | 119 □ | 119 □ |
| 4. Regular ice cream, frozen yogurt, or sherbet | 120 □ | 120 □ |
| 5. Pudding | 121 □ | 121 □ |
| 6. Other frozen/dairy dessert *(Specify)* | 122 □ | 122 □ |
| a. | 123 □ | 123 □ |
| b. | 124 □ | 124 □ |
| **K. Snacks** | | |
| 1. Low-fat/reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes) | 125 □ | 125 □ |
| 2. Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes) | 126 □ | 126 □ |
| 3. Hard pretzels | 127 □ | 127 □ |
| 4. Popcorn | 128 □ | 128 □ |
| 5. Cracker sandwiches with cheese or peanut butter | 129 □ | 129 □ |
| 6. Other types of crackers (including animal crackers) | 130 □ | 130 □ |
| 7. Low-fat/reduced-fat granola bars, cereal bars, or energy bars | 131 □ | 131 □ |
| 8. Regular granola bars, cereal bars, or energy bars | 132 □ | 132 □ |
| 9. Crispy rice bars or treats | 133 □ | 133 □ |
| 10. Candy or gum | 134 □ | 134 □ |
| 11. Fruit snacks (such as Fruit Roll-Ups or fruit leather) | 135 □ | 135 □ |
| 12. Meat snacks (such as jerky or pork rinds) | 136 □ | 136 □ |
| 13. Other snacks *(Specify)* | 137 □ | 137 □ |
| a. | 138 □ | 138 □ |
| b. | 139 □ | 139 □ |
| **L. Other A La Carte Items *(Specify)*** | | |
| **Please list any food or beverage that is not listed in sections A-K of this checklist that the cafeteria offered a la carte on the day you complete this form.** | | |
| a. | 140 □ | 140 □ |
| b. | 141 □ | 141 □ |
| c. | 142 □ | 142 □ |
| d. | 143 □ | 143 □ |
| e. | 144 □ | 144 □ |