

**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

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
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 <input type="checkbox"/>	1 <input type="checkbox"/>
2. Reduced fat (2%) white milk	2 <input type="checkbox"/>	2 <input type="checkbox"/>
3. Low-fat (1% or 0.5%) white milk	3 <input type="checkbox"/>	3 <input type="checkbox"/>
4. Fat-free/skim white milk	4 <input type="checkbox"/>	4 <input type="checkbox"/>
5. Reduced fat (2%) <i>flavored</i> milk	5 <input type="checkbox"/>	5 <input type="checkbox"/>
6. Low-fat (1% or 0.5%) <i>flavored</i> milk	6 <input type="checkbox"/>	6 <input type="checkbox"/>
7. Fat-free/skim <i>flavored</i> milk	7 <input type="checkbox"/>	7 <input type="checkbox"/>
8. Other milk beverages, including non-dairy milks (<i>Specify</i>)	8 <input type="checkbox"/>	8 <input type="checkbox"/>
a. _____	9 <input type="checkbox"/>	9 <input type="checkbox"/>
b. _____	10 <input type="checkbox"/>	10 <input type="checkbox"/>
<p>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.</p>		
B. 100% Juice and Water		
1. Juice (100% fruit or vegetable juice)	11 <input type="checkbox"/>	11 <input type="checkbox"/>
2. Bottled water (plain, flavored, or sparkling)	12 <input type="checkbox"/>	12 <input type="checkbox"/>
C. Beverages Other than Milk, 100% Juice, or Water		
1. Diet carbonated soft drink (diet soda/pop)	13 <input type="checkbox"/>	13 <input type="checkbox"/>
2. Regular carbonated soft drink (regular soda/pop)	14 <input type="checkbox"/>	14 <input type="checkbox"/>
3. Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)	15 <input type="checkbox"/>	15 <input type="checkbox"/>
4. Sports drinks (such as Gatorade or PowerAde)	16 <input type="checkbox"/>	16 <input type="checkbox"/>
5. Energy drinks (such as Red Bull or Monster Energy)	17 <input type="checkbox"/>	17 <input type="checkbox"/>
6. Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)	18 <input type="checkbox"/>	18 <input type="checkbox"/>
7. Hot or cold coffee or tea	19 <input type="checkbox"/>	19 <input type="checkbox"/>
8. Other beverages (<i>Specify</i>)	20 <input type="checkbox"/>	20 <input type="checkbox"/>
a. _____	21 <input type="checkbox"/>	21 <input type="checkbox"/>
b. _____	22 <input type="checkbox"/>	22 <input type="checkbox"/>
D. Fruit		
1. Dried fruit (such as raisins or apricots)	23 <input type="checkbox"/>	23 <input type="checkbox"/>
2. Canned fruit	24 <input type="checkbox"/>	24 <input type="checkbox"/>

Food Item	Breakfast	Lunch
3. Fresh fruit	25 <input type="checkbox"/>	25 <input type="checkbox"/>
E. Vegetables		
COOKED VEGETABLES		
1. Baked French fries (including tater tots)	26 <input type="checkbox"/>	26 <input type="checkbox"/>
2. Deep-fried French fries (including tater tots)	27 <input type="checkbox"/>	27 <input type="checkbox"/>
3. Potatoes (other than French fries/tater tots)	28 <input type="checkbox"/>	28 <input type="checkbox"/>
4. Corn	29 <input type="checkbox"/>	29 <input type="checkbox"/>
5. Carrots	30 <input type="checkbox"/>	30 <input type="checkbox"/>
6. Broccoli	31 <input type="checkbox"/>	31 <input type="checkbox"/>
7. Peas	32 <input type="checkbox"/>	32 <input type="checkbox"/>
8. Green beans	33 <input type="checkbox"/>	33 <input type="checkbox"/>
9. Mixed vegetables	34 <input type="checkbox"/>	34 <input type="checkbox"/>
10. Vegetable soup	35 <input type="checkbox"/>	35 <input type="checkbox"/>
11. Other cooked vegetables (<i>Specify</i>)	36 <input type="checkbox"/>	36 <input type="checkbox"/>
a. _____	37 <input type="checkbox"/>	37 <input type="checkbox"/>
b. _____	38 <input type="checkbox"/>	38 <input type="checkbox"/>
UNCOOKED VEGETABLES		
12. Carrot sticks	39 <input type="checkbox"/>	39 <input type="checkbox"/>
13. Celery	40 <input type="checkbox"/>	40 <input type="checkbox"/>
14. Cucumbers	41 <input type="checkbox"/>	41 <input type="checkbox"/>
15. Salad bars	42 <input type="checkbox"/>	42 <input type="checkbox"/>
16. Tossed salads (side)	43 <input type="checkbox"/>	43 <input type="checkbox"/>
17. Prepared salads (such as potato salad, coleslaw, or three bean salad)	44 <input type="checkbox"/>	44 <input type="checkbox"/>
18. Other raw vegetables (<i>Specify</i>)	45 <input type="checkbox"/>	45 <input type="checkbox"/>
a. _____	46 <input type="checkbox"/>	46 <input type="checkbox"/>
b. _____	47 <input type="checkbox"/>	47 <input type="checkbox"/>
F. Bread/Grains		
1. Regular bread, rolls, bagels, or tortillas	48 <input type="checkbox"/>	48 <input type="checkbox"/>
2. Whole grain-rich breads, rolls, bagels, or tortillas	49 <input type="checkbox"/>	49 <input type="checkbox"/>
3. Other bread items (such as biscuits, croissants, or hot pretzels)	50 <input type="checkbox"/>	50 <input type="checkbox"/>
4. Low-fat muffins	51 <input type="checkbox"/>	51 <input type="checkbox"/>
5. Regular muffins	52 <input type="checkbox"/>	52 <input type="checkbox"/>

Food Item	Breakfast	Lunch
6. Ready-to-eat breakfast cereal	53 <input type="checkbox"/>	53 <input type="checkbox"/>
7. Pancakes, waffles, or French toast	54 <input type="checkbox"/>	54 <input type="checkbox"/>
8. Rice, pasta, or cereal	55 <input type="checkbox"/>	55 <input type="checkbox"/>
9. Other bread/grains (<i>Specify</i>)	56 <input type="checkbox"/>	56 <input type="checkbox"/>
a. _____	57 <input type="checkbox"/>	57 <input type="checkbox"/>
b. _____	58 <input type="checkbox"/>	58 <input type="checkbox"/>
G. Meat/Meat Alternates		
1. Breaded chicken/turkey (nuggets, patties, strips, parts)	59 <input type="checkbox"/>	59 <input type="checkbox"/>
2. Not breaded chicken/turkey (nuggets, patties, strips, parts)	60 <input type="checkbox"/>	60 <input type="checkbox"/>
3. Breaded beef/pork (nuggets, patties, strips)	61 <input type="checkbox"/>	61 <input type="checkbox"/>
4. Not breaded beef/pork (nuggets, patties, strips)	62 <input type="checkbox"/>	62 <input type="checkbox"/>
5. Sausage or bacon	63 <input type="checkbox"/>	63 <input type="checkbox"/>
6. Breaded fish (nuggets, patties, strips/sticks)	64 <input type="checkbox"/>	64 <input type="checkbox"/>
7. Not breaded fish (nuggets, patties, strips/sticks, fillets)	65 <input type="checkbox"/>	65 <input type="checkbox"/>
8. Eggs	66 <input type="checkbox"/>	66 <input type="checkbox"/>
9. Cheese	67 <input type="checkbox"/>	67 <input type="checkbox"/>
10. Fried or baked cheese or pizza sticks (for example, Bosco sticks)	68 <input type="checkbox"/>	68 <input type="checkbox"/>
11. Chili	69 <input type="checkbox"/>	69 <input type="checkbox"/>
12. Yogurt	70 <input type="checkbox"/>	70 <input type="checkbox"/>
13. Peanut butter	71 <input type="checkbox"/>	71 <input type="checkbox"/>
14. Nuts and/or seeds (such as almonds, peanuts, sunflower seeds, or trail mix)	72 <input type="checkbox"/>	72 <input type="checkbox"/>
15. Other meat/meat alternates (<i>Specify</i>)	73 <input type="checkbox"/>	73 <input type="checkbox"/>
a. _____	74 <input type="checkbox"/>	74 <input type="checkbox"/>
b. _____	75 <input type="checkbox"/>	75 <input type="checkbox"/>
H. Entrees		
SANDWICHES		
1. Cheeseburger or hamburger	76 <input type="checkbox"/>	76 <input type="checkbox"/>
2. Hot dog or corn dog	77 <input type="checkbox"/>	77 <input type="checkbox"/>
3. Barbecue (including sloppy joes)	78 <input type="checkbox"/>	78 <input type="checkbox"/>
4. Peanut butter sandwich (including with jelly)	79 <input type="checkbox"/>	79 <input type="checkbox"/>
5. Cheese sandwich	80 <input type="checkbox"/>	80 <input type="checkbox"/>
6. Veggie burger	81 <input type="checkbox"/>	81 <input type="checkbox"/>

Food Item	Breakfast	Lunch
7. Chicken, egg, or tuna salad sandwich	82 <input type="checkbox"/>	82 <input type="checkbox"/>
8. Sandwich with breaded meat, poultry or fish	83 <input type="checkbox"/>	83 <input type="checkbox"/>
9. Sandwich with cold cuts (salami, bologna, or pepperoni)	84 <input type="checkbox"/>	84 <input type="checkbox"/>
10. Sandwich with plain (not breaded) meat, poultry or fish	85 <input type="checkbox"/>	85 <input type="checkbox"/>
11. Breakfast sandwich or breakfast burrito	86 <input type="checkbox"/>	86 <input type="checkbox"/>
12. Other sandwiches (<i>Specify</i>)	87 <input type="checkbox"/>	87 <input type="checkbox"/>
a. _____	88 <input type="checkbox"/>	88 <input type="checkbox"/>
b. _____	89 <input type="checkbox"/>	89 <input type="checkbox"/>
OTHER ENTREES		
13. Pizza without meat	90 <input type="checkbox"/>	90 <input type="checkbox"/>
14. Pizza with meat	91 <input type="checkbox"/>	91 <input type="checkbox"/>
15. Calzone or Hot Pocket	92 <input type="checkbox"/>	92 <input type="checkbox"/>
16. Burritos	93 <input type="checkbox"/>	93 <input type="checkbox"/>
17. Other Mexican foods (such as tacos, nachos, or quesadillas)	94 <input type="checkbox"/>	94 <input type="checkbox"/>
18. Chinese food	95 <input type="checkbox"/>	95 <input type="checkbox"/>
19. Lasagna	96 <input type="checkbox"/>	96 <input type="checkbox"/>
20. Spaghetti	97 <input type="checkbox"/>	97 <input type="checkbox"/>
21. Macaroni and cheese	98 <input type="checkbox"/>	98 <input type="checkbox"/>
22. Entrée salad (such as chef's, cob, or chicken Caesar)	99 <input type="checkbox"/>	99 <input type="checkbox"/>
23. Soup with meat or beans (such as chicken, clam chowder, or minestrone)	100 <input type="checkbox"/>	100 <input type="checkbox"/>
24. Sausage and biscuits	101 <input type="checkbox"/>	101 <input type="checkbox"/>
25. Other entrees (<i>Specify</i>)	102 <input type="checkbox"/>	102 <input type="checkbox"/>
a. _____	103 <input type="checkbox"/>	103 <input type="checkbox"/>
b. _____	104 <input type="checkbox"/>	104 <input type="checkbox"/>
I. Baked Goods/Desserts		
1. Low-fat/reduced-fat cakes, cupcakes, or brownies	105 <input type="checkbox"/>	105 <input type="checkbox"/>
2. Regular cakes, cupcakes, or brownies	106 <input type="checkbox"/>	106 <input type="checkbox"/>
3. Low-fat pies, turnovers, or toaster pastries	107 <input type="checkbox"/>	107 <input type="checkbox"/>
4. Regular pies, turnovers, or toaster pasties	108 <input type="checkbox"/>	108 <input type="checkbox"/>
5. Low-fat doughnuts or cinnamon rolls	109 <input type="checkbox"/>	109 <input type="checkbox"/>
6. Regular doughnuts or cinnamon rolls	110 <input type="checkbox"/>	110 <input type="checkbox"/>

Food Item	Breakfast	Lunch
7. Low-fat cookies	111 <input type="checkbox"/>	111 <input type="checkbox"/>
8. Regular cookies	112 <input type="checkbox"/>	112 <input type="checkbox"/>
9. Fruit crisp or cobbler	113 <input type="checkbox"/>	113 <input type="checkbox"/>
10. Other baked goods/desserts (<i>Specify</i>)	114 <input type="checkbox"/>	114 <input type="checkbox"/>
a. _____	115 <input type="checkbox"/>	115 <input type="checkbox"/>
b. _____	116 <input type="checkbox"/>	116 <input type="checkbox"/>
J. Frozen/Dairy Dessert		
1. Frozen fruit bars or popsicles	117 <input type="checkbox"/>	117 <input type="checkbox"/>
2. Milkshakes, smoothies, or yogurt drinks	118 <input type="checkbox"/>	118 <input type="checkbox"/>
3. Low-fat/reduced-fat ice cream, frozen yogurt, or sherbet	119 <input type="checkbox"/>	119 <input type="checkbox"/>
4. Regular ice cream, frozen yogurt, or sherbet	120 <input type="checkbox"/>	120 <input type="checkbox"/>
5. Pudding	121 <input type="checkbox"/>	121 <input type="checkbox"/>
6. Other frozen/dairy dessert (<i>Specify</i>)	122 <input type="checkbox"/>	122 <input type="checkbox"/>
a. _____	123 <input type="checkbox"/>	123 <input type="checkbox"/>
b. _____	124 <input type="checkbox"/>	124 <input type="checkbox"/>
K. Snacks		
1. Low-fat/reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	125 <input type="checkbox"/>	125 <input type="checkbox"/>
2. Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	126 <input type="checkbox"/>	126 <input type="checkbox"/>
3. Hard pretzels	127 <input type="checkbox"/>	127 <input type="checkbox"/>
4. Popcorn	128 <input type="checkbox"/>	128 <input type="checkbox"/>
5. Cracker sandwiches with cheese or peanut butter	129 <input type="checkbox"/>	129 <input type="checkbox"/>
6. Other types of crackers (including animal crackers)	130 <input type="checkbox"/>	130 <input type="checkbox"/>
7. Low-fat/reduced-fat granola bars, cereal bars, or energy bars	131 <input type="checkbox"/>	131 <input type="checkbox"/>
8. Regular granola bars, cereal bars, or energy bars	132 <input type="checkbox"/>	132 <input type="checkbox"/>
9. Crispy rice bars or treats	133 <input type="checkbox"/>	133 <input type="checkbox"/>
10. Candy or gum	134 <input type="checkbox"/>	134 <input type="checkbox"/>
11. Fruit snacks (such as Fruit Roll-Ups or fruit leather)	135 <input type="checkbox"/>	135 <input type="checkbox"/>
12. Meat snacks (such as jerky or pork rinds)	136 <input type="checkbox"/>	136 <input type="checkbox"/>
13. Other snacks (<i>Specify</i>)	137 <input type="checkbox"/>	137 <input type="checkbox"/>
a. _____	138 <input type="checkbox"/>	138 <input type="checkbox"/>
b. _____	139 <input type="checkbox"/>	139 <input type="checkbox"/>

Food Item	Breakfast	Lunch
L. Other A La Carte Items (<i>Specify</i>)		
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 <input type="checkbox"/>	140 <input type="checkbox"/>
b. _____	141 <input type="checkbox"/>	141 <input type="checkbox"/>
c. _____	142 <input type="checkbox"/>	142 <input type="checkbox"/>
d. _____	143 <input type="checkbox"/>	143 <input type="checkbox"/>
e. _____	144 <input type="checkbox"/>	144 <input type="checkbox"/>