

APPENDIX H
SUPPLEMENTAL TABLES FOR CHAPTER 8

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TABLES

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Appendix H presents the average amounts of USDA Food Pattern food groups in NSLP lunches and SBP breakfasts *offered* and *served* in SY 2009–2010 and compares these average amounts to USDA Food Pattern recommendations for school-age children. It is important to note that these comparisons are unlike most of the comparisons shown in the main chapters of this report, where meal-specific averages are compared, in most cases, to meal-specific standards. In this appendix (and the associated Chapter 8), meal-specific findings are compared to Food Pattern recommendations for average daily (24-hour) intakes.

As described in Chapter 8, USDA Food Pattern recommendations for individuals depend on calorie requirements, which are determined by age, gender, and activity level. To assess the potential contribution of school meals to Food Pattern recommendations, we used Food Patterns for 1,800 calories, 2,000 calories, and 2,400 calories as reference standards for elementary schools, middle schools, and high schools, respectively. These are the calorie levels used by the IOM in developing recommendations for revised nutrition standards for school meals (IOM 2010). Food Pattern recommendations for these three calorie levels are summarized in Chapter 8, Table 8.1.

Appendix Tables H.1–H.12 provide comparisons to other calorie levels that may be applicable to specific subgroups of students in each type of school. Additional comparisons include 1,200, 1,400, and 1,600 calorie Food Patterns for elementary schools; 1,600 and 1,800 calorie Food Patterns for middle schools; and 1,800, 2,000, and 2,200 calorie Food Patterns for high schools. In addition, Appendix Tables H.13–H.16 present data on concentrations of Food Pattern food groups per 1,000 calories.

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Table H.1. Average Amounts of Food Groups in National School Lunch Program Lunches *Offered* to Students in Elementary Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a							
		1,200		1,400		1,600		1,800	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.75	1	75	1.5	50	1.5	50	1.5	50
Vegetables (cup equiv)	0.72	1.5	48	1.5	48	2	36	2.5	29
Dark green (cup/wk) ^d	0.19	1	19	1	19	1.5	13	1.5	13
Red and orange (cup/wk) ^d	1.06	3	35	3	35	4	27	5.5	19
Legumes (cup/wk) ^{d,e}	0.15	0.5	30	0.5	30	1	15	1.5	10
Starchy (cup/wk) ^d	0.92	3.5	26	3.5	26	4	23	5	18
Other (cup/wk) ^d	1.21	2.5	48	2.5	48	3.5	35	4	30
Grains (oz equiv)	2.36	4	59	5	47	5	47	6	39
Whole grains (oz equiv)	0.28	2	14	2.5	11	3	9	3	9
Protein Foods (oz equiv) ^f	1.49	3	50	4	37	5	30	5	30
Dairy (cup equiv)	1.38	2.5	55	2.5	55	3	46	3	46
Oils (tsp)	2.01	4	50	4	50	5	40	5	40
Calories from Solid Fats and Added Sugars	184	120	154	120	154	120	154	160	115
Calories from solid fats	113	n.a		n.a				n.a	
Calories from added sugars	71	n.a		n.a				n.a	
Number of Schools					318				

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend elementary schools would require between 1,200 and 1,800 calories.

^b Recommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^c Percent of recommended daily amount from each group within calorie level.

^d Includes only schools that provided menu information for 5 days

^e Includes legumes offered as a vegetable or included in combination entrees.

^f Includes legumes offered as a meat alternate.

Table H.2. Average Amounts of Food Groups in National School Lunch Program Lunches *Offered* to Students in Middle Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a					
		1,600		1,800		2,000	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.85	1.5	57	1.5	57	2	42
Vegetables (cup equiv)	0.82	2	41	2.5	33	2.5	33
Dark green (cup/wk) ^d	0.21	1.5	14	1.5	14	1.5	14
Red and Orange (cup/wk) ^d	1.12	4	28	5.5	20	5.5	20
Legumes (cup/wk) ^{d,e}	0.15	1	15	1.5	10	1.5	10
Starchy (cup/wk) ^d	1.13	4	28	5	23	5	23
Other (cup/wk) ^d	1.41	3.5	40	4	35	4	35
Grains (oz equiv)	2.68	5	54	6	45	6	45
Whole grains (oz equiv)	0.29	3	10	3	10	3	10
Protein Foods (oz equiv) ^f	1.57	5	31	5	31	5.5	29
Dairy (cups)	1.42	3	47	3	47	3	47
Oils (tsp)	2.25	5	45	5	45	6	37
Calories from Solid Fats and Added Sugars	194	120	161	160	121	260	74
Calories from solid fats	123	n.a		n.a		n.a	
Calories from added sugars	71	n.a		n.a		n.a	
Number of Schools				287			

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend middle schools would require between 1,600 and 2,000 calories.

^bRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^cPercent of recommended daily amount from each group within calorie level.

^dIncludes only schools that provided menu information for 5 days.

^eIncludes legumes offered as a vegetable or included in combination entrees.

^fIncludes legumes offered as a meat alternate.

Table H.3. Average Amounts of Food Groups in National School Lunch Program Lunches Offered to Students in High Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a							
		1,800		2,000		2,200		2,400	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.92	1.5	61	2	46	2	46	2	46
Vegetables (cup equiv)	0.89	2.5	35	2.5	35	3	30	3	30
Dark green (cup/wk) ^d	0.25	1.5	17	1.5	17	2	13	2	13
Red and orange (cup/wk) ^d	1.20	5.5	22	5.5	22	6	20	6	20
Legumes (cup/wk) ^{d,e}	0.15	1.5	10	1.5	10	2	8	2	8
Starchy (cup/wk) ^d	1.28	5	26	5	26	6	21	6	21
Other (cup/wk) ^d	1.58	4	40	4	40	5	32	5	32
Grains (oz equiv)	2.89	6	48	6	48	7	41	8	36
Whole grains (oz equiv)	0.29	3	10	3	10	3.5	8	4	7
Protein Foods (oz equiv) ^f	1.66	5	33	5.5	30	6	28	6.5	26
Dairy (cup equiv)	1.44	3	48	3	48	3	48	3	48
Oils (tsp)	2.58	5	52	6	43	6	43	7	37
Calories from Solid Fats and Added Sugars	206	160	129	260	79	270	76	330	63
Calories from solid fats	130	n.a		n.a		n.a		n.a	
Calories from added sugars	76	n.a		n.a		n.a		n.a	
Number of Schools	279								

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend high schools would require between 1,800 and 2,400 calories.

^b Recommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^c Percent of recommended daily amount from each group within calorie level.

^d Includes only schools that provided menu information for 5 days.

^e Includes legumes offered as a vegetable or included in combination entrees.

^f Includes legumes offered as a meat alternate.

Table H.4. Average Amounts of Food Groups in National School Lunch Program Lunches *Served* to Students in Elementary Schools, Relative to Reference USDA Food Patterns

	Calorie Levels ^a								
	1,200			1,400		1,600		1,800	
	Average Amount	Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.48	1	48	1.5	32	1.5	32	1.5	32
Vegetables (cup equiv)	0.58	1.5	39	1.5	39	2	29	2.5	23
Dark green (cup/wk) ^d	0.11	1	11	1	11	1.5	7	1.5	7
Red and orange (cup/wk) ^d	0.88	3	29	3	29	4	22	5.5	16
Legumes (cup/wk) ^{d,e}	0.12	0.5	24	0.5	24	1	12	1.5	8
Starchy (cup/wk) ^d	0.99	3.5	28	3.5	28	4	25	5	20
Other (cup/wk) ^d	0.76	2.5	30	2.5	30	3.5	22	4	19
Grains (oz equiv)	2.24	4	56	5	45	5	45	6	37
Whole grains (oz equiv)	0.25	2	12	2.5	10	3	8	3	8
Protein Foods (oz equiv) ^f	1.34	3	45	4	34	5	27	5	27
Dairy (cup equiv)	1.30	2.5	52	2.5	52	3	43	3	43
Oils (tsp)	1.60	4	40	4	40	5	32	5	32
Calories from Solid Fats and Added Sugars	184	120	153	120	153	120	153	160	115
Calories from solid fats	111	n.a		n.a		n.a		n.a	
Calories from added sugars	73	n.a		n.a		n.a		n.a	
Number of Schools	317								

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend elementary schools would require between 1,200 and 1,800 calories.

^bRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^cPercent of recommended daily amount from each group within calorie level.

^dIncludes only schools that provided menu information for 5 days.

^eIncludes legumes offered as a vegetable or included in combination entrees.

^fIncludes legumes offered as a meat alternate.

Table H.5. Average Amounts of Food Groups in National School Lunch Program Lunches *Served* to Students in Middle Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a					
		1,600		1,800		2,000	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.45	1.5	30	1.5	30	2	22
Vegetables (cup equiv)	0.61	2	30	2.5	24	2.5	24
Dark green (cup/wk) ^d	0.12	1.5	8	1.5	8	1.5	8
Red and Orange (cup/wk) ^d	0.88	4	22	5.5	16	5.5	16
Legumes (cup/wk) ^{d,e}	0.10	1	10	1.5	7	1.5	7
Starchy (cup/wk) ^d	1.11	4	28	5	22	5	22
Other (cup/wk) ^d	0.80	3.5	23	4	20	4	20
Grains (oz equiv)	2.48	5	50	6	41	6	41
Whole grains (oz equiv)	0.25	3	8	3	8	3	8
Protein Foods (oz equiv) ^f	1.38	5	28	5	28	5.5	25
Dairy (cups)	1.25	3	42	3	42	3	42
Oils (tsp)	1.79	5	36	5	36	6	30
Calories from Solid Fats and Added Sugars	186	120	155	160	116	260	71
Calories from solid fats	117	n.a		n.a		n.a	
Calories from added sugars	69	n.a		n.a		n.a	
Number of Schools				285			

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. Two schools did not provide adequate data on the number of servings selected for each menu item and were excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend middle schools would require between 1,600 and 2,000 calories.

^bRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^cPercent of recommended daily amount from each group within calorie level.

^dIncludes only schools that provided menu information for 5 days.

^eIncludes legumes offered as a vegetable or included in combination entrees.

^fIncludes legumes offered as a meat alternate.

Table H.6. Average Amounts of Food Groups in National School Lunch Program Lunches *Served* to Students in High Schools, Relative to Reference USDA Food Patterns

	Calorie Levels ^a								
	Average Amount	1,800		2,000		2,200		2,400	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.49	1.5	33	2	25	2	25	2	25
Vegetables (cup equiv)	0.71	2.5	28	2.5	28	3	24	3	24
Dark green (cup/wk) ^d	0.15	1.5	10	1.5	10	2	8	2	8
Red and orange (cup/wk) ^d	1.02	5.5	19	5.5	19	6	17	6	17
Legumes (cup/wk) ^{d,e}	0.12	1.5	8	1.5	8	2	6	2	6
Starchy (cup/wk) ^d	1.30	5	26	5	26	6	22	6	22
Other (cup/wk) ^d	0.99	4	25	4	25	5	20	5	20
Grains (oz equiv)	2.60	6	43	6	43	7	37	8	32
Whole grains (oz equiv)	0.23	3	8	3	8	3.5	7	4	6
Protein Foods (oz equiv) ^f	1.48	5	30	5.5	27	6	25	6.5	23
Dairy (cup equiv)	1.29	3	43	3	43	3	43	3	43
Oils (tsp)	2.16	5	43	6	36	6	36	7	31
Calories from Solid Fats and Added Sugars	195	160	122	260	75	270	72	330	59
Calories from solid fats	123	n.a		n.a		n.a		n.a	
Calories from added sugars	72	n.a		n.a		n.a		n.a	

Number of Schools**278**

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend high schools would require between 1,800 and 2,400 calories.

^b Recommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^c Percent of recommended daily amount from each group within calorie level.

^d Includes only schools that provided menu information for 5 days.

^e Includes legumes offered as a vegetable or included in combination entrees.

^f Includes legumes offered as a meat alternate.

Table H.7. Average Amounts of Food Groups in School Breakfast Program Breakfasts *Offered* to Students in Elementary Schools, Relative to Reference USDA Food Patterns

	Calorie Levels ^a								
	Average Amount	1,800		2,000		2,200		2,400	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.59	1	59	1.5	39	1.5	39	1.5	39
Vegetables (cup equiv)	0.01	1.5	1	1.5	1	2	1	2.5	0
Dark green (cup/wk) ^d	0.00~	1	0	1	0	1.5	0	1.5	0
Red and orange (cup/wk) ^d	0.02	3	1	3	1	4	1	5.5	0
Legumes (cup/wk) ^{d,e}	0.00~	0.5	0	0.5	0	1	0	1.5	0
Starchy (cup/wk) ^d	0.02	3.5	1	3.5	1	4	1	5	0
Other (cup/wk) ^d	0.01	2.5	0	2.5	0	3.5	0	4	0
Grains (oz equiv)	1.59	4	40	5	32	5	32	6	26
Whole grains (oz equiv)	0.33	2	16	2.5	13	3	11	3	11
Protein Foods (oz equiv) ^f	0.32	3	11	4	8	5	6	5	6
Dairy (cup equiv)	1.11	2.5	45	2.5	45	3	37	3	37
Oils (tsp)	0.26	4	6	4	6	5	5	5	5
Calories from Solid Fats and Added Sugars	146	120	122	120	122	120	122	160	91
Calories from solid fats	73	n.a		n.a		n.a		n.a	
Calories from added sugars	74	n.a		n.a		n.a		n.a	
Number of Schools	282								

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend elementary schools would require between 1,200 and 1,800 calories.

^b Recommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^c Percent of recommended daily amount from each group within calorie level.

^d Includes only schools that provided menu information for 5 days.

^e Includes legumes offered as a vegetable or included in combination entrees.

^f Includes legumes offered as a meat alternate.

Table H.7 (*continued*)

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1. When these rules are applied, percentages close to 0 or 100 are often flagged. In this table, flagged percentages between 0 and 3 percent are displayed as <3 and flagged percentages between 97 and 100 percent are displayed as >97.

Table H.8. Average Amounts of Food Groups in School Breakfast Program Breakfasts Offered to Students in Middle Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a					
		1,600		1,800		2,000	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.64	1.5	43	1.5	43	2	32
Vegetables (cup equiv)	0.02	2	1	2.5	1	2.5	1
Dark green (cup/wk) ^d	0.00~	1.5	0	1.5	0	1.5	0
Red and Orange (cup/wk) ^d	0.05	4	1	5.5	1	5.5	1
Legumes (cup/wk) ^{d,e}	0.01~	1	1	1.5	1	1.5	1
Starchy (cup/wk) ^d	0.06	4	2	5	1	5	1
Other (cup/wk) ^d	0.01	3.5	0	4	0	4	0
Grains (oz equiv)	1.85	5	37	6	31	6	31
Whole grains (oz equiv)	0.26	3	9	3	9	3	9
Protein Foods (oz equiv) ^f	0.39	5	8	5	8	5.5	7
Dairy (cups)	1.14	3	38	3	38	3	38
Oils (tsp)	0.24	5	5	5	5	6	4
Calories from Solid Fats and Added Sugars	171	120	142	160	107	260	66
Calories from solid fats	87	n.a		n.a		n.a	
Calories from added sugars	84	n.a		n.a		n.a	
Number of Schools		264					

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend middle schools would require between 1,600 and 2,000 calories.

^bRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^cPercent of recommended daily amount from each group within calorie level.

^dIncludes only schools that provided menu information for 5 days.

^eIncludes legumes offered as a vegetable or included in combination entrees.

^fIncludes legumes offered as a meat alternate.

Table H.8 (*continued*)

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1. When these rules are applied, percentages close to 0 or 100 are often flagged. In this table, flagged percentages between 0 and 3 percent are displayed as <3 and flagged percentages between 97 and 100 percent are displayed as >97. .

Table H.9. Average Amounts of Food Groups in School Breakfast Program Breakfasts *Offered* to Students in High Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a							
		1,800		2,000		2,200		2,400	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.66	1.5	44	2	33	2	33	2	33
Vegetables (cup equiv)	0.02	2.5	1	2.5	1	3	1	3	1
Dark green (cup/wk) ^d	0.00	1.5	0	1.5	0	2	0	2	0
Red and orange (cup/wk) ^d	0.06	5.5	1	5.5	1	6	1	6	1
Legumes (cup/wk) ^{d,e}	0.01~	1.5	1	1.5	1	2	1	2	1
Starchy (cup/wk) ^d	0.05	5	1	5	1	6	1	6	1
Other (cup/wk) ^d	0.01	4	0	4	0	5	0	5	0
Grains (oz equiv)	1.95	6	33	6	33	7	28	8	24
Whole grains (oz equiv)	0.27	3	9	3	9	3.5	8	4	7
Protein Foods (oz equiv) ^f	0.40	5	8	5.5	7	6	7	6.5	6
Dairy (cup equiv)	1.12	3	37	3	37	3	37	3	37
Oils (tsp)	0.27	5	5	6	4	6	4	7	4
Calories from Solid Fats and Added Sugars	174	160	108	260	67	270	64	330	53
Calories from solid fats	91	n.a		n.a		n.a		n.a	
Calories from added sugars	82	n.a		n.a		n.a		n.a	
Number of Schools	257								

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Sedentary activity levels are used to identify calorie levels. Most of the children that typically attend high schools would require between 1,800 and 2,400 calories.

^b Recommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^c Percent of recommended daily amount from each group within calorie level.

^d Includes only schools that provided menu information for 5 days.

^e Includes legumes offered as a vegetable or included in combination entrees.

Table H.9 (*continued*)

[†]Includes legumes offered as a meat alternate.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1. When these rules are applied, percentages close to 0 or 100 are often flagged. In this table, flagged percentages between 0 and 3 percent are displayed as <3 and flagged percentages between 97 and 100 percent are displayed as >97.

Table H.10. Average Amounts of Food Groups in School Breakfast Program Breakfasts *Served* to Students in Elementary Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a							
		1,200		1,400		1,600		1,800	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.50	1	50	1.5	33	1.5	33	1.5	33
Vegetables (cup equiv)	0.01	1.5	1	1.5	1	2	1	2.5	1
Dark green (cup/wk) ^d	0.00~	1	0	1	0	1.5	0	1.5	0
Red and orange (cup/wk) ^d	0.02	3	1	3	1	4	1	5.5	0
Legumes (cup/wk) ^{d,e}	0.00~	0.5	0	0.5	0	1	0	1.5	0
Starchy (cup/wk) ^d	0.04	3.5	1	3.5	1	4	1	5	1
Other (cup/wk) ^d	0.01	2.5	0	2.5	0	3.5	0	4	0
Grains (oz equiv)	1.60	4	40	5	32	5	32	6	27
Whole grains (oz equiv)	0.28	2	14	2.5	11	3	9	3	9
Protein Foods (oz equiv) ^f	0.35	3	12	4	9	5	7	5	7
Dairy (cup equiv) ^f	0.99	2.5	40	2.5	40	3	33	3	33
Oils (tsp)	0.23	4	6	4	6	5	5	5	5
Calories from Solid Fats and Added Sugars	144	120	120	120	120	120	120	160	90
Calories from solid fats	76	n.a		n.a		n.a		n.a	
Calories from added sugars	69	n.a		n.a		n.a		n.a	
Number of Schools					282				

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. The methodology is fully described in Appendix D of this report.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend elementary schools would require between 1,200 and 1,800 calories.

^bRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^cPercent of recommended daily amount from each group within calorie level.

^dIncludes only schools that provided menu information for 5 days.

^eIncludes legumes offered as a vegetable or included in combination entrees.

Table H.10 (*continued*)

[†]Includes legumes offered as a meat alternate.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1. When these rules are applied, percentages close to 0 or 100 are often flagged. In this table, flagged percentages between 0 and 3 percent are displayed as <3 and flagged percentages between 97 and 100 percent are displayed as >97.

Table H.11. Average Amounts of Food Groups in School Breakfast Program Breakfasts *Served* to Students in Middle Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a					
		1,600		1,800		2,000	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.54	1.5	36	1.5	36	2	27
Vegetables (cup equiv)	0.03	2	1	2.5	1	2.5	1
Dark green (cup/wk) ^d	0.00~	1.5	0	1.5	0	1.5	0
Red and Orange (cup/wk) ^d	0.03	4	1	5.5	1	5.5	1
Legumes (cup/wk) ^{d,e}	0.01~	1	1	1.5	1	1.5	1
Starchy (cup/wk) ^d	0.09	4	2	5	2	5	2
Other (cup/wk) ^d	0.01	3.5	0	4	0	4	0
Grains (oz equiv)	1.97	5	39	6	33	6	33
Whole grains (oz equiv)	0.22	3	7	3	7	3	7
Protein Foods (oz equiv) ^f	0.50	5	10	5	10	5.5	9
Dairy (cups)	0.99	3	33	3	33	3	33
Oils (tsp)	0.24	5	5	5	5	6	4
Calories from Solid Fats and Added Sugars	177	120	147	160	110	260	68
Calories from solid fats	98	n.a		n.a		n.a	
Calories from added sugars	79	n.a		n.a		n.a	
Number of Schools				263			

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend middle schools would need between 1,600 and 2,000 calories.

^bRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^cPercent of recommended daily amount from each group within calorie level.

^dIncludes only schools that provided menu information for 5 days.

^eIncludes legumes offered as a vegetable or included in combination entrees.

^fIncludes legumes offered as a meat alternate.

Table H.11 (*continued*)

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1. When these rules are applied, percentages close to 0 or 100 are often flagged. In this table, flagged percentages between 0 and 3 percent are displayed as <3 and flagged percentages between 97 and 100 percent are displayed as >97.

Table H.12. Average Amounts of Food Groups in School Breakfast Program Breakfasts Served to Students in High Schools, Relative to Reference USDA Food Patterns

	Average Amount	Calorie Levels ^a							
		1,800		2,000		2,200		2,400	
		Recommended Amount ^b	Percent of Recommendation ^c	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation	Recommended Amount	Percent of Recommendation
Fruits (cup equiv)	0.58	1.5	39	2	29	2	29	2	29
Vegetables (cup equiv)	0.03	2.5	1	2.5	1	3	1	3	1
Dark green (cup/wk) ^d	0.00	1.5	0	1.5	0	2	0	2	0
Red and orange (cup/wk) ^d	0.05	5.5	1	5.5	1	6	1	6	1
Legumes (cup/wk) ^{d,e}	0.02~	1.5	1	1.5	1	2	1	2	1
Starchy (cup/wk) ^d	0.09	5	2	5	2	6	2	6	2
Other (cup/wk) ^d	0.02	4	1	4	1	5	0	5	0
Grains (oz equiv)	2.11	6	35	6	35	7	30	8	26
Whole grains (oz equiv)	0.22	3	7	3	7	3.5	6	4	5
Protein Foods (oz equiv) ^f	0.51	5	10	5.5	9	6	9	6.5	8
Dairy (cup equiv)	0.93	3	31	3	31	3	31	3	31
Oils (tsp)	0.24	5	5	6	4	6	4	7	3
Calories from Solid Fats and Added Sugars	171	160	107	260	66	270	63	330	52
Calories from solid fats	100	n.a		n.a		n.a		n.a	
Calories from added sugars	71	n.a		n.a		n.a		n.a	
Number of Schools				257					

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. The methodology is fully described in Appendix D of this report.

n.a. = Not applicable.

^a USDA Food Pattern recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend high schools would need between 1,800 and 2,400 calories.

^bRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^cPercent of recommended daily amount from each group within calorie level.

^dIncludes only schools that provided menu information for 5 days.

^eIncludes legumes offered as a vegetable or included in combination entrees.

Table H.12 (continued)

^fIncludes legumes offered as a meat alternate.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1. When these rules are applied, percentages close to 0 or 100 are often flagged. In this table, flagged percentages between 0 and 3 percent are displayed as <3 and flagged percentages between 97 and 100 percent are displayed as >97.

Table H.13. Average Amounts of Food Groups per 1,000 Calories in National School Lunch Program Lunches Offered to Students, by School Type

	Recommended Amount per 1,000 Calories ^a	Elementary Schools		Middle Schools		High Schools		All Schools	
		Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation
Total Fruit	≥ 0.8 cup equiv	1.03	129	1.08	135	1.09	137	1.05	131
Whole Fruit (not Juice)	≥ 0.4 cup equiv	0.86	216	0.90	224	0.95	238 ^γ	0.89	222
Total Vegetables	≥ 1.1 cup equiv	0.98	90	1.04	95	1.05	96 ^γ	1.01	92
Dark Green and Orange Vegetables and Legumes ^b	≥ 0.4 cup equiv	0.21	52	0.20	49	0.18	46 ^γ	0.20	50
Total Grains	≥ 3.0 oz equiv	3.25	108 ^α	3.39	113	3.42	114 ^γ	3.31	110
Whole Grains	≥ 1.5 oz equiv	0.40	26	0.37	25	0.34	23	0.38	25
Protein Foods ^c	≥ 2.5 oz equiv	2.07	83	2.04	82	2.01	80	2.06	82
Dairy	≥ 1.3 cup equiv	1.93	149 ^α	1.84	141 ^β	1.74	134 ^γ	1.88	144
Oils	≥ 12 gm	12.29	102	12.54	104 ^β	13.55	113 ^γ	12.59	105
Number of Schools		318		287		279		884	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

^aRecommended amounts per 1,000 calories are based on the standards used in the Healthy Eating Index–2005 (Guenther et al., 2008).

^bIncludes legumes offered as a vegetable or included in combination entrees.

^cIncludes legumes offered as a meat alternate.

^αDifference between elementary and middle schools is significantly different from zero at the .05 level.

^βDifference between middle and high schools is significantly different from zero at the .05 level.

^γDifference between elementary and high schools is significantly different from zero at the .05 level.

Table H.14. Average Amount of Food Groups per 1,000 Calories in National School Lunch Program Lunches *Served* to Students, By School Type

	Recommended Amount per 1,000 Calories ^a	Elementary Schools		Middle Schools		High Schools		All Schools	
		Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation
Total Fruit	≥ 0.8 cup equiv	0.74	92 ^α	0.66	83	0.68	85	0.71	89
Whole Fruit (not Juice)	≥ 0.4 cup equiv	0.65	162 ^α	0.52	129	0.56	139 ^γ	0.60	151
Total Vegetables	≥ 1.1 cup equiv	0.87	79	0.88	80 ^β	0.95	87 ^γ	0.89	81
Dark Green and Orange Vegetables and Legumes ^b	≥ 0.4 cup equiv	0.15	37 ^α	0.13	31	0.13	33	0.14	35
Total Grains	≥ 3.0 oz equiv	3.40	113 ^α	3.65	122	3.59	120 ^γ	3.48	116
Whole Grains	≥ 1.5 oz equiv	0.38	26	0.37	25	0.33	22 ^γ	0.37	25
Protein Foods ^c	≥ 2.5 oz equiv	2.06	82	2.05	82	2.06	82	2.06	82
Dairy	≥ 1.3 cup equiv	1.98	153 ^α	1.85	143	1.79	137 ^γ	1.92	148
Oils	≥ 12 gm	10.72	89	11.50	96 ^β	13.09	109 ^γ	11.34	95
Number of Schools		317		285		278		880	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. Four schools did not provide adequate data on the number of servings selected for each menu item and were excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

^aRecommended amounts per 1,000 calories are based on the standards used in the Healthy Eating Index–2005 (Guenther et al., 2008).

^bIncludes legumes offered as a vegetable or included in combination entrees.

^cIncludes legumes offered as a meat alternate.

^αDifference between elementary and middle schools is significantly different from zero at the .05 level.

^βDifference between middle and high schools is significantly different from zero at the .05 level.

^γDifference between elementary and high schools is significantly different from zero at the .05 level.

Table H.15. Average Amounts of Food Groups per 1,000 Calories in School Breakfast Program Breakfasts *Offered* to Students, By School Type

	Recommended Amount per 1,000 Calories ^a	Elementary Schools		Middle Schools		High Schools		All Schools	
		Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation
Total Fruit	≥ 0.8 cup equiv	1.31	164	1.28	160	1.31	163	1.30	163
Whole Fruit (not Juice)	≥ 0.4 cup equiv	0.49	121	0.51	126	0.50	126	0.49	123
Total Vegetables	≥ 1.1 cup equiv	0.02	2 ^α	0.04	3	0.04	4 ^γ	0.03	3
Dark Green and Orange Vegetables and Legumes ^b	≥ 0.4 cup equiv	0.00~	0	0.00~	1	0.00~	1	0.00~	0
Total Grains	≥ 3.0 oz equiv	3.44	115	3.55	118	3.68	123 ^γ	3.51	117
Whole Grains	≥ 1.5 oz equiv	0.73	49 ^α	0.51	34	0.54	36 ^γ	0.65	44
Protein Foods ^c	≥ 2.5 oz equiv	0.67	27	0.74	30	0.73	29	0.69	28
Dairy	≥ 1.3 cup equiv	2.50	193 ^α	2.32	179 ^β	2.22	171 ^γ	2.41	186
Oils	≥ 12 gm	2.45	20	2.06	17	2.28	19	2.35	20
Number of Schools		282		264		257		803	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

^aRecommended amounts per 1,000 calories are based on the standards used in the Healthy Eating Index–2005 (Guenther et al., 2008).

^bIncludes legumes offered as a vegetable or included in combination entrees.

^cIncludes legumes offered as a meat alternate.

^αDifference between elementary and middle schools is significantly different from zero at the .05 level.

^βDifference between middle and high schools is significantly different from zero at the .05 level.

^γDifference between elementary and high schools is significantly different from zero at the .05 level.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1. When these rules are applied, percentages close to 0 or 100 are often flagged. In this table, flagged percentages between 0 and 3 percent are displayed as <3 and flagged percentages between 97 and 100 percent are displayed as >97.

Table H.16. Average Amounts of Food Groups per 1,000 Calories in School Breakfast Program Breakfasts *Served* to Students, By School Type

	Recommended Amount per 1,000 Calories ^a	Elementary Schools		Middle Schools		High Schools		All Schools	
		Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation	Average Amount	Percent of Recommendation
Total Fruit	≥ 0.8 cup equiv	1.15	144	1.10	138	1.18	148	1.15	144
Whole Fruit (not Juice)	≥ 0.4 cup equiv	0.36	89 ^α	0.28	70	0.32	79	0.33	84
Total Vegetables	≥ 1.1 cup equiv	0.03	3 ^α	0.05	5	0.06	5 ^γ	0.04	4
Dark Green and Orange Vegetables and Legumes ^b	≥ 0.4 cup equiv	0.00~	0	0.00~	1	0.01~	1	0.00~	1
Total Grains	≥ 3.0 oz equiv	3.71	124 ^α	3.97	132 ^β	4.17	139 ^γ	3.85	128
Whole Grains	≥ 1.5 oz equiv	0.68	45 ^α	0.44	30	0.45	30 ^γ	0.59	39
Protein Foods ^c	≥ 2.5 oz equiv	0.78	31 ^α	1.02	41	1.00	40 ^γ	0.87	35
Dairy	≥ 1.3 cup equiv	2.31	178 ^α	1.99	153 ^β	1.85	143 ^γ	2.16	166
Oils	≥ 12 gm	2.35	20	2.20	18	2.22	19	2.30	19
Number of Schools		282		263		257		802	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

^aRecommended amounts per 1,000 calories are based on the standards used in the Healthy Eating Index–2005 (Guenther et al., 2008).

^bIncludes legumes offered as a vegetable or included in combination entrees.

^cIncludes legumes offered as a meat alternate.

^αDifference between elementary and middle schools is significantly different from zero at the .05 level.

^βDifference between middle and high schools is significantly different from zero at the .05 level.

^γDifference between elementary and high schools is significantly different from zero at the .05 level.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1. When these rules are applied, percentages close to 0 or 100 are often flagged. In this table, flagged percentages between 0 and 3 percent are displayed as <3 and flagged percentages between 97 and 100 percent are displayed as >97.

APPENDIX I

SUPPLEMENTAL TABLES FOR CHAPTER 9

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Table I.1. Food Sources of Calories in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Calories				
1	1% milk, flavored	6.4	5.9	6.2
2	Pizza and pizza products	5.3	6.8 ^β	5.9
3	Peanut butter sandwiches	5.7	2.6 ^β	4.4
4	Sandwiches with plain meat or poultry	4.4	4.5	4.4
5	Hamburgers/cheeseburgers	3.7	4.7 ^β	4.1
6	Condiments, toppings and spreads	3.7	4.2	3.9
7	Bread, rolls, bagels	3.4	4.2 ^α	3.7
8	Mexican–style entrees	3.9	3.4	3.7
9	Salad dressings	3.4	3.8	3.5
10	1% milk, unflavored	3.8	3.2 ^β	3.5
11	Entree food bars, bag/pre–plated lunches	3.3	3.1	3.2
12	Entree salads, entree salad bars	2.9	3.6	3.2
13	Skim or nonfat milk, flavored	3.3	2.9	3.2
14	Cookies, cakes, brownies	3.2	2.9	3.1
15	Lettuce salads	2.6	2.7	2.7
16	French fries/potato products	2.2	3.1 ^β	2.6
17	Breaded/fried meat or poultry sandwich	1.6	3.2 ^β	2.3
18	Breaded/fried chicken products	2.0	1.8	1.9
19	Hot dog, corn dog, sausage sandwiches	2.0	1.5 ^α	1.8
20	Rice/pasta	1.6	2.0	1.8
21	2% milk, unflavored	1.7	1.8	1.8
22	Fruit juice, 100%	1.6	1.7	1.6
23	Skim or nonfat milk, unflavored	1.6	1.4 ^α	1.5
24	Mixtures with pasta or noodle base	1.8	1.1 ^β	1.5
25	Apple	1.4	1.7 ^α	1.5
26	Crackers and pretzels	1.6	1.2	1.4
27	Cheese sandwiches	1.5	0.8 ^β	1.2
28	Citrus fruit	1.0	1.2	1.1
29	Pears	0.9	1.1	1.0
30	Unbreaded poultry/meat/fish	1.1	0.8 ^α	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.2. Food Sources of Total Fat in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Total Fat				
1	Salad dressings	8.9	9.9	9.3
2	Condiments, toppings and spreads	6.7	8.2 ^α	7.3
3	Peanut butter sandwiches	9.1	4.1 ^β	7.0
4	Pizza and pizza products	5.7	7.3 ^β	6.4
5	Hamburgers/cheeseburgers	4.4	5.7 ^β	4.9
6	Mexican–style entrees	5.1	4.4	4.9
7	Sandwiches with plain meat or poultry	4.8	4.9	4.8
8	Entree salads, entree salad bars	4.4	5.1	4.7
9	Lettuce salads	4.5	4.5	4.5
10	Entree food bars, bag/pre–plated lunches	3.6	3.5	3.6
11	French fries/potato products	2.9	4.2 ^β	3.4
12	Cookies, cakes, brownies	3.6	3.2	3.4
13	Breaded/fried chicken products	3.0	2.6	2.9
14	Breaded/fried meat or poultry sandwich	1.9	3.7 ^β	2.6
15	Hot dog, corn dog, sausage sandwiches	2.8	2.2	2.5
16	1% milk, flavored	2.6	2.4	2.5
17	1% milk, unflavored	2.4	2.0 ^β	2.3
18	2% milk, unflavored	1.9	1.9	1.9
19	Bread, rolls, bagels	1.6	1.9	1.7
20	Cheese sandwiches	2.1	1.1 ^β	1.7
21	Mixtures with pasta or noodle base	1.9	1.1 ^β	1.6
22	Unbreaded poultry/meat/fish	1.6	1.2 ^α	1.5
23	Crackers and pretzels	1.4	1.0	1.2
24	Rice/pasta	1.0	1.3	1.1
25	Snack chips popcorn, potato chips	0.7	1.3 ^α	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.3. Food Sources of Saturated Fat in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Saturated Fat				
1	Pizza and pizza products	7.4	9.6 ^β	8.3
2	Sandwiches with plain meat or poultry	6.6	6.7	6.6
3	Entree salads, entree salad bars	6.3	6.8	6.5
4	Hamburgers/cheeseburgers	5.3	7.0 ^β	6.0
5	Condiments, toppings and spreads	5.3	6.2	5.7
6	Mexican-style entrees	6.0	5.2	5.7
7	1% milk, flavored	5.2	4.9	5.1
8	1% milk, unflavored	5.1	4.3 ^β	4.8
9	Salad dressings	4.4	5.0	4.6
10	Peanut butter sandwiches	5.9	2.7 ^β	4.6
11	2% milk, unflavored	3.9	4.0	4.0
12	Entree food bars, bag/pre-plated lunches	3.8	3.7	3.8
13	Cheese sandwiches	3.5	1.8 ^β	2.8
14	Cookies, cakes, brownies	2.9	2.6	2.8
15	Lettuce salads	2.4	2.6	2.5
16	Hot dog, corn dog, sausage sandwiches	2.7	2.3	2.5
17	Breaded/fried meat or poultry sandwich	1.4	2.8 ^β	2.0
18	Mixtures with pasta or noodle base	2.3	1.4 ^β	1.9
19	Breaded/fried chicken products	2.0	1.7	1.9
20	French fries/potato products	1.4	2.1 ^β	1.7
21	Unbreaded poultry/meat/fish	1.8	1.3	1.6
22	Bread, rolls, bagels	1.2	1.5 ^α	1.3
23	Rice/pasta	1.0	1.2	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.4. Food Sources of Monounsaturated Fat in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Monounsaturated Fat				
1	Peanut butter sandwiches	12.3	5.5 ^β	9.5
2	Salad dressings	7.4	8.4	7.8
3	Condiments, toppings and spreads	5.7	7.1 ^α	6.3
4	Pizza and pizza products	5.0	6.6 ^β	5.6
5	Hamburgers/cheeseburgers	4.9	6.4 ^β	5.5
6	Mexican-style entrees	5.4	4.8	5.2
7	Sandwiches with plain meat or poultry	4.4	4.7	4.5
8	French fries/potato products	3.5	5.4 ^β	4.3
9	Cookies, cakes, brownies	4.5	4.0	4.3
10	Entree salads, entree salad bars	3.9	4.6	4.2
11	Lettuce salads	3.6	3.8	3.7
12	Entree food bars, bag/pre-plated lunches	3.6	3.5	3.6
13	Breaded/fried chicken products	3.2	2.8	3.1
14	Breaded/fried meat or poultry sandwich	2.1	4.1 ^β	2.9
15	Hot dog, corn dog, sausage sandwiches	3.0	2.6	2.8
16	1% milk, flavored	2.2	2.0	2.1
17	1% milk, unflavored	2.0	1.7 ^β	1.8
18	Bread, rolls, bagels	1.6	2.1 ^α	1.8
19	Crackers and pretzels	2.0	1.5	1.8
20	Mixtures with pasta or noodle base	2.0	1.2 ^β	1.7
21	Unbreaded poultry/meat/fish	1.8	1.4	1.6
22	2% milk, unflavored	1.5	1.6	1.6
23	Cheese sandwiches	1.8	1.0 ^β	1.5
24	Rice/pasta	0.9	1.2	1.0
25	Snack chips popcorn, potato chips	0.8	1.3 ^α	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.5. Food Sources of Polyunsaturated Fat in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Polyunsaturated Fat				
1	Salad dressings	17.2	18.3	17.7
2	Condiments, toppings and spreads	10.0	12.5 ^a	11.1
3	Lettuce salads	8.1	7.5	7.8
4	Peanut butter sandwiches	10.0	4.3 ^b	7.6
5	Pizza and pizza products	4.5	5.4 ^a	4.9
6	French fries/potato products	4.2	5.7 ^b	4.8
7	Breaded/fried chicken products	4.0	3.3	3.7
8	Entree food bars, bag/pre-plated lunches	3.4	3.2	3.3
9	Cookies, cakes, brownies	3.3	3.0	3.1
10	Breaded/fried meat or poultry sandwich	2.2	4.3 ^b	3.1
11	Sandwiches with plain meat or poultry	3.0	3.1	3.0
12	Entree salads, entree salad bars	2.6	3.5	3.0
13	Mexican-style entrees	2.9	2.4	2.7
14	Hot dog, corn dog, sausage sandwiches	2.7	1.8 ^b	2.3
15	Hamburgers/cheeseburgers	2.0	2.3	2.1
16	Bread, rolls, bagels	2.0	2.2	2.1
17	Snack chips popcorn, potato chips	1.0	1.9 ^a	1.4
18	Rice/pasta	1.0	1.6	1.2
19	Mixed vegetables	1.0	1.0	1.0
20	Sandwich with mayonnaise-based poultry, tuna or eggs	0.8	1.3	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.6. Food Sources of Linoleic Acid in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Linoleic Acid				
1	Salad dressings	17.0	18.2	17.5
2	Condiments, toppings and spreads	9.9	12.4 ^a	11.0
3	Peanut butter sandwiches	11.1	4.8 ^b	8.4
4	Lettuce salads	8.0	7.5	7.8
5	Pizza and pizza products	4.5	5.4 ^a	4.9
6	French fries/potato products	3.9	5.4 ^b	4.6
7	Breaded/fried chicken products	4.1	3.4	3.8
8	Entree food bars, bag/pre-plated lunches	3.5	3.2	3.4
9	Cookies, cakes, brownies	3.4	3.1	3.3
10	Breaded/fried meat or poultry sandwich	2.2	4.3 ^b	3.1
11	Sandwiches with plain meat or poultry	2.8	2.9	2.9
12	Entree salads, entree salad bars	2.4	3.4	2.8
13	Mexican-style entrees	2.9	2.4	2.7
14	Hot dog, corn dog, sausage sandwiches	2.8	1.9 ^b	2.4
15	Bread, rolls, bagels	2.0	2.2	2.1
16	Hamburgers/cheeseburgers	1.9	2.3	2.1
17	Snack chips popcorn, potato chips	1.1	2.1 ^a	1.5
18	Rice/pasta	1.0	1.6	1.2
19	Mixed vegetables	1.0	1.0	1.0
20	Sandwich with mayonnaise-based poultry, tuna or eggs	0.8	1.3	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.7. Food Sources of Alpha-Linolenic Acid in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Alpha-Linolenic Acid				
1	Salad dressings	21.1	20.6	20.9
2	Condiments, toppings and spreads	11.8	13.7	12.6
3	Lettuce salads	9.7	8.5	9.1
4	French fries/potato products	6.5	8.7 ^α	7.5
5	Pizza and pizza products	4.7	5.1	4.9
6	Entree salads, entree salad bars	3.3	4.1	3.6
7	Sandwiches with plain meat or poultry	3.0	2.9	2.9
8	Entree food bars, bag/pre-plated lunches	2.9	2.9	2.9
9	Breaded/fried chicken products	3.2	2.5 ^α	2.9
10	Breaded/fried meat or poultry sandwich	1.9	3.4 ^β	2.6
11	Mexican-style entrees	2.7	2.0 ^α	2.4
12	Cookies, cakes, brownies	2.4	2.2	2.3
13	Hamburgers/cheeseburgers	2.0	2.2	2.1
14	Bread, rolls, bagels	1.8	1.7	1.7
15	Hot dog, corn dog, sausage sandwiches	1.7	1.3 ^α	1.5
16	Rice/pasta	0.9	1.5	1.2
17	Mixed vegetables	1.2	1.1	1.1
18	Peanut butter sandwiches	1.5	0.6 ^β	1.1
19	Sandwich with mayonnaise-based poultry, tuna or eggs	0.9	1.3	1.1
20	Cheese sandwiches	1.4	0.7 ^β	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.8. Food Sources of Carbohydrate in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Carbohydrate				
1	1% milk, flavored	8.2	7.6	7.9
2	Pizza and pizza products	4.7	5.9 ^β	5.2
3	Bread, rolls, bagels	4.5	5.6 ^α	4.9
4	Skim or nonfat milk, flavored	4.8	4.3	4.6
5	Cookies, cakes, brownies	3.7	3.4	3.6
6	Peanut butter sandwiches	4.2	2.0 ^β	3.3
7	1% milk, unflavored	3.3	2.9 ^β	3.1
8	Sandwiches with plain meat or poultry	3.0	3.1	3.0
9	Entree food bars, bag/pre-plated lunches	3.1	2.8	3.0
10	Fruit juice, 100%	3.0	3.0	3.0
11	Apple	2.7	3.3 ^α	2.9
12	Hamburgers/cheeseburgers	2.6	3.2 ^β	2.9
13	Condiments, toppings and spreads	2.8	2.6	2.7
14	French fries/potato products	2.3	3.1 ^β	2.6
15	Mexican-style entrees	2.6	2.3	2.5
16	Rice/pasta	2.1	2.5	2.3
17	Lettuce salads	2.1	2.1	2.1
18	Citrus fruit	2.0	2.3	2.1
19	Pears	1.9	2.2	2.0
20	Breaded/fried meat or poultry sandwich	1.3	2.5 ^β	1.8
21	Peaches	1.7	1.9	1.8
22	Banana	1.7	1.7	1.7
23	Crackers and pretzels	1.9	1.4	1.7
24	Skim or nonfat milk, unflavored	1.8	1.5 ^α	1.7
25	Entree salads, entree salad bars	1.2	1.8	1.5
26	Fruit cocktail	1.4	1.4	1.4
27	Corn	1.3	1.3	1.3
28	Applesauce	1.4	1.2	1.3
29	Mixtures with pasta or noodle base	1.6	0.9 ^β	1.3
30	2% milk, unflavored	1.2	1.3	1.2
31	Hot dog, corn dog, sausage sandwiches	1.4	1.0 ^β	1.2
32	Fruit-based desserts	1.2	1.2	1.2
33	White potatoes	1.2	1.2	1.2
34	Legumes	1.2	1.1	1.1
35	Salad dressings	1.0	1.1	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.9. Food Sources of Protein in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Protein				
1	Sandwiches with plain meat or poultry	7.2	7.6	7.3
2	1% milk, flavored	7.5	7.1	7.3
3	1% milk, unflavored	7.3	6.3 ^β	6.9
4	Pizza and pizza products	6.2	7.9 ^β	6.9
5	Hamburgers/cheeseburgers	5.1	6.7 ^β	5.8
6	Entree salads, entree salad bars	5.2	6.3	5.7
7	Mexican-style entrees	4.9	4.5	4.7
8	Skim or nonfat milk, flavored	4.8	4.3	4.6
9	Peanut butter sandwiches	4.8	2.2 ^β	3.8
10	Skim or nonfat milk, unflavored	3.9	3.4	3.7
11	Breaded/fried chicken products	3.5	3.0	3.3
12	Entree food bars, bag/pre-plated lunches	3.1	3.2	3.2
13	Bread, rolls, bagels	2.8	3.4	3.0
14	Breaded/fried meat or poultry sandwich	2.1	4.1 ^β	2.9
15	2% milk, unflavored	2.8	2.9	2.8
16	Unbreaded poultry/meat/fish	2.8	2.1 ^α	2.5
17	Mixtures with pasta or noodle base	2.3	1.4 ^β	2.0
18	Hot dog, corn dog, sausage sandwiches	2.0	1.5 ^α	1.8
19	Condiments, toppings and spreads	1.6	1.7	1.7
20	Cheese sandwiches	1.8	0.9 ^β	1.4
21	Rice/pasta	1.2	1.4	1.3
22	Lettuce salads	1.1	1.3	1.1
23	Legumes	1.1	1.0	1.1
24	Mixtures with meat/grain/vegetables	0.9	1.3 ^α	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

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^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.10. Food Sources of Vitamin A (RE) in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Vitamin A (RE)				
1	Carrots	23.9	19.2 ^a	22.1
2	1% milk, flavored	8.8	9.1	8.9
3	1% milk, unflavored	8.3	7.9	8.2
4	Entree salads, entree salad bars	6.7	8.6 ^a	7.4
5	Lettuce salads	5.3	6.2	5.6
6	Mixed vegetables	5.2	5.8	5.4
7	Skim or nonfat milk, flavored	5.3	5.2	5.2
8	Skim or nonfat milk, unflavored	4.7	4.5	4.6
9	2% milk, unflavored	3.1	3.5	3.3
10	Entree food bars, bag/pre-plated lunches	3.3	2.1	2.9
11	Condiments, toppings and spreads	2.6	3.0	2.8
12	Pizza and pizza products	2.2	2.9 ^b	2.5
13	Yams, sweet potatoes	2.8	1.5	2.3
14	Leafy greens	0.9	1.9 ^a	1.3
15	Citrus fruit	1.1	1.4	1.2
16	Sandwiches with plain meat or poultry	1.2	1.3	1.2
17	Mexican-style entrees	1.0	1.0	1.0
18	Peaches	0.9	1.1 ^a	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

RE = Retinol equivalents.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.11. Food Sources of Vitamin A (RAE) in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin A (RAE)				
1	Carrots	16.3	12.8 ^a	14.9
2	1% milk, flavored	11.8	12.2	12.0
3	1% milk, unflavored	11.3	10.5	11.0
4	Skim or nonfat milk, flavored	7.2	7.0	7.1
5	Skim or nonfat milk, unflavored	6.4	6.0	6.3
6	Entree salads, entree salad bars	5.5	6.9 ^a	6.0
7	2% milk, unflavored	4.2	4.7	4.4
8	Pizza and pizza products	3.6	4.6 ^b	4.0
9	Lettuce salads	3.7	4.3	3.9
10	Mixed vegetables	3.6	4.0	3.7
11	Condiments, toppings and spreads	2.6	3.0	2.8
12	Entree food bars, bag/pre-plated lunches	2.9	2.0	2.6
13	Mexican-style entrees	1.7	1.6	1.6
14	Yams, sweet potatoes	1.9	1.0	1.6
15	Sandwiches with plain meat or poultry	1.5	1.7	1.6
16	Cheese sandwiches	1.5	0.8 ^b	1.2
17	Cookies, cakes, brownies	1.1	1.2	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

RAE = Retinol activity equivalents.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.12. Food Sources of Vitamin C in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin C				
1	Citrus fruit	23.6	26.2	24.7
2	Fruit juice, 100%	19.4	18.1	18.8
3	Lettuce salads	5.7	5.4	5.6
4	Broccoli	5.2	4.4	4.8
5	Entree salads, entree salad bars	3.5	4.1	3.8
6	French fries/potato products	3.1	3.6	3.3
7	Condiments, toppings and spreads	3.0	3.1	3.0
8	Apple	2.7	3.0	2.8
9	Entree food bars, bag/pre-plated lunches	2.5	2.5	2.5
10	Mixed vegetables	2.2	2.1	2.1
11	Banana	2.0	1.8	1.9
12	Peaches	1.5	2.4	1.9
13	Fruit-based desserts	2.0	1.6	1.8
14	Berries	2.1	1.4	1.8
15	Pineapple	1.8	1.5	1.7
16	Kiwis	1.7	1.4	1.6
17	Juice drinks not 100% juice	1.2	2.0	1.5
18	White potatoes	1.3	1.4	1.4
19	1% milk, flavored	1.3	1.1	1.2
20	Mixtures with pasta or noodle base	1.2	0.6 ^β	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.13. Food Sources of Vitamin E in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin E				
1	Peanut butter sandwiches	13.9	6.4 ^β	10.8
2	Salad dressings	10.4	11.4	10.8
3	Condiments, toppings and spreads	8.7	10.4 ^α	9.4
4	Lettuce salads	6.5	6.9	6.7
5	Pizza and pizza products	3.8	5.0 ^β	4.3
6	French fries/potato products	3.3	5.1 ^β	4.0
7	Entree salads, entree salad bars	3.4	4.6	3.9
8	Entree food bars, bag/pre-plated lunches	3.8	3.3	3.6
9	Mexican-style entrees	3.1	2.7	3.0
10	Mixtures with pasta or noodle base	2.9	1.7 ^β	2.4
11	Cookies, cakes, brownies	2.2	2.2	2.2
12	Peaches	2.0	2.4	2.2
13	Breaded/fried chicken products	2.1	1.9	2.0
14	Breaded/fried meat or poultry sandwich	1.3	2.6 ^β	1.8
15	Hot dog, corn dog, sausage sandwiches	2.0	1.2 ^β	1.7
16	Carrots	1.9	1.4 ^β	1.7
17	Hamburgers/cheeseburgers	1.6	1.9	1.7
18	Sandwiches with plain meat or poultry	1.5	1.8	1.6
19	Fruit cocktail	1.6	1.6	1.6
20	Snack chips popcorn, potato chips	1.2	2.2	1.6
21	Broccoli	1.6	1.5	1.6
22	Mixed vegetables	1.4	1.4	1.4
23	Apple	1.2	1.5 ^α	1.3
24	Rice/pasta	1.0	1.6 ^α	1.2
25	Corn/tortilla chips	1.1	1.0	1.1
26	Citrus fruit	1.0	1.2	1.0
27	Bread, rolls, bagels	0.9	1.1	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.14. Food Sources of Vitamin B₆ in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin B ₆				
1	French fries/potato products	4.6	6.0 ^β	5.2
2	Sandwiches with plain meat or poultry	4.9	5.0	4.9
3	Entree salads, entree salad bars	4.4	5.5	4.9
4	Banana	4.7	4.7	4.7
5	1% milk, flavored	4.8	4.5	4.7
6	1% milk, unflavored	4.3	3.6 ^β	4.0
7	Peanut butter sandwiches	4.8	2.2 ^β	3.7
8	Condiments, toppings and spreads	3.6	3.9	3.7
9	Mexican–style entrees	3.3	3.0	3.2
10	Hamburgers/cheeseburgers	2.9	3.6 ^α	3.2
11	Entree food bars, bag/pre–plated lunches	3.2	3.1	3.2
12	Pizza and pizza products	2.8	3.6 ^β	3.1
13	Fruit juice, 100%	2.8	2.8	2.8
14	Breaded/fried chicken products	2.9	2.5	2.7
15	White potatoes	2.6	2.7	2.6
16	Skim or nonfat milk, flavored	2.7	2.4	2.6
17	Lettuce salads	2.5	2.6	2.5
18	Skim or nonfat milk, unflavored	2.3	2.0 ^α	2.2
19	Breaded/fried meat or poultry sandwich	1.5	2.9 ^β	2.1
20	Unbreaded poultry/meat/fish	2.2	1.7	2.0
21	Rice/pasta	1.7	2.0	1.8
22	Citrus fruit	1.6	1.9	1.8
23	2% milk, unflavored	1.7	1.8	1.8
24	Mixtures with pasta or noodle base	2.0	1.1 ^β	1.6
25	Bread, rolls, bagels	1.4	1.6	1.5
26	Carrots	1.7	1.2 ^β	1.5
27	Apple	1.4	1.7 ^α	1.5
28	Mixed vegetables	1.3	1.3	1.3
29	Hot dog, corn dog, sausage sandwiches	1.4	1.1 ^α	1.3
30	Corn	1.1	1.2	1.1
31	Legumes	1.1	1.0	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.15. Food Sources of Vitamin B₁₂ in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin B ₁₂				
1	1% milk, unflavored	16.6	14.4 ^β	15.7
2	1% milk, flavored	14.9	14.1	14.5
3	Skim or nonfat milk, flavored	12.1	10.9	11.6
4	Skim or nonfat milk, unflavored	10.8	9.4	10.2
5	2% milk, unflavored	6.8	7.0	6.9
6	Hamburgers/cheeseburgers	4.8	6.5 ^β	5.5
7	Mexican-style entrees	3.7	3.7	3.7
8	Pizza and pizza products	2.9	4.0 ^β	3.4
9	Entree salads, entree salad bars	2.9	3.6	3.2
10	Sandwiches with plain meat or poultry	2.6	3.0	2.8
11	Entree food bars, bag/pre-plated lunches	2.5	2.1	2.3
12	Unbreaded poultry/meat/fish	1.9	1.7	1.8
13	Mixtures with pasta or noodle base	1.9	1.1 ^β	1.6
14	Hot dog, corn dog, sausage sandwiches	1.1	1.1	1.1
15	Soups	0.2	2.5	1.1
16	Condiments, toppings and spreads	0.9	1.2	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.16. Food Sources of Folate (DFE) in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Folate (DFE)				
1	Pizza and pizza products	8.1	10.1 ^β	8.9
2	Bread, rolls, bagels	8.2	9.6	8.8
3	Sandwiches with plain meat or poultry	5.4	5.5	5.5
4	Hamburgers/cheeseburgers	4.6	5.7 ^β	5.0
5	Peanut butter sandwiches	5.9	2.6 ^β	4.5
6	Rice/pasta	3.7	4.6	4.1
7	Entree salads, entree salad bars	3.5	4.3	3.9
8	Mexican–style entrees	3.9	3.3	3.7
9	Entree food bars, bag/pre–plated lunches	3.4	3.4	3.4
10	Lettuce salads	3.3	3.6	3.4
11	Breaded/fried meat or poultry sandwich	2.4	4.6 ^β	3.3
12	Citrus fruit	2.7	3.2	2.9
13	Crackers and pretzels	3.1	2.2 ^α	2.7
14	Cookies, cakes, brownies	2.7	2.5	2.6
15	1% milk, flavored	2.3	2.0	2.2
16	1% milk, unflavored	2.1	1.8 ^β	2.0
17	Hot dog, corn dog, sausage sandwiches	2.1	1.6 ^α	1.9
18	Legumes	2.1	1.7	1.9
19	Mixtures with pasta or noodle base	2.2	1.3 ^β	1.8
20	Corn	1.7	1.6	1.7
21	Breaded/fried chicken products	1.7	1.4	1.6
22	Fruit juice, 100%	1.5	1.5	1.5
23	Skim or nonfat milk, flavored	1.4	1.2 ^α	1.3
24	Broccoli	1.4	1.2	1.3
25	Skim or nonfat milk, unflavored	1.2	1.0 ^β	1.1
26	Cheese sandwiches	1.3	0.6 ^β	1.0
27	Condiments, toppings and spreads	1.0	1.0	1.0
28	Parfaits	0.9	1.1	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

DFE = Dietary folate equivalents.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.17. Food Sources of Niacin in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Niacin				
1	Peanut butter sandwiches	11.5	5.1 ^β	8.9
2	Sandwiches with plain meat or poultry	7.3	7.6	7.4
3	Pizza and pizza products	6.1	7.9 ^β	6.8
4	Hamburgers/cheeseburgers	6.1	7.6 ^β	6.7
5	Bread, rolls, bagels	5.8	7.1	6.4
6	Breaded/fried chicken products	5.0	4.3	4.7
7	Entree salads, entree salad bars	3.9	5.3 ^α	4.5
8	Breaded/fried meat or poultry sandwich	3.1	6.0 ^β	4.3
9	Mexican–style entrees	4.4	4.0	4.2
10	Entree food bars, bag/pre–plated lunches	3.4	3.7	3.5
11	Unbreaded poultry/meat/fish	3.2	2.4 ^α	2.9
12	Hot dog, corn dog, sausage sandwiches	2.6	2.1 ^α	2.4
13	Condiments, toppings and spreads	2.4	2.4	2.4
14	French fries/potato products	2.0	2.5 ^β	2.2
15	Mixtures with pasta or noodle base	2.6	1.5 ^β	2.2
16	Rice/pasta	2.0	2.3	2.1
17	Crackers and pretzels	1.9	1.4	1.7
18	Cookies, cakes, brownies	1.7	1.7	1.7
19	Lettuce salads	1.4	1.6	1.5
20	Sandwich with mayonnaise–based poultry, tuna or eggs	1.3	1.7	1.5
21	Mixtures with meat/grain/vegetables	1.2	1.6 ^α	1.4
22	1% milk, flavored	1.2	1.1	1.2
23	Peaches	1.0	1.2	1.1
24	White potatoes	1.0	1.1	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.18. Food Sources of Riboflavin in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Riboflavin				
1	1% milk, flavored	13.5	13.1	13.4
2	1% milk, unflavored	13.5	12.0 ^β	12.9
3	Skim or nonfat milk, flavored	8.5	7.8	8.2
4	Skim or nonfat milk, unflavored	7.2	6.4	6.9
5	2% milk, unflavored	5.3	5.6	5.4
6	Pizza and pizza products	4.9	6.3 ^β	5.4
7	Sandwiches with plain meat or poultry	4.1	4.4	4.2
8	Bread, rolls, bagels	3.1	3.9 ^α	3.4
9	Hamburgers/cheeseburgers	2.6	3.5 ^β	3.0
10	Entree salads, entree salad bars	2.6	3.2	2.8
11	Entree food bars, bag/pre-plated lunches	2.8	2.4	2.6
12	Mexican-style entrees	2.4	2.2	2.3
13	Peanut butter sandwiches	2.1	1.0 ^β	1.6
14	Breaded/fried meat or poultry sandwich	1.1	2.2 ^β	1.5
15	Condiments, toppings and spreads	1.5	1.6	1.5
16	Cookies, cakes, brownies	1.3	1.3	1.3
17	Mixtures with pasta or noodle base	1.4	0.9 ^β	1.2
18	Lettuce salads	1.1	1.3	1.2
19	Hot dog, corn dog, sausage sandwiches	1.2	1.0	1.1
20	Breaded/fried chicken products	1.1	1.0	1.0
21	Crackers and pretzels	1.1	0.9	1.0
22	Cheese sandwiches	1.3	0.6 ^β	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.19. Food Sources of Thiamin in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Thiamin				
1	Sandwiches with plain meat or poultry	7.9	8.0	7.9
2	Pizza and pizza products	6.9	8.7 ^β	7.7
3	Bread, rolls, bagels	7.0	8.4	7.6
4	Hamburgers/cheeseburgers	4.7	5.6 ^α	5.1
5	1% milk, flavored	4.1	3.8	4.0
6	Mexican-style entrees	3.8	3.4	3.6
7	Entree salads, entree salad bars	3.3	3.9	3.6
8	Entree food bars, bag/pre-plated lunches	3.4	3.5	3.4
9	Skim or nonfat milk, flavored	3.5	3.0 ^α	3.3
10	Breaded/fried meat or poultry sandwich	2.2	4.2 ^β	3.0
11	Peanut butter sandwiches	3.8	1.7 ^β	2.9
12	Skim or nonfat milk, unflavored	3.0	2.5 ^β	2.8
13	Rice/pasta	2.5	3.0	2.7
14	Citrus fruit	2.4	2.8	2.6
15	1% milk, unflavored	2.5	2.0 ^β	2.3
16	Lettuce salads	2.0	2.4	2.2
17	French fries/potato products	2.0	2.4 ^α	2.1
18	Cookies, cakes, brownies	2.2	2.1	2.1
19	Hot dog, corn dog, sausage sandwiches	2.3	1.8 ^α	2.1
20	Fruit juice, 100%	1.9	1.8	1.9
21	2% milk, unflavored	1.9	1.8	1.9
22	Mixtures with pasta or noodle base	2.1	1.2 ^β	1.7
23	Breaded/fried chicken products	1.8	1.5	1.7
24	Condiments, toppings and spreads	1.6	1.6	1.6
25	Unbreaded poultry/meat/fish	1.6	1.3	1.4
26	Crackers and pretzels	1.3	0.9	1.1
27	Pineapple	1.1	1.0	1.1
28	Legumes	1.1	0.9	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.20. Food Sources of Calcium in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Calcium				
1	1% milk, flavored	15.0	14.9	14.9
2	1% milk, unflavored	14.6	13.3 ^a	14.1
3	Skim or nonfat milk, flavored	9.4	8.8	9.2
4	Skim or nonfat milk, unflavored	8.3	7.5	8.0
5	Pizza and pizza products	6.3	7.8 ^β	6.9
6	2% milk, unflavored	5.6	6.1	5.8
7	Sandwiches with plain meat or poultry	4.1	4.2	4.1
8	Entree salads, entree salad bars	3.7	4.1	3.8
9	Mexican-style entrees	3.0	2.8	2.9
10	Entree food bars, bag/pre-plated lunches	3.1	2.4	2.8
11	Hamburgers/cheeseburgers	1.9	2.7 ^β	2.3
12	Bread, rolls, bagels	2.0	2.4	2.1
13	Cheese sandwiches	2.4	1.3 ^β	2.0
14	Condiments, toppings and spreads	1.6	1.8	1.6
15	Citrus fruit	1.0	1.3 ^a	1.2
16	Peanut butter sandwiches	1.4	0.7 ^β	1.1
17	Lettuce salads	1.0	1.2	1.1
18	Breaded/fried meat or poultry sandwich	0.7	1.5 ^β	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.21. Food Sources of Iron in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Iron				
1	Pizza and pizza products	7.8	9.7 ^β	8.6
2	Bread, rolls, bagels	6.8	8.3	7.4
3	Sandwiches with plain meat or poultry	6.5	6.6	6.6
4	Hamburgers/cheeseburgers	5.8	7.4 ^β	6.5
5	Mexican-style entrees	4.8	4.1	4.5
6	Peanut butter sandwiches	5.1	2.3 ^β	3.9
7	Entree salads, entree salad bars	3.1	4.0 ^α	3.4
8	Entree food bars, bag/pre-plated lunches	3.4	3.6	3.4
9	Breaded/fried meat or poultry sandwich	2.4	4.5 ^β	3.3
10	Cookies, cakes, brownies	3.0	2.9	3.0
11	1% milk, flavored	2.8	2.6	2.7
12	Rice/pasta	2.3	2.8	2.5
13	Crackers and pretzels	2.8	2.0	2.5
14	Mixtures with pasta or noodle base	2.8	1.6 ^β	2.3
15	Lettuce salads	2.2	2.3	2.3
16	Legumes	2.4	2.0	2.2
17	Skim or nonfat milk, flavored	2.4	2.0 ^α	2.2
18	Condiments, toppings and spreads	2.1	2.2	2.1
19	Fruit juice, 100%	2.2	2.0	2.1
20	Hot dog, corn dog, sausage sandwiches	2.4	1.8 ^α	2.1
21	Breaded/fried chicken products	2.2	1.8	2.0
22	Unbreaded poultry/meat/fish	1.6	1.1 ^β	1.4
23	Cheese sandwiches	1.5	0.7 ^β	1.2
24	French fries/potato products	1.0	1.3 ^β	1.1
25	White potatoes	1.0	1.0	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.22. Food Sources of Magnesium in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Magnesium				
1	1% milk, flavored	7.8	7.7	7.8
2	Skim or nonfat milk, flavored	6.6	6.1	6.4
3	1% milk, unflavored	6.6	6.0 ^α	6.4
4	Peanut butter sandwiches	7.7	3.7 ^β	6.1
5	Pizza and pizza products	4.2	5.3 ^β	4.7
6	Mexican-style entrees	3.7	3.5	3.6
7	Sandwiches with plain meat or poultry	3.4	3.6	3.5
8	Skim or nonfat milk, unflavored	3.6	3.2	3.4
9	Entree salads, entree salad bars	2.9	3.6	3.2
10	Entree food bars, bag/pre-plated lunches	3.0	2.8	2.9
11	Bread, rolls, bagels	2.7	3.3	2.9
12	Hamburgers/cheeseburgers	2.5	3.4 ^β	2.9
13	Condiments, toppings and spreads	2.6	2.9	2.7
14	2% milk, unflavored	2.6	2.8	2.7
15	French fries/potato products	1.9	2.6 ^β	2.2
16	Lettuce salads	2.1	2.3	2.2
17	Legumes	2.1	1.9	2.0
18	Fruit juice, 100%	1.8	2.0	1.9
19	Banana	1.8	1.9	1.9
20	Rice/pasta	1.7	1.8	1.8
21	Citrus fruit	1.4	1.8 ^α	1.6
22	Breaded/fried meat or poultry sandwich	1.1	2.2 ^β	1.6
23	Mixtures with pasta or noodle base	1.8	1.1 ^β	1.5
24	Cookies, cakes, brownies	1.3	1.4	1.3
25	Corn	1.3	1.4	1.3
26	Breaded/fried chicken products	1.3	1.2	1.2
27	White potatoes	1.1	1.3	1.2
28	Hot dog, corn dog, sausage sandwiches	1.1	0.8 ^α	1.0
29	Apple	0.9	1.1 ^β	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.23. Food Sources of Phosphorus in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Phosphorus				
1	1% milk, flavored	11.9	11.7	11.8
2	1% milk, unflavored	10.7	9.6 ^a	10.3
3	Skim or nonfat milk, flavored	7.6	7.1	7.4
4	Pizza and pizza products	6.0	7.6 ^b	6.6
5	Skim or nonfat milk, unflavored	6.1	5.5	5.9
6	Sandwiches with plain meat or poultry	4.9	5.3	5.0
7	Entree salads, entree salad bars	4.2	5.0	4.5
8	2% milk, unflavored	4.2	4.4	4.3
9	Mexican–style entrees	3.5	3.3	3.4
10	Hamburgers/cheeseburgers	2.7	3.7 ^b	3.1
11	Entree food bars, bag/pre–plated lunches	3.1	2.8	3.0
12	Peanut butter sandwiches	3.6	1.7 ^b	2.9
13	Bread, rolls, bagels	1.6	2.0	1.8
14	Condiments, toppings and spreads	1.7	1.9	1.8
15	Cheese sandwiches	2.0	1.0 ^b	1.6
16	Breaded/fried meat or poultry sandwich	1.0	2.1 ^b	1.5
17	Breaded/fried chicken products	1.5	1.3	1.4
18	Mixtures with pasta or noodle base	1.6	1.0 ^b	1.4
19	Lettuce salads	1.1	1.4	1.2
20	Rice/pasta	1.1	1.3	1.2
21	Unbreaded poultry/meat/fish	1.2	0.9 ^a	1.1
22	Cookies, cakes, brownies	1.1	1.1	1.1
23	Hot dog, corn dog, sausage sandwiches	1.1	0.9 ^a	1.0
24	Legumes	1.0	0.9	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.24. Food Sources of Potassium in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Potassium				
1	1% milk, flavored	9.7	9.4	9.6
2	1% milk, unflavored	8.5	7.5 ^β	8.1
3	Skim or nonfat milk, flavored	6.6	6.0	6.4
4	Skim or nonfat milk, unflavored	4.8	4.2	4.5
5	Entree salads, entree salad bars	3.6	4.4	3.9
6	2% milk, unflavored	3.3	3.5	3.4
7	Fruit juice, 100%	3.3	3.4	3.3
8	French fries/potato products	2.9	3.8 ^β	3.3
9	Condiments, toppings and spreads	3.2	3.3	3.2
10	Pizza and pizza products	2.8	3.5 ^β	3.1
11	Lettuce salads	2.7	3.0	2.8
12	Entree food bars, bag/pre-plated lunches	2.8	2.5	2.7
13	Sandwiches with plain meat or poultry	2.4	2.7	2.5
14	Citrus fruit	2.3	2.8 ^α	2.5
15	Peanut butter sandwiches	3.1	1.5 ^β	2.5
16	Banana	2.3	2.3	2.3
17	Hamburgers/cheeseburgers	2.0	2.6 ^β	2.2
18	White potatoes	2.2	2.3	2.2
19	Mexican-style entrees	2.1	1.9	2.0
20	Apple	1.7	2.2 ^α	1.9
21	Legumes	1.6	1.5	1.6
22	Mixtures with pasta or noodle base	1.8	1.1 ^β	1.5
23	Carrots	1.7	1.2 ^β	1.5
24	Bread, rolls, bagels	1.0	1.2	1.1
25	Mixed vegetables	1.1	1.1	1.1
26	Peaches	1.0	1.2	1.1
27	Corn	1.0	1.1	1.0
28	Pears	0.9	1.1	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.25. Food Sources of Sodium in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Sodium				
1	Condiments, toppings and spreads	9.3	9.3	9.3
2	Salad dressings	7.3	7.6	7.4
3	Sandwiches with plain meat or poultry	6.8	7.0	6.9
4	Pizza and pizza products	6.2	7.8 ^β	6.8
5	Hamburgers/cheeseburgers	4.6	5.4 ^α	4.9
6	Entree salads, entree salad bars	3.5	4.5	3.9
7	Lettuce salads	3.8	3.8	3.8
8	Mexican-style entrees	3.8	3.1 ^α	3.5
9	Bread, rolls, bagels	3.2	4.0	3.5
10	Entree food bars, bag/pre-plated lunches	3.2	3.5	3.4
11	Mixtures with pasta or noodle base	3.4	2.0 ^β	2.9
12	1% milk, flavored	2.7	2.5	2.7
13	Breaded/fried chicken products	2.7	2.3	2.6
14	Peanut butter sandwiches	3.2	1.5 ^β	2.5
15	Breaded/fried meat or poultry sandwich	1.8	3.5 ^β	2.5
16	Hot dog, corn dog, sausage sandwiches	2.7	2.1 ^α	2.5
17	French fries/potato products	2.2	2.8 ^β	2.4
18	Rice/pasta	2.2	2.7	2.4
19	1% milk, unflavored	2.1	1.7 ^β	1.9
20	Cheese sandwiches	2.0	0.9 ^β	1.5
21	Cookies, cakes, brownies	1.5	1.3	1.5
22	Crackers and pretzels	1.5	1.2	1.4
23	Unbreaded poultry/meat/fish	1.5	1.1	1.4
24	Legumes	1.4	1.2	1.3
25	Corn	1.3	1.2	1.3
26	Skim or nonfat milk, flavored	1.2	1.0	1.1
27	White potatoes	1.1	1.1	1.1
28	Mixed vegetables	1.0	1.0	1.0
29	Skim or nonfat milk, unflavored	1.1	0.9 ^α	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.26. Food Sources of Zinc in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Zinc				
1	1% milk, flavored	7.3	7.1	7.2
2	Hamburgers/cheeseburgers	6.3	8.5 ^β	7.2
3	1% milk, unflavored	7.1	6.2 ^β	6.7
4	Sandwiches with plain meat or poultry	6.1	6.6	6.3
5	Pizza and pizza products	5.4	6.9 ^β	6.0
6	Mexican-style entrees	5.7	5.4	5.6
7	Skim or nonfat milk, flavored	5.2	4.8	5.0
8	Entree salads, entree salad bars	4.5	5.3	4.8
9	Skim or nonfat milk, unflavored	3.8	3.4	3.6
10	Peanut butter sandwiches	4.3	2.0 ^β	3.4
11	Entree food bars, bag/pre-plated lunches	3.2	3.2	3.2
12	2% milk, unflavored	2.8	3.0	2.9
13	Legumes	2.9	2.6	2.8
14	Unbreaded poultry/meat/fish	2.8	2.3	2.6
15	Mixtures with pasta or noodle base	3.0	1.8 ^β	2.5
16	Bread, rolls, bagels	2.2	2.8	2.4
17	Condiments, toppings and spreads	2.1	2.2	2.2
18	Breaded/fried meat or poultry sandwich	1.3	2.5 ^β	1.7
19	Hot dog, corn dog, sausage sandwiches	1.7	1.4	1.6
20	Breaded/fried chicken products	1.7	1.4	1.6
21	Rice/pasta	1.4	1.6	1.5
22	Cheese sandwiches	1.7	0.9 ^β	1.4
23	Lettuce salads	1.3	1.5	1.4

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.27. Food Sources of Cholesterol in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Cholesterol				
1	Entree salads, entree salad bars	11.5	13.0	12.1
2	Sandwiches with plain meat or poultry	10.1	10.1	10.1
3	Hamburgers/cheeseburgers	6.5	8.1 ^β	7.1
4	Mexican-style entrees	6.4	5.6	6.0
5	1% milk, unflavored	5.8	4.8 ^β	5.4
6	Pizza and pizza products	4.6	6.2 ^β	5.3
7	Breaded/fried chicken products	5.5	4.5	5.1
8	1% milk, flavored	4.5	4.1	4.3
9	Unbreaded poultry/meat/fish	4.4	3.6	4.1
10	2% milk, unflavored	3.6	3.6	3.6
11	Entree food bars, bag/pre-plated lunches	3.2	3.4	3.3
12	Hot dog, corn dog, sausage sandwiches	3.5	2.6 ^α	3.1
13	Breaded/fried meat or poultry sandwich	2.3	4.3 ^β	3.1
14	Mixtures with pasta or noodle base	3.5	2.0 ^β	2.9
15	Condiments, toppings and spreads	2.5	2.9	2.7
16	Cookies, cakes, brownies	2.4	1.9	2.2
17	Cheese sandwiches	2.4	1.1 ^β	1.9
18	Mixtures with meat/grain/vegetables	1.4	2.0 ^α	1.6
19	Skim or nonfat milk, flavored	1.4	1.2	1.3
20	Breaded/fried beef/pork/fish	1.4	1.0	1.2
21	Skim or nonfat milk, unflavored	1.3	1.1 ^α	1.2
22	Sandwich with mayonnaise-based poultry, tuna or eggs	0.7	1.6 ^β	1.1
23	Sausages, hot dogs, cold cuts	1.2	0.7 ^α	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.28. Food Sources of Dietary Fiber in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Dietary Fiber				
1	Apple	6.1	7.4 ^a	6.6
2	Citrus fruit	4.6	5.5	4.9
3	Peanut butter sandwiches	5.9	2.7 ^b	4.6
4	Pizza and pizza products	4.1	5.0 ^b	4.5
5	Lettuce salads	3.9	4.0	4.0
6	Bread, rolls, bagels	3.6	4.2	3.9
7	Pears	3.5	4.2	3.8
8	Legumes	3.8	3.2	3.5
9	Entree salads, entree salad bars	3.1	3.9	3.5
10	Entree food bars, bag/pre-plated lunches	3.2	2.9	3.1
11	Mexican-style entrees	3.3	2.8	3.1
12	1% milk, flavored	3.0	2.9	3.0
13	Sandwiches with plain meat or poultry	2.7	2.6	2.7
14	French fries/potato products	2.3	3.1 ^b	2.6
15	Banana	2.6	2.5	2.5
16	Skim or nonfat milk, flavored	2.4	2.0 ^a	2.2
17	Hamburgers/cheeseburgers	2.1	2.5 ^a	2.2
18	Condiments, toppings and spreads	2.2	2.3	2.2
19	Carrots	2.5	1.8 ^b	2.2
20	Mixed vegetables	2.2	2.2	2.2
21	Peaches	2.0	2.3	2.1
22	Corn	2.0	1.9	1.9
23	Rice/pasta	1.9	1.8	1.9
24	Mixtures with pasta or noodle base	2.1	1.2 ^b	1.7
25	Cookies, cakes, brownies	1.6	1.6	1.6
26	Breaded/fried meat or poultry sandwich	1.2	2.2 ^b	1.6
27	Applesauce	1.6	1.4	1.5
28	String beans	1.6	1.5	1.5
29	Peas	1.3	1.5	1.4
30	Fruit cocktail	1.4	1.3	1.4
31	White potatoes	1.3	1.4	1.4
32	Broccoli	1.3	1.2	1.3

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.29. Food Sources of Calories from Solid Fats and Added Sugars in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Calories from Solid Fats and Added Sugars				
1	1% milk, flavored	10.1	9.8	10.0
2	Cookies, cakes, brownies	8.0	7.4	7.8
3	Pizza and pizza products	5.7	7.5 ^β	6.4
4	Condiments, toppings and spreads	5.6	5.4	5.5
5	Skim or nonfat milk, flavored	5.0	4.6	4.9
6	Hamburgers/cheeseburgers	3.7	5.0 ^β	4.2
7	Entree salads, entree salad bars	3.9	4.4	4.1
8	Sandwiches with plain meat or poultry	4.0	4.1	4.0
9	Mexican–style entrees	3.9	3.5	3.7
10	Entree food bars, bag/pre–plated lunches	3.5	3.1	3.4
11	1% milk, unflavored	2.8	2.5 ^α	2.7
12	Peanut butter sandwiches	3.2	1.5 ^β	2.5
13	Hot dog/corn dog	2.7	2.3	2.5
14	2% milk, unflavored	2.3	2.5	2.4
15	Breaded/fried meat or poultry sandwich	1.5	3.1 ^β	2.2
16	Breaded/fried chicken products	2.2	2.0	2.1
17	Cheese sandwiches	2.5	1.3 ^β	2.1
18	Bread, rolls, bagels	1.7	2.2 ^α	1.9
19	Crackers and pretzels	2.1	1.5	1.9
20	Salad dressings	1.6	1.9	1.7
21	Peaches	1.4	1.8 ^α	1.6
22	Mixtures with pasta or noodle base	1.9	1.2 ^β	1.6
23	Lettuce salads	1.3	1.6	1.4
24	Fruit–based desserts	1.3	1.4	1.3
25	Dairy–based desserts	1.2	1.4	1.3
26	French fries/potato products	1.0	1.5 ^α	1.2
27	Yogurt	1.5	0.3 ^β	1.0
28	Unbreaded poultry/meat/fish	1.1	0.7 ^α	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.30. Food Sources of Solid Fats in National School Lunch Program Lunches as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Solid Fats				
1	Pizza and pizza products	8.1	10.5 ^β	9.1
2	Cookies, cakes, brownies	6.5	5.7	6.2
3	Entree salads, entree salad bars	5.8	6.4	6.1
4	Mexican-style entrees	6.3	5.5	6.0
5	Hamburgers/cheeseburgers	5.1	6.7 ^β	5.7
6	Sandwiches with plain meat or poultry	5.7	5.6	5.7
7	1% milk, flavored	5.1	4.8	5.0
8	Condiments, toppings and spreads	4.8	4.9	4.8
9	1% milk, unflavored	4.6	3.9 ^β	4.3
10	2% milk, unflavored	3.8	3.9	3.9
11	Entree food bars, bag/pre-plated lunches	3.7	3.5	3.6
12	Breaded/fried chicken products	3.6	3.1	3.4
13	Hot dog/corn dog	3.5	3.1	3.4
14	Cheese sandwiches	3.9	2.0 ^β	3.1
15	Breaded/fried meat or poultry sandwich	2.2	4.4 ^β	3.1
16	Mixtures with pasta or noodle base	2.9	1.8 ^β	2.4
17	Crackers and pretzels	2.6	1.9	2.3
18	Bread, rolls, bagels	1.5	2.0	1.7
19	French fries/potato products	1.4	2.1 ^α	1.7
20	Unbreaded poultry/meat/fish	1.6	1.1 ^α	1.4
21	Rice/pasta	1.2	1.4	1.3
22	Peanut butter sandwiches	1.6	0.7 ^β	1.2
23	Mixtures with meat/grain/vegetables	0.9	1.1	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.31. Food Sources of Added Sugars in National School Lunch Program Lunches as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Added Sugars				
1	1% milk, flavored	18.1	18.4	18.2
2	Skim or nonfat milk, flavored	12.1	11.6	11.9
3	Cookies, cakes, brownies	10.3	10.2	10.3
4	Condiments, toppings and spreads	6.9	6.2	6.7
5	Peanut butter sandwiches	5.9	2.9 ^β	4.7
6	Peaches	3.7	4.9 ^β	4.2
7	Fruit-based desserts	3.3	3.5	3.4
8	Salad dressings	2.7	3.5 ^β	3.0
9	Entree food bars, bag/pre-plated lunches	3.2	2.4	2.9
10	Lettuce salads	2.2	2.6	2.3
11	Dairy-based desserts	2.1	2.7	2.3
12	Bread, rolls, bagels	2.1	2.6	2.3
13	Yogurt	3.1	0.8 ^β	2.2
14	Pizza and pizza products	2.0	2.3 ^α	2.1
15	Fruit cocktail	2.0	2.1	2.1
16	Pears	1.8	2.2	2.0
17	Hamburgers/cheeseburgers	1.6	2.1 ^β	1.8
18	Berries	1.6	1.1	1.4
19	Other desserts	1.4	1.4	1.4
20	Juice drinks not 100% juice	0.8	2.2	1.3
21	Sandwiches with plain meat or poultry	1.2	1.4	1.3
22	Hot dog/corn dog	1.3	0.9 ^β	1.2
23	Crackers and pretzels	1.3	0.8	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program.

Notes: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Sandwiches may have included cheese.

Lettuce salads includes side salad bars, which include an average serving of salad dressing.

Entree salad bars include an average serving of salad dressing.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.32. Food Sources of Calories in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Calories				
1	Cold cereal	10.7	8.1 ^β	9.6
2	Fruit juice, 100%	9.1	8.5	8.8
3	1% milk, flavored	7.7	7.9	7.8
4	Sweet rolls, donuts, toaster pastries	5.8	10.3 ^β	7.7
5	1% milk, unflavored	7.9	5.7 ^β	7.0
6	Condiments, toppings and spreads	5.5	6.6 ^α	6.0
7	Muffins, sweet/quick breads	4.9	4.7	4.9
8	Breakfast sandwiches ^a	3.3	4.9 ^β	3.9
9	Skim or nonfat milk, flavored	3.7	4.2	3.9
10	2% milk, unflavored	3.7	3.6	3.7
11	Pancakes, waffles, French toast	3.7	2.8 ^β	3.3
12	Bread, rolls, bagels	2.4	3.5 ^β	2.9
13	Skim or nonfat milk, unflavored	2.8	2.1 ^β	2.5
14	Buttered toast/bagels with cream cheese	2.5	2.3	2.4
15	Crackers and pretzels	2.8	1.3 ^β	2.2
16	Yogurt	2.1	2.1	2.1
17	Pizza and pizza products	1.7	2.2 ^α	1.9
18	Grain/fruit cereal bars, granola bars	2.2	1.5	1.9
19	Biscuits, croissants, cornbread	1.7	1.7	1.7
20	Mexican-style entrees	1.6	1.4	1.5
21	Sausages, hot dogs, cold cuts	1.3	1.4	1.3
22	Hot dog, corn dog, sausage sandwiches ^b	1.3	1.1	1.2
23	Apple	0.9	1.2 ^α	1.0
24	Peanut butter sandwiches	0.9	1.0	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.33. Food Sources of Total Fat in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Total Fat				
1	Sweet rolls, donuts, toaster pastries	9.6	15.8 ^β	12.3
2	Breakfast sandwiches ^a	6.9	9.6 ^β	8.1
3	Muffins, sweet/quick breads	7.9	7.2	7.6
4	1% milk, unflavored	7.3	4.9 ^β	6.3
5	Condiments, toppings and spreads	5.3	7.4 ^α	6.2
6	2% milk, unflavored	5.9	5.3	5.6
7	1% milk, flavored	4.5	4.4	4.5
8	Cold cereal	4.9	3.3 ^α	4.2
9	Sausages, hot dogs, cold cuts	4.3	4.2	4.2
10	Pancakes, waffles, French toast	4.7	3.3 ^β	4.1
11	Buttered toast/bagels with cream cheese	3.9	3.3	3.6
12	Pizza and pizza products	2.8	3.6	3.2
13	Biscuits, croissants, cornbread	2.9	2.7	2.8
14	Mexican-style entrees	2.9	2.2	2.6
15	Crackers and pretzels	3.2	1.4 ^β	2.5
16	Hot dog, corn dog, sausage sandwiches ^b	2.6	1.9	2.3
17	Peanut butter sandwiches	2.0	2.2	2.1
18	Grain/fruit cereal bars, granola bars	2.3	1.6	2.0
19	Eggs	2.2	1.6 ^α	1.9
20	Cheese	2.2	1.1 ^α	1.7
21	Yogurt	1.1	0.9	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.34. Food Sources of Saturated Fat in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Saturated Fat				
1	1% milk, unflavored	13.0	9.1 ^β	11.3
2	2% milk, unflavored	10.2	9.6	10.0
3	Sweet rolls, donuts, toaster pastries	6.2	11.0 ^β	8.2
4	Breakfast sandwiches ^a	6.7	9.5 ^β	7.9
5	1% milk, flavored	7.7	7.8	7.7
6	Condiments, toppings and spreads	5.8	9.0 ^β	7.1
7	Muffins, sweet/quick breads	4.5	4.5	4.5
8	Grain/fruit cereal bars, granola bars	4.2	3.1	3.8
9	Sausages, hot dogs, cold cuts	3.7	3.6	3.6
10	Pizza and pizza products	2.9	3.8 ^α	3.3
11	Cheese	3.8	2.0 ^α	3.0
12	Mexican–style entrees	3.0	2.3	2.7
13	Buttered toast/bagels with cream cheese	3.0	2.3	2.7
14	Pancakes, waffles, French toast	2.9	2.1 ^β	2.6
15	Biscuits, croissants, cornbread	2.0	2.0	2.0
16	Hot dog, corn dog, sausage sandwiches ^b	2.0	1.5	1.8
17	Yogurt	2.0	1.6	1.8
18	Eggs	2.0	1.5 ^α	1.8
19	Cold cereal	2.1	1.3 ^α	1.8
20	Crackers and pretzels	1.7	0.7 ^β	1.3
21	Cheese sandwiches	1.5	0.9	1.2
22	Skim or nonfat milk, flavored	1.1	1.2	1.1
23	Peanut butter sandwiches	1.1	1.2	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.35. Food Sources of Monounsaturated Fat in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Monounsaturated Fat				
1	Sweet rolls, donuts, toaster pastries	11.9	20.3 ^β	15.5
2	Breakfast sandwiches ^a	8.0	10.6 ^α	9.1
3	Condiments, toppings and spreads	5.4	6.9	6.0
4	Muffins, sweet/quick breads	6.0	5.4	5.7
5	1% milk, unflavored	5.8	3.8 ^β	4.9
6	Sausages, hot dogs, cold cuts	5.0	4.6	4.8
7	Pancakes, waffles, French toast	5.5	3.9 ^β	4.8
8	2% milk, unflavored	4.7	4.1	4.4
9	Cold cereal	5.0	3.2 ^α	4.3
10	Biscuits, croissants, cornbread	4.4	3.9	4.1
11	1% milk, flavored	3.7	3.5	3.6
12	Pizza and pizza products	2.9	3.6	3.2
13	Buttered toast/bagels with cream cheese	3.2	2.7	3.0
14	Crackers and pretzels	4.0	1.7 ^β	3.0
15	Peanut butter sandwiches	2.7	2.8	2.7
16	Mexican–style entrees	2.9	2.2	2.6
17	Hot dog, corn dog, sausage sandwiches ^b	2.5	1.8 ^α	2.2
18	Eggs	2.3	1.6 ^β	2.0
19	Cheese	1.7	0.9 ^α	1.4
20	Grain/fruit cereal bars, granola bars	1.4	0.8 ^α	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.36. Food Sources of Polyunsaturated Fat in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Polyunsaturated Fat				
1	Muffins, sweet/quick breads	18.5	16.9	17.8
2	Sweet rolls, donuts, toaster pastries	13.0	18.1 ^β	15.2
3	Cold cereal	7.6	5.0 ^α	6.5
4	Buttered toast/bagels with cream cheese	6.6	6.2	6.4
5	Condiments, toppings and spreads	4.9	6.8	5.7
6	Breakfast sandwiches ^a	4.8	6.6 ^α	5.6
7	Pancakes, waffles, French toast	5.8	3.7 ^β	4.9
8	Crackers and pretzels	4.8	2.3 ^β	3.8
9	Hot dog, corn dog, sausage sandwiches ^b	3.9	3.0	3.5
10	Sausages, hot dogs, cold cuts	3.0	3.4	3.2
11	Peanut butter sandwiches	2.8	3.1	2.9
12	Pizza and pizza products	2.6	3.4	2.9
13	Mexican-style entrees	2.3	2.0	2.2
14	Bread, rolls, bagels	1.7	2.1	1.9
15	Biscuits, croissants, cornbread	1.6	1.6	1.6
16	Peanut butter/nuts/seeds/trail mixes	1.7	1.3	1.5
17	Eggs	1.7	1.3	1.5
18	Hot cereal	1.4	1.0	1.2
19	Fruit juice, 100%	1.2	1.1 ^α	1.2
20	1% milk, unflavored	1.3	0.9 ^β	1.2
21	2% milk, unflavored	1.1	1.0	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.37. Food Sources of Linoleic Acid in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Linoleic Acid				
1	Muffins, sweet/quick breads	18.2	16.6	17.5
2	Sweet rolls, donuts, toaster pastries	13.4	18.9 ^β	15.7
3	Cold cereal	8.0	5.2 ^α	6.8
4	Buttered toast/bagels with cream cheese	6.5	6.1	6.3
5	Condiments, toppings and spreads	5.0	6.8	5.7
6	Breakfast sandwiches ^a	4.6	6.2 ^α	5.3
7	Pancakes, waffles, French toast	5.8	3.7 ^β	4.9
8	Crackers and pretzels	5.0	2.4 ^β	3.9
9	Hot dog, corn dog, sausage sandwiches ^b	4.1	3.1	3.7
10	Peanut butter sandwiches	3.1	3.4	3.2
11	Sausages, hot dogs, cold cuts	3.0	3.3	3.1
12	Pizza and pizza products	2.6	3.4	3.0
13	Mexican-style entrees	2.2	2.0	2.1
14	Bread, rolls, bagels	1.7	2.1	1.9
15	Biscuits, croissants, cornbread	1.7	1.6	1.7
16	Peanut butter/nuts/seeds/trail mixes	1.8	1.4	1.6
17	Eggs	1.6	1.2	1.5
18	Hot cereal	1.5	1.0	1.3
19	1% milk, unflavored	1.3	0.9 ^β	1.1
20	Fruit juice, 100%	1.1	1.0 ^α	1.1
21	2% milk, unflavored	1.0	1.0	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.38. Food Sources of Alpha-Linolenic Acid in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Alpha-Linolenic Acid				
1	Muffins, sweet/quick breads	26.0	24.0	25.2
2	Sweet rolls, donuts, toaster pastries	9.8	13.8 ^β	11.5
3	Buttered toast/bagels with cream cheese	8.4	8.0	8.2
4	Condiments, toppings and spreads	4.6	8.2 ^β	6.1
5	Pancakes, waffles, French toast	5.8	3.4 ^β	4.8
6	Breakfast sandwiches ^a	4.1	5.2	4.5
7	Cold cereal	4.8	3.1	4.1
8	Fruit juice, 100%	3.1	2.8 ^α	2.9
9	Crackers and pretzels	3.8	1.8 ^β	2.9
10	Pizza and pizza products	2.4	3.2	2.7
11	1% milk, flavored	2.4	2.5	2.4
12	Mexican-style entrees	2.2	2.0	2.1
13	Bread, rolls, bagels	1.9	2.3	2.1
14	Sausages, hot dogs, cold cuts	1.6	1.8	1.7
15	1% milk, unflavored	1.9	1.3 ^β	1.6
16	2% milk, unflavored	1.5	1.4	1.4
17	Hot dog, corn dog, sausage sandwiches ^b	1.4	1.1	1.3
18	Biscuits, croissants, cornbread	1.2	1.2	1.2
19	Hot cereal	1.2	0.8	1.1
20	Cheese	1.3	0.7	1.0
21	Eggs	1.2	0.8	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.39. Food Sources of Carbohydrate in School Breakfast Program Breakfasts as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Carbohydrate				
1	Fruit juice, 100%	13.4	12.7	13.1
2	Cold cereal	13.8	10.8 ^β	12.6
3	1% milk, flavored	8.0	8.4	8.2
4	Condiments, toppings and spreads	6.7	7.6	7.1
5	Sweet rolls, donuts, toaster pastries	5.2	9.4 ^β	6.9
6	1% milk, unflavored	5.7	4.2 ^β	5.1
7	Skim or nonfat milk, flavored	4.4	5.1	4.7
8	Muffins, sweet/quick breads	4.4	4.3	4.4
9	Bread, rolls, bagels	2.8	4.3 ^β	3.4
10	Pancakes, waffles, French toast	3.5	2.7 ^α	3.2
11	Yogurt	2.4	2.4	2.4
12	Crackers and pretzels	2.9	1.4 ^β	2.3
13	Skim or nonfat milk, unflavored	2.5	1.9 ^β	2.3
14	2% milk, unflavored	2.1	2.1	2.1
15	Breakfast sandwiches ^a	1.7	2.6 ^β	2.0
16	Buttered toast/bagels with cream cheese	2.0	2.0	2.0
17	Grain/fruit cereal bars, granola bars	2.3	1.6	2.0
18	Apple	1.4	2.0 ^β	1.6
19	Banana	1.5	1.4	1.5
20	Biscuits, croissants, cornbread	1.4	1.4	1.4
21	Pizza and pizza products	1.1	1.5 ^α	1.3
22	Citrus fruit	1.0	1.3	1.1
23	Entree food bars, bag/pre-plated lunches	1.0	0.8	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.40. Food Sources of Protein in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Protein				
1	1% milk, unflavored	18.3	13.6 ^β	16.4
2	1% milk, flavored	10.8	11.5	11.1
3	Skim or nonfat milk, unflavored	7.9	6.3 ^α	7.3
4	2% milk, unflavored	7.1	7.1	7.1
5	Skim or nonfat milk, flavored	6.3	7.4	6.7
6	Breakfast sandwiches ^a	4.3	6.8 ^β	5.3
7	Cold cereal	5.2	4.0 ^β	4.7
8	Sweet rolls, donuts, toaster pastries	2.4	4.2 ^β	3.1
9	Bread, rolls, bagels	2.5	3.9 ^β	3.1
10	Yogurt	2.6	2.7	2.6
11	Pancakes, waffles, French toast	2.9	2.1 ^β	2.6
12	Pizza and pizza products	2.1	3.0 ^α	2.5
13	Sausages, hot dogs, cold cuts	2.3	2.5	2.4
14	Muffins, sweet/quick breads	2.4	2.3	2.4
15	Fruit juice, 100%	2.2	2.1	2.2
16	Buttered toast/bagels with cream cheese	2.0	2.0	2.0
17	Mexican-style entrees	2.1	1.8	2.0
18	Cheese	1.8	1.2	1.5
19	Condiments, toppings and spreads	1.3	1.8	1.5
20	Eggs	1.5	1.3	1.4
21	Hot dog, corn dog, sausage sandwiches ^b	1.5	1.2	1.4
22	Biscuits, croissants, cornbread	1.1	1.1	1.1
23	Crackers and pretzels	1.3	0.7 ^β	1.1
24	Grain/fruit cereal bars, granola bars	1.1	0.8	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.41. Food Sources of Vitamin A (RE) in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin A (RE)				
1	Cold cereal	27.9	23.9 ^β	26.4
2	1% milk, unflavored	18.1	14.5 ^β	16.7
3	1% milk, flavored	10.9	12.6 ^α	11.6
4	Skim or nonfat milk, unflavored	8.2	7.1	7.8
5	2% milk, unflavored	6.8	7.3	7.0
6	Skim or nonfat milk, flavored	6.0	7.7 ^α	6.6
7	Sweet rolls, donuts, toaster pastries	1.9	4.3 ^β	2.8
8	Fruit juice, 100%	2.6	2.8	2.7
9	Condiments, toppings and spreads	1.6	3.5 ^β	2.3
10	Pancakes, waffles, French toast	1.8	1.9	1.8
11	Grain/fruit cereal bars, granola bars	2.0	1.2	1.7
12	Buttered toast/bagels with cream cheese	1.6	1.7	1.6
13	Breakfast sandwiches ^a	1.1	1.9 ^β	1.4
14	Eggs	1.2	1.0	1.1
15	Entree food bars, bag/pre-plated lunches	1.0	0.9	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

RE = Retinol equivalents.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.42. Food Sources of Vitamin A (RAE) in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin A (RAE)				
1	Cold cereal	27.9	23.6 ^β	26.2
2	1% milk, unflavored	17.9	14.1 ^β	16.4
3	1% milk, flavored	10.8	12.3	11.4
4	Skim or nonfat milk, unflavored	8.2	7.0	7.7
5	2% milk, unflavored	6.7	7.1	6.9
6	Skim or nonfat milk, flavored	6.0	7.5 ^α	6.6
7	Sweet rolls, donuts, toaster pastries	4.3	8.6 ^β	6.0
8	Condiments, toppings and spreads	1.5	3.2 ^β	2.1
9	Pancakes, waffles, French toast	1.8	1.9	1.9
10	Grain/fruit cereal bars, granola bars	2.0	1.2	1.6
11	Buttered toast/bagels with cream cheese	1.5	1.5	1.5
12	Breakfast sandwiches ^a	1.1	1.8 ^β	1.4
13	Fruit juice, 100%	1.3	1.4	1.4
14	Eggs	1.1	0.9	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

RAE = Retinol activity equivalents.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.43. Food Sources of Vitamin C in School Breakfast Program Breakfasts as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Vitamin C				
1	Fruit juice, 100%	67.9	65.9	67.1
2	Citrus fruit	9.5	13.2 ^a	11.0
3	Cold cereal	10.3	8.2 ^b	9.5
4	Sweet rolls, donuts, toaster pastries	1.4	1.9	1.6
5	Banana	1.3	1.3	1.3
6	Apple	1.0	1.5 ^b	1.2
7	1% milk, flavored	1.0	1.1	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^b Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.44. Food Sources of Vitamin E in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin E				
1	Sweet rolls, donuts, toaster pastries	13.6	21.5 ^β	16.9
2	Cold cereal	18.3	11.6	15.5
3	Fruit juice, 100%	8.2	7.9	8.1
4	Muffins, sweet/quick breads	6.9	6.2	6.6
5	Condiments, toppings and spreads	5.5	6.8	6.0
6	Breakfast sandwiches ^a	3.5	4.9 ^β	4.1
7	Hot dog, corn dog, sausage sandwiches ^b	4.2	3.2	3.8
8	Pancakes, waffles, French toast	4.0	2.8 ^β	3.5
9	Peanut butter sandwiches	3.3	3.6	3.4
10	Buttered toast/bagels with cream cheese	2.8	2.6	2.7
11	Grain/fruit cereal bars, granola bars	2.8	2.0	2.5
12	Peanut butter/nuts/seeds/trail mixes	2.3	2.5	2.4
13	Eggs	2.0	1.5	1.8
14	Peaches	1.7	1.3	1.6
15	Biscuits, croissants, cornbread	1.5	1.5	1.5
16	Apple	1.3	1.8 ^α	1.5
17	Pizza and pizza products	1.3	1.7	1.5
18	Mexican-style entrees	1.5	1.3	1.4
19	Citrus fruit	1.0	1.3	1.2
20	2% milk, unflavored	1.0	0.9	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.45. Food Sources of Vitamin B₆ in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin B ₆				
1	Cold cereal	46.5	40.5 ^β	44.2
2	Fruit juice, 100%	9.7	10.4	10.0
3	1% milk, unflavored	5.5	4.5 ^β	5.1
4	Sweet rolls, donuts, toaster pastries	3.2	6.8 ^β	4.6
5	1% milk, flavored	3.6	4.2 ^α	3.8
6	Grain/fruit cereal bars, granola bars	3.9	2.8	3.5
7	Banana	3.2	3.4	3.3
8	Pancakes, waffles, French toast	2.6	2.5	2.6
9	2% milk, unflavored	2.3	2.5	2.3
10	Skim or nonfat milk, unflavored	2.4	2.1	2.3
11	Skim or nonfat milk, flavored	1.8	2.4 ^β	2.0
12	Breakfast sandwiches ^a	1.3	2.1 ^β	1.6
13	Entree food bars, bag/pre-plated lunches	1.3	1.1	1.3
14	Muffins, sweet/quick breads	1.4	0.9	1.2
15	Sausages, hot dogs, cold cuts	1.0	1.2	1.1
16	Condiments, toppings and spreads	0.9	1.3	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.46. Food Sources of Vitamin B₁₂ in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Vitamin B ₁₂				
1	Cold cereal	34.4	30.8 ^β	33.0
2	1% milk, unflavored	17.5	14.5 ^β	16.4
3	1% milk, flavored	9.0	10.7 ^α	9.6
4	Skim or nonfat milk, unflavored	9.1	8.2	8.7
5	2% milk, unflavored	7.3	8.1	7.6
6	Skim or nonfat milk, flavored	6.7	8.9 ^β	7.5
7	Sweet rolls, donuts, toaster pastries	1.6	3.1 ^β	2.2
8	Yogurt	2.1	2.4	2.2
9	Breakfast sandwiches ^a	1.3	2.3 ^β	1.7
10	Pancakes, waffles, French toast	1.4	1.4	1.4
11	Grain/fruit cereal bars, granola bars	1.5	1.1	1.4
12	Sausages, hot dogs, cold cuts	1.0	1.1	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.47. Food Sources of Folate (DFE) in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Folate (DFE)				
1	Cold cereal	57.4	48.3 ^β	53.9
2	Sweet rolls, donuts, toaster pastries	4.2	8.2 ^β	5.8
3	Bread, rolls, bagels	3.8	7.0 ^β	5.0
4	Fruit juice, 100%	4.3	4.5	4.4
5	Pancakes, waffles, French toast	3.5	2.9	3.2
6	Grain/fruit cereal bars, granola bars	2.7	2.0	2.4
7	Muffins, sweet/quick breads	2.1	2.5	2.3
8	Breakfast sandwiches ^a	1.7	3.0 ^β	2.2
9	1% milk, unflavored	2.3	1.8 ^β	2.1
10	Buttered toast/bagels with cream cheese	1.9	2.2	2.1
11	1% milk, flavored	1.4	1.6	1.5
12	Pizza and pizza products	1.2	1.8 ^β	1.4
13	Crackers and pretzels	1.4	1.1	1.3
14	Entree food bars, bag/pre-plated lunches	1.3	1.2	1.3
15	Mexican-style entrees	1.1	1.1	1.1
16	Citrus fruit	0.9	1.3 ^β	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

DFE = Dietary folate equivalents.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.48. Food Sources of Niacin in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Niacin				
1	Cold cereal	49.0	40.7 ^β	45.7
2	Sweet rolls, donuts, toaster pastries	4.7	9.6 ^β	6.6
3	Bread, rolls, bagels	3.2	5.2 ^β	4.0
4	Breakfast sandwiches ^a	3.0	5.1 ^β	3.8
5	Grain/fruit cereal bars, granola bars	4.4	2.9	3.8
6	Fruit juice, 100%	3.7	3.8	3.8
7	Pancakes, waffles, French toast	3.6	3.3	3.5
8	Buttered toast/bagels with cream cheese	2.6	2.6	2.6
9	Muffins, sweet/quick breads	2.6	2.3	2.5
10	Sausages, hot dogs, cold cuts	1.9	2.3	2.1
11	Crackers and pretzels	2.3	1.3 ^α	1.9
12	Pizza and pizza products	1.4	2.0 ^α	1.6
13	Biscuits, croissants, cornbread	1.4	1.5	1.5
14	Entree food bars, bag/pre-plated lunches	1.5	1.4	1.5
15	Peanut butter sandwiches	1.3	1.6	1.4
16	1% milk, unflavored	1.5	1.2 ^β	1.4
17	1% milk, flavored	1.1	1.3	1.2
18	Condiments, toppings and spreads	1.1	1.3	1.2
19	Mexican-style entrees	1.1	1.1	1.1
20	Hot dog, corn dog, sausage sandwiches ^b	1.1	0.9	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.49. Food Sources of Riboflavin in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Riboflavin				
1	Cold cereal	24.7	20.9 ^β	23.2
2	1% milk, unflavored	17.2	13.7 ^β	15.9
3	1% milk, flavored	9.9	11.3	10.4
4	2% milk, unflavored	6.8	7.3	7.0
5	Skim or nonfat milk, unflavored	7.3	6.3	6.9
6	Skim or nonfat milk, flavored	5.7	7.2 ^α	6.3
7	Sweet rolls, donuts, toaster pastries	2.7	5.3 ^β	3.7
8	Pancakes, waffles, French toast	2.8	2.4	2.6
9	Fruit juice, 100%	2.4	2.5	2.5
10	Breakfast sandwiches ^a	1.7	3.0 ^β	2.2
11	Yogurt	1.8	2.0	1.9
12	Grain/fruit cereal bars, granola bars	1.9	1.3	1.7
13	Bread, rolls, bagels	1.3	2.1 ^β	1.6
14	Muffins, sweet/quick breads	1.6	1.6	1.6
15	Buttered toast/bagels with cream cheese	1.1	1.1	1.1
16	Pizza and pizza products	0.9	1.4 ^β	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.50. Food Sources of Thiamin in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Thiamin				
1	Cold cereal	38.8	31.2 ^β	35.8
2	Sweet rolls, donuts, toaster pastries	4.9	9.2 ^β	6.6
3	Fruit juice, 100%	6.6	6.6	6.6
4	Bread, rolls, bagels	3.8	6.4 ^β	4.8
5	Grain/fruit cereal bars, granola bars	5.2	3.8	4.7
6	Breakfast sandwiches ^a	2.9	4.6 ^β	3.6
7	Pancakes, waffles, French toast	3.6	3.0	3.3
8	1% milk, flavored	3.1	3.5	3.3
9	1% milk, unflavored	3.2	2.4 ^β	2.9
10	Skim or nonfat milk, unflavored	3.1	2.6 ^α	2.9
11	Skim or nonfat milk, flavored	2.4	2.9 ^α	2.6
12	Muffins, sweet/quick breads	2.6	2.5	2.6
13	2% milk, unflavored	2.5	2.5	2.5
14	Buttered toast/bagels with cream cheese	2.2	2.3	2.2
15	Biscuits, croissants, cornbread	1.5	1.6	1.6
16	Pizza and pizza products	1.3	1.9 ^α	1.5
17	Mexican-style entrees	1.3	1.2	1.3
18	Crackers and pretzels	1.5	0.8 ^α	1.2
19	Entree food bars, bag/pre-plated lunches	1.2	1.2	1.2
20	Citrus fruit	0.9	1.3 ^α	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.51. Food Sources of Calcium in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Calcium				
1	1% milk, unflavored	24.0	18.9 ^β	22.0
2	1% milk, flavored	14.1	16.0	14.9
3	Skim or nonfat milk, unflavored	10.9	9.2	10.2
4	2% milk, unflavored	9.3	9.8	9.5
5	Skim or nonfat milk, flavored	8.1	10.1 ^α	8.9
6	Cold cereal	7.4	6.4 ^α	7.0
7	Fruit juice, 100%	3.4	3.8	3.6
8	Yogurt	3.4	3.7	3.5
9	Sweet rolls, donuts, toaster pastries	1.6	2.7 ^β	2.0
10	Breakfast sandwiches ^a	1.5	2.5 ^β	1.9
11	Pancakes, waffles, French toast	1.8	1.5	1.7
12	Cheese	1.9	1.3	1.6
13	Pizza and pizza products	1.3	2.0 ^β	1.6
14	Grain/fruit cereal bars, granola bars	1.4	0.9	1.2
15	Muffins, sweet/quick breads	1.2	1.1	1.2
16	Bread, rolls, bagels	0.8	1.3 ^β	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.52. Food Sources of Iron in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Iron				
1	Cold cereal	52.0	42.9 ^β	48.5
2	Fruit juice, 100%	6.5	6.7	6.6
3	Sweet rolls, donuts, toaster pastries	4.3	8.7 ^β	6.0
4	Bread, rolls, bagels	3.8	6.8 ^β	5.0
5	Pancakes, waffles, French toast	3.5	3.1	3.3
6	Muffins, sweet/quick breads	3.2	3.0	3.1
7	Breakfast sandwiches ^a	2.3	4.0 ^β	3.0
8	Grain/fruit cereal bars, granola bars	2.7	1.9	2.4
9	Buttered toast/bagels with cream cheese	2.3	2.5	2.3
10	1% milk, flavored	1.9	2.2	2.0
11	Crackers and pretzels	2.2	1.4	1.9
12	Entree food bars, bag/pre-plated lunches	1.8	1.4	1.7
13	Skim or nonfat milk, flavored	1.5	1.8	1.6
14	Pizza and pizza products	1.2	1.7 ^α	1.4
15	Hot cereal	1.4	1.0	1.2
16	Biscuits, croissants, cornbread	1.2	1.3	1.2
17	Mexican-style entrees	1.2	1.2	1.2

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.53. Food Sources of Magnesium in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Magnesium				
1	1% milk, unflavored	14.3	11.1 ^β	13.1
2	Fruit juice, 100%	10.8	10.9	10.8
3	1% milk, flavored	9.8	10.9	10.2
4	Cold cereal	10.3	8.0 ^β	9.4
5	Skim or nonfat milk, flavored	7.5	9.2 ^α	8.2
6	Skim or nonfat milk, unflavored	6.2	5.2 ^α	5.8
7	2% milk, unflavored	5.7	5.9	5.8
8	Sweet rolls, donuts, toaster pastries	2.2	4.1 ^β	3.0
9	Muffins, sweet/quick breads	2.6	2.2	2.4
10	Yogurt	2.1	2.3	2.2
11	Bread, rolls, bagels	1.9	2.6 ^α	2.2
12	Breakfast sandwiches ^a	1.7	2.7 ^β	2.1
13	Banana	2.0	2.0	2.0
14	Grain/fruit cereal bars, granola bars	2.1	1.9	2.0
15	Pancakes, waffles, French toast	2.2	1.5 ^β	1.9
16	Buttered toast/bagels with cream cheese	1.9	1.8	1.8
17	Condiments, toppings and spreads	1.5	1.9	1.7
18	Peanut butter sandwiches	1.2	1.4	1.3
19	Pizza and pizza products	1.1	1.6 ^α	1.3
20	Hot cereal	1.4	0.9	1.2
21	Crackers and pretzels	1.5	0.8 ^β	1.2
22	Citrus fruit	0.9	1.3 ^α	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.54. Food Sources of Phosphorus in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Phosphorus				
1	1% milk, unflavored	20.3	15.4 ^β	18.3
2	1% milk, flavored	13.0	14.2	13.5
3	Skim or nonfat milk, unflavored	9.3	7.7 ^α	8.6
4	Skim or nonfat milk, flavored	7.6	9.2 ^α	8.2
5	2% milk, unflavored	8.0	8.1	8.0
6	Cold cereal	5.8	4.5 ^β	5.3
7	Breakfast sandwiches ^a	3.0	4.9 ^β	3.7
8	Pancakes, waffles, French toast	3.3	2.6 ^α	3.0
9	Yogurt	2.8	3.0	2.9
10	Sweet rolls, donuts, toaster pastries	2.1	4.0 ^β	2.8
11	Biscuits, croissants, cornbread	2.5	2.6	2.5
12	Fruit juice, 100%	2.4	2.4	2.4
13	Muffins, sweet/quick breads	2.2	2.2	2.2
14	Pizza and pizza products	1.5	2.2 ^α	1.8
15	Bread, rolls, bagels	1.1	1.6 ^β	1.3
16	Mexican-style entrees	1.4	1.2	1.3
17	Cheese	1.5	0.9	1.3
18	Grain/fruit cereal bars, granola bars	1.2	1.0	1.1
19	Buttered toast/bagels with cream cheese	1.1	1.0	1.1
20	Condiments, toppings and spreads	0.9	1.3 ^α	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.55. Food Sources of Potassium in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Potassium				
1	Fruit juice, 100%	17.9	17.8	17.8
2	1% milk, unflavored	17.8	13.6 ^β	16.1
3	1% milk, flavored	11.7	12.9	12.2
4	Skim or nonfat milk, flavored	7.3	8.8 ^α	7.9
5	Skim or nonfat milk, unflavored	8.0	6.6 ^α	7.4
6	2% milk, unflavored	7.1	7.2	7.1
7	Cold cereal	3.9	3.1 ^β	3.6
8	Yogurt	2.5	2.7	2.6
9	Banana	2.5	2.4	2.4
10	Breakfast sandwiches ^a	1.4	2.2 ^β	1.7
11	Citrus fruit	1.5	2.1 ^α	1.7
12	Sweet rolls, donuts, toaster pastries	1.1	2.1 ^β	1.5
13	Condiments, toppings and spreads	1.2	1.8 ^β	1.5
14	Apple	1.1	1.6 ^β	1.3
15	Muffins, sweet/quick breads	1.2	1.1	1.2
16	Pancakes, waffles, French toast	1.3	0.9 ^β	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.56. Food Sources of Sodium in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Sodium				
1	Cold cereal	13.6	10.4 ^β	12.3
2	Breakfast sandwiches ^a	7.3	10.5 ^β	8.6
3	1% milk, unflavored	6.9	4.8 ^β	6.0
4	Sweet rolls, donuts, toaster pastries	4.5	7.8 ^β	5.9
5	Pancakes, waffles, French toast	6.4	4.5 ^β	5.6
6	1% milk, flavored	5.4	5.4	5.4
7	Condiments, toppings and spreads	3.8	5.4 ^β	4.5
8	Bread, rolls, bagels	3.7	5.0 ^α	4.2
9	Biscuits, croissants, cornbread	4.1	4.0	4.0
10	Muffins, sweet/quick breads	4.2	3.9	4.0
11	Pizza and pizza products	3.6	4.7	4.0
12	Buttered toast/bagels with cream cheese	3.7	3.4	3.6
13	Mexican-style entrees	3.0	2.5	2.8
14	Sausages, hot dogs, cold cuts	2.7	2.8	2.7
15	Crackers and pretzels	3.3	1.6 ^β	2.6
16	Skim or nonfat milk, unflavored	2.8	2.2 ^β	2.6
17	2% milk, unflavored	2.5	2.4	2.5
18	Hot dog, corn dog, sausage sandwiches ^b	2.7	2.1	2.4
19	Skim or nonfat milk, flavored	2.1	2.4	2.2
20	Eggs	1.7	1.3	1.5
21	Hot cereal	1.6	1.0	1.4
22	Sandwiches with plain meat or poultry	0.3	2.4	1.2
23	Cheese	1.4	0.7 ^α	1.1
24	Grain/fruit cereal bars, granola bars	1.1	0.8	1.0
25	Yogurt	1.0	1.0	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.57. Food Sources of Zinc in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Zinc				
1	Cold cereal	40.9	35.0 ^β	38.6
2	1% milk, unflavored	10.9	8.8 ^β	10.1
3	1% milk, flavored	6.5	7.5	6.9
4	Skim or nonfat milk, flavored	4.3	5.4 ^α	4.7
5	2% milk, unflavored	4.4	4.8	4.6
6	Skim or nonfat milk, unflavored	4.7	4.1	4.5
7	Breakfast sandwiches ^a	2.3	4.0 ^β	3.0
8	Bread, rolls, bagels	1.8	3.3 ^β	2.4
9	Yogurt	2.1	2.4	2.2
10	Muffins, sweet/quick breads	2.1	2.3	2.2
11	Grain/fruit cereal bars, granola bars	1.8	1.3	1.6
12	Sweet rolls, donuts, toaster pastries	1.1	2.2 ^β	
13	Sausages, hot dogs, cold cuts	1.4	1.6	1.5
14	Fruit juice, 100%	1.4	1.5	1.4
15	Condiments, toppings and spreads	1.2	1.6 ^α	1.4
16	Pizza and pizza products	1.1	1.7 ^β	1.3
17	Pancakes, waffles, French toast	1.4	1.0 ^β	1.3
18	Buttered toast/bagels with cream cheese	1.1	1.2	1.1
19	Mexican-style entrees	1.0	0.9	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.58. Food Sources of Cholesterol in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Cholesterol				
1	Breakfast sandwiches ^a	13.0	20.5 ^β	16.1
2	Eggs	16.5	12.7 ^α	14.9
3	1% milk, unflavored	10.6	7.6 ^β	9.4
4	Pancakes, waffles, French toast	9.5	6.2 ^β	8.1
5	Mexican-style entrees	7.6	6.6	7.2
6	2% milk, unflavored	6.7	6.5	6.6
7	Muffins, sweet/quick breads	5.4	5.4	5.4
8	Sweet rolls, donuts, toaster pastries	5.0	5.9	5.4
9	Sausages, hot dogs, cold cuts	4.5	5.1	4.7
10	1% milk, flavored	4.7	4.8	4.7
11	Condiments, toppings and spreads	2.2	3.9 ^β	2.9
12	Skim or nonfat milk, unflavored	1.8	1.4 ^α	1.7
13	Hot dog, corn dog, sausage sandwiches ^b	1.8	1.4	1.7
14	Skim or nonfat milk, flavored	1.3	1.5	1.4
15	Cheese	1.7	1.0	1.4
16	Pizza and pizza products	1.1	1.6 ^α	1.3
17	Yogurt	1.1	1.0	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.59. Food Sources of Dietary Fiber in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Dietary Fiber				
1	Cold cereal	20.1	14.8 ^β	17.9
2	Apple	6.0	8.4 ^β	7.0
3	1% milk, flavored	5.9	6.4	6.1
4	Muffins, sweet/quick breads	6.1	5.3	5.8
5	Sweet rolls, donuts, toaster pastries	4.3	7.0 ^β	5.4
6	Citrus fruit	4.5	6.3 ^α	5.2
7	Fruit juice, 100%	4.9	4.6	4.8
8	Bread, rolls, bagels	4.0	5.3 ^α	4.5
9	Skim or nonfat milk, flavored	4.1	4.6	4.3
10	Banana	4.3	4.1	4.2
11	Pancakes, waffles, French toast	4.6	3.2 ^β	4.0
12	Buttered toast/bagels with cream cheese	3.5	3.3	3.4
13	Breakfast sandwiches ^a	2.0	3.1 ^β	2.4
14	Crackers and pretzels	2.7	1.4 ^β	2.2
15	Pears	2.4	1.7	2.1
16	Condiments, toppings and spreads	2.0	2.3	2.1
17	Hot cereal	2.0	1.3	1.7
18	Mexican-style entrees	1.6	1.7	1.6
19	Pizza and pizza products	1.4	1.9	1.6
20	Peanut butter sandwiches	1.5	1.7	1.5
21	Peaches	1.6	1.3	1.5
22	Grain/fruit cereal bars, granola bars	1.5	1.2	1.4
23	Biscuits, croissants, cornbread	1.3	1.3	1.3

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.60. Food Sources of Calories from Solid Fats and Added Sugars in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Calories from Solid Fats and Added Sugars				
1	Sweet rolls, donuts, toaster pastries	10.5	16.9 ^β	13.2
2	Condiments, toppings and spreads	11.0	13.3 ^α	11.9
3	Cold cereal	11.3	8.5 ^β	10.1
4	1% milk, flavored	9.7	9.6	9.7
5	Muffins, sweet/quick breads	4.9	4.6	4.8
6	Skim or nonfat milk, flavored	4.4	4.8	4.6
7	Breakfast sandwiches ^a	3.7	5.2 ^β	4.4
8	1% milk, unflavored	4.7	3.2 ^β	4.1
9	Yogurt	4.1	3.6	3.9
10	2% milk, unflavored	4.0	3.7	3.8
11	Crackers and pretzels	4.1	1.7 ^β	3.1
12	Grain/fruit cereal bars, granola bars	3.2	2.1	2.8
13	Pancakes, waffles, French toast	3.0	2.2 ^α	2.7
14	Buttered toast/bagels with cream cheese	2.7	2.3	2.5
15	Biscuits, croissants, cornbread	2.1	2.0	2.1
16	Pizza and pizza products	1.8	2.3 ^α	2.0
17	Sausages, hot dogs, cold cuts	2.1	1.9	2.0
18	Mexican-style entrees	1.4	1.1	1.3
19	Cheese	1.5	0.8	1.2
20	Hot dog, corn dog, sausage sandwiches ^b	1.2	0.9	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.61. Food Sources of Solid Fats in School Breakfast Program Breakfasts as Offered

Rank	Food Group/Food(s)	Percentage Contribution to Average Amount Offered		
		Elementary Schools	Secondary Schools	All Schools
Solid Fats				
1	Sweet rolls, donuts, toaster pastries	12.5	20.2 ^β	15.8
2	1% milk, unflavored	9.5	6.2 ^β	8.1
3	Breakfast sandwiches ^a	7.0	9.3 ^α	8.0
4	2% milk, unflavored	8.0	7.0	7.6
5	Condiments, toppings and spreads	4.8	7.9 ^β	6.1
6	1% milk, flavored	6.1	5.7	5.9
7	Buttered toast/bagels with cream cheese	4.7	3.8	4.3
8	Sausages, hot dogs, cold cuts	4.1	3.7	3.9
9	Pizza and pizza products	3.3	4.1	3.7
10	Muffins, sweet/quick breads	3.5	3.7	3.6
11	Pancakes, waffles, French toast	4.0	3.0 ^β	3.6
12	Biscuits, croissants, cornbread	3.7	3.4	3.5
13	Crackers and pretzels	4.3	1.8 ^β	3.2
14	Mexican-style entrees	2.9	2.1	2.5
15	Cold cereal	2.8	2.1 ^β	2.5
16	Cheese	3.0	1.5 ^α	2.4
17	Grain/fruit cereal bars, granola bars	2.3	1.6	2.0
18	Eggs	2.0	1.4 ^α	1.8
19	Hot dog, corn dog, sausage sandwiches ^b	1.6	1.1 ^α	1.4
20	Yogurt	1.5	1.1	1.3
21	Cheese sandwiches	1.3	0.8	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^a Includes sandwiches with egg, cheese, sausage or ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^b Includes sausage wrapped in a pancake.

^α Difference between elementary and secondary schools is significantly different from zero at the .05 level.

^β Difference between elementary and secondary schools is significantly different from zero at the .01 level.

Table I.62. Food Sources of Added Sugars in School Breakfast Program Breakfasts as Offered

		Percentage Contribution to Average Amount Offered		
Rank	Food Group/Food(s)	Elementary Schools	Secondary Schools	All Schools
Added Sugars				
1	Cold cereal	19.6	15.4 ^β	17.9
2	Condiments, toppings and spreads	17.0	19.1	17.9
3	1% milk, flavored	13.3	13.8	13.5
4	Sweet rolls, donuts, toaster pastries	8.6	13.4 ^β	10.6
5	Skim or nonfat milk, flavored	8.1	9.3	8.6
6	Yogurt	6.6	6.4	6.5
7	Muffins, sweet/quick breads	6.3	5.6	6.0
8	Grain/fruit cereal bars, granola bars	4.1	2.7	3.5
9	Crackers and pretzels	3.9	1.7 ^β	3.0
10	Pancakes, waffles, French toast	1.9	1.4 ^α	1.7
11	Peaches	1.2	0.9	1.1
12	Bread, rolls, bagels	0.9	1.4 ^β	1.1

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

^αDifference between elementary and secondary schools is significantly different from zero at the .05 level.

^βDifference between elementary and secondary schools is significantly different from zero at the .01 level.

APPENDIX J

SUPPLEMENTAL TABLES FOR CHAPTER 10

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Table J.1. Average Calorie and Nutrient Content of Afterschool Snacks Offered to Students

Average Amount	
Calories	264
Macronutrients	
Total fat (g)	7
Saturated fat (g)	2
Monounsaturated fat (g)	3
Polyunsaturated fat (g)	1
Linoleic acid (g)	1
Alpha-linolenic acid (g)	0.1
Carbohydrate (g)	43
Protein (g)	8
Vitamins	
Vitamin A (mcg RE)	134
Vitamin A (mcg RAE)	120
Vitamin C (mg)	18
Vitamin E (mg AT)	0.7
Vitamin B ₆ (mg)	0.2
Vitamin B ₁₂ (mcg)	0.9
Folate (mcg DFE)	68
Niacin (mg)	2
Riboflavin (mg)	0.4
Thiamin (mg)	0.2
Minerals	
Calcium (mg)	221
Iron (mg)	1.8
Magnesium (mg)	40
Phosphorus (mg)	217
Potassium (mg)	430
Sodium (mg)	283
Zinc (mg)	1.4
Other Dietary Components	
Cholesterol (mg)	10
Dietary fiber (g)	2
Dietary fiber (g/1,000 calories)	7
Average Percentage of Calories from:	
Total fat	23.2
Saturated fat	7.6
Monounsaturated fat	9.2
Polyunsaturated fat	5.0
Linoleic acid	4.5
Alpha-linolenic acid	0.4
Carbohydrate	66.2
Protein	12.6
Number of Schools	172

Source: School Nutrition Dietary Assessment Study-IV, Afterschool Snack Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

AT = Alpha-tocopherol; DFE = Dietary folate equivalents; RAE = Retinol activity equivalents; RE = Retinol equivalents.

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Table J.2. Average and Distribution of Calories and Nutrients in Afterschool Snacks Offered

	Average	SE	Percentiles						
			5th	10th	25th	50th	75th	90th	95th
Calories	264	6.1	185~	203	229	252	287	369	396~
Macronutrients									
Total fat (g)	7	0.3	3~	4	5	6	8	11	13~
Saturated fat (g)	2	0.1	1	1	2	2	3	4	4~
Monounsaturated fat (g)	3	0.1	1~	1	2	2	3	5	5~
Polyunsaturated fat (g)	1	0.1	0~	1	1	1	2	3	3~
Linoleic acid (g)	1	0.1	0~	1	1	1	2	3	3~
Alpha-linolenic acid (g)	0.1	0.01	0.0~	0.0	0.0	0.1	0.2	0.3	0.3~
Carbohydrate (g)	43	0.9	31~	34	38	42	46	56	61~
Protein (g)	8	0.4	3~	4	6	8	10	13	15~
Vitamins									
Vitamin A (mcg RE)	134	8.8	22~	42	80	120	167	220	283~
Vitamin A (mcg RAE)	120	7.1	15~	39	71	118	160	209	222~
Vitamin C (mg)	18	1.5	1~	2	7	13	25	42	50~
Vitamin E (mg AT)	0.7	0.06	0.2~	0.2	0.3	0.5	0.8	1.4	1.9~
Vitamin B ₆ (mg)	0.2	0.01	0.1~	0.1	0.1	0.2	0.3	0.4	0.4~
Vitamin B ₁₂ (mcg)	0.9	0.06	0.0~	0.2	0.5	0.8	1.1	1.5	1.6~
Folate (mcg)	50	2.9	25~	30	33	44	58	80	84~
Folate (mcg DFE)	68	4.7	31~	33	42	55	79	112	128~
Niacin (mg)	2	0.1	1~	1	1	2	2	3	4~
Riboflavin (mg)	0.4	0.02	0.1~	0.2	0.3	0.4	0.5	0.7	0.7~
Thiamin (mg)	0.2	0.01	0.1~	0.1	0.1	0.2	0.2	0.3	0.3~
Minerals									
Calcium (mg)	221	11.8	41~	61	147	212	303	338	405~
Iron (mg)	1.8	0.09	0.7~	1.0	1.3	1.6	2.2	3.3	3.4~
Magnesium (mg)	40	1.4	21~	24	29	36	47	57	71~
Phosphorus (mg)	217	9.8	64~	86	152	210	276	317	397~
Potassium (mg)	430	13.2	251~	293	366	414	472	616	675~
Sodium (mg)	283	12.4	159~	176	214	255	308	412	488~
Zinc (mg)	1.4	0.09	0.4~	0.5	0.9	1.3	1.7	2.3	3.0~
Other Components									
Cholesterol (mg)	10	1.0	0~	2	5	8	12	18	28~
Dietary fiber (g)	2	0.1	1~	1	1	2	2	3	4~

Table J.2 (continued)

	Average	SE	Percentiles						
			5th	10th	25th	50th	75th	90th	95th
Percentage of Calories from:									
Total fat	23.2	0.72	12.5~	14.8	18.5	21.8	27.7	31.8	34.9~
Saturated fat	7.6	0.22	3.2~	4.3	5.8	7.5	9.6	10.8	11.4~
Monosaturated fat	9.2	0.40	4.3~	5.0	6.5	8.7	11.1	13.3	14.8~
Polyunsaturated fat	5.0	0.26	1.5~	2.4	3.2	4.3	6.1	9.1	10.5~
Linoleic acid	4.5	0.24	1.4~	2.2	2.8	3.9	5.4	8.1	9.5~
Alpha-linolenic acid	0.4	0.04	0.1~	0.1	0.2	0.3	0.6	0.9	1.1~
Carbohydrate	66.2	0.73	52.9~	56.3	61.3	66.9	70.4	75.5	79.3~
Protein	12.6	0.41	5.4~	7.3	10.5	12.7	15.1	17.2	18.0~
Number of Schools	172								

Source: School Nutrition Dietary Assessment Study-IV, Afterschool Snack Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

AT = alpha-tocopherol; DFE = dietary folate equivalents; RAE = retinol activity equivalents; RE = retinol equivalents; SE = standard error.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1.

Table J.3. Average and Distribution of Nutrients per 1,000 Calories in Afterschool Snacks Offered Compared with Reference Standards for School-Age Children

	Average	SE	Reference Standards				Percentiles						
			Ages 4 – 8 Males/ Females	Ages 9 – 13 Males/ Females	Ages 14 – 18 Males	Ages 14 – 18 Females	5th	10th	25th	50th	75th	90th	95th
Macronutrients													
Total fat (g)	26	0.8	n.a.	n.a.	n.a.	n.a.	14~	16	21	24	31	35	39~
Saturated fat (g)	8	0.2	n.a.	n.a.	n.a.	n.a.	4~	5	6	8	11	12	13~
Monounsaturated fat (g)	10	0.4	n.a.	n.a.	n.a.	n.a.	5~	6	7	10	12	15	16~
Polyunsaturated fat (g)	6	0.3	n.a.	n.a.	n.a.	n.a.	2~	3	4	5	7	10	12~
Linoleic acid (g) ^b	5	0.3	6	6	7	5	2~	2	3	4	6	9	11~
Alpha-linolenic acid (g) ^b	0.5	0.05	0.5	0.6	0.7	0.5	0.1~	0.2	0.2	0.3	0.7	1.0	1.3~
Carbohydrate (g) ^c	166	1.8	72	65	54	54	132~	141	153	167	176	189	198~
Protein (g) ^c	31	1.0	11	17	22	19	14~	18	26	32	38	43	45~
Vitamins													
Vitamin A (mcg RE) ^c	518	36.0	n.a.	n.a.	n.a.	n.a.	99~	156	284	468	658	872	1,038~
Vitamin A (mcg RAE) ^c	459	26.9	222	300	375	292	69~	146	281	451	605	833	875~
Vitamin C (mg) ^c	72	6.5	14	23	31	27	4~	8	22	51	104	164	208~
Vitamin E (mg AT) ^c	2.6	0.25	4	6	6	6	0.7~	0.9	1.4	1.8	2.8	4.3	8.5~
Vitamin B ₆ (mg) ^c	0.8	0.04	0.3	0.5	0.5	0.5	0.4~	0.4	0.5	0.7	1.1	1.4	1.6~
Vitamin B ₁₂ (mcg) ^c	3.2	0.24	0.7	0.9	1	1.0	0.2~	0.9	1.9	3.0	4.3	5.5	6.4~
Folate (mcg) ^c	191	10.2	n.a.	n.a.	n.a.	n.a.	100~	110	132	163	219	326	381~
Folate (mcg DFE) ^c	261	16.6	111	150	167	167	105~	137	176	217	310	469	579~
Niacin (mg) ^c	7	0.4	4	6	6.7	6	3~	4	5	7	9	11	12~
Riboflavin (mg) ^c	1.6	0.08	0.3	0.5	0.5	0.4	0.7~	0.7	1.1	1.5	2.0	2.4	2.5~
Thiamin (mg) ^c	0.8	0.03	0.3	0.5	0.5	0.4	0.4~	0.5	0.6	0.7	0.9	1.1	1.2~
Minerals													
Calcium (mg) ^c	833	41.1	556	650	542	542	184~	257	584	792	1,117	1,223	1,385~
Iron (mg) ^c	7.1	0.37	6	4	5	6	3.9~	4.2	5.0	6.0	8.6	11.3	14.0~
Magnesium (mg) ^c	149	3.9	72	120	171	150	93~	105	125	145	171	190	199~
Phosphorus (mg) ^c	814	31.1	278	625	521	521	302~	367	639	793	1,030	1,131	1,204~
Potassium (mg) ^b	1,634	38.5	2,111	2,250	1,958	1,958	1,041~	1,138	1,439	1,588	1,840	2,076	2,206~
Sodium (mg) ^d	1,079	35.3	<1,056	<1,100	<958	<958	645~	746	868	1,042	1,219	1,441	1,558~
Zinc (mg) ^c	5.2	0.34	3	4	5	4	1.8~	2.1	3.4	4.6	6.4	8.8	10.6~
Other Components													
Cholesterol (mg) ^e	38	3.2	<167	<150	<125	<125	1~	9	20	34	48	60	82~
Dietary fiber (g) ^f	7	0.3	14	14	14	14	4~	4	5	6	8	11	14~
Number of Schools	172												

Table J.3 (*continued*)

Source: School Nutrition Dietary Assessment Study-IV, Afterschool Snack Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

^a The "per 1,000 calorie" reference standards are based on *Dietary Reference Intakes* and assume a 1,700 calorie diet for 4 to 8 year olds, a 1,900 calorie diet for 9 to 13 year olds, a 2,600 calorie diet for 14 to 18 year old males, and a 2,000 calorie diet for 14 to 18 year old females. These calorie levels represent weighted averages for each age group, assuming a an active level of physical activity for 4 to 8 year olds and a moderately active level of physical activity for 9 to 13 year olds and 14 to 18 year olds (IOM 2010).

^b Reference standard is based on the Adequate Intake (AI) (IOM 2006).

^c Reference standard is based on the Recommended Dietary Allowance (RDA) (IOM 2006).

^d Reference standard is based on the 2010 *Dietary Guidelines* recommendation.

^e Reference standard is based on the 2010 *Dietary Guidelines* recommendation.

^f Reference standard is based on the 2010 *Dietary Guidelines* recommendation.

n.a. = not applicable; AT = alpha-tocopherol; DFE = dietary folate equivalents; RE = retinol equivalents; RAE = retinol activity equivalents; SE = standard error.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1.

Table J.4. Average Amounts of Food Groups in Afterschool Snacks *Offered*, Relative to USDA Food Pattern Recommendations (1,200 to 1,800 calories)

	Average Amount	Calorie Levels ^a							
		1,200		1,400		1,600		1,800	
		Recommended Amount ^b	Percentage of Recommendation ^c	Recommended Amount ^b	Percentage of Recommendation ^c	Recommended Amount ^b	Percentage of Recommendation ^c	Recommended Amount ^b	Percentage of Recommendation ^c
Fruits (cup equiv)	0.41	1	41	1.5	27	1.5	27	2	21
Vegetables (cup equiv)	0.02	1.5	1	1.5	1	2	1	2.5	1
Dark green (cup/wk) ^d	0.00~	1	0	1	0	1.5	0	1.5	0
Red and orange (cup/wk) ^d	0.05	3	2	3	2	4	1	5.5	1
Legumes (cup/wk) ^{d,e}	0.00	0.5	0	0.5	0	1	0	1.5	0
Starchy (cup/wk) ^d	0.01~	3.5	0	3.5	0	4	0	5	0
Other (cup/wk) ^d	0.02~	2.5	1	2.5	1	3.5	1	4	1
Grains (oz equiv)	1.03	4	26	5	21	5	21	6	17
Whole grains (oz equiv)	0.18	2	9	2.5	7	3	6	3	6
Protein foods (oz equiv) ^f	0.11	3	4	4	3	5	2	5.5	2
Dairy (cup equiv)	0.65	2	26	2	26	3	22	3	22
Oils (tsp)	0.33	4	8	4	8	5	7	6	5
Calories from Solid Fats and Added Sugars	75	120	63	120	63	120	63	260	29
Calories from solid fats	40	n.a		n.a		n.a		n.a	
Calories from added sugars	35	n.a		n.a		n.a		n.a	
Number of Schools	172								

Source: School Nutrition Dietary Assessment Study-IV, Afterschool Snack Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

^a USDA Food Patterns assign individuals to a calorie level based on their sex, age, and activity level. Most school-age children would require between 1,200 and 2,400 calories.

^b Recommended daily amounts of food from each group within a calorie level, with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^c Percentage of recommended daily amount from each group within calorie level.

^d Includes only schools that provided menu information for 5 days.

^e Includes legumes offered as a vegetable or in combination entrees.

Table J.4 (*continued*)

^fIncludes legumes offered as a meat alternate.

n.a. = not applicable.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1.

Table J.5. Average Amounts of Food Groups in Afterschool Snacks *Offered*, Relative to USDA Food Pattern Recommendations (2,000 to 2,400 calories)

	Average Amount	Calorie Levels ^a					
		2,000		2,200		2,400	
		Recommended Amount	Percentage of Recommendation	Recommended Amount	Percentage of Recommendation	Recommended Amount	Percentage of Recommendation
Fruits (cup equiv)	0.41	2	21	2	21	2	21
Vegetables (cup equiv)	0.02	2.5	1	3	1	3	1
Dark green (cup/wk) ^d	0.00~	1.5	0	2	0	2	0
Red and orange (cup/wk) ^d	0.05	5.5	1	6	1	6	1
Legumes (cup/wk) ^{d,e}	0.00	1.5	0	2	0	2	0
Starchy (cup/wk) ^d	0.01~	5	0	6	0	6	0
Other (cup/wk) ^d	0.02~	4	1	5	0	5	0
Grains (oz equiv)	1.03	6	17	7	15	8	13
Whole grains (oz equiv)	0.18	3	6	3.5	5	4	5
Protein foods (oz equiv) ^f	0.11	5.5	2	6	2	6.5	2
Dairy (cup equiv)	0.65	3	22	3	22	3	22
Oils (tsp)	0.33	6	5	6	5	7	5
Calories from Solid Fats and Added Sugars	75	260	29	270	28	330	23
Calories from solid fats	40	n.a		n.a		n.a	
Calories from added sugars	35	n.a		n.a		n.a	
Number of Schools	172						

Source: School Nutrition Dietary Assessment Study-IV, Afterschool Snack Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

^a USDA Food Patterns assign individuals to a calorie level based on their sex, age, and activity level. Most school-age children would require between 1,200 and 2,400 calories.

^b Recommended daily amounts of food from each group within a calorie level, with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^c Percentage of recommended daily amount from each group within calorie level.

^d Includes only schools that provided menu information for 5 days.

^e Includes legumes offered as a vegetable or included in combination entrees.

^f Includes legumes offered as a meat alternate.

Table J.5 (*continued*)

n.a. = not applicable.

~ Point estimate is considered less precise than estimates that are not flagged because the sample size is small or the coefficient of variation is large. The rules used in flagging estimates are described in Chapter 1.

Table J.6. Average Amounts of Food Groups per 1,000 Calories in Afterschool Snacks Offered, Relative to Recommendations

	Recommended Minimum Amount per 1,000 Calories ^a	Average Amount	Percentage of Recommendation
Total Fruit	0.8 cup	1.60	200
Whole Fruit (not juice)	0.4 cup	0.59	147
Total Vegetables	1.1 cup	0.08	7
Dark Green and Orange Vegetables and Legumes ^b	0.4 cup	0.04	10
Total Grains	3.0 oz	3.94	131
Whole Grains	1.5 oz	0.69	46
Protein Foods	2.5 oz	0.37	15
Dairy	1.3 cup	2.42	186
Oils	12 gm	5.30	44
Solid fats (gm)	n.a.	17	
Added Sugars (gm)	n.a.	8	
Number of Schools		172	

Source: School Nutrition Dietary Assessment Study-IV, Afterschool Snack Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

^a Recommended minimum amounts per 1,000 calories are based on the standards used in the Healthy Eating Index-2005 (Guenther et al. 2008).

^b Includes legumes offered as vegetables or included in combination entrees.

n.a. = Not applicable.

Table J.7. Food Sources of Calories from Solid Fats and Added Sugars in Afterschool Snacks *Offered to Students*

		Percentage Contribution to Average Amount Offered
Rank	Food Group/Food(s)	All Schools
Calories from Solid Fats and Added Sugars		
1	Crackers and pretzels	30.0
2	1% milk, flavored	10.0
3	Cookies, cakes, brownies	10.0
4	Skim or nonfat milk, flavored	9.1
5	1% milk, unflavored	5.4
6	Cheese	5.2
7	Sweet rolls, donuts, toaster pastries	5.2
8	Grain/fruit cereal bars, granola bars	3.8
9	2% milk, unflavored	3.7
10	Muffins, sweet/quick breads	3.2
11	Cold cereal	2.9
12	Yogurt	2.2
13	Peanut butter sandwiches	1.5

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Table J.8. Food Sources of Solid Fats in Afterschool Snacks Offered to Students

		Percentage Contribution to Average Amount Offered
Rank	Food Group/Food(s)	All Schools
Solid Fats		
1	Crackers and pretzels	37.0
2	1% milk, unflavored	10.0
3	Cheese	9.7
4	Cookies, cakes, brownies	9.4
5	2% milk, unflavored	6.8
6	1% milk, flavored	6.0
7	Sweet rolls, donuts, toaster pastries	5.3
8	Grain/fruit cereal bars, granola bars	2.6
9	Muffins, sweet/quick breads	1.8
10	Skim or nonfat milk, flavored	1.4
11	Salad dressings	1.3
12	Peanut butter sandwiches	1.0
13	Biscuits, croissants, cornbread	1.0

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

Table J.9. Food Sources of Added Sugars in Afterschool Snacks Offered to Students

		Percentage Contribution to Average Amount Offered
Rank	Food Group/Food(s)	All Schools
Added Sugars		
1	Crackers and pretzels	21.0
2	Skim or nonfat milk, flavored	18.0
3	1% milk, flavored	15.0
4	Cookies, cakes, brownies	11.0
5	Cold cereal	5.5
6	Grain/fruit cereal bars, granola bars	5.3
7	Sweet rolls, donuts, toaster pastries	5.0
8	Muffins, sweet/quick breads	4.9
9	Yogurt	4.1
10	Peanut butter sandwiches	2.1
11	Applesauce	1.2

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research, Inc. are weighted to be representative of all public schools offering the National School Lunch Program and providing reimbursable afterschool snacks.

Note: Table is limited to foods contributing to at least 1 percent of nutrient for all schools. See Appendix Table C.1 for a detailed listing of food items included in each group.

APPENDIX K
SUPPLEMENTARY TABLES FOR CHAPTER 11

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Table K.1. Average Calorie and Nutrient Content of National School Lunch Program Lunches Offered in SY 2009–2010 and SY 2004–2005

	SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		Difference (SY 2009–2010 – SY 2004–2005)	
	Average	SE	Average	SE	Average	SE
Elementary Schools						
Calories	726	7.3	741	9.2	–15	11.7
Total Fat (g)	26	0.4	28	0.6	–2*	0.7
Saturated Fat (g)	8	0.1	9	0.2	–1*	0.2
Carbohydrate (g)	97	1.2	96	1.3	1	1.8
Protein (g)	30	0.2	30	0.4	0	0.4
Percentage of Calories from Total Fat (%)	31.9	0.30	33.6	0.41	–1.7*	0.51
Percentage of Calories from Saturated Fat (%)	10.0	0.10	10.9	0.13	–0.9*	0.16
Vitamin A (mcg RE)	453	12.6	388	16.0	65*	20.4
Vitamin C (mg)	32	1.1	32	1.8	0	2.1
Calcium (mg)	529	4.2	531	7.3	–2	8.4
Iron (mg)	4.4	0.05	4.5	0.06	–0.1	0.08
Cholesterol (mg)	56	1.0	62	1.5	–6*	1.8
Sodium (mg)	1395	17.8	1377	28.8	18	33.9
Dietary Fiber (g/1,000 kcal)	10	0.1	9	0.1	1*	0.1
Number of Schools	318		145			
Secondary Schools						
Calories	815	9.8	837	14.4	–22	17.4
Total Fat (g)	30	0.5	32	0.7	–2*	0.9
Saturated Fat (g)	9	0.1	10	0.2	–1*	0.2
Carbohydrate (g)	108	1.4	108	2.3	0	2.7
Protein (g)	33	0.3	33	0.4	0	0.5
Percentage of Calories from Total Fat (%)	32.3	0.30	34.2	0.47	–1.9*	0.56
Percentage of Calories from Saturated Fat (%)	10.0	0.09	10.7	0.13	–0.7*	0.16
Vitamin A (mcg RE)	456	9.6	389	16.5	67*	19.1
Vitamin C (mg)	38	1.4	37	2.1	1	2.5
Calcium (mg)	559	4.5	548	8.3	11	9.4
Iron (mg)	5.1	0.06	5.1	0.09	0	0.108
Cholesterol (mg)	64	1.1	70	1.6	–6*	1.9
Sodium (mg)	1601	22.9	1554	32.9	47	40.1
Dietary Fiber (g/1,000 kcal)	10	0.1	9	0.2	1*	0.2
Number of Schools	566		252			

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010 and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 (Gordon et al. 2007, Table VI.2 and F–VI.1). Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

SY = school year; SE = standard error; RE = Retinol equivalents.

*Average is significantly different from SY 2009–2010 at the .05 level.

Table K.1a. Average Calorie and Nutrient Content of National School Lunch Program Lunches Offered in SY 2009–2010 and SY 2004–2005, Estimated Without SNDA–IV Adjustment for Fruits and Vegetables

	SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		Difference (SY 2009–2010 – SY 2004–2005)	
	Average	SE	Average	SE	Average	SE
Elementary Schools						
Calories	719	6.6	741	9.2	–22	11.3
Total Fat (g)	26	0.4	28	0.6	–2*	0.7
Saturated Fat (g)	8	0.1	9	0.2	–1*	0.2
Carbohydrate (g)	96	1.0	96	1.3	0	1.6
Protein (g)	30	0.2	30	0.4	0	0.4
Percentage of Calories from Total Fat (%)	32.0	0.30	33.6	0.41	–1.6*	0.5
Percentage of Calories from Saturated Fat (%)	10.1	0.10	10.9	0.13	–0.8*	0.2
Vitamin A (mcg RE)	440	10.4	388	16.0	52*	19.1
Vitamin C (mg)	31	1.1	32	1.8	–1	2.1
Calcium (mg)	527	4.0	531	7.3	–4	8.3
Iron (mg)	4.4	0.05	4.5	0.06	–0.1	0.1
Cholesterol (mg)	56	1.0	62	1.5	–6*	1.8
Sodium (mg)	1,383	16.8	1377	28.8	6	33.3
Dietary Fiber (g/1,000 kcal)	10	0.1	9	0.1	1*	0.1
Number of Schools	318		145			
Secondary Schools						
Calories	807	9.6	837	14.4	–30	17.3
Total Fat (g)	29	0.5	32	0.7	–3*	0.9
Saturated Fat (g)	9	0.1	10	0.2	–1*	0.2
Carbohydrate (g)	107	1.4	108	2.3	–1	2.7
Protein (g)	33	0.3	33	0.4	0	0.5
Percentage of Calories from Total Fat (%)	32.4	0.30	34.2	0.47	–1.8*	0.6
Percentage of Calories from Saturated Fat (%)	10.0	0.09	10.7	0.13	–0.7*	0.2
Vitamin A (mcg RE)	447	9.3	389	16.5	58*	18.9
Vitamin C (mg)	37	1.3	37	2.1	0	2.5
Calcium (mg)	556	4.5	548	8.3	8	9.4
Iron (mg)	5.0	0.06	5.1	0.09	–0.1	0.1
Cholesterol (mg)	64	1.1	70	1.6	–6*	1.9
Sodium (mg)	1586	22.4	1554	32.9	32	39.8
Dietary Fiber (g/1,000 kcal)	10	0.1	9	0.2	1*	0.2
Number of Schools	566		252			

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010 and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 (Gordon et al. 2007, Table VI.2 and F–VI.1). Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

SY = school year; SE = standard error; RE = Retinol equivalents.

*Average is significantly different from SY 2009–2010 at the .05 level.

Table K.2. Average Calorie and Nutrient Content of National School Lunch Program Lunches Served in SY 2009–2010, SY 2004–2005 and SY 1998–1999

	SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		SY 1998–1999 (SNDA–II)	
	Average	SE	Average	SE	Average	SE
Elementary Schools						
Calories	661	6.5	676	8.3	695*	6.9
Total Fat (g)	23	0.4	25*	0.5	26*	0.3
Saturated Fat (g)	7	0.1	8*	0.1	9*	0.2
Carbohydrate (g)	88	0.9	88	1.3	89	1.1
Protein (g)	28	0.2	28	0.3	29*	0.2
Percentage of Calories from Total Fat (%)	31.5	0.29	32.9*	0.4	33.1*	0.3
Percentage of Calories from Saturated Fat (%)	10.1	0.10	10.8*	0.1	11.9*	0.1
Vitamin A(mcg RE)	351	7.3	324*	10.0	437*	15.7
Vitamin C (mg)	23	0.8	22	1.0	27*	1.3
Calcium (mg)	481	4.9	483	6.7	478	4.0
Iron (mg)	4.2	0.04	4.3	0.1	4.4	0.1
Cholesterol (mg)	54	0.9	58*	1.2	65*	0.9
Sodium (mg)	1,324	17.3	1,278	22.3	1,259*	15.3
Dietary Fiber (g/1,000 kcal)	9	0.1	9	0.2	n.a.	n.a.
Number of Schools	317		145		398	
Secondary Schools						
Calories	708	8.4	765*	9.9	724	5.5
Total Fat (g)	26	0.5	31*	0.7	28*	0.3
Saturated Fat (g)	8	0.1	9*	0.2	10*	0.1
Carbohydrate (g)	92	1.2	96*	1.3	91	0.9
Protein (g)	30	0.3	29*	0.3	30	0.2
Percentage of Calories from Total Fat (%)	33.0	0.29	35.5*	0.4	34.5*	0.2
Percentage of Calories from Saturated Fat (%)	10.3	0.09	11.1*	0.1	12.1*	0.1
Vitamin A(mcg RE)	323	7.0	306	9.4	390*	10.1
Vitamin C (mg)	24	0.8	26	1.1	29*	0.8
Calcium (mg)	480	5.9	468	6.4	475	3.9
Iron (mg)	4.6	0.05	4.7	0.1	4.7*	0.0
Cholesterol (mg)	57	0.9	63*	1.0	68*	1.0
Sodium (mg)	1,458	19.5	1,470	26.5	1,382*	14.5
Dietary Fiber (g/1,000 kcal)	9	0.1	9	0.1	n.a.	n.a.
Number of Schools	563		252		677	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999 (Gordon et al. 2007, Table VIII.3). Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

SY = school year; SE = standard error; RE = Retinol equivalents; n.a. = not available.

*Average is significantly different from SY 2009–2010 at the .05 level.

Table K.3. Average Calorie and Nutrient Content of National School Lunch Program Lunches *Served* in SY 2009–2010, SY 2004–2005, and SY 1998–1999, Relative to SMI Nutrient Standards and Related Benchmarks

		SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		SY 1998–1999 (SNDA–II)	
	Standard/ Recommendation	Average	SE	Average	SE	Average	SE
Elementary Schools							
Average Percentage of 1989 REA/RDA							
Calories	33%	34	0.3	34	0.4	35*	0.3
Protein	33%	100	1.0	99	1.4	105*	0.9
Vitamin A ^a	33%	54	1.1	50*	1.6	67*	2.5
Vitamin C	33%	50	1.6	49	2.2	59*	2.8
Calcium	33%	58	0.6	58	0.9	58	0.5
Iron	33%	40	0.4	41	0.6	44*	0.6
Average Percentage of Calories from:							
Total Fat	≤ 30%	31.5	0.29	32.9*	0.41	33.1*	0.30
Saturated Fat	< 10%	10.1	0.10	10.8*	0.13	11.9*	0.10
Average Amount							
Cholesterol	< 100 mg ^b	54	0.9	58*	1.2	65*	0.9
Sodium	< 800 mg ^b	1,324	17.3	1,278	22.3	1,259*	15.3
Number of Schools		317		145		398	
Secondary Schools							
Average Percentage of 1989 REA/RDA							
Calories	33%	29	0.3	31*	0.4	30*	0.2
Protein	33%	62	0.6	62	0.7	64*	0.4
Vitamin A ^a	33%	36	0.8	34	1.1	43*	1.1
Vitamin C	33%	45	1.5	48	2.0	54*	1.5
Calcium	33%	40	0.5	39	0.5	40	0.3
Iron	33%	34	0.4	35	0.4	35*	0.3
Average Percentage of Calories From:							
Total Fat	≤ 30%	33.0	0.29	35.5*	0.42	34.5*	0.20
Saturated Fat	< 10%	10.3	0.09	11.1*	0.13	12.1*	0.10
Average Amount							
Cholesterol	< 100 mg ^b	57	0.9	63*	1.0	68*	1.0
Sodium	< 800 mg ^b	1,458	19.5	1,470	26.7	1,382*	14.5
Number of Schools		563		252		677	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999 (Gordon et al. 2007, Table VIII.2).

^aIn retinol equivalents (RE).

^bBenchmarks are one-third of suggested maximum daily intake.

SY = school year; SE = standard error; SMI = School Meals Initiative for Healthy Children; REA= Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

*Average is significantly different from SY 2009–2010 at the .05 level.

Table K.4. Proportion of Schools *Serving* National School Lunch Program Lunches in SY 2009–2010, SY 2004–2005, and SY 1998–1999 that Satisfied SMI Nutrient Standards and Related Benchmarks

		SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		SY 1998–1999 (SNDA–II)	
	Standard/ Recommendation	Average	SE	Average	SE	Average	SE
Elementary Schools							
Calories	33% of 1989 REA	49.2	3.2	60	4.8	68*	2.9
Protein	33% of 1989 RDA	100	0.0	100	0.0	100	0.0
Vitamin A ^a	33% of 1989 RDA	89.5	2.1	91	2.5	98*	0.9
Vitamin C	33% of 1989 RDA	70.7	3.0	75	4.6	86*	2.1
Calcium	33% of 1989 RDA	99.6	0.3	98	1.2	100	0.0
Iron	33% of 1989 RDA	87.8	2.1	96*	1.8	93*	1.6
Percentage of Calories from Total Fat	≤ 30%	38.8	3.2	25.6*	4.44	21.0*	2.5
Percentage of Calories from Saturated Fat	< 10%	53.0	3.3	33.7*	4.71	15.0*	2.2
Cholesterol	< 100 mg ^b	99	0.7	99	0.6	99	0.6
Sodium	< 800 mg ^b	1	0.7	1	0.6	1	0.6
Number of Schools		317		145		398	
Secondary Schools							
Calories	33% of 1989 REA	21.6	2.7	30	4.4	20	1.9
Protein	33% of 1989 RDA	100	0.0	100	0.0	100	0.0
Vitamin A ^a	33% of 1989 RDA	53.9	3.0	40*	4.9	65*	2.2
Vitamin C	33% of 1989 RDA	62.9	2.9	71	4.3	79*	1.9
Calcium	33% of 1989 RDA	84.6	2.0	82	3.1	86	1.6
Iron	33% of 1989 RDA	54.0	2.8	61	4.5	60	2.3
Percentage of Calories from Total Fat	≤ 30%	26.5	2.7	12.1*	2.83	14.0*	1.6
Percentage of Calories from Saturated Fat	< 10%	45.8	3.0	24.4*	3.85	13.0*	1.6
Cholesterol	< 100 mg ^b	99	0.6	100	0.5	96*	0.9
Sodium	< 800 mg ^b	1	0.4	0*	0.2	1	0.5
Number of Schools		563		252		677	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999 (Gordon et al. 2007, Table VIII.1).

Note: Standard errors for SY 1998–1999 are estimated assuming a design effect of 1.5.

^aIn retinol equivalents (RE).

^bBenchmarks are one-third of suggested maximum daily intake.

SY = school year; SE = standard error; SMI = School Meals Initiative for Healthy Children; REA= Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

*Proportion is significantly different from SY 2009–2010 at the .05 level.

Table K.5. Distribution of the Total Fat, Saturated Fat and Sodium Content of National School Lunch Program Lunches Served in SY 2009–2010, SY 2004–2005 and SY 1998–1999

	Percentage of Schools		
	SY 2009–2010 (SNDA–IV)	SY 2004–2005 (SNDA–III)	SY 1998–1999 (SNDA–II)
Elementary Schools			
Percentage of Calories from Total Fat			
No More than 30%	39	26*	21*
30.1% – 34.0%	39	35	41
34.1 – 38.0%	15	32	28
More than 38.0%	8	7	11
Percentage of Calories from Saturated Fat			
Less than 10%	53	34*	15*
10.1 – 12.0%	38	45	38
12.1 – 14.0%	7	20	31
More than 14.0%	2	0	15
Sodium			
800 mg or less	1	1	1
801 – 1,000 mg	8	8	8
More than 1,000 mg	91	91	92
Number of Schools	317	145	398
Secondary Schools			
Percentage of Calories from Total Fat			
No More than 30%	26	12*	14*
30.1% – 34.0%	34	24	34
34.1 – 38.0%	24	38	33
More than 38.0%	15	26	19
Percentage of Calories from Saturated Fat			
Less than 10%	46	24*	13*
10.1 – 12.0%	44	51	36
12.1 – 14.0%	9	24	36
More than 14.0%	1	1	25
Sodium			
800 mg or Less	1	0	1
801 – 1,000 mg	5	6	3
More than 1,000 mg	94	94	97
Number of Schools	563	252	677

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999 (Gordon et al. 2007, Table VIII.4 and VIII.5).

Note: Shaded rows represent SMI standards (fat and saturated fat) or National Research Council recommendation (sodium; one-third of recommended daily maximum).

SY = school year.

*Proportion is significantly different from SY 2009–2010 at the .05 level. Statistical significance tests were performed for the shaded rows only.

Table K.6. Distribution of Fat, Carbohydrate, Cholesterol, and Sodium in Average Lowest-Percent Fat Lunches Offered in SY 2009–2010, SY 2004–2005, SY 1998–1999, and SY 1991–1992: Elementary Schools

	Percentage of Schools			
	SY 2009– 2010 (SNDA-IV)	SY 2004– 2005 (SNDA-III)	SY 1998– 1999 (SNDA-II)	SY 1991–1992 (SNDA-I)
Percentage of Calories from Total Fat				
No More than 30%	88	93	82	34*
30.1% – 34.0%	7	5	14	32
34.1 – 38.0%	4	1	3	21
More than 38.0%	1	1	1	13
Percentage of Calories from Saturated Fat				
Less than 10%	89	85	65*	16*
10.1 – 12.0%	8	14	23	20
12.1 – 14.0%	2	1	8	31
More than 14.0%	0	0	4	32
Percentage of Calories from Carbohydrate				
Less than 45%	0	0	2	10
45–55%	19	19	33	72
More than 55%	81	81	66*	18*
Cholesterol				
Less than 100 mg	99	100	100	97
100 mg or More	1	<1	<1	3
Sodium				
800 mg or Less	15	15	21	<1*
801 – 1,000 mg	21	12	38	7
More than 1,000 mg	64	66	41	93
Number of Schools	318	145	398	260

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005, and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999, and School Nutrition Dietary Assessment Study–I, menu data for public elementary schools, school year 1991–1992 (Gordon et al. 2007, Table VIII.6).

Note: Shaded rows represent SMI standards (fat and saturated fat only) or National Research Council recommendation (for cholesterol and sodium, one third of recommendation for daily intake).

SY = school year.

*Proportion is significantly different from SY 2009–2010 at the .05 level. Statistical significance tests were performed only for shaded rows.

Table K.7. Distribution of Fat, Carbohydrate, Cholesterol, and Sodium in Average Lowest-Percent Fat Lunches Offered in SY 2009–2010, SY 2004–2005, SY 1998–1999, and SY 1991–1992: Secondary Schools

	Percentage of Schools			
	SY 2009– 2010 (SNDA-IV)	SY 2004– 2005 (SNDA-III)	SY 1998– 1999 (SNDA-II)	SY 1991–1992 (SNDA-I)
Percentage of Calories from Total Fat				
No More than 30%	92	86*	91	71*
30.1% – 34.0%	6	12	6	15
34.1 – 38.0%	3	2	2	9
More than 38.0%	0	0	1	5
Percentage of Calories from Saturated Fat				
Less than 10%	92	94	79*	47*
10.1 – 12.0%	7	6	13	18
12.1 – 14.0%	1	1	5	25
More than 14.0%	0	0	3	11
Percentage of Calories from Carbohydrate				
Less than 45%	0	<1	2	4
45–55%	12	21	20	40
More than 55%	87	79*	79*	56*
Cholesterol				
Less than 100 mg	99	97	99	97
100 mg or More	1	3	1	3
Sodium				
800 mg or Less	10	8	14	1*
801 – 1,000 mg	14	16	29	4
More than 1,000 mg	76	76	56	95
Number of Schools	566	252	677	234

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005, and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999, and School Nutrition Dietary Assessment Study–I, menu data for public elementary schools, school year 1991–1992 (Gordon et al. 2007, Table VIII.7).

Note: Shaded rows represent SMI standards (fat and saturated fat only) or National Research Council recommendation (for cholesterol and sodium, one third of recommendation for daily intake).

SY = school year.

*Proportion is significantly different from SY 2009–2010 at the .05 level. Statistical significance tests were performed only for shaded rows.

Table K.8. Distribution of Fat, Cholesterol, and Sodium in Average Lowest-Percent Saturated Fat Lunches Offered in SY 2009–2010 and SY 2004–2005: Elementary Schools

	Percentage of Schools		
	SY 2009–2010 (SNDA–IV)	SY 2004–2005 (SNDA–III)	Difference (SY 2009–2010 – SY 2004–2005)
Percentage of Calories from Total Fat			
No More than 30%	77	79	–2
30.1% – 34.0%	15	16	–1
34.1 – 38.0%	6	3	3
More than 38.0%	2	2	0
Percentage of Calories from Saturated Fat			
Less than 10%	94	90	4
10.1 – 12.0%	4	10	–6
12.1 – 14.0%	2	0	2
More than 14.0%	0	0	0
Percentage of Calories from Carbohydrate			
Less than 45%	1	0	1
45–55%	24	27	–3
More than 55%	76	73	3
Cholesterol			
Less than 100 mg	99	100	–1
100 mg or More	1	0	1
Sodium			
800 mg or Less	18	14	4
801 – 1,000 mg	25	33	–8
More than 1,000 mg	57	53	4
Number of Schools	318	145	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010 and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 (Gordon et al. 2007, Table VIII.9). Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Shaded rows represent SMI standards (fat and saturated fat only) or National Research Council recommendation (for cholesterol and sodium, one third of recommendation for daily intake). None of the differences between SY 2009–2010 and other years were statistically significant.

SY = school year.

Table K.9. Distribution of Fat, Cholesterol, and Sodium in Average Lowest-Percent Saturated Fat Lunches Offered in SY 2009–2010 and SY 2004–2005: Secondary Schools

	Percentage of Schools		
	SY 2009–2010 (SNDA–IV)	SY 2004–2005 (SNDA–III)	Difference (SY 2009–2010 – SY 2004–2005)
Percentage of Calories from Total Fat			
No More than 30%	86	81	5
30.1% – 34.0%	8	15	–7
34.1 – 38.0%	4	3	1
More than 38.0%	1	2	–1
Percentage of Calories from Saturated Fat			
Less than 10%	95	96	–1
10.1 – 12.0%	4	4	0
12.1 – 14.0%	1	1	0
More than 14.0%	0	0	0
Percentage of Calories from Carbohydrate			
Less than 45%	1	0	1
45–55%	15	24	–9
More than 55%	85	76	9*
Cholesterol			
Less than 100 mg	99	99	0
100 mg or More	1	1	0
Sodium			
800 mg or Less	10	16	–6
801 – 1,000 mg	25	25	0
More than 1,000 mg	65	59	6
Number of Schools	566	252	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010 and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 (Gordon et al. 2007, Table VIII.9). Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Shaded rows represent SMI standards (fat and saturated fat only) or National Research Council recommendation (for cholesterol and sodium, one third of recommendation for daily intake).

SY = school year.

*Difference is statistically significantly different at the .05 level. Statistical significance tests were performed only for shaded rows.

Table K.10. Average Calorie and Nutrient Content of School Breakfast Program Breakfasts Served in SY 2009–2010, SY 2004–2005 and SY 1998–1999

	SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		SY 1998–1999 (SNDA–II)	
	Average	SE	Average	SE	Average	SE
Elementary Schools						
Calories	434	5.7	465*	11.5	447	5.7
Total Fat (g)	12	0.2	13	0.5	13*	0.3
Saturated Fat (g)	4	0.1	5*	0.2	5*	0.1
Carbohydrate (g)	69	1.0	73	1.8	68	1.0
Protein (g)	15	0.2	15	0.3	15	0.2
Percentage of Calories from Total Fat (%)	23.8	0.33	24.8	0.5	26.5*	0.4
Percentage of Calories from Saturated Fat (%)	8.6	0.15	8.9	0.2	10.1*	0.2
Vitamin A(mcg RE)	245	5.2	231	5.8	254	4.4
Vitamin C (mg)	28	0.8	29	1.8	37*	1.1
Calcium (mg)	382	6.0	375	7.7	354*	4.5
Iron (mg)	4.5	0.11	4.2*	0.1	3.8*	0.1
Cholesterol (mg)	44	1.6	37*	1.6	43	2.9
Sodium (mg)	569	11.1	631*	28.1	574	10.5
Dietary Fiber (g/1,000 kcal)	6	0.1	6	0.2	n.a.	n.a.
Number of Schools	282		120		317	
Secondary Schools						
Calories	504	10.9	545*	17.0	483	6.3
Total Fat (g)	15	0.4	17*	0.5	15	0.3
Saturated Fat (g)	5	0.1	6*	0.2	6*	0.1
Carbohydrate (g)	77	1.6	83	3.9	71*	1.1
Protein (g)	17	0.4	17	0.4	16*	0.2
Percentage of Calories from Total Fat (%)	26.3	0.32	27.8*	0.6	28.3*	0.4
Percentage of Calories from Saturated Fat (%)	9.0	0.14	9.6	0.3	10.5*	0.2
Vitamin A(mcg RE)	238	6.0	248	16.4	226	4.9
Vitamin C (mg)	33	1.1	32	1.9	39*	1.0
Calcium (mg)	381	8.9	386	12.1	350*	5.3
Iron (mg)	4.6	0.11	5.0	0.7	3.8*	0.1
Cholesterol (mg)	55	2.4	52	3.1	55	2.2
Sodium (mg)	696	16.9	821*	39.4	672	12.8
Dietary Fiber (g/1,000 kcal)	6	0.1	5*	0.1	n.a.	n.a.
Number of Schools	520		211		487	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999 (Gordon et al. 2007, Table VIII.13).

SY = school year; SE = standard error; RE = Retinol equivalents; n.a. = not available.

*Average is significantly different from SY 2009–2010 at the .05 level.

Table K.11. Average Calorie and Nutrient Content of School Breakfast Program Breakfasts Served in SY 2009–2010, SY 2004–2005 and SY1998–1999, Relative to SMI Nutrient Standards and Related Benchmarks

		SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		SY 1998–1999 (SNDA–II)	
	Standard/ Recommendation	Average	SE	Average	SE	Average	SE
Elementary Schools							
Average Percentage of 1989 REA/RDA							
Calories	25%	22	0.3	24*	0.6	23*	0.3
Protein	25%	54	0.9	54	1.3	52	0.7
Vitamin A ^a	25%	38	0.8	36	0.9	39	0.7
Vitamin C	25%	62	1.9	63	4.0	81*	2.5
Calcium	25%	46	0.8	45	1.0	43*	0.6
Iron	25%	44	1.1	41	1.1	37*	0.7
Average Percentage of Calories from:							
Total Fat	≤ 30%	23.8	0.3	24.8	0.5	26.5*	0.4
Saturated Fat	< 10%	8.6	0.2	8.9	0.2	10.1*	0.2
Average Amount							
Cholesterol	< 75 mg ^b	44	1.6	37*	1.6	43	2.9
Sodium	< 600 mg ^b	569	11.1	631*	28.1	574	10.5
Number of Schools		282		120		317	
Secondary Schools							
Average Percentage of 1989 REA/RDA							
Calories	25%	21	0.5	22	0.7	20	0.3
Protein	25%	36	0.8	36	0.8	34*	0.5
Vitamin A ^a	25%	27	0.7	28	1.8	25*	0.5
Vitamin C	25%	61	2.0	60	3.8	72*	1.9
Calcium	25%	32	0.8	32	1.0	29*	0.4
Iron	25%	34	0.8	37	5.2	28*	0.7
Average Percentage of Calories from:							
Total Fat	≤ 30%	26.3	0.3	27.8*	0.6	28.3*	0.4
Saturated Fat	< 10%	9.0	0.1	9.6	0.3	10.5*	0.2
Average Amount							
Cholesterol	< 75 mg ^b	55	2.4	52	3.1	55	2.2
Sodium	< 600 mg ^b	696	16.9	821*	39.4	672	12.8
Number of Schools		520		211		487	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999 (Gordon et al. 2007, Table VIII.12).

^aIn retinol equivalents (RE).

^bBenchmarks are one-quarter of suggested maximum daily intake.

SY = school year; SE = standard error; SMI = School Meals Initiative for Healthy Children; REA = Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

*Average is significantly different from SY 2009–2010 at the .05 level.

Table K.12. Proportion of Schools *Serving School Breakfast Program* Breakfasts in SY 2009–2010, SY 2004–2005, and SY 1998–1999 that Satisfied SMI Nutrient Standards and Related Benchmarks

		SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		SY 1998–1999 (SNDA–II)	
	Standard/ Recommendation	Average	SE	Average	SE	Average	SE
Elementary Schools							
Calories		23.1	2.8	36*	5.8	22	2.8
Protein	25% of 1989 RDA	99.0	0.7	98	1.7	100	0.0
Vitamin A ^a	25% of 1989 RDA	89.7	2.1	89	3.1	95*	1.5
Vitamin C	25% of 1989 RDA	94.9	1.3	87*	3.7	98	1.0
Calcium	25% of 1989 RDA	98.6	0.7	96	2.1	99	0.7
Iron	25% of 1989 RDA	92.2	1.9	95	2.2	93	1.8
Percentage of Calories from Total Fat	≤ 30%	88.6	2.1	88	3.2	75*	3.0
Percentage of Calories from Saturated Fat	< 10%	78.4	2.8	71	5.0	54*	3.4
Cholesterol	< 75 mg ^b	91	1.7	95	1.8	90	2.1
Sodium	< 600 mg ^b	63	3.1	51	5.6	63	3.3
Number of Schools		282		120		317	
Secondary Schools							
Calories	25% of 1989 REA	12.5	2.0	24	6.8	8	1.5
Protein	25% of 1989 RDA	87.1	2.2	92	2.1	95*	1.2
Vitamin A ^a	25% of 1989 RDA	48.8	3.1	58	5.1	48	2.8
Vitamin C	25% of 1989 RDA	92.8	1.4	92	2.3	95	1.2
Calcium	25% of 1989 RDA	78.2	2.4	85	2.8	78	2.3
Iron	25% of 1989 RDA	77.6	2.3	78	3.7	57*	2.7
Percentage of Calories from Total Fat	≤ 30%	79.8	2.4	67*	5.2	64*	2.7
Percentage of Calories from Saturated Fat	< 10%	70.9	2.7	65	4.8	46*	2.8
Cholesterol	< 75 mg ^b	80	2.3	82	3.5	76	2.4
Sodium	< 600 mg ^b	40	3.1	31	4.4	42	2.7
Number of Schools		563		211		487	

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999 (Gordon et al. 2007, Table VIII.11).

^aIn retinol equivalents (RE).

^bBenchmarks are one-quarter of suggested maximum daily intake.

SY = school year; SE = standard error; SMI = School Meals Initiative for Healthy Children; REA = Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

*Proportion is significantly different from SY 2009–2010 at the .05 level.

Table K.13. Distribution of the Total Fat, Saturated Fat and Sodium Content of School Breakfast Program Breakfasts Served in SY 2009–2010, SY 2004–2005 and SY 1998–1999

	Percentage of Schools		
	SY 2009–2010 (SNDA–IV)	SY 2004–2005 (SNDA–III)	SY 1998–1999 (SNDA–II)
Elementary Schools			
Percentage of Calories from Total Fat			
No More than 30%	89	88	75*
30.1% – 34.0%	8	8	15
34.1 – 38.0%	2	4	8
More than 38.0%	1	0	2
Percentage of Calories from Saturated Fat			
Less than 10%	78	71	54*
10.1 – 12.0%	16	24	26
12.1 – 14.0%	4	5	12
More than 14.0%	2	1	8
Sodium			
600 mg or Less	63	51	63
601 – 750 mg	22	28	28
More than 750 mg	14	22	9
Number of Schools	282	120	317
Secondary Schools			
Percentage of Calories from Total Fat			
No More than 30%	80	67*	64*
30.1% – 34.0%	13	20	21
34.1 – 38.0%	6	9	8
More than 38.0%	2	4	7
Percentage of Calories from Saturated Fat			
Less than 10%	71	65	46*
10.1 – 12.0%	22	22	30
12.1 – 14.0%	5	8	14
More than 14.0%	2	5	11
Sodium			
600 mg or Less	40	31	42
601 – 750 mg	25	18	31
More than 750 mg	35	51	28
Number of Schools	520	211	487

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010, and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 and School Nutrition Dietary Assessment Study–II, Menu Survey, school year 1998–1999 (Gordon et al. 2007, Table VIII.14 and VIII.15).

Note: Shaded rows represent SMI standards (fat and saturated fat) or National Research Council recommendation (sodium; one-quarter of recommended daily maximum).

SY = school year.

*Proportion is significantly different from SY 2009–2010 at the .05 level. Statistical significance tests were performed for the shaded rows only.

Table K.14. Proportion of Schools *Offering* National School Lunch Program Lunches in SY 2009–2010 and SY 2004–2005 that Satisfied SMI Nutrient Standards and Related Benchmarks

		SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		Difference (SY 2009–2010 – SY 2004–2005)	
	Standard/ Recommendation	Average	SE	Average	SE	Average	SE
Elementary Schools							
Calories	33% of 1989 REA	75.5	2.9	79.4	4.1	–3.9	5.0
Protein	33% of 1989 RDA	100.0	0	100.0	0.0	0	0.0
Vitamin A ^a	33% of 1989 RDA	97.4	1.3	97.5	1.6	–0.1	2.1
Vitamin C	33% of 1989 RDA	82.7	2.6	85.0	3.6	–2.3	4.5
Calcium	33% of 1989 RDA	100.0	0	99.0	1.0	1	1.0
Iron	33% of 1989 RDA	92.7	1.8	95.1	2.2	–2.4	2.8
Percentage of Calories from Total Fat	≤ 30%	35.1	3.1	21.8	4.2	13.3*	5.2
Percentage of Calories from Saturated Fat	< 10%	49.6	3.3	27.1	4.5	22.5*	5.6
Cholesterol	< 100 mg ^b	99	0.5	96	2.0	3	2.1
Sodium	< 800 mg ^b	1	0.4	0	0.0	1*	0.4
Number of Schools		318		145			
Secondary Schools							
Calories	33% of 1989 REA	46.7	2.9	55.5	3.8	–8.7	4.8
Protein	33% of 1989 RDA	100.0	0	100.0	0.0	0.0	0.0
Vitamin A ^a	33% of 1989 RDA	87.2	2.1	70.9	3.5	16.3*	4.1
Vitamin C	33% of 1989 RDA	89.4	1.8	92.8	2.0	–3.4	2.7
Calcium	33% of 1989 RDA	99.3	0.6	98.3	1.0	1.0	1.2
Iron	33% of 1989 RDA	72.0	2.7	71.2	3.5	0.8	4.4
Percentage of Calories from Total Fat	≤ 30%	34.5	3.0	15.3	2.8	19.2*	4.1
Percentage of Calories from Saturated Fat	< 10%	54.3	2.9	29.7	3.5	24.7*	4.6
Cholesterol	< 100 mg ^b	96	1.7	94.0	1.8	2.0	2.5
Sodium	< 800 mg ^b	0	0.1	0.0	0.0	0.0	0.1
Number of Schools		566		252			

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010 and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 (Gordon et al. 2007, Table VI.3). Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Standard errors for SY 2004–2005 are estimated assuming a design effect of 1.5.

^aIn retinol equivalents (RE).

^bBenchmarks are one-third of suggested maximum daily intake.

SY = school year; SE = standard error; SMI = School Meals Initiative for Healthy Children; REA = Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

*Difference between SY 2009–2010 and SY 2004–2005 is significantly different from zero at the .05 level.

Table K.15. Average Calorie and Nutrient Content of School Breakfast Program Breakfasts Offered in SY 2009–2010 and SY 2004–2005

	SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		Difference (SY 2009–2010 – SY 2004–2005)	
	Average	SE	Average	SE	Average	SE
Elementary Schools						
Calories	458	6.5	463	7.6	–5	10.0
Total Fat (g)	11	0.3	12	0.4	–1*	0.5
Saturated Fat (g)	4	0.1	4	0.1	0	0.1
Carbohydrate (g)	75	1.0	75	1.6	0	1.9
Protein (g)	16	0.2	15	0.2	1*	0.3
Percentage of Calories from Total Fat (%)	22.2	0.34	23.3	0.59	–1.1	0.7
Percentage of Calories from Saturated Fat (%)	8.2	0.16	8.6	0.24	–0.4	0.3
Vitamin A (mcg RE)	278	5.2	251	7.5	27*	9.1
Vitamin C (mg)	32	0.8	30	1.5	2	1.7
Calcium (mg)	428	4.7	409	6.6	19*	8.1
Iron (mg)	5.0	0.14	4.3	0.12	0.7*	0.2
Cholesterol (mg)	40	1.7	35	1.7	5*	2.4
Sodium (mg)	549	12.0	573	14.4	–24	18.7
Dietary Fiber (g/1,000 kcal)	7	0.1	6	0.2	1*	0.2
Number of Schools	282		120			
Secondary Schools						
Calories	515	9.1	510	9.8	5	13.4
Total Fat (g)	14	0.4	15	0.5	–1	0.6
Saturated Fat (g)	5	0.1	5	0.2	0	0.2
Carbohydrate (g)	83	1.4	80	1.6	3	2.1
Protein (g)	17	0.3	16	0.3	1*	0.4
Percentage of Calories from Total Fat (%)	23.4	0.30	25.3	0.50	–1.9*	0.6
Percentage of Calories from Saturated Fat (%)	8.4	0.13	9.2	0.20	–0.8*	0.2
Vitamin A (mcg RE)	280	4.6	265	5.7	15*	7.3
Vitamin C (mg)	35	1.2	35	1.6	0	2.0
Calcium (mg)	441	6.9	431	8.2	10	10.7
Iron (mg)	5.2	0.15	4.6	0.14	0.6*	0.2
Cholesterol (mg)	46	1.8	43	2.4	3	3.0
Sodium (mg)	637	17.7	657	18.6	–20	25.7
Dietary Fiber (g/1,000 kcal)	6	0.1	6	0.2	0	0.2
Number of Schools	521		221			

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010 and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 (Gordon et al. 2007, Table VII.2 and F–VII.1). Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

SY = school year; SE = standard error; RE = Retinol equivalents.

*Average is significantly different from SY 2009–2010 at the .05 level.

Table K.16. Proportion of Schools *Offering* School Breakfast Program Breakfasts in SY 2009–2010 and SY 2004–2005 that Satisfied SMI Nutrient Standards and Related Benchmarks

		SY 2009–2010 (SNDA–IV)		SY 2004–2005 (SNDA–III)		Difference (SY 2009–2010 – SY 2004–2005)	
	Standard/ Recommendation	Average	SE	Average	SE	Average	SE
Elementary Schools							
Calories	25% of 1989 REA	24.3	2.9	30.1	5.1	–5.8	5.9
Protein	25% of 1989 RDA	100.0	0	100.0	0.0	0	0.0
Vitamin A ^a	25% of 1989 RDA	99.1	1.0	96.6	2.0	2.5	2.3
Vitamin C	25% of 1989 RDA	96.9	0.1	92.9	2.9	4	2.9
Calcium	25% of 1989 RDA	100.0	0	99.0	1.1	1	1.1
Iron	25% of 1989 RDA	93.8	1.6	97.8	1.6	–4	2.3
Percentage of Calories from Total Fat	≤ 30%	94.6	1.6	90.7	3.2	3.9	3.6
Percentage of Calories from Saturated Fat	< 10%	81.1	2.7	75.8	4.8	5.3	5.5
Cholesterol	< 75 mg ^b	93	1.8	96	2.2	–3	2.8
Sodium	< 600 mg ^b	75	3.1	67	5.3	8	6.1
Number of Schools		318		120			
Secondary Schools							
Calories	25% of 1989 REA	13.7	2.1	11.5	2.7	2.2	3.4
Protein	25% of 1989 RDA	97.8	0.9	98.4	1.1	–0.6	1.4
Vitamin A ^a	25% of 1989 RDA	81.5	2.3	80.0	3.4	1.5	4.1
Vitamin C	25% of 1989 RDA	97.2	0.9	97.5	1.3	–0.3	1.6
Calcium	25% of 1989 RDA	98.6	0.9	99.8	0.4	–1.2	1.0
Iron	25% of 1989 RDA	87.8	2.0	79.3	3.4	8.5*	4.0
Percentage of Calories from Total Fat	≤ 30%	90.9	1.8	83.4	3.1	7.5*	3.6
Percentage of Calories from Saturated Fat	< 10%	81.6	2.3	72.2	3.8	9.4*	4.4
Cholesterol	< 75 mg ^b	89	1.9	89.2	2.6	–0.2	3.2
Sodium	< 600 mg ^b	57	3.1	42.7	4.2	14.3*	5.2
Number of Schools		566		211			

Source: School Nutrition Dietary Assessment Study–IV, Menu Survey, school year 2009–2010 and School Nutrition Dietary Assessment Study–III, Menu Survey, school year 2004–2005 (Gordon et al. 2007, Table VII.3). Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Standard errors for SY 2004–2005 are estimated assuming a design effect of 1.5.

^aIn retinol equivalents (RE).

^bBenchmarks are one-quarter of suggested maximum daily intake.

SY = school year; SE = standard error; SMI = School Meals Initiative for Healthy Children; REA= Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

*Difference between SY 2009–2010 and SY 2004–2005 is significantly different from zero at the .05 level.

APPENDIX L

CRITERIA FOR HEALTHIERUS SCHOOL CHALLENGE (HUSSC) AWARDS IN EFFECT DURING SY 2009-2010

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Criteria for the HealthierUS School Challenge

HealthierUS School Challenge Criteria	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
1. School enrolled as a Team Nutrition (TN) school.	√	√	√	√
2. Reimbursable lunches meet the USDA nutrition standards <i>School district had an SMI review within 5 years and all corrective actions have been completed.</i>	√	√	√	√
3. Average Daily Participation for lunch meets or exceeds a minimum.	62%	70%	70%	70%
4. School lunch menu is planned to allow students the opportunity to select each of the food items listed below.	√	√	√	√
- Offering a different vegetable every day of the week. All servings must be at least ¼ cup. Of these five: a. Dark green or orange vegetables offered 3 or more days per week (of the 3, at least 2 must be different) b. Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas).	√	√	√	√
Offering a different fruit every day of the week (fresh, frozen, canned, dried or 100% juice). All servings must be at least ¼ cup. <i>Dried fruit must have no added sweetener (nutritive or non-nutritive); canned fruit must be packed in juice or light syrup.</i>	1 day/week fruit must be served fresh	1 day/week fruit must be served fresh	2 days/week fruit must be served fresh	2 days/week fruit must be served fresh
100% juice can only be counted as a fruit once per week.	√	√	√	√
Offering of whole-grain foods serving. <i>A serving size of</i>	At least 1 serving of whole-grain food	At least 1 serving of whole-grain food	At least 1 serving of whole-grain food	At least 1 serving of whole-grain food

HealthierUS School Challenge Criteria	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
<i>whole-grain food is equal to a serving of Grains/Bread as defined in the Food Buying Guide, pages 3.15-3.16. The majority of whole grain food products served must have the whole grain(s) listed first in the ingredient statement. Other whole grain servings must have whole grain as the primary grain ingredient.</i>	offered 3 or more days per week (not the same one each day)	offered 3 or more days per week (not the same one each day)	offered each day (not the same one each day)	offered each day (not the same one each day)
Only low-fat (1% or less) and fat-free (skim) fluid milk, flavored or unflavored, offered each day.	√	√	√	√
5. If the school sells any other food & beverages on campus (competitive foods), sales must meet the criteria below, as well as the restricted times and locations stated at the right. <i>Competitive foods are defined as any foods or beverages sold in competition with reimbursable meals. This includes a la carte, vending, snack bar, school store, and/or any other food & beverage sales on campus.</i> Seconds or extra sales of entrees offered with the day's reimbursable lunches are exempt.	The criteria apply during meal periods within the foodservice area(s)* <i>*Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i>	The criteria apply during meal periods within the foodservice area(s)* <i>*Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i>	The criteria apply throughout the school day (including meal periods), throughout the school campus	The criteria apply throughout the school day (including meal periods), throughout the school campus
6. Competitive food & beverages must meet the following criteria: Competitive Foods: a. Total fat: Calories from total fat must be at or below 35% per serving. <i>Excludes nuts, seeds, nut butters, and reduced fat cheese.</i> b. Trans fat: Less than 0.5 grams (<i>trans</i> fat-free) per serving c. Saturated fat: Calories from saturated fat must be below 10%. <i>Excludes reduced-fat cheese.</i> d. Sugar: Total sugar must be at or below 35% by weight (includes naturally occurring and added sugars). <i>Excludes fruits, vegetables, and milk.</i>	√ √ √ √	√ √ √ √	√ √ √ √	√ √ √ √

HealthierUS School Challenge Criteria	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
e. Sodium: <i>Bronze/Silver/Gold:</i> Must be at or below 480 mg per side dish/non-entree serving Must be at or below 600 mg per main dish/entree serving <i>Gold Award of Distinction*:</i> Must be at or below 200 mg per side dish/non-entree serving Must be at or below 480 mg per main dish/entree serving f. Portion size/Calories: Not to exceed the serving size of the food served in the NSLP; for other items, the package or container is not to exceed 200 calories. Competitive Beverages: Only the following beverages are allowed. • Milk: Only low-fat (1% or less) and fat-free (skim), flavored or unflavored fluid milk, and/or USDA approved alternative dairy beverages; <i>limit serving size to maximum of 8 fluid ounces.</i> • 100% full strength fruit & vegetable juices with no sweeteners (nutritive or non-nutritive); <i>limit serving size to maximum of 6 fluid ounces.</i> • Water; non-flavored, no sweeteners (nutritive or non-nutritive), non-carbonated, non-caFFEinated.	≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée ✓ ✓ ✓ ✓	≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée ✓ ✓ ✓ ✓	≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée ✓ ✓ ✓ ✓	≤ 200 mg sodium per non-entrée; ≤ 480 mg per entrée OR PE is 150 minutes/week ✓ ✓ ✓ ✓
7. Nutrition education: a) Is provided for at least half, but no fewer than two, of the grade levels in the school. If the school consists of a single grade, nutrition education is provided to all students in the school. b) Is part of a structured and systematic unit of instruction, such as My Pyramid lessons from Team Nutrition. c) Involves multiple channels of communication, including the classroom, cafeteria, and home/parents. d) Messages are reinforced by prohibiting the use of food as a reward (school holiday parties are not included).	✓ ✓ ✓ ✓	✓ ✓ ✓ ✓	✓ ✓ ✓ ✓	✓ ✓ ✓ ✓

HealthierUS School Challenge Criteria	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
8. Physical education/activity is promoted by: a) Providing structured physical education classes for all full-day students throughout the school year. b) Providing unstructured daily opportunities for physical activity for all full-day students, such as recess. c) Reinforcing physical activity education messages by neither denying nor requiring physical activity as a means of punishment.	A minimum average of 45 minutes per week throughout the school year √ √	A minimum average of 45 minutes per week throughout the school year √ √	A minimum average of 90 minutes per week throughout the school year √ √	A minimum average of 150 minutes per week throughout the school year OR meet stricter sodium requirements √ √
9. School policies support a wellness environment by permitting primarily non-food items being sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods, as outlined on pages 2 and 3 of this document.	√	√	√	√
10. The school district has developed a Wellness Policy. A copy of the Wellness Policy is submitted with the application.	√	√	√	√

Source: Provided by U.S. Department of Agriculture's Food and Nutrition Service, January 24, 2012.

APPENDIX M

SUPPLEMENTAL TABLES FOR CHAPTER 12

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TABLES

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Table M.1. Average Calorie and Nutrient Content of National School Lunch Program Lunches Offered to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

	HUSC Schools	All Elementary Schools
Average Amount		
Calories	752	726
Macronutrients		
Total fat (g)	26	26
Saturated fat (g)	8	8
Monounsaturated fat (g)	9	9
Polyunsaturated fat (g)	7	7
Linoleic acid (g)	6	6
Alpha-linolenic acid (g)	0.7	0.6
Carbohydrate (g)	102	97
Protein (g)	32	30
Vitamins		
Vitamin A (mcg RE)	485	453
Vitamin A (mcg RAE)	348	333
Vitamin C (mg)	37	32
Vitamin E (mg AT)	2.9	2.8
Vitamin B ₆ (mg)	0.6	0.6
Vitamin B ₁₂ (mcg)	1.7	1.7
Folate (mcg)	127	122
Folate (mcg DFE)	154	151
Niacin (mg)	7	6
Riboflavin (mg)	0.9	0.9
Thiamin (mg)	0.6	0.5
Minerals		
Calcium (mg)	541	529
Iron (mg)	4.6	4.4
Magnesium (mg)	114	107
Phosphorus (mg)	598	575
Potassium (mg)	1,188	1,145
Sodium (mg)	1,444	1,395
Zinc (mg)	4.0	3.9
Other Dietary Components		
Cholesterol (mg)	60	56
Dietary fiber (g)	8	7
Dietary fiber (g/1,000 kcal)	11	10
Average Percentage of Calories from:		
Total fat	31.0	31.9
Saturated fat	9.5	10.0
Monounsaturated fat	11.0	11.3
Polyunsaturated fat	8.0	8.1
Linoleic acid	7.1	7.2
Alpha-linolenic acid	0.8	0.8
Carbohydrate	54.4	53.6
Protein	16.9	16.7
Number of Schools	35	318

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

AT = Alpha-tocopherol; DFE = Dietary folate equivalents; RE = Retinol equivalents; RAE = Retinol activity equivalents.

Table M.2. Average Calorie and Nutrient Content of National School Lunch Program Lunches Served to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

	HUSC Schools	All Elementary Schools
Average Amount		
Calories	662	661
Macronutrients		
Total fat (g)	22	23
Saturated fat (g)	7	7
Monounsaturated fat (g)	8	8
Polyunsaturated fat (g)	5	6
Linoleic acid (g)	5	5
Alpha-linolenic acid (g)	0.5	0.6
Carbohydrate (g)	90	88
Protein (g)	29	28
Vitamins		
Vitamin A (mcg RE)	347	351
Vitamin A (mcg RAE)	274	279
Vitamin C (mg)	25	23
Vitamin E (mg AT)	2.2	2.3
Vitamin B ₆ (mg)	0.5	0.5
Vitamin B ₁₂ (mcg)	1.6	1.6
Folate (mcg)	103	104
Folate (mcg DFE)	127	130
Niacin (mg)	6	6
Riboflavin (mg)	0.8	0.8
Thiamin (mg)	0.5	0.5
Minerals		
Calcium (mg)	482	481
Iron (mg)	4.2	4.2
Magnesium (mg)	101	96
Phosphorus (mg)	543	534
Potassium (mg)	1,034	1,018
Sodium (mg)	1,303	1,324
Zinc (mg)	3.7	3.6
Other Dietary Components		
Cholesterol (mg)	53	54
Dietary fiber (g)	7	6
Dietary fiber (g/1,000 kcal)	10	9
Average Percentage of Calories from:		
Total fat	30.3	31.5
Saturated fat	9.6	10.1
Monounsaturated fat	10.9	11.2
Polyunsaturated fat	7.3	7.7
Linoleic acid	6.5	6.8
Alpha-linolenic acid	0.7	0.8
Carbohydrate	54.2	53.3
Protein	17.5	17.1
Number of Schools	35	317

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

AT = Alpha-tocopherol; DFE = Dietary folate equivalents; RE = Retinol equivalents; RAE = Retinol activity equivalents.

Table M.3. Proportion of Schools Participating in the HealthierUS School Challenge (HUSSC) and All Elementary Schools Nationwide Offering National School Lunch Program Lunches that Satisfied Each of the SMI Nutrition Standards and Related Benchmarks and Different Combinations of the Standards and Benchmarks

	Standard/ Recommendation	HUSSC Schools	All Elementary Schools
SMI Nutrition Standards			
Calories	33% of 1989 REA	88.6	75.5
Protein	33% of 1989 RDA	100.0	100.0
Vitamin A ^a	33% of 1989 RDA	100.0	97.4
Vitamin C	33% of 1989 RDA	100.0	82.7
Calcium	33% of 1989 RDA	100.0	100.0
Iron	33% of 1989 RDA	100.0	92.7
Percentage of Calories from Total Fat	≤ 30%	42.9	35.1
Percentage of Calories from Saturated Fat	< 10%	74.3	49.6
Other Nutrition Benchmarks			
Percentage of Calories from Total Fat	25% – 35% ^b	85.7	70.2
Cholesterol	< 100 mg ^{b,c}	94	99
Sodium	< 767 mg ^{b,c}	0	0
Dietary Fiber (g/1,000 kcal)	14 ^b	3	3
Combinations of Standards			
All SMI Standards		40.0	16.5
SMI Standards for all RDA Nutrients ^c		100.0	76.1
SMI Standards for All RDA Nutrients ^d and SMI Standard for Saturated Fat		74.3	38.8
SMI Standards for All RDA Nutrients ^d SMI Standard for Saturated Fat, and 2010 <i>Dietary Guidelines</i> Standard for Total Fat		65.7	31.4
Updated Standards for All RDA Nutrients ^e SMI Standard for Saturated Fat, and 2010 <i>Dietary Guidelines</i> Standard for Total Fat		62.9	32.9
Number of Schools		35	318

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^aIn retinol equivalents (RE).

^bBased on the 2010 *Dietary Guidelines for Americans*.

^cBenchmarks are one-third of suggested maximum daily intake.

^dIncludes protein, vitamin A, vitamin C, calcium and iron.

^eUpdated to reflect RDA values included in the Dietary Reference Intakes.

RDA = Recommended Dietary Allowance; REA = Recommended Energy Allowance; SMI = School Meals Initiative for Healthy Children.

Table M.4. Proportion of Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide *Serving* National School Lunch Program Lunches that Satisfied Each of the SMI Nutrition Standards and Related Benchmarks and Different Combinations of the Standards and Benchmarks

	Standard/ Recommendation	HUSC Schools	All Elementary Schools
SMI Nutrition Standards			
Calories	33% of 1989 REA	54.3	49.2
Protein	33% of 1989 RDA	100.0	100.0
Vitamin A ^a	33% of 1989 RDA	97.1	89.5
Vitamin C	33% of 1989 RDA	94.3	70.7
Calcium	33% of 1989 RDA	100.0	99.6
Iron	33% of 1989 RDA	94.3	87.8
Percentage of Calories from Total Fat	≤ 30%	45.7	38.8
Percentage of Calories from Saturated Fat	< 10%	77.1	53.0
Other Nutrition Benchmarks			
Percentage of Calories from Total Fat	25% – 35% ^b	85.7	76.6
Cholesterol	< 100 mg ^{b,c}	100	99
Sodium	< 767 mg ^{b,c}	0	1
Dietary fiber (g/1,000 kcal)	14 ^b	0	1
Combinations of Standards			
All SMI Standards		14.3	8.7
SMI Standards for all RDA Nutrients ^c		88.6	58.5
SMI Standards for All RDA Nutrients ^d and SMI Standard for Saturated Fat		68.6	29.9
SMI Standards for All RDA Nutrients ^d SMI Standard for Saturated Fat, and 2010 <i>Dietary Guidelines</i> Standard for Total Fat		57.1	24.3
Updated Standards for All RDA Nutrients ^e SMI Standard for Saturated Fat, and 2010 <i>Dietary Guidelines</i> Standard for Total Fat		40.0	23.2
Number of Schools		35	317

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

^aIn retinol equivalents (RE).

^bBased on the 2010 *Dietary Guidelines for Americans*.

^cBenchmarks are one-third of suggested maximum daily intake.

^dIncludes protein, vitamin A, vitamin C, calcium and iron.

^eUpdated to reflect RDA values included in the Dietary Reference Intakes.

RDA = Recommended Dietary Allowance; REA = Recommended Energy Allowance; SMI = School Meals Initiative for Healthy Children.

Table M.5. Average Calorie and Nutrient Content of National School Lunch Program Lunches *Offered* to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide, Relative to SMI Nutrition Standards and Related Benchmarks

	Standard/ Recommendation	HUSC Schools	All Elementary Schools
Average Percentage of 1989 REA/RDA			
Calories	33%	38.6	36.9
Protein	33%	115.6	106.8
Vitamin A ^a	33%	76.1	70.0
Vitamin C	33%	82.1	69.7
Calcium	33%	66.3	63.5
Iron	33%	45.5	42.6
Average Percentage of Calories from:			
Total Fat	≤ 30% ^b	31.0	31.9
Saturated Fat	< 10%	9.5	10.0
Average Amount			
Cholesterol	< 100 mg ^{c,d}	60	56
Sodium	< 767 mg ^{c,d}	1,444	1,395
Dietary Fiber (g/1,000 kcal)	14 ^c	11	10
Number of Schools		35	318

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^aIn retinol equivalents (RE).

^bThe 2010 *Dietary Guidelines for Americans* recommendation for the percentage of calories from total fat is 25–35%.

^cBased on the 2010 *Dietary Guidelines for Americans*.

^dBenchmarks are one-third of suggested maximum daily intake.

SMI = School Meals Initiative for Healthy Children; REA = Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

Table M.6. Average Calories and Nutrient Content of National School Lunch Program Lunches *Served* to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide, Relative to SMI Nutrition Standards and Related Benchmarks

	Standard / Recommendation	HUSC Schools	All Elementary Schools
Average Percentage of 1989 REA/RDA			
Calories	33%	34.0	33.6
Protein	33%	105.3	100.0
Vitamin A ^a	33%	54.4	54.1
Vitamin C	33%	56.3	49.5
Calcium	33%	59.0	57.7
Iron	33%	41.7	40.3
Average Percentage of Calories from:			
Total Fat	≤ 30% ^b	30.3	31.5
Saturated Fat	< 10%	9.6	10.1
Average Amount			
Cholesterol	< 100 mg ^{c,d}	53	54
Sodium	< 767 mg ^{c,d}	1,303	1,324
Dietary Fiber (g/ 1,000 kcal)	14 ^c	10	9
Number of Schools		35	317

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

^aIn retinol equivalents (RE).

^bThe 2010 *Dietary Guidelines for Americans* recommendation for the percentage of calories from total fat is 25–35%.

^cBased on the 2010 *Dietary Guidelines for Americans*.

^dBenchmarks are one-third of suggested maximum daily intake.

SMI = School Meals Initiative for Healthy Children; REA = Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

Table M.7. Average Amount of Food Groups in National School Lunch Program Lunches Offered to Students at Schools Participating in the HealthierUS School Challenge (HUSSC), Relative to USDA Food Pattern Recommendations^a

	Average Amount	Calorie Levels ^b							
		1,200		1,400		1,600		1,800	
		Recom - mended Amount ^c	Percent of Recom - mendation ^d	Recom - mended Amount	Percent of Recommendation	Recom - mended Amount	Percent of Recom - mendation	Recom - mended Amount	Percent of Recom - mendation
Fruits (cup equiv)	0.82	1	82	1.5	55	1.5	55	1.5	55
Vegetables (cup equiv)	0.77	1.5	51	1.5	51	2	38	2.5	31
Dark green (cup/wk) ^e	0.23	1	23	1	23	1.5	15	1.5	15
Red and orange (cup/wk) ^e	1.18	3	39	3	39	4	30	5.5	21
Legumes (cup/wk) ^{e,f}	0.17	0.5	34	0.5	34	1	17	1.5	11
Starchy (cup/wk) ^e	0.71	3.5	20	3.5	20	4	18	5	14
Other (cup/wk) ^e	1.54	2.5	62	2.5	62	3.5	44	4	39
Grains (oz equiv)	2.55	4	64	5	51	5	51	6	43
Whole grains (oz equiv)	0.50	2	25	2.5	20	3	17	3	17
Protein foods (oz equiv) ^g	1.59	3	53	4	40	5	32	5	32
Dairy (cup equiv)	1.36	2.5	54	2.5	54	3	45	3	45
Oils (tsp)	2.07	4	52	4	52	5	41	5	41
Calories from solid fats and added sugars	188	120	156	120	156	120	156	160	117
Calories from solid fats	109	n.a		n.a		n.a		n.a	
Calories from added sugars	79	n.a		n.a		n.a		n.a	
Number of Schools	35								

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research.

^aOnly includes schools participating in the Healthier US School Challenge. See Appendix H, Table H.1 for data from all public elementary schools.

^bUSDA Food Pattern Recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend elementary schools would require between 1,200 and 1,800 calories.

^cRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^dPercent of recommended daily amount from each group within calorie level.

^eIncludes only schools that provided menu information for 5 days.

^fIncludes legumes offered as a vegetable or included in combination entrees.

^gIncludes legumes offered as a meat alternate.

n.a. = Not applicable.

Table M.8. Average Amount of Food Groups in National School Lunch Program Lunches Served to Students at Schools Participating in the HealthierUS School Challenge (HUSSC), Relative to USDA Food Pattern Recommendations^a

	Average Amount	Calorie Levels ^b							
		1,200		1,400		1,600		1,800	
		Recom - mended Amount ^c	Percent of Recom - mendation ^d	Recom - mended Amount	Percent of Recom - mendation	Recom - mended Amount	Percent of Recom - mendation	Recom - mended Amount	Percent of Recom - mendation
Fruits (cup equiv)	0.52	1	52	1.5	35	1.5	35	1.5	35
Vegetables (cup equiv)	0.54	1.5	36	1.5	36	2	27	2.5	22
Dark green (cup/wk) ^e	0.16	1	16	1	16	1.5	11	1.5	11
Red and orange (cup/wk) ^e	0.80	3	27	3	27	4	20	5.5	15
Legumes (cup/wk) ^{e,f}	0.10	0.5	20	0.5	20	1	10	1.5	7
Starchy (cup/wk) ^e	0.84	3.5	24	3.5	24	4	21	5	17
Other (cup/wk) ^e	0.71	2.5	28	2.5	28	3.5	20	4	18
Grains (oz equiv)	2.33	4	58	5	47	5	47	6	39
Whole grains (oz equiv)	0.38	2	19	2.5	15	3	13	3	13
Protein foods (oz equiv) ^g	1.47	3	49	4	37	5	29	5	29
Dairy (cup equiv)	1.26	2.5	50	2.5	50	3	42	3	42
Oils (tsp)	1.53	4	38	4	38	5	31	5	31
Calories from solid fats and added sugars	181	120	151	120	151	120	151	160	113
Calories from solid fats	104	n.a		n.a		n.a		n.a	
Calories from added sugars	77	n.a		n.a		n.a		n.a	
Number of Schools	35								

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

^aOnly includes schools participating in the HealthierUS School Challenge. See Appendix H, Table H.4 for data from all public elementary schools.

^b USDA Food Pattern Recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend elementary schools would require between 1,200 and 1,800 calories.

^cRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^dPercent of recommended daily amount from each group within calorie level.

^eIncludes only schools that provided menu information for 5 days.

^fIncludes legumes offered as a vegetable or included in combination entrees.

^gIncludes legumes offered as a meat alternate.

n.a. = Not applicable.

Table M.9. Food Sources of Calories and Nutrients in National School Lunch Program Lunches *Offered* to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

Major Food Group	Percentage Contribution to Average Amount Offered		Top 10 Food Sources	Percentage Contribution to Average Amount Offered	
	HUSSC Schools	All Elementary Schools		HUSSC Schools	All Elementary Schools
Calories					
Combination Entrees	35.4	37.7	1% milk, flavored	6.7	6.4
Milk	16.9	17.3	Sandwiches with plain meat or poultry ^b	5.6	4.4
Breads/Grains	11.2	8.6	Bread, rolls, bagels	4.9	3.4
Vegetables	10.3	9.3	Peanut butter sandwiches	4.8	5.7
Fruit	10.2	9.5	Entrée salads, entrée salad bars ^c	4.5	2.9
Accompaniments ^a	6.8	7.1	1% milk, unflavored	4.2	3.8
Meat/Meat Alternate	4.5	5.0	Skim or nonfat milk, flavored	3.7	3.3
Desserts	4.3	4.6	Salad dressings	3.5	3.4
Other	0.4	0.8	Other food bars, bag/pre-plated lunches	3.5	3.3
			Lettuce salads ^d	3.4	2.6
Protein					
Combination Entrees	46.6	47.0	Sandwiches with plain meat or poultry ^b	9.6	7.2
Milk	25.8	26.8	1% milk, unflavored	8.0	7.3
Meat/Meat Alternate	7.5	8.7	Entrée salads, entrée salad bars ^c	8.0	5.2
Breads/Grains	7.4	5.7	1% milk, flavored	7.7	7.5
Vegetables	6.9	5.8	Skim or nonfat milk, flavored	5.1	4.8
Fruit	2.2	2.0	Hamburgers/cheeseburgers	4.6	5.1
Accompaniments ^a	1.4	1.9	Skim or nonfat milk, unflavored	4.1	3.9
Desserts	1.4	1.6	Bread, rolls, bagels	4.0	2.8
Other	0.8	0.5	Pizza and pizza products	3.9	6.2
			Mexican-style entrees	3.8	4.9
Vitamin A (mcg RE)					
Vegetables	42.2	41.1	Carrots	20.2	23.9
Milk	29.2	30.8	1% milk, unflavored	9.0	8.3
Combination Entrees	17.9	18.0	Entrée salads, entrée salad bars ^c	8.9	6.7
Fruit	4.6	3.9	1% milk, flavored	8.8	8.8
Accompaniments ^a	2.4	2.8	Lettuce salads ^d	5.9	5.3
Breads/Grains	1.3	1.1	Yams, sweet potatoes	5.8	2.8
Desserts	1.1	1.2	Skim or nonfat milk, flavored	5.6	5.3
Other	0.6	0.4	Skim or nonfat milk, unflavored	4.8	4.7
			Mixed vegetables	4.2	5.2
Meat/Meat Alternate	0.6	0.7	Leafy greens	3.3	0.9
Vitamin C					
Fruit	58.0	57.5	Citrus fruit	25.0	23.6
Vegetables	23.7	22.6	Fruit juice, 100%	11.1	19.4
Combination Entrees	9.9	10.0	Lettuce salads ^d	6.6	5.7
Desserts	3.4	2.9	Berries	4.7	2.1
Accompaniments ^a	2.4	3.1	Broccoli	4.7	5.2
Milk	1.2	1.4	Entrée salads, entrée salad bars ^c	4.4	3.5
Breads/Grains	1.0	0.6	Fruit-based desserts	3.0	2.0
Meat/Meat Alternate	0.3	0.5	Other fresh fruit	3.0	0.1
			Other food bars, bag/pre-plated lunches	3.0	2.5
			Apple	2.8	2.7

Table M.9 (continued)

Percentage Contribution to Average Amount Offered			Percentage Contribution to Average Amount Offered		
Major Food Group	HUSSC Schools	All Elementary Schools	Top 10 Food Sources	HUSSC Schools	All Elementary Schools
Calcium					
Milk	53.4	54.1	1% milk, unflavored	16.4	14.6
Combination Entrees	27.2	29.0	1% milk, flavored	15.9	15.0
Breads/Grains	5.7	3.7	Skim or nonfat milk, flavored	10.4	9.4
Vegetables	5.3	4.1	Skim or nonfat milk, unflavored	8.9	8.3
Fruit	3.4	2.9	Sandwiches with plain meat or poultry ^b	5.4	4.1
Meat/Meat Alternate	1.8	2.6	Entrée salads, entrée salad bars ^c	5.4	3.7
Desserts	1.7	1.6	Pizza and pizza products	4.0	6.3
Accompaniments ^a	1.3	1.8	Bread, rolls, bagels	2.8	2.0
Other	0.2	0.3	Mexican-style entrees	2.4	3.0
			Cheese sandwiches	2.4	2.4
Iron					
Combination Entrees	44.2	48.0	Bread, rolls, bagels	9.9	6.8
Breads/Grains	19.2	14.4	Sandwiches with plain meat or poultry ^b	8.0	6.5
Vegetables	13.4	11.8	Hamburgers/cheeseburgers	5.5	5.8
Fruit	7.2	7.5	Entrée salads, entrée salad bars ^c	5.2	3.1
Milk	5.9	6.3	Pizza and pizza products	4.9	7.8
Meat/Meat Alternate	4.4	5.1	Peanut butter sandwiches	3.8	5.1
			Other food bars, bag/pre-plated		
Desserts	2.9	3.7	lunches	3.8	3.4
Accompaniments ^a	2.2	2.5	Mexican-style entrees	3.6	4.8
Other	0.6	0.7	Crackers and pretzels	3.4	2.8
			Legumes	3.3	2.4
Total Fat					
Combination Entrees	45.1	47.7	Salad dressings	9.1	8.9
Accompaniments ^a	15.6	15.6	Peanut butter sandwiches	7.9	9.1
Vegetables	12.1	9.9	Entrée salads, entrée salad bars ^c	6.7	4.4
Breads/Grains	8.8	6.2	Condiments and spreads	6.5	6.7
Milk	6.8	8.1	Sandwiches with plain meat or poultry ^b	6.4	4.8
Meat/Meat Alternate	6.6	7.1	Lettuce salads ^d	6.3	4.5
Desserts	3.7	4.0	Hamburgers/cheeseburgers	4.2	4.4
Fruit	0.8	0.7	Mexican-style entrees	4.1	5.1
Other	0.4	0.9	Pizza and pizza products	3.8	5.7
			Other food bars, bag/pre-plated		
			lunches	3.3	3.6
Saturated Fat					
Combination Entrees	50.8	52.6	Sandwiches with plain meat or poultry ^b	9.0	6.6
Milk	14.1	16.3	Entrée salads, entrée salad bars ^c	9.0	6.3
Accompaniments ^a	10.4	9.6	1% milk, unflavored	6.0	5.1
Vegetables	7.9	5.9	Condiments and spreads	5.8	5.3
Breads/Grains	6.2	4.4	1% milk, flavored	5.8	5.2
Meat/Meat Alternate	5.7	6.5	Hamburgers/cheeseburgers	5.1	5.3
Desserts	4.1	3.6	Peanut butter sandwiches	5.1	5.9
Fruit	0.5	0.4	Pizza and pizza products	5.0	7.4
Other	0.3	0.6	Mexican-style entrees	4.7	6.0
			Salad dressings	4.6	4.4

Table M.9 (continued)

Major Food Group	Percentage Contribution to Average Amount Offered		Top 10 Food Sources	Percentage Contribution to Average Amount Offered	
	HUSSC Schools	All Elementary Schools		HUSSC Schools	All Elementary Schools
Cholesterol					
Combination Entrees	60.0	57.6	Entrée salads, entrée salad bars ^c	15.2	11.5
Milk	14.6	17.4	Sandwiches with plain meat or poultry ^b	12.5	10.1
Meat/Meat Alternate	11.9	14.4	1% milk, unflavored	6.2	5.8
Breads/Grains	3.8	2.8	Breaded/fried chicken products	5.3	5.5
Accompaniments ^a	3.3	2.9	Hamburgers/cheeseburgers	5.2	6.5
			Other food bars, bag/pre-plated		
Vegetables	3.2	1.6	lunches	5.1	3.2
Desserts	2.0	2.8	Mexican-style entrees	4.7	6.4
Other	1.1	0.4	1% milk, flavored	4.6	4.5
Fruit	0.0	0.0	Unbreaded poultry/meat/fish	3.4	4.4
			Mixtures with pasta or noodle base	3.2	3.5
Sodium					
Combination Entrees	41.8	43.6	Salad dressings	8.2	7.3
Accompaniments ^a	15.9	16.6	Sandwiches with plain meat or poultry ^b	8.2	6.8
Vegetables	14.7	14.0	Condiments and spreads	7.7	9.3
Breads/Grains	11.2	8.7	Entrée salads, entrée salad bars ^c	6.8	3.5
Milk	7.8	8.0	Lettuce salads ^d	4.6	3.8
Meat/Meat Alternate	5.7	6.2	Bread, rolls, bagels	4.5	3.2
Desserts	1.5	1.9	Pizza and pizza products	4.0	6.2
Other	1.0	0.8	Hamburgers/cheeseburgers	3.9	4.6
Fruit	0.3	0.2	Mixtures with pasta or noodle base	3.2	3.4
			Other food bars, bag/pre-plated		
			lunches	3.1	3.2
Dietary Fiber					
Combination Entrees	30.0	31.0	Apple	6.7	6.1
Fruit	26.5	24.8	Legumes	5.3	3.8
Vegetables	23.7	23.6	Bread, rolls, bagels	5.3	3.6
Breads/Grains	9.3	8.1	Citrus fruit	5.0	4.6
Milk	4.8	5.6	Peanut butter sandwiches	4.7	5.9
Desserts	1.9	2.2	Lettuce salads ^d	4.3	3.9
Accompaniments ^a	1.8	2.3	Entrée salads, entrée salad bars ^c	4.3	3.1
Meat/Meat Alternate	1.4	1.5	Sandwiches with plain meat or poultry ^b	4.2	2.7
			Other food bars, bag/pre-plated		
Other	0.6	0.8	lunches	4.0	3.2
			Pears	3.3	3.5
Calories from Solid Fats and Added Sugars					
Combination Entrees	36.0	37.9	1% milk, flavored	10.8	10.1
Milk	20.2	21.2	Entree salads, entrée salad bars ^c	5.7	3.9
Desserts	11.0	11.1	Cookies, cakes, brownies	5.6	8.0
Breads/Grains	8.1	6.4	Skim or nonfat milk, flavored	5.5	5.0
Accompaniments	6.9	7.2	Sandwiches with plain meat or poultry ^b	5.4	4.0
Fruit	6.4	4.5	Condiments and spreads	4.6	5.6
Vegetables	6.3	4.6	Pizza and pizza products	3.7	5.7
Meat/Meat Alternate	5.2	6.4	Hamburgers/cheeseburgers	3.5	3.7
Other	0.0	0.7	Entree food bars, bag/pre-plated	3.5	3.5
			lunches		
			Peanut butter sandwiches	3.4	3.2

Table M.9 (continued)

Major Food Group	Percentage Contribution to Average Amount Offered		Top 10 Food Sources	Percentage Contribution to Average Amount Offered	
	HUSSC Schools	All Elementary Schools		HUSSC Schools	All Elementary Schools
Solid Fats					
Combination Entrees	50.2	50.5	Entree salads, entrée salad bars ^c	9.0	5.8
Milk	13.1	15.2	Sandwiches with plain meat or poultry ^b	8.2	5.7
Breads/Grains	10.4	7.5	1% milk, flavored	5.7	5.1
Meat/Meat Alternate	7.4	8.2	Pizza and pizza products	5.6	8.1
Desserts	6.7	7.2	1% milk, unflavored	5.5	4.6
Vegetables	6.6	5.1	Hamburgers/cheeseburgers	5.2	5.1
Accompaniments	5.4	5.7	Cookies, cakes, brownies	4.9	6.5
Fruit	0.1	0.0	Mexican-style entrees	4.9	6.3
Other	0.1	0.6	Condiments and spreads	4.4	4.8
			Breaded/fried chicken products	3.9	3.6
Added Sugars					
Milk	30.1	30.8	1% milk, flavored	17.9	18.1
Desserts	16.9	17.4	Skim or nonfat milk, flavored	12.2	12.1
Combination Entrees	16.2	17.8	Cookies, cakes, brownies	6.7	10.3
Fruit	15.0	11.6	Fruit-based desserts	5.8	3.3
Accompaniments	8.9	9.6	Peanut butter sandwiches	5.4	5.9
Vegetables	5.7	3.7	Condiments and spreads	4.9	6.9
Breads/Grains	5.0	4.6	Peaches	4.2	3.7
Meat/Meat Alternate	2.1	3.6	Salad dressings	4.0	2.7
Other	0.0	0.8	Dairy-based desserts	3.6	2.1
			Entree food bars, bag/pre-plated lunches	3.2	3.2

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^a Includes condiments, toppings, spreads, and salad dressing.

^b Includes sandwiches with or without cheese.

^c Includes entree salads with hard-cooked eggs or egg salad. Entree salad bars included an average serving of salad dressing.

^d Includes side salad bars that include an average serving of salad dressing.

RE=Retinol equivalent

Table M.10. Availability of Self-Serve Food Bars at Lunch in Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

	Percentage of Schools	
	HUSC Schools	All Elementary Schools
Any Self-Serve Food Bar		
At least once per week	20	21
Every day	17	16
Any Salad Bar		
At least once per week	20	19
Every day	17	15
Side Salad Bar		
At least once per week	17	17
Every day	14	13
Salad Bar as Entrée		
At least once per week	9	3
Every day	6	2
Sandwich/Deli Bar		
At least once per week	0	2
Every day	0	1
Other Entree Food Bars^a		
At least once per week	3	2
Every day	0	0
Number of Schools	35	318

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^aIncludes baked potato bars, nacho and taco bars, and Italian/pasta bars.

Table M.11. Availability of Fresh Produce in Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

	Percentage of Schools	
	HUSC Schools	All Elementary Schools
Number of Days Any Fresh Produce Was Offered		
None	0	1
1 to 2	0	10
3 to 4	18	28
5	82	62
<i>Mean number of days offered</i>	5	4
<i>Median number of days offered</i>	5	4
Number of Days Any Raw or Cooked Fresh Vegetables Were Offered ^a		
None	0	1
1 to 2	7	11
3 to 4	29	27
5	64	61
<i>Mean number of days offered</i>	4	4
<i>Median number of days offered</i>	5	5
Number of Days Any Raw Vegetables Were Offered ^a		
None	0	3
1 to 2	18	28
3 to 4	25	25
5	57	44
<i>Mean number of days offered</i>	4	4
<i>Median number of days offered</i>	5	4
Number of Days Any Cooked Fresh Vegetables Were Offered ^a		
None	4	4
1 to 2	25	38
3 to 4	61	43
5	11	16
<i>Mean number of days offered</i>	3	3
<i>Median number of days offered</i>	3	3
Number of Days Any Fresh Fruits Were Offered ^b		
None	4	14
1 to 2	7	33
3 to 4	32	21
5	57	32
<i>Mean number of days offered</i>	4	3
<i>Median number of days offered</i>	5	3
Number of Schools	28	257

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

Note: Includes only schools that provided menu information for five days.

^aExcludes canned and frozen vegetables.

^bExcludes canned, frozen, and dried fruits and fruit juices.

Table M.12. Average Calorie and Nutrient Content of School Breakfast Program Breakfasts Offered to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

	HUSC Schools	All Elementary Schools
Average Amount		
Calories	431	458
Macronutrients		
Total fat (g)	10	11
Saturated fat (g)	4	4
Monounsaturated fat (g)	4	4
Polyunsaturated fat (g)	2	2
Linoleic acid (g)	2	2
Alpha-linolenic acid (g)	0.2	0.2
Carbohydrate (g)	71	75
Protein (g)	15	16
Vitamins		
Vitamin A (mcg RE)	264	278
Vitamin A (mcg RAE)	267	279
Vitamin C (mg)	29	32
Vitamin E (mg AT)	0.9	1.0
Vitamin B ₆ (mg)	0.5	0.6
Vitamin B ₁₂ (mcg)	2.0	2.2
Folate (mcg)	108	127
Folate (mcg DFE)	157	188
Niacin (mg)	5	5
Riboflavin (mg)	0.9	0.9
Thiamin (mg)	0.5	0.5
Minerals		
Calcium (mg)	414	428
Iron (mg)	4.4	5.0
Magnesium (mg)	62	66
Phosphorus (mg)	389	403
Potassium (mg)	697	726
Sodium (mg)	524	549
Zinc (mg)	2.9	3.3
Other Dietary Components		
Cholesterol (mg)	33	40
Dietary fiber (g)	3	3
Dietary fiber (g/1,000 kcal)	6	7
Average Percentage of Calories from:		
Total fat	21.5	22.2
Saturated fat	7.7	8.2
Monounsaturated fat	7.8	7.9
Polyunsaturated fat	4.3	4.4
Linoleic acid	3.9	3.9
Alpha-linolenic acid	0.4	0.4
Carbohydrate	65.8	65.5
Protein	14.3	14.0
Number of Schools	35	282

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

AT = Alpha-tocopherol; DFE = Dietary folate equivalents; RE = Retinol equivalents; RAE = Retinol activity equivalents.

Table M.13. Average Calorie and Nutrient Content of School Breakfast Program Breakfasts Served to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

	HUSC Schools	All Elementary Schools
Average Amount		
Calories	419	434
Macronutrients		
Total fat (g)	11	12
Saturated fat (g)	4	4
Monounsaturated fat (g)	4	4
Polyunsaturated fat (g)	2	2
Linoleic acid (g)	2	2
Alpha-linolenic acid (g)	0.2	0.2
Carbohydrate (g)	66	69
Protein (g)	15	15
Vitamins		
Vitamin A (mcg RE)	241	245
Vitamin A (mcg RAE)	236	248
Vitamin C (mg)	26	28
Vitamin E (mg AT)	0.8	0.9
Vitamin B ₆ (mg)	0.5	0.5
Vitamin B ₁₂ (mcg)	1.7	1.9
Folate (mcg)	98	111
Folate (mcg DFE)	142	163
Niacin (mg)	5	5
Riboflavin (mg)	0.8	0.8
Thiamin (mg)	0.4	0.5
Minerals		
Calcium (mg)	373	382
Iron (mg)	4.0	4.5
Magnesium (mg)	57	59
Phosphorus (mg)	374	378
Potassium (mg)	636	660
Sodium (mg)	562	569
Zinc (mg)	2.6	3.0
Other Dietary Components		
Cholesterol (mg)	38	44
Dietary fiber (g)	3	3
Dietary fiber (g/1,000 kcal)	6	6
Average Percentage of Calories from:		
Total fat	24.1	23.8
Saturated fat	8.5	8.6
Monounsaturated fat	9.1	8.7
Polyunsaturated fat	4.6	4.6
Linoleic acid	4.1	4.1
Alpha-linolenic acid	0.4	0.4
Carbohydrate	63.2	63.8
Protein	14.2	13.9
Number of Schools	35	282

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research are weighted to be representative of all public schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. One school did not provide adequate data on the number of servings selected for each menu item and was excluded from the weighted analysis. The methodology is fully described in Appendix D of this report.

AT = Alpha-tocopherol; DFE = Dietary folate equivalents; RE = Retinol equivalents; RAE = Retinol activity equivalents.

Table M.14. Proportion of Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide Offering School Breakfast Program Breakfasts that Satisfied Each of the SMI Nutrition Standards and Related Benchmarks and Different Combinations of the Standards and Benchmarks

	Standard/ Recommendation	HUSC Schools	All Elementary Schools
SMI Nutrition Standards			
Calories	25% of 1989 REA	8.6	24.3
Protein	25% of 1989 RDA	100.0	100.0
Vitamin A ^a	25% of 1989 RDA	100.0	99.1
Vitamin C	25% of 1989 RDA	94.3	96.9
Calcium	25% of 1989 RDA	100.0	100.0
Iron	25% of 1989 RDA	91.4	93.8
Percentage of Calories from Total Fat	≤ 30%	94.3	94.6
Percentage of Calories from Saturated Fat	< 10%	82.9	81.1
Other Nutrition Benchmarks			
Percentage of Calories from Total Fat	25% – 35% ^b	22.9	25.3
Cholesterol	< 75 mg ^{b,c}	97	93
Sodium	< 575 mg ^{b,c}	77	70
Dietary Fiber (g/1,000 kcal)	14 ^b	0	0
Combinations of Standards			
All SMI Standards		5.7	19.0
SMI Standards for all RDA Nutrients ^e		85.7	90.6
SMI Standards for All RDA Nutrients ^d and SMI Standard for Saturated Fat		74.3	75.3
SMI Standards for All RDA Nutrients ^d SMI Standard for Saturated Fat, and 2010 <i>Dietary Guidelines</i> Standard for Total Fat		11.4	12.7
Updated Standards for All RDA Nutrients ^e SMI Standard for Saturated Fat, and 2010 <i>Dietary Guidelines</i> Standard for Total Fat		5.7	9.0
Number of Schools		35	282

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^aIn retinol equivalents (RE).

^bBased on the 2010 *Dietary Guidelines for Americans*.

^cBenchmarks are one-quarter of suggested maximum daily intake.

^dIncludes protein, vitamin A, vitamin C, calcium and iron.

^eUpdated to reflect RDA values included in the Dietary Reference Intakes.

RDA = Recommended Dietary Allowance; REA = Recommended Energy Allowance; SMI = School Meals Initiative for Healthy Children.

Table M.15. Proportion of Schools Participating in the HealthierUS School Challenge (HUSSC) and All Elementary Schools Nationwide *Serving* School Breakfast Program Breakfasts that Satisfied Each of the SMI Nutrition Standards and Related Benchmarks and Different Combinations of the Standards and Benchmarks

	Standard/ Recommendation	HUSSC Schools	All Elementary Schools
SMI Nutrition Standards			
Calories	25% of 1989 REA	17.1	23.1
Protein	25% of 1989 RDA	100.0	99.0
Vitamin A ^a	25% of 1989 RDA	94.3	89.7
Vitamin C	25% of 1989 RDA	94.3	94.9
Calcium	25% of 1989 RDA	100.0	98.6
Iron	25% of 1989 RDA	94.3	92.2
Percentage of Calories from Total Fat	≤ 30%	85.7	88.6
Percentage of Calories from Saturated Fat	< 10%	74.3	78.4
Other Nutrition Benchmarks			
Percentage of Calories from Total Fat	25% – 35% ^b	45.7	33.1
Cholesterol	< 75 mg ^{b,c}	91	91
Sodium	< 575 mg ^{b,c}	51	53
Dietary Fiber (g/1,000 kcal)	14 ^b	0	0
Combinations of Standards			
All SMI Standards		14.3	14.6
SMI Standards for all RDA Nutrients ^e		88.6	81.6
SMI Standards for All RDA Nutrients ^d and SMI Standard for Saturated Fat		68.6	65.7
SMI Standards for All RDA Nutrients ^d SMI Standard for Saturated Fat, and 2010 <i>Dietary Guidelines</i> Standard for Total Fat		20.0	11.9
Updated Standards for All RDA Nutrients ^e SMI Standard for Saturated Fat, and 2010 <i>Dietary Guidelines</i> Standard for Total Fat		8.6	6.5
Number of Schools		35	282

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. The methodology is fully described in Appendix D of this report.

^aIn retinol equivalents (RE).

^bBased on the 2010 *Dietary Guidelines for Americans*.

^cBenchmarks are one-quarter of suggested maximum daily intake.

^dIncludes protein, vitamin A, vitamin C, calcium and iron.

^eUpdated to reflect RDA values included in the Dietary Reference Intakes.

RDA = Recommended Dietary Allowance; REA = Recommended Energy Allowance; SMI = School Meals Initiative for Healthy Children.

Table M.16. Average Calories and Nutrient Content of School Breakfast Program Breakfasts Offered to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide, Relative to SMI Nutrition Standards and Related Benchmarks

	Standard / Recommendation	HUSC Schools	All Elementary Schools
Average Percentage of 1989 REA/RDA			
Calories	25%	22.1	23.3
Protein	25%	56.0	56.6
Vitamin A ^a	25%	41.4	42.9
Vitamin C	25%	64.9	71.1
Calcium	25%	50.7	51.4
Iron	25%	43.1	48.5
Average Percentage of Calories from:			
Total Fat	≤ 30% ^b	21.5	22.2
Saturated Fat	< 10%	7.7	8.2
Average Amount			
Cholesterol	< 75 mg ^{c,d}	33	40
Sodium	< 575 mg ^{c,d}	524	549
Dietary fiber (g/1,000 kcal)	14 ^c	6	7
Number of Schools		35	282

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^aIn retinol equivalents (RE).

^bThe 2010 *Dietary Guidelines for Americans* recommendation for the percentage of calories from total fat is 25–35%.

^cBased on the 2010 *Dietary Guidelines for Americans*.

^dBenchmarks are one-quarter of suggested maximum daily intake.

SMI = School Meals Initiative for Healthy Children; REA = Recommended Energy Allowance; RDA = Recommended Dietary Allowance.

Table M.17. Average Calorie and Nutrient Content of School Breakfast Program Breakfasts Served to Students at Schools Participating in the HealthierUS School Challenge (HUSSC) and All Elementary Schools Nationwide, Relative to SMI Nutrition Standards and Related Benchmarks

	Standard / Recommendation	HUSSC Schools	All Elementary Schools
Average Percentage of 1989 REA/RDA			
Calories	25%	21.5	22.1
Protein	25%	54.5	53.7
Vitamin A ^a	25%	36.1	37.9
Vitamin C	25%	58.0	62.5
Calcium	25%	45.7	46.0
Iron	25%	39.8	43.7
Average Percentage of Calories from:			
Total Fat	≤ 30% ^b	24.1	23.8
Saturated Fat	< 10%	8.5	8.6
Average Amount			
Cholesterol	< 75 mg ^{c,d}	38	44
Sodium	< 575 mg ^{c,d}	562	569
Dietary Fiber (g/ 1,000 kcal)	14 ^c	6	6
Number of Schools		35	282

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. The methodology is fully described in Appendix D of this report.

^aIn retinol equivalents (RE).

^bThe 2010 *Dietary Guidelines for Americans* recommendation for the percentage of calories from total fat is 25–35%.

^cBased on the 2010 *Dietary Guidelines for Americans*.

^dBenchmarks are one-quarter of suggested maximum daily intake.

SMI = School Meals Initiative for Healthy Children; REA = Recommended Energy Allowance; RDA = Recommended Dietary Allowance; HUSSC = HealthierUS School Challenge.

Table M.18. Average Amount of Food Groups in School Breakfast Program Breakfasts Offered to Students at Schools Participating in the HealthierUS School Challenge (HUSSC), Relative to USDA Food Pattern Recommendations^a

	Average Amount	Calorie Levels ^b							
		1,200		1,400		1,600		1,800	
		Recom - mended Amount ^c	Percent of Recom - mendation ^d	Recom - mended Amount	Percent of Recom - mendation	Recom - mended Amount	Percent of Recom - mendation	Recom - mended Amount	Percent of Recom - mendation
Fruits (cup equiv)	0.56	1	56	1.5	38	1.5	38	1.5	38
Vegetables (cup equiv)	0.01	1.5	0	1.5	0	2	0	2.5	0
Dark green (cup/wk) ^e	0.00	1	0	1	0	1.5	0	1.5	0
Red and orange (cup/wk) ^e	0.02	3	1	3	1	4	1	5.5	0
Legumes (cup/wk) ^{e,f}	0.00	0.5	0	0.5	0	1	0	1.5	0
Starchy (cup/wk) ^e	0.00	3.5	0	3.5	0	4	0	5	0
Other (cup/wk) ^e	0.00	2.5	0	2.5	0	3.5	0	4	0
Grains (oz equiv)	1.55	4	39	5	31	5	31	6	26
Whole grains (oz equiv)	0.34	2	17	2.5	14	3	11	3	11
Protein Foods (oz equiv) ^g	0.27	3	9	4	7	5	5	5	5
Dairy (cup equiv)	1.11	2.5	44	2.5	44	3	37	3	37
Oils (tsp)	0.22	4	6	4	6	5	4	5	4
Calories from Solid Fats and Added Sugars	132	120	110	120	110	120	110	160	83
Calories from solid fats	67	n.a		n.a		n.a		n.a	
Calories from added sugars	66	n.a		n.a		n.a		n.a	
Number of Schools	35								

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^aOnly includes schools participating in the HealthierUS School Challenge. See Appendix H, Table H.7 for data from all public elementary schools.

^bUSDA Food Pattern Recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend elementary schools would require between 1,200 and 1,800 calories.

^cRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^dPercent of recommended daily amount from each group within calorie level.

^eIncludes only schools that provided menu information for 5 days.

^fIncludes legumes offered as a vegetable or included in combination entrees.

^gIncludes legumes offered as a meat alternate.

n.a. = Not applicable.

Table M.19. Average Amount of Food Groups in School Breakfast Program Breakfasts Served to Students at Schools Participating in the HealthierUS School Challenge (HUSC), Relative to USDA Food Pattern Recommendations^a

	Average Amount	Calorie Levels ^b							
		1,200		1,400		1,600		1,800	
		Recom - mended Amount ^c	Percent of Recom - mendation ^d	Recom - mended Amount	Percent of Recom - mendation	Recom - mended Amount	Percent of Recom - mendation	Recom - mended Amount	Percent of Recom - mendation
Fruits (cup equiv)	0.48	1	48	1.5	32	1.5	32	1.5	32
Vegetables (cup equiv)	0.00	1.5	0	1.5	0	2	0	2.5	0
Dark green (cup/wk) ^e	0.00	1	0	1	0	1.5	0	1.5	0
Red and orange (cup/wk) ^e	0.02	3	1	3	1	4	1	5.5	0
Legumes (cup/wk) ^{e,f}	0.00	0.5	0	0.5	0	1	0	1.5	0
Starchy (cup/wk) ^e	0.00	3.5	0	3.5	0	4	0	5	0
Other (cup/wk) ^e	0.00	2.5	0	2.5	0	3.5	0	4	0
Grains (oz equiv)	1.63	4	41	5	33	5	33	6	27
Whole grains (oz equiv)	0.27	2	14	2.5	11	3	9	3	9
Protein Foods (oz equiv) ^g	0.33	3	11	4	8	5	7	5	7
Dairy (cup equiv)	0.98	2.5	39	2.5	39	3	33	3	33
Oils (tsp)	0.21	4	5	4	5	5	4	5	4
Calories from Solid Fats and Added Sugars	136	120	113	120	113	120	113	160	85
Calories from solid fats	74	n.a		n.a		n.a		n.a	
Calories from added sugars	62	n.a		n.a		n.a		n.a	
Number of Schools	35								

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

Note: Estimates are based on a weighted nutrient analysis of menu data for one week. A weighted nutrient analysis takes into account the frequency with which each menu item is selected by students. The methodology is fully described in Appendix D of this report.

^aOnly includes schools participating in the HealthierUS School Challenge. See Appendix H, Table H.10 for data from all public elementary schools.

^bUSDA Food Pattern Recommendations assign individuals to a calorie level based on their sex, age, and activity level. Most of the children that typically attend elementary schools would require between 1,200 and 1,800 calories.

^cRecommended daily amount of food from each group within a calorie level with the exception of the vegetable subgroups. Vegetable subgroups are recommended amounts per week.

^dPercent of recommended daily amount from each group within calorie level.

^eIncludes only schools that provided menu information for 5 days.

^fIncludes legumes offered as a vegetable or included in combination entrees.

^gIncludes legumes offered as a meat alternate.

n.a. = Not applicable.

Table M.20. Food Sources of Calories and Nutrients in School Breakfast Program Breakfasts *Offered* to Students at Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

Major Food Group	Percentage Contribution to Average Amount Offered		Top 10 Food Sources	Percentage Contribution to Average Amount Offered	
	HUSC Schools	All Elementary Schools		HUSC Schools	All Elementary Schools
Calories					
Breads/Grains	37.0	37.6	1% milk, unflavored	12.0	7.9
Milk	27.1	26.4	Fruit juice, 100%	10.1	9.1
Fruit	14.0	13.5	Cold cereal	9.2	10.7
Combination Entrees	10.4	10.5	1% milk, flavored	7.4	7.7
Meat/Meat Alternate	5.3	5.6	Sweet rolls, donuts, toaster pastries	7.2	5.8
Accompaniments ^a	5.2	5.5	Condiments and spreads	5.1	5.5
Desserts	0.7	0.4	Skim or nonfat milk, flavored	4.2	3.7
Other	0.3	0.4	Muffins, sweet/quick breads	4.2	4.9
Vegetables ^b	0.0	0.2	Pancakes, waffles, French toast	3.8	3.7
			Bread, rolls, bagels	3.6	2.4
Protein					
Milk	53.5	51.2	1% milk, unflavored	27.3	18.3
Breads/Grains	21.0	21.7	1% milk, flavored	10.1	10.8
Combination Entrees	12.0	12.4	Skim or nonfat milk, unflavored	7.9	7.9
Meat/Meat Alternate	8.5	9.2	Skim or nonfat milk, flavored	7.0	6.3
Fruit	3.3	3.4	Pizza and pizza products	4.0	2.1
Accompaniments ^a	0.8	1.3	Bread, rolls, bagels	3.9	2.5
Other	0.7	0.5	Cold cereal	3.9	5.2
Desserts	0.4	0.1	Breakfast sandwiches ^c	3.1	4.3
Vegetables ^b	0.0	0.1	Pancakes, waffles, French toast	2.8	2.9
			Sausages, hot dogs, cold cuts	2.8	2.3
Vitamin A (mcg RE)					
Milk	53.7	50.8	1% milk, unflavored	27.2	18.1
Breads/Grains	34.3	36.4	Cold cereal	25.3	27.9
Fruit	4.2	4.6	1% milk, flavored	10.3	10.9
Combination Entrees	3.8	4.2	Skim or nonfat milk, unflavored	8.3	8.2
Meat/Meat Alternate	2.0	2.4	Skim or nonfat milk, flavored	6.8	6.0
Accompaniments ^a	1.7	1.6	Sweet rolls, donuts, toaster pastries	3.0	1.9
Desserts	0.3	0.0	Fruit juice, 100%	2.4	2.6
Other	0.0	0.0	Grain/fruit cereal bars, granola bars	2.2	2.0
Vegetables ^b	0.0	0.0	Condiments and spreads	1.7	1.6
			Pancakes, waffles, French toast	1.5	1.8
Vitamin C					
Fruit	85.5	82.8	Fruit juice, 100%	73.2	67.9
Breads/Grains	11.6	13.0	Cold cereal	10.0	10.3
Combination Entrees	1.2	1.2	Citrus fruit	8.5	9.5
Milk	1.0	1.2	Apple	1.1	1.0
Accompaniments ^a	0.3	0.2	Banana	1.0	1.3
Meat/Meat Alternate	0.3	0.3	1% milk, flavored	1.0	1.0
Desserts	0.1	0.1	Sweet rolls, donuts, toaster pastries	0.9	1.4
Vegetables ^b	0.0	0.2	Other food bars, bag/pre-plated lunches	0.9	0.8
Other	0.0	0.9	Melons	0.4	0.1
			Grain/fruit cereal bars, granola bars	0.4	1.1

Table M.20 (continued)

Percentage Contribution to Average Amount Offered			Percentage Contribution to Average Amount Offered		
		All			All
Major Food Group	HUSSC Schools	Elementary Schools	Top 10 Food Sources	HUSSC Schools	Elementary Schools
Calcium					
Milk	70.1	67.7	1% milk, unflavored	35.5	24.0
Breads/Grains	15.5	16.4	1% milk, flavored	13.2	14.1
Combination Entrees	5.4	5.1	Skim or nonfat milk, unflavored	10.8	10.9
Meat/Meat Alternate	4.9	5.9	Skim or nonfat milk, flavored	9.0	8.1
Fruit	3.8	4.3	Cold cereal	6.1	7.4
Accompaniments ^a	0.3	0.5	Fruit juice, 100%	3.0	3.4
Desserts	0.1	0.0	Pizza and pizza products	2.5	1.3
Other	0.0	0.0	Yogurt	2.5	3.4
Vegetables ^b	0.0	0.0	Pancakes, waffles, French toast	1.9	1.8
			Cheese	1.8	1.9
Iron					
Breads/Grains	75.3	76.5	Cold cereal	49.6	52.0
Fruit	8.7	8.1	Fruit juice, 100%	7.3	6.5
Combination Entrees	8.3	8.3	Bread, rolls, bagels	5.3	3.8
Milk	4.9	4.5	Sweet rolls, donuts, toaster pastries	5.0	4.3
Meat/Meat Alternate	1.8	1.6	Pancakes, waffles, French toast	3.7	3.5
Accompaniments ^a	0.5	0.7	Muffins, sweet/quick breads	3.6	3.2
Desserts	0.3	0.2	Grain/fruit cereal bars, granola bars	2.3	2.7
Other	0.1	0.1	Pizza and pizza products	2.3	1.2
Vegetables ^b	0.0	0.0	Crackers and pretzels	2.1	2.2
			Breakfast sandwiches ^c	2.0	2.3
Total Fat					
Breads/Grains	41.6	41.4	1% milk, unflavored	11.5	7.3
Combination Entrees	19.3	19.6	Sweet rolls, donuts, toaster pastries	11.5	9.6
Milk	18.0	19.7	Muffins, sweet/quick breads	7.1	7.9
Meat/Meat Alternate	12.4	11.3	Pizza and pizza products	5.8	2.8
Accompaniments ^a	4.9	5.3	Sausages, hot dogs, cold cuts	5.6	4.3
Fruit	1.4	1.4	Breakfast sandwiches ^c	5.5	6.9
Desserts	1.3	0.4	Pancakes, waffles, French toast	4.6	4.7
Other	1.0	0.6	1% milk, flavored	4.5	4.5
Vegetables ^b	0.1	0.4	Condiments and spreads	4.4	5.3
			Buttered toast/bagels with cream cheese	4.1	3.9
Saturated Fat					
Milk	32.2	34.0	1% milk, unflavored	21.1	13.0
Breads/Grains	30.7	27.9	1% milk, flavored	7.9	7.7
Combination Entrees	18.4	18.3	Sweet rolls, donuts, toaster pastries	7.7	6.2
Meat/Meat Alternate	12.7	12.3	Pizza and pizza products	6.2	2.9
Accompaniments ^a	3.8	5.8	Breakfast sandwiches ^c	5.1	6.7
Other	0.9	0.5	Sausages, hot dogs, cold cuts	5.0	3.7
Fruit	0.7	0.7	Grain/fruit cereal bars, granola bars	4.7	4.2
Desserts	0.6	0.3	Muffins, sweet/quick breads	4.4	4.5
			Buttered toast/bagels with cream cheese		
Vegetables ^b	0.0	0.3	cheese	4.3	3.0
			Condiments and spreads	3.6	5.8

Table M.20 (continued)

Major Food Group	Percentage Contribution to Average Amount Offered		Top 10 Food Sources	Percentage Contribution to Average Amount Offered	
	HUSSC Schools	All Elementary Schools		HUSSC Schools	All Elementary Schools
Cholesterol					
Milk	29.0	26.0	1% milk, unflavored	18.7	10.6
Meat/Meat Alternate	26.5	24.5	Eggs	17.3	16.5
Combination Entrees	21.0	25.0	Breakfast sandwiches ^c	9.2	13.0
Breads/Grains	20.6	21.6	Pancakes, waffles, French toast	8.6	9.5
Accompaniments ^a	1.1	2.2	Sausages, hot dogs, cold cuts	6.3	4.5
Desserts	1.0	0.1	Muffins, sweet/quick breads	6.0	5.4
Other	0.9	0.5	1% milk, flavored	5.2	4.7
Fruit	0.0	0.0	Mexican-style entrees	4.4	7.6
Vegetables ^b	0.0	0.0	Sweet rolls, donuts, toaster pastries	3.1	5.0
			Hot dog/corn dog ^d	2.8	1.8
Sodium					
Breads/Grains	45.9	46.3	Cold cereal	11.9	13.6
Milk	21.2	20.2	1% milk, unflavored	10.4	6.9
Combination Entrees	20.2	19.9	Pancakes, waffles, French toast	6.8	6.4
Meat/Meat Alternate	7.0	7.6	Pizza and pizza products	6.7	3.6
Accompaniments ^a	3.3	3.8	Breakfast sandwiches ^c	6.2	7.3
Other	1.3	1.0	Bread, rolls, bagels	5.9	3.7
Fruit	0.6	0.6	Sweet rolls, donuts, toaster pastries	5.1	4.5
Desserts	0.3	0.3	1% milk, flavored	5.1	5.4
Vegetables ^b	0.1	0.4	Muffins, sweet/quick breads	3.9	4.2
			Biscuits, croissants, cornbread	3.6	4.1
Dietary Fiber					
Breads/Grains	52.1	50.1	Cold cereal	15.6	20.1
Fruit	25.0	27.2	Bread, rolls, bagels	8.1	4.0
Milk	10.4	10.5	Muffins, sweet/quick breads	6.5	6.1
Combination Entrees	8.1	8.6	Apple	6.1	6.0
Accompaniments ^a	1.8	2.0	1% milk, flavored	5.7	5.9
Meat/Meat Alternate	1.3	0.7	Pancakes, waffles, French toast	5.6	4.6
Desserts	1.2	0.5	Sweet rolls, donuts, toaster pastries	5.5	4.3
Vegetables ^b	0.0	0.3	Fruit juice, 100%	5.3	4.9
Other	0.0	0.2	Skim or nonfat milk, flavored	4.6	4.1
			Citrus fruit	4.1	4.5
Calories from Solid Fats and Added Sugars					
Breads/Grains	43.3	43.0	Sweet rolls, donuts, toaster pastries	12.5	10.5
Milk	22.9	23.7	Condiments and spreads	11.3	11.0
Accompaniments	11.3	11.0	Cold cereal	10.4	11.3
Combination Entrees	11.1	10.5	1% milk, flavored	9.7	9.7
Meat/Meat Alternate	8.5	8.9	1% milk, unflavored	7.4	4.7
Fruit	1.2	1.7	Skim or nonfat milk, flavored	5.3	4.4
Desserts	1.0	0.5	Muffins, sweet/quick breads	4.5	4.9
Other	0.6	0.5	Pizza and pizza products	3.7	1.8
Vegetables	0.0	0.3	Crackers and pretzels	3.6	4.1
			Yogurt	3.3	4.1

Table M.20 (continued)

Percentage Contribution to Average Amount Offered			Percentage Contribution to Average Amount Offered		
Major Food Group	HUSSC Schools	All Elementary Schools	Top 10 Food Sources	HUSSC Schools	All Elementary Schools
Solid Fats					
Breads/Grains	40.9	39.1	Sweet rolls, donuts, toaster pastries	14.8	12.5
Milk	22.5	25.5	1% milk, unflavored	14.7	9.5
Combination Entrees	18.4	17.7	Pizza and pizza products	6.8	3.3
Meat/Meat Alternate	11.4	11.3	1% milk, flavored	5.9	6.1
Accompaniments	4.6	4.8	Breakfast sandwiches	5.7	7.0
Other	1.2	0.6	Sausages, hot dogs, cold cuts	5.5	4.1
Desserts	0.9	0.5	Buttered toast/bagels with cream cheese	4.9	4.7
Vegetables	0.1	0.5	Condiments and spreads	4.5	4.8
Fruit	0.0	0.0	Crackers and pretzels	3.9	4.3
			Muffins, sweet/quick breads	3.8	3.5
Added Sugars					
Breads/Grains	45.8	46.8	Cold cereal	18.2	19.6
Milk	23.4	22.0	Condiments and spreads	18.2	17.0
Accompaniments	18.2	17.0	1% milk, flavored	13.5	13.3
Meat/Meat Alternate	5.6	6.6	Sweet rolls, donuts, toaster pastries	10.3	8.6
Combination Entrees	3.6	3.4	Skim or nonfat milk, flavored	9.9	8.1
Fruit	2.4	3.4	Yogurt	5.5	6.6
Desserts	1.0	0.4	Muffins, sweet/quick breads	5.1	6.3
Vegetables	0.0	0.0	Grain/fruit cereal bars, granola bars	4.2	4.1
Other	0.0	0.4	Crackers and pretzels	3.3	3.9
			Pancakes, waffles, French toast	1.9	1.9

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^aIncludes condiments, toppings, spreads, and salad dressing.

^bMainly hash browns and similar potato products.

^cIncludes sandwiches with sausage, egg, cheese, ham, or other types of meat on a biscuit, English muffin, bagel, or croissant.

^dIncludes sausage wrapped in a pancake.

RE=Retinol equivalent

Table M.21. Choice and Variety in School Breakfast Program Breakfasts in Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

	Percentage of Daily Breakfast Menus	
	HUSC Schools	All Elementary Schools
Number of Types of Milk Offered per Day		
No more than 1	30	17
2	25	38
3	30	26
4 or more	15	19
<i>Median number of different items per day</i>	2	2
<i>Median number of different items per week^a</i>	3	2
Number of Fruits/Vegetables/100% Juices Offered per Day ^b		
No more than 1	32	36
2	21	25
3	18	20
4	18	10
5 or more	11	9
<i>Median number of different items per day</i>	2	2
<i>Median number of different items per week^a</i>	5	3
Number of Separate Grains/Breads Offered per Day ^c		
No more than 1	37	33
2	21	34
3	17	19
4	14	8
5 or more	12	6
<i>Median number of different items per day</i>	2	2
<i>Median number of different items per week^a</i>	5	3
Number of Separate Meats/Meat Alternates Offered per Day ^d		
None	62	61
1	27	31
2 or more	11	8
<i>Median number of different items per day</i>	0	0
<i>Median number of different items per week^a</i>	1	1
Number of Combination Entrees Offered per Day		
None	62	66
1	36	29
2 or more	2	6
<i>Median number of different items per day</i>	1	0
<i>Median number of different items per week^a</i>	2	1
Number of Daily Menus	169	1,349
Number of Schools	35	282

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

^aIncludes only schools that provided menu information for five days.

^bFruits and vegetables not included in combination entrees.

^cGrains and breads not included in combination entrees. All varieties of cold cereal were counted as one grain/bread choice.

^dMeats and meat alternates not included in combination entrees.

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Table M.22. Most Commonly Offered Foods in School Breakfast Program Breakfasts for Schools Participating in the HealthierUS School Challenge (HUSC) and All Elementary Schools Nationwide

	Percentage of Daily Breakfast Menus	
	HUSC Schools	All Elementary Schools
Milk	99 ^a	100
Unflavored	99	100
1% fat	89	73
Skim or nonfat	40	42
2% fat	6	29
Flavored	66	69
1% fat	44	48
Skim or nonfat	30	27
Fruits and 100% Juices	98	97
100% Fruit Juice	84	83
Non-citrus juice	67	63
Apple juice	57	53
Grape juice	40	24
Fruit juice blend	14	10
Citrus juice	59	61
Orange juice	58	60
Fresh fruit	37	35
Apple	21	19
Orange	12	13
Banana	10	12
Canned fruit ^b	19	20
Peaches and pears	8	10
Applesauce	6	5
Separate Grains/Breads^c	88	93
Cold cereal	70	75
Sweetened	65	66
Unsweetened	40	36
Pancakes, waffles, French toast	21	20
Breads, rolls, bagels, other plain breads	32	19
Crackers (mainly graham)	19	19
Muffins (excludes English muffins), sweet/quick breads	15	19
Pastries	18	18
Cinnamon buns	8	7
Toaster pastries	9	5
Buttered toast, bagels with cream cheese	13	17
Biscuits, cornbread	12	10
Grain and fruit cereal bars, granola bars	12	9
Hot cereal	5	7

Table M.22 (continued)

	Percentage of Daily Breakfast Menus	
	HUSSC Schools	All Elementary Schools
Separate Meats/Meat Alternates^d	38	39
Yogurt	14	18
Low fat or fat-free	10	14
Sausage	12	11
Eggs	9	9
Cheese	9	6
Combination Entrees	38	34
Breakfast sandwiches ^e	9	10
Pizza (all types)	12	8
Sausage with pancake, corn dog, similar products	8	7
Breakfast burritos	2	5
Number of Daily Menus	169	1,367
Number of Schools	35	282

Source: School Nutrition Dietary Assessment Study-IV, Menu Survey, school year 2009–2010. Tabulations prepared by Mathematica Policy Research. Estimates for "All Elementary Schools" are weighted to be representative of all public elementary schools offering the National School Lunch Program.

Note: Table is limited to food groups offered in at least five percent of menus, in HUSSC schools, all elementary schools or both. The table does not account for individual food items offered as part of food bars or bagged/pre-plated meals.

^aOne HUSSC school offered a pre-plated meal every day. The meal included fluid milk, but the milk was not coded separately.

^bWith the exception of applesauce, the majority of canned fruit was sweetened.

^cGrains and breads not included in combination entrees or served solely with a specific menu item.

^dMeats and meat alternates not included in combination entrees.

^eIncludes sandwiches with egg, cheese, sausage, ham or other types of meat on a biscuit, English muffin, bagel, or croissant.

APPENDIX N
DATA COLLECTION INSTRUMENTS

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ID#: |_|_|_|_|_|_|_|_|_|

SFA: _____

City and State: _____

Date: |_|_| / |_|_| / |_|_|_|_|_|
Month Day Year

OMB Clearance Number: 0584-0527

Expiration Date: 09/30/2012

School Nutrition Dietary Assessment Study

School Food Authority Recruitment Interview

RECRUITER NAME: _____

CONTACT RECORD

Date: |_|_| / |_|_| / |_|_|_|_|_|

Time: |_|_| : |_|_|

STATUS: _____

DATE COMPLETED: |_|_| / |_|_| / | 2 | 0 |_|_|

RECRUITMENT INTERVIEW

SFA: _____

SCHOOL 1: _____

SFA DIRECTOR: _____

SCHOOL 2: _____

PHONE: |_|_|_|_|-|_|_|_|_|-|_|_|_|_|

SCHOOL 3: _____

EMAIL: _____

SCHOOL 4: _____

INTRODUCTORY REMARKS

Confirm receipt of introductory letter and brochure.

If material hasn't been received, check mailing address and make arrangements for re-mailing.

Check on whether respondent was contacted by State Child Nutrition Director.

Answer questions respondent may have about the study or about how/why the SFA and the specific schools within the SFA were sampled for the study.

Confirm participation.

0. The first question I have is whether your district has any schools that began operating during the 2007 - 2008 school year or later? Please include any new schools for 2009 – 2010 (even if they're not officially opened yet).

IF YES: Can you give me the name(s) and zip code(s) of the new school(s)? (If necessary, you can fax me a list at 609-799-0005.)

Does (SCHOOL) participate in the NSLP? **IF YES:** What grades are included in the school?

0.	a. NEW SCHOOLS	b. ZIP CODE	c. PARTICIPATE IN NSLP?	d. GRADES
	_____	_____	YES →	_____ to _____
	_____	_____	NO → SKIP TO NEXT SCHOOL	_____ to _____
	_____	_____	YES →	_____ to _____
	_____	_____	NO → SKIP TO NEXT SCHOOL	_____ to _____
	_____	_____	YES →	_____ to _____
	_____	_____	NO → SKIP TO NEXT PAGE	_____ to _____

Because you have [number] new school(s) in your SFA, there is a slight chance we may need to change the schools that have been selected to participate in the study. I will check into this after we complete this call and get back to you shortly.

We have made a preliminary selection of schools for the study.. The first school we plan to contact in your district is (INSERT SCHOOL 1).

NAMES OF SCHOOLS	SCHOOL 1	SCHOOL 2	SCHOOL 3	SCHOOL 4
	NAME	NAME	NAME	NAME
	MPR ID	MPR ID	MPR ID	MPR ID
	LEVEL	LEVEL	LEVEL	LEVEL
	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____
1. Can you tell me the name of the principal at SCHOOL and give me his/her contact information?	NAME PHONE # EMAIL	NAME PHONE # EMAIL	NAME PHONE # EMAIL	NAME PHONE # EMAIL
2. What grades are included in SCHOOL? CHECK ALL THAT APPLY	P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12
3. Does SCHOOL participate in the National School Lunch Program (NSLP)?	1 ☐ Yes 0 ☐ No → SKIP TO NEXT SCHOOL	1 ☐ Yes 0 ☐ No → SKIP TO NEXT SCHOOL	1 ☐ Yes 0 ☐ No → SKIP TO NEXT SCHOOL	1 ☐ Yes 0 ☐ No → GO TO PAGE 6
3a. What grades at SCHOOL are served by the NSLP? CHECK ALL THAT APPLY	A ☐ All grades served P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	A ☐ All grades served P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	A ☐ All grades served P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	A ☐ All grades served P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12

NAMES OF SCHOOLS	SCHOOL 1	SCHOOL 2	SCHOOL 3	SCHOOL 4
	NAME	NAME	NAME	NAME
	MPR ID	MPR ID	MPR ID	MPR ID
	LEVEL	LEVEL	LEVEL	LEVEL
	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____
4. (CODE IF KNOWN) Does SCHOOL participate in the School Breakfast Program (SBP)?	1 ☐ Yes 0 ☐ No → GO TO Q5	1 ☐ Yes 0 ☐ No → GO TO Q5	1 ☐ Yes 0 ☐ No → GO TO Q5	1 ☐ Yes 0 ☐ No → GO TO Q5
4a. What grades at SCHOOL are served by the SBP? CHECK ALL THAT APPLY	A ☐ All grades served P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	A ☐ All grades served P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	A ☐ All grades served P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12	A ☐ All grades served P ☐ Pre-K 6 ☐ 6 K ☐ K 7 ☐ 7 1 ☐ 1 8 ☐ 8 2 ☐ 2 9 ☐ 9 3 ☐ 3 10 ☐ 10 4 ☐ 4 11 ☐ 11 5 ☐ 5 12 ☐ 12
5. Does SCHOOL operate under Provision 2 for the National School Lunch Program (NSLP) or the School Breakfast Program (SBP)? NOTE: Provision 2 schools serve meals at no charge to all children as determined by application once every three years.	1 ☐ NSLP → GO TO Q8 2 ☐ SBP → GO TO Q8 0 ☐ None of the above	1 ☐ NSLP → GO TO Q8 2 ☐ SBP → GO TO Q8 0 ☐ None of the above	1 ☐ NSLP → GO TO Q8 2 ☐ SBP → GO TO Q8 0 ☐ None of the above	1 ☐ NSLP → GO TO Q8 2 ☐ SBP → GO TO Q8 0 ☐ None of the above

NAMES OF SCHOOLS	SCHOOL 1	SCHOOL 2	SCHOOL 3	SCHOOL 4
	NAME	NAME	NAME	NAME
	MPR ID	MPR ID	MPR ID	MPR ID
	LEVEL	LEVEL	LEVEL	LEVEL
	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____
6. Does SCHOOL operate under Provision 3 for the NSLP or SBP? NOTE: Provision 3 schools serve meals at no charge to all children regardless of eligibility status.	1 ☐ NSLP → GO TO Q8 2 ☐ SBP → GO TO Q8 0 ☐ None of the above	1 ☐ NSLP → GO TO Q8 2 ☐ SBP → GO TO Q8 0 ☐ None of the above	1 ☐ NSLP → GO TO Q8 2 ☐ SBP → GO TO Q8 0 ☐ None of the above	1 ☐ NSLP → GO TO Q8 2 ☐ SBP → GO TO Q8 0 ☐ None of the above
7. Does SCHOOL offer universal-free breakfast?	1 ☐ Yes 0 ☐ No n.a. ☐ NA (no breakfast program)	1 ☐ Yes 0 ☐ No n.a. ☐ NA (no breakfast program)	1 ☐ Yes 0 ☐ No n.a. ☐ NA (no breakfast program)	1 ☐ Yes 0 ☐ No n.a. ☐ NA (no breakfast program)
8. Does SCHOOL operate any NSLP or SBP year-round meal programs? CHECK ALL THAT APPLY	1 ☐ NSLP 2 ☐ SBP 0 ☐ None of the above	1 ☐ NSLP 2 ☐ SBP 0 ☐ None of the above	1 ☐ NSLP 2 ☐ SBP 0 ☐ None of the above	1 ☐ NSLP 2 ☐ SBP 0 ☐ None of the above
9. Does SCHOOL offer reimbursable afterschool snacks?	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No
NOTE: ELEMENTARY SCHOOLS ONLY 10. Does SCHOOL participate in the Fresh Fruit and Vegetable Program?	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No

NAMES OF SCHOOLS	SCHOOL 1	SCHOOL 2	SCHOOL 3	SCHOOL 4
	NAME	NAME	NAME	NAME
	MPR ID	MPR ID	MPR ID	MPR ID
	LEVEL	LEVEL	LEVEL	LEVEL
	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____	☐ SCHOOL CLOSED ☐ OTHER SPECIAL CASE (explain): _____ _____
11. Which of the following menu planning options is currently used for SCHOOL?	1 ☐ Nutrient-Based (NSMP) 2 ☐ Assisted NSMP 3 ☐ Enhanced Food-Based 4 ☐ Traditional Food-Based 5 ☐ Other (Explain) _____ _____ 0 ☐ DON'T KNOW	1 ☐ Nutrient-Based (NSMP) 2 ☐ Assisted NSMP 3 ☐ Enhanced Food-Based 4 ☐ Traditional Food-Based 5 ☐ Other (Explain) _____ _____ 0 ☐ DON'T KNOW	1 ☐ Nutrient-Based (NSMP) 2 ☐ Assisted NSMP 3 ☐ Enhanced Food-Based 4 ☐ Traditional Food-Based 5 ☐ Other (Explain) _____ _____ 0 ☐ DON'T KNOW	1 ☐ Nutrient-Based (NSMP) 2 ☐ Assisted NSMP 3 ☐ Enhanced Food-Based 4 ☐ Traditional Food-Based 5 ☐ Other (Explain) _____ _____ 0 ☐ DON'T KNOW
12. Are meals for SCHOOL partly or fully prepared in an off-site kitchen?	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No	1 ☐ Yes 0 ☐ No
13. What is the name of the foodservice manager or other person who will complete the menu survey for SCHOOL? What is the best way to reach him/her?	_____ NAME _____ 1 ☐ PHONE # _____ 2 ☐ EMAIL	_____ NAME _____ 1 ☐ PHONE # _____ 2 ☐ EMAIL	_____ NAME _____ 1 ☐ PHONE # _____ 2 ☐ EMAIL	_____ NAME _____ 1 ☐ PHONE # _____ 2 ☐ EMAIL
13a. What is the best time or day to reach him/her?	_____ DAY _____ TIME 1 ☐ AM 2 ☐ PM	_____ DAY _____ TIME 1 ☐ AM 2 ☐ PM	_____ DAY _____ TIME 1 ☐ AM 2 ☐ PM	_____ DAY _____ TIME 1 ☐ AM 2 ☐ PM
13b. Is (he/she) a district employee or does (he/she) work for a Food Service Management Company?	1 ☐ District Employee 2 ☐ Food Service Management Company Employee	1 ☐ District Employee 2 ☐ Food Service Management Company Employee	1 ☐ District Employee 2 ☐ Food Service Management Company Employee	1 ☐ District Employee 2 ☐ Food Service Management Company Employee

TARGET WEEK

We would like to schedule a specific week for schools in your district to complete the menu survey. For logistical reasons, all of the schools should complete the survey the same week. We have the following weeks available:

OPTION 1: |__|_| / |__|_| / |__|_|_|_|
 Month Day Year 1 ☐ Yes 0 ☐ No 3 ☐ Maybe

OPTION 2: |__|_| / |__|_| / |__|_|_|_|
 Month Day Year 1 ☐ Yes 0 ☐ No 3 ☐ Maybe

OPTION 3: |__|_| / |__|_| / |__|_|_|_|
 Month Day Year 1 ☐ Yes 0 ☐ No 3 ☐ Maybe

We will be conducting a joint over-the-phone training session with the person at each school who will be completing the menu survey. Is that something you would like to coordinate centrally or should we work that out with the food service managers and others at the schools?

- ☐ SFA director will coordinate centrally ----- OK. We will be in touch closer to the date of the target week.
- ☐ MPR will schedule with schools.

Those are all the questions we have at this time. We will confirm this information with you in an email. [MAKE SURE WE HAVE THEIR E-MAIL ADDRESS]. [IF NO NEW SCHOOLS WERE REPORTED] Please let the foodservice managers in the individual schools know that they have been selected for the study and confirm with them the potential target week(s) for the menu survey. Also, please talk to the principal in each school and encourage them to participate in the study. I will send you some additional information about the study that you can pass along to the foodservice managers and principals. We may need to contact you for additional information later as we prepare to get in touch with the schools.

[IF NEW SCHOOLS WERE REPORTED] I will get back to you shortly about whether we need to make any changes in the schools that have been selected to participate in the study.

Thank you for your time. (I look forward to speaking with you again soon.) If you have any questions (before we speak again), please call me directly at: (609) 799-3535.

ID#: |_|_|_|_|_|_|_|_|_|_|

SFA: _____

City and State: _____

OMB Clearance Number: 0584-0527

Expiration Date: 09/30/2012

School Nutrition Dietary Assessment Study

School Food Authority Director Survey

School 1: _____

School 2: _____

School 3: _____

School 4: _____

Sponsored by:

U.S. Department of Agriculture
Food and Nutrition Service

Time Burden for this collection of information is estimated to average 25 minutes, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed and completing and reviewing the collection of information.

Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to U.S. Department of Agriculture, Clearance Officer, OIRM, Room 404-W, Washington, DC 20250; and to the Office of Information and Regulatory Affairs, Office of Management and Budget, Washington, DC 20503.

INSTRUCTIONS

- Please answer all of the questions.
- Unless you see the words MARK ALL THAT APPLY after a question, please mark only one answer for each question.
- If you have any questions about the study or about completing this survey, please do not hesitate to contact Annalee Kelly by phone at 1-xxx-xxx-xxxx or e-mail: akelly@mathematica-mpr.com

The information you provide will be used only for statistical purposes. In accordance with the Confidential Information Protection and Statistical Efficiency Act of 2002, your responses will not be disclosed in identifiable form without your consent.

Participation is completely voluntary. Choosing not to participate will not affect your employment or your district's participation in school meal programs in any way.

We thank you for your cooperation and participation in this very important study.

FOR ASSISTANCE CALL TOLL FREE: 1-xxx-xxx-xxxx

SECTION I: SCHOOL CHARACTERISTICS AND OPERATIONS

NAMES OF SCHOOLS	SCHOOL 1	SCHOOL 2	SCHOOL 3	SCHOOL 4
	NAME	NAME	NAME	NAME
	MPR ID	MPR ID	MPR ID	MPR ID
	LEVEL	LEVEL	LEVEL	LEVEL
1. How many students in SCHOOL are approved for free meals in the 2009 – 2010 school year?	☐ ALL STUDENTS 	☐ ALL STUDENTS 	☐ ALL STUDENTS 	☐ ALL STUDENTS
2. How many students in SCHOOL are approved for reduced-price meals in the 2009 – 2010 school year?	☐ ALL STUDENTS 	☐ ALL STUDENTS 	☐ ALL STUDENTS 	☐ ALL STUDENTS
3. What grade or age groups were used when planning NSLP/lunch menus for the 2009 – 2010 school year?	MARK ALL THAT APPLY Established Groups 1 ☐ Preschool 2 ☐ Grades K-3 3 ☐ Grades K-6 4 ☐ Grades 4-12 5 ☐ Grades 7-12 6 ☐ Ages 3-6 7 ☐ Ages 7-10 8 ☐ Ages 11-13 9 ☐ Ages 14 and older Customized Age Groups 10 ☐ Ages 3-5 11 ☐ Ages 6-11 12 ☐ Ages 12-14 13 ☐ Ages 15-17 14 ☐ Ages 5-10 15 ☐ Ages 14-17 16 ☐ Ages _____ 17 ☐ Ages _____ 18 ☐ Ages _____	MARK ALL THAT APPLY Established Groups 1 ☐ Preschool 2 ☐ Grades K-3 3 ☐ Grades K-6 4 ☐ Grades 4-12 5 ☐ Grades 7-12 6 ☐ Ages 3-6 7 ☐ Ages 7-10 8 ☐ Ages 11-13 9 ☐ Ages 14 and older Customized Age Groups 10 ☐ Ages 3-5 11 ☐ Ages 6-11 12 ☐ Ages 12-14 13 ☐ Ages 15-17 14 ☐ Ages 5-10 15 ☐ Ages 14-17 16 ☐ Ages _____ 17 ☐ Ages _____ 18 ☐ Ages _____	MARK ALL THAT APPLY Established Groups 1 ☐ Preschool 2 ☐ Grades K-3 3 ☐ Grades K-6 4 ☐ Grades 4-12 5 ☐ Grades 7-12 6 ☐ Ages 3-6 7 ☐ Ages 7-10 8 ☐ Ages 11-13 9 ☐ Ages 14 and older Customized Age Groups 10 ☐ Ages 3-5 11 ☐ Ages 6-11 12 ☐ Ages 12-14 13 ☐ Ages 15-17 14 ☐ Ages 5-10 15 ☐ Ages 14-17 16 ☐ Ages _____ 17 ☐ Ages _____ 18 ☐ Ages _____	MARK ALL THAT APPLY Established Groups 1 ☐ Preschool 2 ☐ Grades K-3 3 ☐ Grades K-6 4 ☐ Grades 4-12 5 ☐ Grades 7-12 6 ☐ Ages 3-6 7 ☐ Ages 7-10 8 ☐ Ages 11-13 9 ☐ Ages 14 and older Customized Age Groups 10 ☐ Ages 3-5 11 ☐ Ages 6-11 12 ☐ Ages 12-14 13 ☐ Ages 15-17 14 ☐ Ages 5-10 15 ☐ Ages 14-17 16 ☐ Ages _____ 17 ☐ Ages _____ 18 ☐ Ages _____

NAMES OF SCHOOLS	SCHOOL 1	SCHOOL 2	SCHOOL 3	SCHOOL 4
	NAME	NAME	NAME	NAME
	MPR ID	MPR ID	MPR ID	MPR ID
	LEVEL	LEVEL	LEVEL	LEVEL
4. Does SCHOOL use the USDA-approved modification for portion sizes and nutrient levels available for Traditional Food-Based Menu Planning?	1 ☐ Yes, Grades 4-12 meal pattern and nutrient standards for Grades K-6 2 ☐ Yes, Grades 4-12 meal pattern and nutrient standards for Grades 7-12 0 ☐ No n.a. ☐ NA (Traditional Food-Based system not used)	1 ☐ Yes, Grades 4-12 meal pattern and nutrient standards for Grades K-6 2 ☐ Yes, Grades 4-12 meal pattern and nutrient standards for Grades 7-12 0 ☐ No n.a. ☐ NA (Traditional Food-Based system not used)	1 ☐ Yes, Grades 4-12 meal pattern and nutrient standards for Grades K-6 2 ☐ Yes, Grades 4-12 meal pattern and nutrient standards for Grades 7-12 0 ☐ No n.a. ☐ NA (Traditional Food-Based system not used)	1 ☐ Yes, Grades 4-12 meal pattern and nutrient standards for Grades K-6 2 ☐ Yes, Grades 4-12 meal pattern and nutrient standards for Grades 7-12 0 ☐ No n.a. ☐ NA (Traditional Food-Based system not used)
5. What grade or age groups were used when planning SBP/ breakfast menus for school year 2009 - 2010?	MARK ALL THAT APPLY Established Groups 1 ☐ Preschool 2 ☐ Grades K-12 3 ☐ Grades 7-12 4 ☐ Age 3 5 ☐ Ages 3-5 6 ☐ Ages 3-6 7 ☐ Ages 7-10 8 ☐ Ages 11-13 9 ☐ Ages 14 and older Customized Age Groups 10 ☐ Ages 3-5 11 ☐ Ages 6-11 12 ☐ Ages 12-14 13 ☐ Ages 15-17 14 ☐ Ages 5-10 15 ☐ Ages 14-17 Other (Specify) 16 ☐ Ages _____ 17 ☐ Ages _____ 18 ☐ Ages _____ n.a. ☐ NA (do not participate in SBP)	MARK ALL THAT APPLY Established Groups 1 ☐ Preschool 2 ☐ Grades K-12 3 ☐ Grades 7-12 4 ☐ Age 3 5 ☐ Ages 3-5 6 ☐ Ages 3-6 7 ☐ Ages 7-10 8 ☐ Ages 11-13 9 ☐ Ages 14 and older Customized Age Groups 10 ☐ Ages 3-5 11 ☐ Ages 6-11 12 ☐ Ages 12-14 13 ☐ Ages 15-17 14 ☐ Ages 5-10 15 ☐ Ages 14-17 Other (Specify) 16 ☐ Ages _____ 17 ☐ Ages _____ 18 ☐ Ages _____ n.a. ☐ NA (do not participate in SBP)	MARK ALL THAT APPLY Established Groups 1 ☐ Preschool 2 ☐ Grades K-12 3 ☐ Grades 7-12 4 ☐ Age 3 5 ☐ Ages 3-5 6 ☐ Ages 3-6 7 ☐ Ages 7-10 8 ☐ Ages 11-13 9 ☐ Ages 14 and older Customized Age Groups 10 ☐ Ages 3-5 11 ☐ Ages 6-11 12 ☐ Ages 12-14 13 ☐ Ages 15-17 14 ☐ Ages 5-10 15 ☐ Ages 14-17 Other (Specify) 16 ☐ Ages _____ 17 ☐ Ages _____ 18 ☐ Ages _____ n.a. ☐ NA (do not participate in SBP)	MARK ALL THAT APPLY Established Groups 1 ☐ Preschool 2 ☐ Grades K-12 3 ☐ Grades 7-12 4 ☐ Age 3 5 ☐ Ages 3-5 6 ☐ Ages 3-6 7 ☐ Ages 7-10 8 ☐ Ages 11-13 9 ☐ Ages 14 and older Customized Age Groups 10 ☐ Ages 3-5 11 ☐ Ages 6-11 12 ☐ Ages 12-14 13 ☐ Ages 15-17 14 ☐ Ages 5-10 15 ☐ Ages 14-17 Other (Specify) 16 ☐ Ages _____ 17 ☐ Ages _____ 18 ☐ Ages _____ n.a. ☐ NA (do not participate in SBP)

6. For each type of school, indicate whether any of the following practices are used in setting prices for components of reimbursable meals that are also sold a la carte:

MARK ALL THAT APPLY

	ELEMENTARY SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL	OTHER TYPE OF SCHOOL – SPECIFY GRADES: __ to __
a. More healthful foods and beverages are discounted (for example, fruit priced lower than baked goods)	1 ☐	1 ☐	1 ☐	1 ☐
b. Foods and beverages sold as second servings are priced lower for students who select a reimbursable meal (for example, entrées, French fries)	2 ☐	2 ☐	2 ☐	2 ☐
c. Less healthful foods and beverages are offered at “premium” prices (for example, French fries, desserts)	3 ☐	3 ☐	3 ☐	3 ☐
d. None of the above	4 ☐	4 ☐	4 ☐	4 ☐
e. No reimbursable components sold a la carte other than milk	5 ☐	5 ☐	5 ☐	5 ☐

7. Thinking about all a la carte offerings, not just items that are also components of reimbursable meals, indicate whether any of the following practices are used in setting prices:

MARK ALL THAT APPLY

	ELEMENTARY SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL	OTHER TYPE OF SCHOOL – SPECIFY GRADES: __ to __
a. A la carte entrées are always priced the same or higher than a full reimbursable meal (to encourage selection of nutritious reimbursable meal).....	1 ☐	1 ☐	1 ☐	1 ☐
b. A la carte entrées are sometimes priced lower than a full reimbursable meal	2 ☐	2 ☐	2 ☐	2 ☐
c. Combinations of a la carte items that qualify as a reimbursable meal are always priced higher than a reimbursable meal.....	3 ☐	3 ☐	3 ☐	3 ☐
d. Combinations of a la carte items that qualify as a reimbursable meal are sometimes priced higher than a reimbursable meal	4 ☐	4 ☐	4 ☐	4 ☐
e. None of the above	5 ☐	5 ☐	5 ☐	5 ☐
f. No a la carte items sold other than milk	6 ☐	6 ☐	6 ☐	6 ☐

MENU PLANNING AND COMPUTER SYSTEMS

8. Does your district use a computerized system for . . .

MARK ALL THAT APPLY

- 1 ☐ Nutrient analysis of menus?
- 2 ☐ Point of sale (POS) payment/meal counts?
- 3 ☐ Processing applications for free/reduced price (F/RP) meals?
- 4 ☐ Food inventory?
- 0 ☐ None of the above → **Go to Q.9**

8a. Which software system do you use?

MARK ONE RESPONSE FOR EACH FUNCTION

	Nutrient Analysis	POS	F/RP Applications	Food Inventory
	MARK ONLY ONE	MARK ONLY ONE	MARK ONLY ONE	MARK ONLY ONE
a. Bon Appetit	1 ☐	1 ☐	1 ☐	1 ☐
b. Café Terminal	2 ☐	2 ☐	2 ☐	2 ☐
c. CookenPro Commercial	3 ☐	3 ☐	3 ☐	3 ☐
d. EatecNetX	4 ☐	4 ☐	4 ☐	4 ☐
e. LunchBox	5 ☐	5 ☐	5 ☐	5 ☐
f. Meal Tracker	6 ☐	6 ☐	6 ☐	6 ☐
g. Meals Plus Menus	7 ☐	7 ☐	7 ☐	7 ☐
h. NUTRIKIDS	8 ☐	8 ☐	8 ☐	8 ☐
i. PCS Revenue Control Systems	9 ☐	9 ☐	9 ☐	9 ☐
j. TrakNOW	10 ☐	10 ☐	10 ☐	10 ☐
k. NutriMenu 2000	11 ☐	11 ☐	11 ☐	11 ☐
l. Visual B.O.S.S.	12 ☐	12 ☐	12 ☐	12 ☐
m. WinFSIM	13 ☐	13 ☐	13 ☐	13 ☐
n. Custom-developed system	14 ☐	14 ☐	14 ☐	14 ☐
o. Other (<i>Specify</i>)	15 ☐	15 ☐	15 ☐	15 ☐

p. No software for this function	16 ☐	16 ☐	16 ☐	16 ☐

8b. When you do a nutrient analysis of your menus, is it weighted, simple averages (unweighted), or both? Weighted analysis takes into account how often the item is served.

- 1 ☐ Weighted
- 2 ☐ Simple averages (unweighted)
- 3 ☐ Both
- 4 ☐ Don't do nutrient analysis → **Go to Q.9**

8c. Do you complete separate analyses for breakfast and lunch or do you do a combined analysis?

MARK ONLY ONE

- 1 ☐ Breakfast and lunch separately
- 2 ☐ Breakfast and lunch combined
- 3 ☐ Only analyze breakfast
- 4 ☐ Only analyze lunch

9. What qualifications does your district's menu planner have?

MARK ALL THAT APPLY

- 1 ☐ Associates degree in consumer science, hotel/restaurant management, culinary arts, etc.
- 2 ☐ Bachelor's degree in consumer science, hotel/restaurant management, culinary arts, etc.
- 3 ☐ Licensed nutritionist
- 4 ☐ Master's level nutritionist
- 5 ☐ On-the-job training
- 6 ☐ Registered Dietitian
- 7 ☐ School Nutrition Specialist (SNA certified)
- 8 ☐ State food service certificate
- 9 ☐ ☐Other (*Specify*)

-
- 0 ☐ None of the above

10. Are all menus planned at the district level?

- 1 ☐ Yes → **Go to Q.11**
- 0 ☐ No

10a. Which types of schools plan their own menus?

MARK ALL THAT APPLY

- 1 ☐ Elementary schools
- 2 ☐ Middle schools
- 3 ☐ High schools
- 4 ☐ Other (*Specify*)

11. Since school year 2004-2005, have you modified recipes to adjust calorie or nutrient content?

- 1 ☐ Yes
 0 ☐ No → **Go to Q.12**

11a. Which types of recipes did you target in these modifications?

MARK ALL THAT APPLY

- 1 ☐ Sandwiches
 2 ☐ Prepared entrée items
 3 ☐ Desserts
 4 ☐ Sauces and gravies
 5 ☐ Prepared salads
 6 ☐ Vegetable side dishes
 7 ☐ Other (*Specify*)

11b. Which of the following did you target in these modifications?

MARK ONE PER ROW

	Yes	No
a. Calories	1 ☐	0 ☐
b. Protein	1 ☐	0 ☐
c. Vitamin A	1 ☐	0 ☐
d. Vitamin C	1 ☐	0 ☐
e. Calcium	1 ☐	0 ☐
f. Iron	1 ☐	0 ☐
g. Fat	1 ☐	0 ☐
h. Saturated fat	1 ☐	0 ☐
i. Cholesterol	1 ☐	0 ☐
j. Sodium	1 ☐	0 ☐
k. Sugar	1 ☐	0 ☐
l. Trans fat	1 ☐	0 ☐
m. Fiber	1 ☐	0 ☐
n. Whole grains	1 ☐	0 ☐
o. Portion or serving size	1 ☐	0 ☐
p. Other (<i>Specify</i>) _____	1 ☐	0 ☐
q. Other (<i>Specify</i>) _____	1 ☐	0 ☐
r. Other (<i>Specify</i>) _____	1 ☐	0 ☐

12. Since school year 2004-2005, have you used any of the following USDA resources or guidance materials in planning menus, developing or modifying recipes, or developing purchasing specifications?

MARK ALL THAT APPLY

- 1 ☐ Changing the Scene: Improving the School Nutrition Environment
- 2 ☐ Choice Plus: A Reference Guide for Foods and Ingredients
- 3 ☐ Fact Sheets for Healthier School Meals (for example, *Serve More Whole Grains* or *Trim Trans Fat*)
- 4 ☐ First Choice (second edition)
- 6 ☐ Food Buying Guide for Child Nutrition Programs
- 7 ☐ Fruits and Vegetables Galore
- 8 ☐ Healthier US School Challenge Whole Grains Resource
- 9 ☐ Making it Happen! School Nutrition Success Stories
- 10 ☐ Menu Planner for Healthy School Meals
- 11 ☐ Menu Planning Tools – South Dakota Team Nutrition
- 12 ☐ New School Lunch and Breakfast Recipes/Tool Kit for Healthy School Meals
- 13 ☐ Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs
- 14 ☐ Offer versus Serve
- 15 ☐ Recipes for Schools (USDA)
- 16 ☐ Road to SMI Success: A Guide for School Food Service Directors
- 17 ☐ SMI Frequently Asked Questions
- 18 ☐ Team Nutrition Guide to Purchasing Food Service Equipment
- 19 ☐ Other (*Specify*)

-
- 0 ☐ None of the above

FOOD PURCHASING

13. Do any of the schools in your district offer foods from national or regional brand-name or chain restaurants, such as McDonald's, Burger King, Taco Bell, Pizza Hut, Domino's, or Subway?

1 ☐ Yes

0 ☐ No → **Go to Q.14**

13a. Are these foods offered in reimbursable meals?

1 ☐ Yes

0 ☐ No

13b. Which types of schools offer these items?

MARK ALL THAT APPLY

1 ☐ Elementary Schools

2 ☐ Middle Schools

3 ☐ High Schools

4 ☐ Other (*Specify grades*)

___ to ___

13c. Vendor Name	13d. Items Offered
1.	a.
	b.
	c.
2.	a.
	b.
	c.
3.	a.
	b.
	c.
4.	a.
	b.
	c.

14. Is your school district or are any schools in your district engaged in a “pouring rights” contract, that is, a long-term contract with a beverage company that establishes the company as a sole source vendor for beverages in the district or in the school? Count beverages sold by school food service as well as those sold in vending machines or other venues not controlled by school food service.

MARK ONE ANSWER

- 1 ☐ Yes, district-wide
2 ☐ Yes, some schools
0 ☐ No → **Go to Q.15**

- 14a. Does the beverage contract limit the types or brands of beverages that can be sold in school food service areas?

- 1 ☐ Yes
0 ☐ No

- 14b. Where does the income from the contract go?

MARK ALL THAT APPLY

- 1 ☐ School food service account
2 ☐ Individual school funds
3 ☐ Athletic department
4 ☐ District fund
5 ☐ Other (*Specify*)

-
- d ☐ Don't know

15. Other than the USDA restriction on selling soft drinks during meals, has your school district, or any school in your district, imposed a ban or restriction on the types of soda, soft drinks, or sweetened fruit beverages (less than 100% juice) that may be sold to students in schools or on school grounds (including vending machines) since school year 2006-2007?

MARK ONE ANSWER

- 1 ☐ Yes, a district ban/restriction
2 ☐ Yes, school-level bans/restrictions
3 ☐ Had a ban/restriction before the 2006-2007 school year
0 ☐ No district or school bans/restrictions
na ☐ Never offered soda, soft drinks or sweetened fruit beverages → **Go to Q.15b**

15a. Other than USDA restrictions, has your school district, or any school in your district, set restrictions on the time of day when students may purchase soda, soft drinks, or sweetened fruit beverages (less than 100% juice) in schools or on school grounds (including vending machines) since school year 2006-2007?

MARK ONE ANSWER

- 1 ☐ Yes, a district-wide limit on time of day
- 2 ☐ Yes, school-level limits on time of day
- 3 ☐ Had a ban/restriction before the 2006-2007 school year
- 0 ☐ No district or school limits on time of day

15b. Other than USDA restrictions, has your school district, or any school in your district, restricted the types of food or snack items sold to students in schools or on school grounds (including school stores and vending machines) since school year 2006-2007?

MARK ONE ANSWER

- 1 ☐ Yes, a district-wide restriction
- 2 ☐ Yes, school-level restrictions
- 3 ☐ Had a ban/restriction before the 2006-2007 school year
- 0 ☐ No district or school restrictions
- na ☐ Never offered snacks or other foods outside of the school meal programs

16. Does your district purchase foods through the U.S. Department of Defense "DoD Fresh" program?

- 1 ☐ Yes
- 0 ☐ No

17. Does your district purchase foods through the "State Farm to School" program?

- 1 ☐ Yes
- 0 ☐ No

18. Does your district use food purchasing specifications that include specific per-serving requirements for any of the following?

MARK ONE PER ROW

	Yes	No
a. Calories	1 ☐	0 ☐
b. Total fat	1 ☐	0 ☐
c. Saturated fat.....	1 ☐	0 ☐
d. Trans fat.....	1 ☐	0 ☐
e. Sodium	1 ☐	0 ☐
f. Total or added sugar	1 ☐	0 ☐
g. Fiber	1 ☐	0 ☐
h. Whole grains	1 ☐	0 ☐
i. Other (<i>Specify</i>)	1 ☐	0 ☐
j. Other (<i>Specify</i>)	1 ☐	0 ☐

19. Does your district require child nutrition (CN) or other nutrient labels on some or all purchased foods?

1 ☐ Yes

0 ☐ No

FOOD SAFETY AND SANITATION

20. Do all the schools in your district have a Food Safety Plan based on Hazard Analysis and Critical Control Point (HACCP) principles?

1 ☐ Yes

0 ☐ No → **Go to Q.22**

21. Which of the following components does the Food Safety Plan contain?

MARK ALL THAT APPLY

1 ☐ Written standard operating procedures

2 ☐ Documentation of hazards or HACCP category for menu items served

3 ☐ Monitoring of food safety procedures

4 ☐ Procedures for assessing mercury levels in cooked foods

5 ☐ Procedures for correcting problems

6 ☐ Recordkeeping

7 ☐ Periodic review and revision of the Food Safety Plan

8 ☐ Other (*Specify*)

0 ☐ None of the above

22. Do you require food service personnel to have food safety certification?

1 ☐ Yes

0 ☐ No → **Go to Q.23**

22a. Which personnel do you require to have food safety certification?

MARK ALL THAT APPLY

1 ☐ Managers

2 ☐ Assistant Managers

3 ☐ Cooks

4 ☐ Other (*Specify*)

23. Do you have policies and procedures to accommodate students with food allergies?

1 ☐ Yes

0 ☐ No → **Go to Q.24**

23a. What types of food service procedures do you use to protect students with food allergies?

MARK ALL THAT APPLY

- 1 ☐ Separate tables
 - 2 ☐ Special sanitation procedures in the kitchen and/or dining area
 - 3 ☐ Procedures to identify students in the serving line
 - 4 ☐ Special training for food service staff
 - 5 ☐ Other (*Specify*)
-

24. Considering all of your experience with food safety and sanitation in your school district, which of the following are the most persistent problems or challenges?

MARK ALL THAT APPLY

- 1 ☐ Food storage problems, including no date marking on foods (i.e. refrigerated or ready-to-eat foods)
 - 2 ☐ Improper storage or holding times and/or temperatures for foods (hot, cold or both)
 - 3 ☐ Pests
 - 4 ☐ Cleanliness of food preparation equipment and areas, especially lack of proper cleaning and sanitizing of food contact surfaces
 - 5 ☐ Food handling problems, including lack of separation between raw and ready-to-eat foods (during preparation, storage or both)
 - 6 ☐ Inconsistent, improper, or lack of use of gloves and/or hair restraints; bare hand contact with ready-to-eat foods
 - 7 ☐ Poor personal cleanliness, including inadequate hand washing
 - 8 ☐ Other (*Specify*)
-

NUTRITION PROMOTION/WELLNESS

25. Does your school district have a local wellness policy?

₁ ☐ Yes

₀ ☐ No → **Go to Q. 31**

26. Do you or anyone on your staff participate on a wellness committee at the district level?

₁ ☐ Yes

₀ ☐ No

27. Does your district have a designated wellness coordinator?

₁ ☐ Yes

₀ ☐ No → **Go to Q.28**

27a. Does this person have another job in the district?

₁ ☐ Yes → **Go to Q.27c**

₀ ☐ No

27b. Is the wellness coordinator a paid or volunteer position?

₁ ☐ Paid → **Go to Q.27d**

₂ ☐ Volunteer → **Go to Q.27d**

27c. What is this person's title?

TITLE: _____

27d. How many hours per week does this person spend on wellness-related activities?

--	--

HOURS PER WEEK

28. Following is a list of potential wellness policy components. For each, please indicate whether the component is addressed in your district wellness policy and, if so, the extent to which the wellness policy requirements have been implemented.

MARK ONE RESPONSE FOR EACH

	ADDRESSED IN POLICY AND FULLY IMPLEMENTED	ADDRESSED IN POLICY AND PARTIALLY IMPLEMENTED	STILL BEING PLANNED	NOT ADDRESSED IN POLICY
a. Nutrition education	1 ☐	2 ☐	3 ☐	4 ☐
b. Physical education	1 ☐	2 ☐	3 ☐	4 ☐
c. Daily physical activity	1 ☐	2 ☐	3 ☐	4 ☐
d. Use of food or food coupons as student rewards	1 ☐	2 ☐	3 ☐	4 ☐
e. Access to competitive foods during school hours	1 ☐	2 ☐	3 ☐	4 ☐
f. Minimum amount of time for students to eat lunch	1 ☐	2 ☐	3 ☐	4 ☐
g. Staff wellness program	1 ☐	2 ☐	3 ☐	4 ☐
h. Parent involvement	1 ☐	2 ☐	3 ☐	4 ☐
i. Community involvement	1 ☐	2 ☐	3 ☐	4 ☐
j. Plan for measuring implementation	1 ☐	2 ☐	3 ☐	4 ☐
k. Plan for measuring impact	1 ☐	2 ☐	3 ☐	4 ☐

29. Does your district wellness policy include nutrition standards for foods and beverages offered in school meals that exceed current federal requirements? If so, to what extent have the standards been implemented?

MARK ONE ONLY

- 1 ☐ Have standards that exceed federal requirements and they are fully implemented
- 2 ☐ Have standards that exceed federal requirements and they are partially implemented
- 3 ☐ Will have standards that exceed federal requirements, but they are still being planned
- 4 ☐ Do not have standards that exceed federal requirements

- 29a. Does your district wellness policy include nutrition standards for foods and beverages offered in afterschool snacks that exceed current federal requirements? If so, to what extent have the standards been implemented?

MARK ONE ONLY

- 1 ☐ Have standards that exceed federal requirements and they are fully implemented
- 2 ☐ Have standards that exceed federal requirements and they are partially implemented
- 3 ☐ Will have standards that exceed federal requirements, but they are still being planned
- 4 ☐ Do not have standards that exceed federal requirements
- 0 ☐ Do not offer reimbursable afterschool snacks

29b. Does your district wellness policy include nutrition standards for foods and beverages offered in other school settings? If so, to what extent have the standards been implemented?

SCHOOL SETTING	MARK ONE RESPONSE FOR EACH				
	HAVE STANDARDS AND THEY ARE FULLY IMPLEMENTED	HAVE STANDARDS AND THEY ARE PARTIALLY IMPLEMENTED	STANDARDS STILL BEING PLANNED	NO STANDARDS	NOT AVAILABLE/ ALLOWED IN DISTRICT
a. A la carte offerings in cafeteria or other food service area.....	1 ☐	2 ☐	3 ☐	4 ☐	0 ☐
b. Foods and beverages served at classroom or school celebrations	1 ☐	2 ☐	3 ☐	4 ☐	0 ☐
c. Foods and beverages served at staff or parent meetings.....	1 ☐	2 ☐	3 ☐	4 ☐	0 ☐
d. Foods and beverages served as part of fundraising activities	1 ☐	2 ☐	3 ☐	4 ☐	0 ☐
e. Foods and beverages sold in vending machines, school stores, or other non-food service venues	1 ☐	2 ☐	3 ☐	4 ☐	0 ☐

IF Q29=4 AND Q29a=4 or 0 AND Q29b=4 or 0 for all items, GO TO Q31

30. Are any of the nutrition standards included in your district wellness policy based on the standards developed by other groups, such as the Institute of Medicine or the Alliance for a Healthier Generation?

- 1 ☐ Yes
- 0 ☐ No → **Go to Q.31**
- d ☐ Don't know → **Go to Q.31**

30a. Which standards did you use or adapt?

- 1 ☐ Institute of Medicine
- 2 ☐ Alliance for a Healthier Generation
- 3 ☐ National Alliance for Nutrition and Physical Activity
- 4 ☐ HealthierUS School Challenge
- 5 ☐ State-developed standards
- 6 ☐ Other (*Specify*)

FOOD SERVICE MANAGEMENT COMPANIES

31. Does your school district currently use a food service management company to perform any food service functions?

1 ☐ Yes

0 ☐ No → **Go to Q.33**

32. Is menu planning performed by the school district, by the food service management company, or shared by both?

1 ☐ School district

2 ☐ Food service management company

3 ☐ Shared by both

PRICING

33. Has your school district changed prices for a la carte foods since school year 2004-2005?

MARK ALL THAT APPLY

- 1 ☐ Yes, at elementary schools → **Ask Q.34**
 2 ☐ Yes, at middle schools → **Ask Q.35**
 3 ☐ Yes, at high schools → **Ask Q.36**
 4 ☐ Yes, at another type of school (*Specify grades*) → **Ask Q.37**
 ___ to ___
 0 ☐ No change → **Go to Q.38**

34. How did the prices for a la carte foods change in elementary schools?

MARK ONE ANSWER FOR EACH FOOD TYPE

	INCREASED	DECREASED	NOT CHANGED
a. Milk.....	1 ☐	2 ☐	3 ☐
b. Other items also on reimbursable menu.....	1 ☐	2 ☐	3 ☐
c. Other (a la carte-only) items	1 ☐	2 ☐	3 ☐

35. How did the prices for a la carte foods change in middle schools?

MARK ONE ANSWER FOR EACH FOOD TYPE

	INCREASED	DECREASED	NOT CHANGED
a. Milk.....	1 ☐	2 ☐	3 ☐
b. Other items also on reimbursable menu.....	1 ☐	2 ☐	3 ☐
c. Other (a la carte-only) items	1 ☐	2 ☐	3 ☐

36. How did the prices for a la carte foods change in high schools?

MARK ONE ANSWER FOR EACH FOOD TYPE

	INCREASED	DECREASED	NOT CHANGED
a. Milk.....	1 ☐	2 ☐	3 ☐
b. Other items also on reimbursable menu.....	1 ☐	2 ☐	3 ☐
c. Other (a la carte-only) items	1 ☐	2 ☐	3 ☐

37. How did the prices for a la carte foods change at the OTHER SPECIFY FROM Q33 school level?

MARK ONE ANSWER FOR EACH FOOD TYPE

	INCREASED	DECREASED	NOT CHANGED
a. Milk.....	1 ☐	2 ☐	3 ☐
b. Other items also on reimbursable menu.....	1 ☐	2 ☐	3 ☐
c. Other (a la carte-only) items	1 ☐	2 ☐	3 ☐

38. Has your school district changed prices for reduced-price or full-price lunches or breakfasts since school year 2004-2005?

MARK ALL THAT APPLY

- 1 ☐ Yes, at elementary schools → Ask Q.39
- 2 ☐ Yes, at middle schools → Ask Q.40
- 3 ☐ Yes, at high schools → Ask Q.41
- 4 ☐ Yes, at another type of school (*Specify grades*) → Ask Q.42
 ____ to ____
- 0 ☐ No change → Go to Q.43

39. Please indicate how meal prices changed in elementary schools:

	INCREASED	DECREASED	NOT CHANGED	NO BREAKFAST
a. Reduced-price lunch	1 ☐	2 ☐	3 ☐	
b. Full-price lunch.....	1 ☐	2 ☐	3 ☐	
c. Reduced-price breakfast.....	1 ☐	2 ☐	3 ☐	0 ☐
d. Full-price breakfast	1 ☐	2 ☐	3 ☐	0 ☐

40. Please indicate how meal prices changed in middle schools:

	INCREASED	DECREASED	NOT CHANGED	NO BREAKFAST
a. Reduced-price lunch	1 ☐	2 ☐	3 ☐	
b. Full-price lunch.....	1 ☐	2 ☐	3 ☐	
c. Reduced-price breakfast.....	1 ☐	2 ☐	3 ☐	0 ☐
d. Full-price breakfast	1 ☐	2 ☐	3 ☐	0 ☐

41. Please indicate how meal prices changed in high schools?

	INCREASED	DECREASED	NOT CHANGED	NO BREAKFAST
a. Reduced-price lunch	1 ☐	2 ☐	3 ☐	
b. Full-price lunch.....	1 ☐	2 ☐	3 ☐	
c. Reduced-price breakfast.....	1 ☐	2 ☐	3 ☐	0 ☐
d. Full-price breakfast	1 ☐	2 ☐	3 ☐	0 ☐

42. Please how meal prices changed at the OTHER SPECIFY FROM Q38 school level.

	INCREASED	DECREASED	NOT CHANGED	NO BREAKFAST
a. Reduced-price lunch	1 ☐	2 ☐	3 ☐	
b. Full-price lunch.....	1 ☐	2 ☐	3 ☐	
c. Reduced-price breakfast.....	1 ☐	2 ☐	3 ☐	0 ☐
d. Full-price breakfast	1 ☐	2 ☐	3 ☐	0 ☐

SECTION II: SFA DIRECTOR BACKGROUND AND EXPERIENCE

43. How long have you been a school food service director?

--	--

YEARS AND/OR

--	--

MONTHS

44. What is the highest grade or year of schooling you completed?

MARK ALL THAT APPLY

- 1 ☐ Less than high school
- 2 ☐ High school
- 3 ☐ Some college, no degree
- 4 ☐ Associates degree
- 5 ☐ Bachelor's degree
- 6 ☐ Graduate degree

44a. Which of the following credentials do you hold?

MARK ALL THAT APPLY

- 1 ☐ Associates degree in consumer science, hotel/restaurant management, baking/culinary arts, etc.
- 2 ☐ Bachelor's degree in consumer science, hotel/restaurant management, culinary arts, etc.
- 3 ☐ Licensed nutritionist
- 4 ☐ Master's level nutritionist
- 5 ☐ On-the-job training
- 6 ☐ Registered Dietitian
- 7 ☐ School Nutrition Specialist (SNA certified)
- 8 ☐ State food service certificate
- 9 ☐ Other (*Specify*)

- 0 ☐ None of the above

44b. How many hours do you spend each week as Director of the School Food Authority?

--	--

HOURS/WEEK

44c. What are your other district- or school-level responsibilities?

MARK ALL THAT APPLY

- 1 ☐ Full-time school food service director
- 2 ☐ Part-time school food service director
- 3 ☐ Business manager (district)
- 4 ☐ Transportation coordinator (district)
- 5 ☐ Other (*Specify*)

- 6 ☐ Other (*Specify*)

- 0 ☐ No other responsibilities

Thank you very much for taking the time to complete this survey. Your assistance is greatly appreciated.
--

MENU SURVEY INSTRUMENTS

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DAILY MEAL COUNTS FORM

School Name: _____

Date: _____

Instructions:

1. In the boxes for **Reimbursable Lunches** and **Reimbursable Breakfasts**, please record the **number of USDA free, reduced-price, and full-price reimbursable meals served** in your school each day of the target week. Do **not** include meals for which you do not claim reimbursement, for example, second lunches sold to students on an a la carte basis.
2. Check if the number of reimbursable meals was much higher or lower than usual. If so, describe the reasons for this difference in the space provided.
3. At the bottom of the page, please record the total value of your a la carte sales for each day of the target week.

Number of Reimbursable Lunches Served

Day of Week	USDA Free	USDA Reduced-Price	Full-Price	FOR OFFICE USE ONLY	Please check if the number of reimbursable lunches served this day was much higher or lower than usual.
Monday					☐ → Reason: _____
Tuesday					☐ → Reason: _____
Wednesday					☐ → Reason: _____
Thursday					☐ → Reason: _____
Friday					☐ → Reason: _____

Number of Reimbursable Breakfasts Served

Day of Week	USDA Free	USDA Reduced-Price	Full-Price	FOR OFFICE USE ONLY	Please check if the number of reimbursable breakfasts served this day was much higher or lower than usual.
Monday					☐ → Reason: _____
Tuesday					☐ → Reason: _____
Wednesday					☐ → Reason: _____
Thursday					☐ → Reason: _____
Friday					☐ → Reason: _____

Total Daily A La Carte Sales

Monday	\$ _____
Tuesday	\$ _____
Wednesday	\$ _____
Thursday	\$ _____
Friday	\$ _____

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SCHOOL NUTRITION DIETARY ASSESSMENT STUDY**Reimbursable Foods Form: Lunch**

NOTE: For instructions on completing this form, please refer to Instructions for Menu Survey.

School Name: _____ **Date:** _____ Day: 1 ☐ Mon 2 ☐ Tue 3 ☐ Wed 4 ☐ Thu 5 ☐ Fri

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim- bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
MILK (Note: If more than one size is available, list separately in "Other Menu Items" section.)									
White, whole	fl oz.			☐					
White, 2%	fl oz.			☐					
White, 1%	fl oz.			☐					
White, fat-free/skim	fl oz.			☐					
Chocolate	fl oz.			☐			Specify fat content:		
Other type/flavor (Specify) _____	fl oz.			☐			Specify fat content:		
Other type/flavor (Specify) _____	fl oz.			☐			Specify fat content:		
FRUIT (Note: Prelisted entries should be used only for fruit that is served as purchased. If anything is added before serving, list as separate item and complete RECIPE FORM.)									
Apple, fresh				☐				☐	
Applesauce, canned	cup			☐			☐ Sweetened ☐ Unsweetened	☐	
Banana, fresh				☐					
Fruit cocktail, canned	cup			☐			☐ Heavy syrup ☐ Light syrup ☐ Juice ☐ Water	☐	
Orange, fresh				☐				☐	
Peaches, canned	cup			☐			☐ Heavy syrup ☐ Light syrup ☐ Juice ☐ Water	☐	
Pears, fresh				☐				☐	
Pears, canned	cup			☐			☐ Heavy syrup ☐ Light syrup ☐ Juice ☐ Water	☐	
Pineapple, canned	cup			☐			☐ Heavy syrup ☐ Light syrup ☐ Juice ☐ Water	☐	
				☐				☐	☐

REIMBURSABLE FOODS FORM: LUNCH

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim-bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
JUICES (Note: Prelisted entries should be used only for full-strength (100%) fruit and vegetable juice. Fruit drinks are included in 'Desserts, Drinks, and Snacks' section.)									
Orange juice	fl oz.			☐			☐ Vitamin C added ☐ Calcium added	☐	
Apple juice	fl oz.			☐			☐ Vitamin C added ☐ Calcium added	☐	
Frozen juice cup/bar	fl oz.			☐			☐ Vitamin C added ☐ Calcium added		
	fl oz.			☐			☐ Vitamin C added ☐ Calcium added	☐	
VEGETABLES									
Beans, green	cup			☐			☐ Fresh ☐ Frozen ☐ Canned Fat added: ☐ Yes ☐ No If yes, specify type:	☐	
Broccoli	cup			☐			☐ Fresh ☐ Frozen ☐ Canned Fat added: ☐ Yes ☐ No If yes, specify type:		
Carrot sticks				☐			If offered, list dip as separate item(s) or complete RECIPE FORM		☐
Corn, kernels	cup			☐			☐ Fresh ☐ Frozen ☐ Canned Fat added: ☐ Yes ☐ No If yes, specify type:	☐	
French fries	oz.			☐			☐ Oven-baked ☐ Deep-fried	☐	
Peas, green	cup			☐			☐ Fresh ☐ Frozen ☐ Canned Fat added: ☐ Yes ☐ No If yes, specify type:	☐	
Potatoes, whipped or mashed	cup			☐			☐ From fresh If prepared with fat and/or milk, complete RECIPE FORM	☐	☐
Salad bar (non-entrée or small portion)	Self-serve			☐		Please list all ingredients on SELF-SERVE/MADE-TO-ORDER BAR FORM			
Salad, tossed	cup			☐			List dressing as separate item(s) or complete RECIPE FORM		☐
Tater tots or shapes	oz.			☐			☐ Oven-baked ☐ Deep-fried	☐	☐
				☐				☐	☐
				☐				☐	☐

REIMBURSABLE FOODS FORM: LUNCH

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim-bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
ENTREES OTHER THAN SANDWICHES AND SELF-SERVE BARS (Note: If entrée item is commercially prepared, complete Column E. For items prepared from scratch, fill out a RECIPE FORM.)									
Burrito	oz.			☐			Specify fillings:		☐
Chef's salad	1 salad			☐					☐
Chicken, piece(s) (Specify part) _____ (Specify part) _____				☐			Breaded: ☐ Yes ☐ No With skin: ☐ Yes ☐ No ☐ Oven-baked ☐ Deep-fried	☐	☐
Chicken nuggets	ea.			☐			☐ Oven-baked ☐ Deep-fried Weight of each nugget: oz.	☐	
Chicken patty (not sandwich)	oz.			☐			Breaded: ☐ Yes ☐ No ☐ Oven-baked ☐ Deep-fried	☐	
Corndog	oz.			☐			☐ All beef ☐ Beef & Pork ☐ Turkey or Chicken		
Ham, slice	oz.			☐			☐ Pork ☐ Turkey	☐	
Pizza, cheese	oz.			☐			☐ Extra cheese ☐ Stuffed crust		☐
Pizza, pepperoni	oz.			☐			☐ Extra cheese ☐ Stuffed crust		☐
Pizza, sausage	oz.			☐			☐ Extra cheese ☐ Stuffed crust		☐
Spaghetti with meat sauce	cup			☐					☐
Taco				☐			☐ Hard shell ☐ Soft tortilla Specify fillings:		☐
Turkey, slice	oz.			☐					
Yogurt (as meat alternate)	oz.			☐			Specify flavors: ☐ Regular ☐ Low-fat ☐ Fat-free ☐ Low-cal sweetener		
				☐				☐	☐

REIMBURSABLE FOODS FORM: LUNCH

[illegible]

REIMBURSABLE FOODS FORM: LUNCH

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim-bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
SELF-SERVE ENTRÉE BARS									
Entrée salad bar (or large portion)	Self-serve			☐		Please list all ingredients on SELF-SERVE/MADE-TO-ORDER BAR FORM			
Potato bar	Self-serve			☐		Please list all ingredients on SELF-SERVE/MADE-TO-ORDER BAR FORM			
Nacho/taco bar	Self-serve			☐		Please list all ingredients on SELF-SERVE/MADE-TO-ORDER BAR FORM			
	Self-serve			☐		Please list all ingredients on SELF-SERVE/MADE-TO-ORDER BAR FORM			
	Self-serve			☐		Please list all ingredients on SELF-SERVE/MADE-TO-ORDER BAR FORM			
BREADS AND GRAINS OFFERED SEPARATELY									
Biscuit	oz.			☐			☐ Whole grain		☐
Bread, plain	oz.			☐			Type: ☐ Whole grain		
Bread, buttered	oz.			☐			Type: ☐ Whole grain ☐ Margarine ☐ Butter		☐
Breadstick	oz.			☐			Type: ☐ Whole grain		☐
Cornbread	oz.			☐					☐
Crackers	ea.			☐			Type: ☐ Whole grain		
Rice	cup			☐			☐ White ☐ Brown	☐	☐
Roll	oz.			☐			Type: ☐ Whole grain		☐
Pasta	cup			☐			Type: ☐ Whole grain	☐	☐
				☐				☐	☐
				☐				☐	☐
				☐				☐	☐
				☐				☐	☐

REIMBURSABLE FOODS FORM: LUNCH

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim-bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
DESSERTS, DRINKS, AND SNACKS OFFERED AS PART OF A REIMBURSABLE MEAL									
Brownie				☐					☐
Cake				☐			Specify type:		☐
Cookie	oz.			☐			Specify type:		☐
Fruit drink	fl oz.			☐			Specify type: Specify % juice content:		
Gelatin, plain	cup			☐					
Gelatin, with fruit	cup			☐					☐
Potato chips	oz.			☐			Specify type:		
Yogurt	oz.			☐			Specify flavors: ☐ Regular ☐ Low-fat ☐ Fat-free ☐ Low-cal sweetener		
				☐					☐
				☐					☐
				☐					☐
				☐					☐
SALAD DRESSINGS									
French dressing				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
Italian dressing				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
Ranch dressing				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐
				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Fat-free		☐

REIMBURSABLE FOODS FORM: LUNCH

[illegible]

REIMBURSABLE FOODS FORM: LUNCH

[illegible]

OMB Clearance Number: 0584-0527

Expiration Date: 09/30/2012

SCHOOL NUTRITION DIETARY ASSESSMENT STUDY**Reimbursable Foods Form: Breakfast**

NOTE: For instructions on completing this form, please refer to Instructions for Menu Survey.

School Name: _____ **Date:** _____ Day: 1 ☐ Mon 2 ☐ Tue 3 ☐ Wed 4 ☐ Thu 5 ☐ Fri

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim- bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
MILK (Note: If more than one size is available, list separately in "Other Menu Items" section.)									
White, whole	fl oz.			☐					
White, 2%	fl oz.			☐					
White, 1%	fl oz.			☐					
White, fat-free/skim	fl oz.			☐					
Chocolate	fl oz.			☐			Specify fat content:		
Other type/flavor (Specify) _____	fl oz.			☐			Specify fat content:		
Other type/flavor (Specify) _____	fl oz.			☐			Specify fat content:		
	fl oz.			☐			Specify fat content:		
FRUIT (Note: Prelisted entries should be used only for fruit that is served as purchased. If anything is added before serving, list as separate item and complete RECIPE FORM.)									
Apple, fresh				☐				☐	
Banana, fresh				☐					
Grapefruit, fresh									
Grapes, fresh				☐					
Orange, fresh				☐				☐	
Peaches, canned	cup			☐			☐ Heavy syrup ☐ Light syrup ☐ Juice ☐ Water	☐	
				☐				☐	☐
				☐				☐	☐

REIMBURSABLE MEALS FORM: BREAKFAST

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim-bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
JUCES (Note: Prestisted entries should be used only for full-strength (100%) fruit and vegetable juice. Fruit drinks are included in 'Desserts, Drinks, and Snacks' section.)									
Orange juice	fl oz.			☐			☐ Vitamin C added ☐ Calcium added	☐	
Apple juice	fl oz.			☐			☐ Vitamin C added ☐ Calcium added	☐	
	fl oz.			☐			☐ Vitamin C added ☐ Calcium added	☐	
	fl oz.			☐			☐ Vitamin C added ☐ Calcium added	☐	
COLD CEREALS									
Apple Jacks	oz.			☐					
Cheerios, plain	oz.			☐					
Cheerios, Honey Nut	oz.			☐					
Cinn Toast Crunch	oz.			☐					
Cocoa Krispies	oz.			☐					
Cocoa Puffs	oz.			☐					
Froot Loops	oz.			☐					
Frosted Flakes	oz.			☐					
Golden Grahams	oz.			☐					
Lucky Charms	oz.			☐					
Rice Krispies	oz.			☐					
Special K	oz.			☐					
Trix	oz.			☐					
Wheaties	oz.			☐					
	oz.			☐				☐	☐
	oz.			☐				☐	☐
HOT CEREALS (Note: If prepared with fat and/or milk, complete RECIPE FORM)									
Cream of Wheat	cup			☐			☐ Instant ☐ Quick ☐ Reg		☐
Grits	cup			☐			☐ Instant ☐ Quick ☐ Reg		☐
Oatmeal	cup			☐			☐ Instant ☐ Quick ☐ Reg	☐	☐

REIMBURSABLE MEALS FORM: BREAKFAST

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim-bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
OTHER BREADS AND GRAINS OFFERED SEPARATELY									
Bagel	oz.			☐			Type: ☐ Whole grain		
Biscuit	oz.			☐			☐ Whole grain		☐
Doughnut	oz.			☐			☐ Icing/glaze ☐ No icing/glaze		
English muffin, plain	oz.			☐			Type: ☐ Whole grain		
English muffin, buttered	oz.			☐			Type: ☐ Whole grain ☐ Margarine ☐ Butter		☐
Granola/cereal bar	oz.			☐			Specify type:		
Muffin	oz.			☐			Specify type:		☐
Pancake	oz.			☐					☐
Roll, cinnamon	oz.			☐			☐ Icing ☐ No icing		☐
Toast, plain	oz.			☐			Type: ☐ Whole grain		
Toast, buttered	oz.			☐			Type: ☐ Whole grain ☐ Margarine ☐ Butter		☐
Toaster pastry	oz.			☐					
				☐				☐	☐
MEATS AND MEAT ALTERNATES OFFERED SEPARATELY									
Bacon	sl			☐			☐ Pork ☐ Turkey		
Eggs	cup ea.			☐			☐ Boiled ☐ Fried ☐ Scrambled If prepared with fat and/or milk, complete RECIPE FORM	☐	☐
Ham	oz.			☐			☐ Pork ☐ Turkey	☐	
Sausage	oz.			☐			☐ Pork ☐ Turkey ☐ Beef		
Yogurt	oz.			☐			Specify flavors: ☐ Regular ☐ Low-fat ☐ Fat-free ☐ Low-cal sweetener		
				☐				☐	☐
				☐				☐	☐

REIMBURSABLE MEALS FORM: BREAKFAST

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Reim- bursable Portions Served	D.			E. Manufacturer/Brand Name and Product Code (If Applicable)	F. Food Description	G. USDA Commodity?	H. Recipe?
			Total Number of Portions Served	Any Sold a La Carte or to Adults?	Number of a La Carte/ Adult Portions Served				
COMBINATION BREAD/MEAT ITEMS (Note: If item is commercially prepared, complete Column E. For items prepared from scratch, fill out a RECIPE FORM.)									
Breakfast burrito	oz.			☐			Specify fillings:		☐
Cheese sandwich, toasted	1 sandwich			☐					☐
Egg sandwich	oz. 1 sandwich			☐			☐ Cheese ☐ Sausage ☐ Ham ☐ Bacon ☐ Other: _____		☐
Egg sandwich	oz. 1 sandwich			☐			☐ Cheese ☐ Sausage ☐ Ham ☐ Bacon ☐ Other: _____		☐
French toast				☐					☐
French toast sticks	ea.			☐			Weight of each stick: oz.		
Pancake on a stick	oz.			☐					
Pizza	oz.			☐			Specify toppings:		☐
				☐				☐	☐
CONDIMENTS									
Self-serve condiments or fixins' bar	Self-serve			☐		Please list all ingredients on SELF-SERVE/MADE-TO-ORDER BAR FORM			
Butter				☐					
Cream cheese				☐			☐ Reg ☐ Red fat ☐ Light ☐ Fat-free		
Gravy				☐			☐ Reg ☐ Red fat ☐ Low-fat ☐ Fat-free		☐
Jelly				☐					
Ketchup				☐					
Margarine				☐					
Salsa				☐					☐
Syrup				☐			☐ Reg ☐ Light ☐ Red calorie ☐ Sugar-free	☐	☐
				☐				☐	☐
				☐				☐	☐
				☐				☐	☐

REIMBURSABLE MEALS FORM: BREAKFAST

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Expiration Date: 09/30/2012

Meal: 1 ☐ Breakfast 2 ☐ Lunch **Day:** 1 ☐ All 2 ☐ Mon 3 ☐ Tue 4 ☐ Wed 5 ☐ Thu 6 ☐ Fri

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Recipe Form

School Name:_____ **Recipe/Food Name:**_____

Meal: 1 ☐ Breakfast 2 ☐ Lunch

Day: 1 ☐ Mon 2 ☐ Tue 3 ☐ Wed 4 ☐ Thu 5 ☐ Fri **Size of One Serving (*include units*):** _____

6 ☐ All

Number of Servings Prepared: _____

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SCHOOL NUTRITION DIETARY ASSESSMENT STUDY

A La Carte Foods Checklist

SCHOOL NAME: _____

DATE COMPLETED: |_|_|_| / |_|_|_| / |_|_|_|_|_|
Month Day Year

1. Does your school sell food or beverages on an a la carte basis?
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
3 ☐ During breakfast and lunch

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

SCHOOL NUTRITION DIETARY ASSESSMENT STUDY

A La Carte 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%) white milk	3 ☐	3 ☐
4. Fat-free/skim white milk	4 ☐	4 ☐
5. Reduced fat (2%) <i>flavored</i> milk	5 ☐	5 ☐
6. Low-fat (1%) <i>flavored</i> milk	6 ☐	6 ☐
7. Fat-free/skim <i>flavored</i> milk	7 ☐	7 ☐
B.Fruit/Juice		
1. Dried fruit (such as raisins or apricots)	8 ☐	8 ☐
2. Canned fruit	9 ☐	9 ☐
3. Fresh fruit	10 ☐	10 ☐
4. Juice (100% fruit or vegetable juice)	11 ☐	11 ☐
C.Vegetables		
1. French fries - baked (including tater tots)	12 ☐	12 ☐
2. French fries - deep-fried (including tater tots)	13 ☐	13 ☐
3. Potatoes (other than french fries/tater tots)	14 ☐	14 ☐
4. Corn	15 ☐	15 ☐
5. Carrots (cooked)	16 ☐	16 ☐
6. Other cooked vegetables (<i>Specify</i>)	17 ☐	17 ☐
a. _____	18 ☐	18 ☐
b. _____	19 ☐	19 ☐
c. _____	20 ☐	20 ☐
7. Raw vegetables	21 ☐	21 ☐
8. Tossed salads (side)	22 ☐	22 ☐
9. Prepared salads (such as potato salad, coleslaw, or three bean salad)	23 ☐	23 ☐
10. Vegetable soup	24 ☐	24 ☐
D.Bread/Grains		
1. Regular bread, rolls, bagels, or tortillas	25 ☐	25 ☐
2. Whole grain bread, rolls, bagels, or tortillas	26 ☐	26 ☐
3. Other bread items (such as biscuits, croissants, or hot pretzels)	27 ☐	27 ☐
4. Low-fat muffins	28 ☐	28 ☐
5. Regular muffins	29 ☐	29 ☐
6. Ready-to-eat breakfast cereal	30 ☐	30 ☐
7. Pancakes, waffles, or French toast	31 ☐	31 ☐
E.Meat/Meat Alternates		
1. Breaded chicken/turkey (nuggets, patties, strips, parts)	32 ☐	32 ☐
2. Not breaded chicken/turkey (nuggets, patties, strips, parts)	33 ☐	33 ☐
3. Breaded beef/pork (nuggets, patties, strips)	34 ☐	34 ☐
4. Not breaded beef/pork (nuggets, patties, strips)	35 ☐	35 ☐
5. Sausage or bacon	36 ☐	36 ☐
6. Breaded fish (nuggets, patties, strips/sticks)	37 ☐	37 ☐
7. Not breaded fish (nuggets, patties, strips/sticks, fillets)	38 ☐	38 ☐
8. Eggs	39 ☐	39 ☐

Food Item	Breakfast	Lunch
9. Cheese	40 ☐	40 ☐
10. Chili	41 ☐	41 ☐
F.Entrees		
SANDWICHES		
1. Cheeseburger or hamburger	42 ☐	42 ☐
2. Hot dog or corn dog	43 ☐	43 ☐
3. Peanut butter sandwich (including with jelly)	44 ☐	44 ☐
4. Cheese sandwich	45 ☐	45 ☐
5. Sandwich with breaded meat, poultry or fish	46 ☐	46 ☐
6. Sandwich with cold cuts (salami, bologna, or pepperoni)	47 ☐	47 ☐
7. Sandwich with plain (not breaded) meat, poultry or fish	48 ☐	48 ☐
8. Egg sandwich or breakfast burrito	49 ☐	49 ☐
9. Other sandwiches (<i>Specify</i>)	50 ☐	50 ☐
a. _____	51 ☐	51 ☐
b. _____	52 ☐	52 ☐
c. _____	53 ☐	53 ☐
Other Entrees		
10. Pizza without meat	54 ☐	54 ☐
11. Pizza with meat	55 ☐	55 ☐
12. Burritos	56 ☐	56 ☐
13. Other Mexican foods (such as tacos, nachos, or quesadillas)	57 ☐	57 ☐
14. Chinese food	58 ☐	58 ☐
15. Lasagna	59 ☐	59 ☐
16. Spaghetti	60 ☐	60 ☐
17. Macaroni and cheese	61 ☐	61 ☐
18. Entrée salad (such as chef's, cob, or chicken Caesar)	62 ☐	62 ☐
19. Soup with meat or beans (such as chicken, clam chowder, or minestrone)	63 ☐	63 ☐
20. Other entrees (<i>Specify</i>)	64 ☐	64 ☐
a. _____	65 ☐	65 ☐
b. _____	66 ☐	66 ☐
G.Beverages Other than Milk or 100% Juice		
1. Diet carbonated soft drink (diet soda/pop)	67 ☐	67 ☐
2. Regular carbonated soft drink (regular soda/pop)	68 ☐	68 ☐
3. Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)	69 ☐	69 ☐
4. Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, Vitamin Water)	70 ☐	70 ☐
5. Bottled water (plain, flavored, or sparkling)	71 ☐	71 ☐
6. Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)	72 ☐	72 ☐
H.Baked Goods		
1. Low-fat/reduced-fat cakes, cupcakes, or brownies	73 ☐	73 ☐
2. Regular cakes, cupcakes, or brownies	74 ☐	74 ☐
3. Low-fat pies, turnovers, or toaster pastries	75 ☐	75 ☐
4. Regular pies, turnovers, or toaster pasties	76 ☐	76 ☐
5. Doughnuts	77 ☐	77 ☐
6. Low-fat cookies	78 ☐	78 ☐
7. Regular cookies	79 ☐	79 ☐

Food Item	Breakfast	Lunch
I.Frozen/Dairy Dessert		
1. Frozen fruit bars or popsicles	80 ☐	80 ☐
2. Milkshakes, smoothies, or yogurt drinks	81 ☐	81 ☐
3. Low-fat/reduced-fat ice cream, frozen yogurt, or sherbet	82 ☐	82 ☐
4. Regular ice cream, frozen yogurt, or sherbet	83 ☐	83 ☐
5. Pudding	84 ☐	84 ☐
J.Snacks		
1. Low-fat/reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	85 ☐	85 ☐
2. Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	86 ☐	86 ☐
3. Pretzels	87 ☐	87 ☐
4. Popcorn	88 ☐	88 ☐
5. Cracker sandwiches with cheese or peanut butter	89 ☐	89 ☐
6. Other types of crackers (including animal crackers)	90 ☐	90 ☐
7. Low-fat/reduced-fat granola bars, cereal bars, or energy bars	91 ☐	91 ☐
8. Regular granola bars, cereal bars, or energy bars	92 ☐	92 ☐
9. Crispy rice bars or treats	93 ☐	93 ☐
10. Yogurt	94 ☐	94 ☐
11. Candy	95 ☐	95 ☐
12. Gum	96 ☐	96 ☐
13. Nuts and/or seeds (such as almonds, peanuts, sunflower seeds, or trail mix)	97 ☐	97 ☐
14. Fruit snacks (such as Fruit Roll-Ups or fruit leather)	98 ☐	98 ☐
15. Meat snacks (such as jerky or pork rinds)	99 ☐	99 ☐
K.Other a La Carte Items (Specify)		
Please list any food or beverage that is not listed in sections A-J of this checklist that the cafeteria offered a la carte on the day you complete this form		
_____	100 ☐	100 ☐
_____	101 ☐	101 ☐
_____	102 ☐	102 ☐
_____	103 ☐	103 ☐
_____	104 ☐	104 ☐
_____	105 ☐	105 ☐
_____	106 ☐	106 ☐
_____	107 ☐	107 ☐
_____	108 ☐	108 ☐
_____	109 ☐	109 ☐
_____	110 ☐	110 ☐
_____	111 ☐	111 ☐
_____	112 ☐	112 ☐
_____	113 ☐	113 ☐
_____	114 ☐	114 ☐

SCHOOL NUTRITION DIETARY ASSESSMENT STUDY

Afterschool Snack Form

NOTE: For instructions on completing this form, please refer to Instructions for Completing the Afterschool Snack Form.

School Name: _____ Date: _____

A. Food Item	B. Portion Size (Incl. Units)	C. Number of Portions Prepared/ Available	D. Number of Portions Served to Students	E. Number of Reimbursable Snacks Served
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

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School Nutrition Dietary Assessment Study

Food Service Manager Survey

Sponsored by:

U.S. Department of Agriculture
Food and Nutrition Service

Time Burden for this collection of information is estimated to average 20 minutes, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed and completing and reviewing the collection of information.

Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to U.S. Department of Agriculture, Clearance Officer, OIRM, Room 404-W, Washington, DC 20250; and to the Office of Information and Regulatory Affairs, Office of Management and Budget, Washington, DC 20503.

INSTRUCTIONS

- When completing the survey please use a black or blue pen, and write only in the spaces provided.
- Please answer all of the questions, except for those that you are instructed to skip based on your answer to a specific question.
- Unless you see the words MARK ALL THAT APPLY after a question, please mark only one answer for each question.
- If you have any questions about the study or about completing this survey, please do not hesitate to contact your technical assistant by phone at 1-888-633-8329 or e-mail: USDASchoolNutritionStudy@mathematica-mpr.com.

The information you provide will be used only for statistical purposes. In accordance with the Confidential Information Protection and Statistical Efficiency Act of 2002, your responses will not be disclosed in identifiable form without your consent.

Participation is completely voluntary. Choosing not to participate will not affect your employment or your district's participation in school meal programs in any way.

We thank you for your cooperation and participation in this very important study.

FOR ASSISTANCE, CALL TOLL FREE: 1-888-633-8329

KITCHEN CHARACTERISTICS

1. Which of the following best describes your kitchen?

- 1 ☐ An on-site kitchen where meals are prepared for serving only at this school
- 2 ☐ A base kitchen where meals are prepared for serving on-site and for shipment to other schools
- 3 ☐ A receiving or satellite kitchen which obtains partially or fully prepared meals from a base or central kitchen

2. Do you receive fully plated meals that are prepared off-site?

- 1 ☐ Yes
- 0 ☐ No

VENDING MACHINES

3. Are any vending machines located **in your food service area** (that is, the indoor or outdoor areas where reimbursable meals are served/eaten)?

- 1 ☐ Yes
- 0 ☐ No → **Go to Q.5**

3a. Who receives revenue or profit from these machines?

MARK ALL THAT APPLY

- 1 ☐ School
- 2 ☐ School food service **only**
- 3 ☐ School food service and other school/district departments
- 4 ☐ Student organization (student council/clubs/activities)
- 5 ☐ Student marketing/business class/club
- 6 ☐ Parent organization
- 7 ☐ Athletic department
- 8 ☐ Other (*Specify*) _____

- d ☐ Don't know

4. Not counting machines that sell only milk, 100% juice, or water, when can students use **beverage machines** in the food service area?

MARK ALL THAT APPLY

- 1 ☐ No other beverage machines in food service area
- 2 ☐ Before school
- 3 ☐ During breakfast
- 4 ☐ During school hours, before lunch
- 5 ☐ During lunch
- 6 ☐ After lunch, before end of last regular class
- 7 ☐ After last regular class
- 8 ☐ Other (*Specify*) _____

4a. When can students use **snack machines** or other machines containing **snack foods** in the food service area?

MARK ALL THAT APPLY

- 1 ☐ No machines with snack foods in food service area
- 2 ☐ Before school
- 3 ☐ During breakfast
- 4 ☐ During school hours, before lunch
- 5 ☐ During lunch
- 6 ☐ After lunch, before end of last regular class
- 7 ☐ After last regular class
- 8 ☐ Other (*Specify*) _____

4b. Can students obtain reimbursable meals from vending machines?

- 1 ☐ Yes
- 0 ☐ No → **Go to Q.5**

4c. When can students use vending machines offering reimbursable meals?

MARK ALL THAT APPLY

- 1 ☐ Before school
- 2 ☐ During breakfast
- 3 ☐ During school hours, before lunch
- 4 ☐ During lunch
- 5 ☐ After lunch, before end of last regular class
- 6 ☐ After last regular class
- 7 ☐ Other (*Specify*) _____

5. Does the school food service department receive revenue or profit from vending machines located outside of the school food service area?

1 ☐ Yes

0 ☐ No

6. Approximately how much net income does the **school food service department** receive from vending machines anywhere in this school or on the school grounds (per year, month, or week)? Do not include any income that goes to the school or district in general or to other departments or groups.

\$ PER

1 ☐ Year

2 ☐ Month

3 ☐ Week

4 ☐ No vending machines in school

0 ☐ School food service gets no income from vending machines

d ☐ Don't know

6a. Does the net income for the school food service department from vending machines include income from reimbursable meals sold through vending machines?

1 ☐ Yes

0 ☐ No → **Go to Q.7**

6b. How much of that net income to the school food service department comes from reimbursable meals sold through vending machines?

\$ PER

1 ☐ Year

2 ☐ Month

3 ☐ Week

d ☐ Don't know

MEAL PRICES

7. What is the price of a USDA-reimbursable breakfast for students who are classified as **reduced price**?

0 ☐ Don't participate in School Breakfast Program → **Go to Q.8**

1 ☐ All students receive free breakfasts → **Go to Q.7b**

\$

7a. What is the price of a USDA-reimbursable breakfast for students who pay the **full price**? Record more than one answer if your school offers breakfast at different prices (for example, a higher price for larger portions or a discount for a weekly meal ticket).

\$ Standard full price

\$ Other full price (*Specify*)

\$ Other full price (*Specify*)

7b. Do you allow students to purchase individual components of reimbursable breakfasts on an a la carte basis?

1 ☐ Yes

0 ☐ No

8. What is the price of a USDA-reimbursable lunch for students who pay the **reduced price**?

0 ☐ All students receive free lunches → **Go to Q.9**

\$

8a. What is the price of a USDA-reimbursable lunch for students who pay the **full price**? Record more than one answer if your school offers lunch at different prices (for example, a higher price for larger portions or a discount for a weekly meal ticket).

\$ Standard full price

\$ Other full price (*Specify*)

\$ Other full price (*Specify*)

9. Do you allow students to purchase individual components of reimbursable lunches on an a la carte basis?

1 ☐ Yes

0 ☐ No → **Go to Q.10**

- 9a. What prices do you generally charge for the following components of reimbursable lunches, when purchased a la carte? If the price varies by portion size or specific type of food, please report the price that is charged most often.

- | | |
|---|----------|
| 1. Milk | \$ _____ |
| 2. Fruit | \$ _____ |
| 3. 100% juice | \$ _____ |
| 4. Vegetable other than French fries | \$ _____ |
| 5. French fries | \$ _____ |
| 6. Side salad | \$ _____ |
| 7. Entrée salad (chef, grilled chicken) | \$ _____ |
| 8. Roll, bread, other grain item | \$ _____ |
| 9. Sandwiches, hot dog, hamburger, cheeseburger | \$ _____ |
| 10. Chicken nuggets/strips/patties | \$ _____ |
| 11. Pizza | \$ _____ |
| 12. Nachos | \$ _____ |
| 13. Burritos or other Mexican entrees | \$ _____ |
| 14. Desserts | \$ _____ |
| Other (<i>Specify</i>) | |
| 15. _____ | \$ _____ |
| 16. _____ | \$ _____ |

MEAL COUNTING

10. Are you responding for a high school?

1 ☐ Yes → **Go to Q.13**

0 ☐ No

11. Do you use the offer-versus-serve option at breakfast?

1 ☐ Yes, for all students → **Go to Q.12**

2 ☐ Yes, for some students

0 ☐ No → **Go to Q.12**

3 ☐ Don't participate in School Breakfast Program → **Go to Q.12**

- 11a. What grades are allowed to use offer-versus-serve at breakfast?

MARK ALL THAT APPLY

- | | |
|----------------------------------|------------------------------|
| P ☐ Pre-K | 5 ☐ 5 |
| K ☐ K | 6 ☐ 6 |
| 1 ☐ 1 | 7 ☐ 7 |
| 2 ☐ 2 | 8 ☐ 8 |
| 3 ☐ 3 | 9 ☐ 9 |
| 4 ☐ 4 | |

12. Do you use the offer-versus-serve option at lunch?

1 ☐ Yes, for all students → **Go to Q.13**

2 ☐ Yes, for some students

0 ☐ No → **Go to Q.13**

- 12a. What grades are allowed to use offer-versus-serve at lunch?

MARK ALL THAT APPLY

- | | |
|----------------------------------|------------------------------|
| P ☐ Pre-K | 5 ☐ 5 |
| K ☐ K | 6 ☐ 6 |
| 1 ☐ 1 | 7 ☐ 7 |
| 2 ☐ 2 | 8 ☐ 8 |
| 3 ☐ 3 | 9 ☐ 9 |
| 4 ☐ 4 | |

13. Does your school use food-based menu planning or nutrient-based menu planning?

1 ☐ Food based

2 ☐ Nutrient based → **Go to Q.15**

14. How many servings of fruits and vegetables are students allowed to take in a reimbursable lunch?

- 1 ☐ Two
- 2 ☐ Three
- 3 ☐ Four
- 4 ☐ Five
- 5 ☐ As many as they want

GO TO Q.21

15. For reimbursable lunches, can students select any type of food to provide the allowable number of sides, or are sides divided into specific groups, for example, fruits and vegetables as one group of sides and desserts as another?

- 1 ☐ Any type of side
- 2 ☐ Sides divided into different groups → **Go to Q.17**

16. Excluding milk, what is the maximum number of sides students are allowed to take in a reimbursable lunch?

SIDES → **Go to Q.18**

17. Which of the following groups of sides do you use at lunch? What is the maximum number of sides students can take from each group?

	Use this Group?		Maximum number from this group
	Yes	No	
a. Fruits and vegetables.....	1 ☐	0 ☐	
b. Fruit/juice.....	1 ☐	0 ☐	
c. Vegetables	1 ☐	0 ☐	
d. Grains or desserts (combined)	1 ☐	0 ☐	
e. Grains/breads.....	1 ☐	0 ☐	
f. Desserts	1 ☐	0 ☐	
g. Other (<i>Specify</i>) _____	1 ☐	0 ☐	

18. For reimbursable breakfasts, can students select any type of food to provide the allowable number of sides, or are sides divided into specific groups, for example, fruit and juice as one group of sides and cereal as another?

- 1 ☐ Any type of side
- 2 ☐ Sides divided into different groups → **Go to Q.20**
- 0 ☐ Don't participate in School Breakfast Program → **Go to Q.21**

19. Excluding milk, what is the maximum number of sides students are allowed to take in a reimbursable breakfast?

SIDES → **Go to Q.21**

20. Which of the following groups of sides do you use at breakfast? What is the maximum number of sides students can take from each group?

	Use this Group?		Maximum number from this group
	Yes	No	
a. Fruit and juice (combined)	1 ☐	0 ☐	
b. Fruit.....	1 ☐	0 ☐	
c. Juice.....	1 ☐	0 ☐	
d. Cereal.....	1 ☐	0 ☐	
e. Other grains/breads	1 ☐	0 ☐	
f. Meats/meat alternates	1 ☐	0 ☐	
g. Meats/meat alternates and grains (combination entrees).....	1 ☐	0 ☐	
h. Other (<i>Specify</i>) _____	1 ☐	0 ☐	

21. How are students who are eligible for free or reduced-price lunches identified by the cashier?

MARK ALL THAT APPLY

- 1 ☐ Coded tickets or tokens
- 2 ☐ Cashier lists
- 3 ☐ Personal ID numbers (PINs)
- 4 ☐ Bar code/magnetic strip
- 5 ☐ Coded identification cards
- 6 ☐ Verbal identification
- 7 ☐ All students receive free lunches
- 8 ☐ Other (*Specify*) _____

MEAL PERIODS

22. What time do you serve breakfast?

- ☐ Don't participate in School Breakfast Program → **Go to Q.23**

From	To
_ _ : _ _	_ _ : _ _

22a. How many minutes, on average, would you estimate a student spends in line to get breakfast?

--	--

 MINUTES

22b. Does your school offer breakfast in places other than the cafeteria, for example, in the classroom, on the bus, or grab and go breakfasts?

MARK ALL THAT APPLY

- ☐ Yes, classrooms
☐ Yes, school bus
☐ Yes, grab and go
☐ Yes, other
☐ No, cafeteria only

23. What times are your lunch period(s)?

Period	From	To
1	_ _ : _ _	_ _ : _ _
2	_ _ : _ _	_ _ : _ _
3	_ _ : _ _	_ _ : _ _
4	_ _ : _ _	_ _ : _ _
5	_ _ : _ _	_ _ : _ _
6	_ _ : _ _	_ _ : _ _
7	_ _ : _ _	_ _ : _ _
8	_ _ : _ _	_ _ : _ _
9	_ _ : _ _	_ _ : _ _
10	_ _ : _ _	_ _ : _ _

24. How many minutes, on average, would you estimate a student spends in line to get lunch? Do not count waiting for made- or cooked-to-order items.

--	--

 MINUTES

25. Does your school have enough serving lines or stations to serve lunch to all students in the first half of each lunch period?

- ☐ Yes
☐ No

AFTERSCHOOL SNACKS	NUTRITION PROMOTION/EDUCATION
26. Does your school provide reimbursable snacks for one or more afterschool programs (either at this school or other locations)? 1 ☐ Yes 0 ☐ No → Go to Q.29	29. Does your school participate in the Fresh Fruit and Vegetable Program (FFVP)—a program that provides funds to purchase fresh fruits and vegetables and distribute them free to students outside of reimbursable meals? 1 ☐ Yes 0 ☐ No
27. How often are snacks picked up by or delivered to afterschool program staff? MARK ONLY ONE 1 ☐ Daily 2 ☐ Weekly 3 ☐ Monthly 4 ☐ Other (Specify) _____	30. Is your school participating in any national, state, or local nutrition/wellness initiatives, other than the development/implementation of a school district wellness policy? 1 ☐ Yes 0 ☐ No → Go to Q.31
28. How do you determine the number of reimbursable snacks served each day? MARK ONLY ONE 1 ☐ Based on leftovers returned (compared to number of snacks provided the day before) → Go to Q.29 2 ☐ Based on number of students enrolled in afterschool program → Go to Q.29 3 ☐ Based on number of snacks requested by afterschool program → Go to Q.28a 4 ☐ Based on attendance sheets maintained by afterschool program and provided to food service department → Go to Q.28b 5 ☐ Based on other records maintained by afterschool program staff (Specify) _____ → Go to Q.29 6 ☐ Other (Specify) _____ → Go to Q.29	30a. Which initiatives is your school involved in? MARK ALL THAT APPLY 1 ☐ Team Nutrition 2 ☐ Healthy Schools Program (Alliance for a Healthier Generation) 3 ☐ Steps to a Healthier US (Centers for Disease Control and Prevention program) 4 ☐ Healthy Kids Challenge 5 ☐ PE4Life 6 ☐ CATCH (Coordinated Approach to Child Health) 7 ☐ Game On! The Ultimate Wellness Challenge (Action for Healthy Kids) 8 ☐ ReCharge! Energizing Afterschool (Action for Healthy Kids) 8 ☐ Healthy Eating by Design (Robert Wood Johnson Foundation) 10 ☐ Active Living by Design (Robert Wood Johnson Foundation) 11 ☐ Healthy Kids Healthy Communities (Robert Wood Johnson Foundation) 12 ☐ HealthierUS School Challenge 13 ☐ Other (Specify) _____ 14 ☐ Other (Specify) _____ 15 ☐ Other (Specify) _____
28a. The number of reimbursable snacks are based on snacks requested on a . . . MARK ONLY ONE 1 ☐ Daily basis 2 ☐ Weekly basis 3 ☐ Monthly basis 4 ☐ Some other basis (Specify) _____	
GO TO Q.29	
28b. The number of reimbursable snacks are based on attendance sheets provided on a . . . MARK ONLY ONE 1 ☐ Daily basis 2 ☐ Weekly basis 3 ☐ Monthly basis 4 ☐ Some other basis (Specify) _____	

31. Does your school routinely make information on the nutrient content of USDA-reimbursable meals available to students or parents?

- 1 ☐ Yes
0 ☐ No → **Go to Q.32**

31a. How do you make nutrition information available to students or parents?

MARK ALL THAT APPLY

- 1 ☐ Send menus/flyers home
2 ☐ Post information in school (for example, on bulletin boards or on cafeteria lines)
3 ☐ Post information online
4 ☐ Post information on TV
5 ☐ Post information in newspapers
6 ☐ Other (*Specify*)

32. In the past 12 months, have you or anyone on your staff engaged in the following activities?

- a. Attended a PTA or other parent group meeting to discuss the school food service program
- b. Provided families with information about the school food service program
- c. Invited family members to consume a school meal
- d. Participated in a nutrition education activity in the classroom
- e. Conducted a nutrition education activity in the food service area
- f. Participated in a school meeting about local wellness policy
- g. Participated in a district meeting about local wellness policy

Yes	No
1 ☐	0 ☐
1 ☐	0 ☐
1 ☐	0 ☐
1 ☐	0 ☐
1 ☐	0 ☐
1 ☐	0 ☐
1 ☐	0 ☐

BACKGROUND AND EXPERIENCE

33. How long have you been a school food service manager?

YEARS OR MONTHS

34. What is the highest grade or year of schooling you have completed?

MARK ONLY ONE

- 1 ☐ Less than high school
2 ☐ High school
3 ☐ Some college, no degree
4 ☐ Associate's degree
5 ☐ Bachelor's degree
6 ☐ Graduate degree

35. Which of the following credentials do you hold?

MARK ALL THAT APPLY

- 1 ☐ Associate's degree in consumer science, hotel/restaurant management, baking/ culinary arts, etc.
2 ☐ Bachelor's degree in consumer science, hotel/restaurant management, culinary arts, etc.
3 ☐ Licensed nutritionist
4 ☐ Master's level nutritionist
5 ☐ On-the-job training
6 ☐ Registered Dietitian
7 ☐ School Nutrition Specialist (SNA certified)
8 ☐ State food service certificate
0 ☐ None of the above
9 ☐ Other (*Specify*)

Thank you for taking the time to complete this survey. Your cooperation is very much appreciated.

Please keep a copy of the completed form for your records. Please return the completed form with the other completed Menu Survey forms in the pre-addressed Federal Express envelope provided. If you no longer have the envelope, please mail this completed form to:

Mathematica Policy Research, Inc.
Attn: Receipt Control – SNDA IV Project 6546
P.O. Box 2393
Princeton, NJ 08543-2393

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ID#: |_|_|_|_|_|_|_|_|_|_|

Name of School: _____

SFA: _____

City and State: _____

OMB Clearance Number: 0584-0527

Expiration Date: 09/30/2012

School Nutrition Dietary Assessment Study

Principal Survey

Sponsored by:

U.S. Department of Agriculture
Food and Nutrition Service

Time Burden for this collection of information is estimated to average 20 minutes, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed and completing and reviewing the collection of information.

Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to U.S. Department of Agriculture, Clearance Officer, OIRM, Room 404-W, Washington, DC 20250; and to the Office of Information and Regulatory Affairs, Office of Management and Budget, Washington, DC 20503.

INSTRUCTIONS

- Please answer all of the questions.
- Unless you see the words MARK ALL THAT APPLY after a question, please mark only one answer for each question.
- If you have any questions about the study or about completing this survey, please do not hesitate to contact Annalee Kelly by phone at 1-xxx-xxx-xxxx or email akelly@mathematica-mpr.com

The information you provide will be used only for statistical purposes. In accordance with the Confidential Information Protection and Statistical Efficiency Act of 2002, your responses will not be disclosed in identifiable form without your consent.

Participation is completely voluntary. Choosing not to participate will not affect your employment or your district's participation in school meal programs in any way.

We thank you for your cooperation and participation in this very important study.

FOR ASSISTANCE CALL TOLL FREE: 1-xxx-xxx-xxxx

SCHOOL MEAL POLICIES

1. Where do students eat school breakfast?

MARK ALL THAT APPLY

- 1 ☐ No breakfast program
 - 2 ☐ Cafeteria or other indoor/outdoor food service area
 - 3 ☐ School buses
 - 4 ☐ Classrooms
 - 5 ☐ Outdoors
 - 6 ☐ Other (*Specify*)
-

2. Are all students scheduled to have a lunch period every day?

- 1 ☐ Yes → **Go to Q.3**
- 0 ☐ No

2a. Why do some students not have a lunch period?

MARK ALL THAT APPLY

- 1 ☐ Take extra credit class instead
 - 2 ☐ Take remedial class instead
 - 3 ☐ Take class only available during scheduled lunch
 - 4 ☐ Schedule does not include lunch period
 - 5 ☐ Other (*Specify*)
-

3. Are all students required to go to the cafeteria or food service area (indoor or outdoor) during their lunch period?

- 1 ☐ Yes → **Go to Q.5**
- 0 ☐ No

4. Where may students go during their lunch period?

MARK ALL THAT APPLY

- 1 ☐ Food service area/cafeteria or other area where meals are served
 - 2 ☐ Classroom but only with teacher permission
 - 3 ☐ Classrooms open to students during lunch period
 - 4 ☐ Library
 - 5 ☐ Gym
 - 6 ☐ Computer lab or media center
 - 7 ☐ Outside, on campus
 - 8 ☐ Other designated area on campus, such as hallways, student commons
 - 9 ☐ Anywhere on campus
 - 10 ☐ Off-campus/home
 - 11 ☐ Other (*Specify*)
-

4a. What grades are allowed to go off-campus during their lunch period?

0 ☐ None → **Go to Q.5**

MARK ALL THAT APPLY

- | | | |
|----------------------------------|------------------------------|--------------------------------|
| P ☐ Pre K | 4 ☐ 4 | 9 ☐ 9 |
| K ☐ K | 5 ☐ 5 | 10 ☐ 10 |
| 1 ☐ 1 | 6 ☐ 6 | 11 ☐ 11 |
| 2 ☐ 2 | 7 ☐ 7 | 12 ☐ 12 |
| 3 ☐ 3 | 8 ☐ 8 | |

4b. Which of the following off-campus food sources are close enough for students to walk or drive to during lunch?

- 1 ☐ Fast food restaurants
- 2 ☐ Other restaurants, cafeterias, or diners
- 3 ☐ Supermarkets, convenience stores, or other stores
- 4 ☐ Off-campus lunch wagons or push carts
- 5 ☐ Home or home of relative or friend
- 6 ☐ Other food sources (*Specify*)

5. Are students who do not bring or buy lunch allowed to be in the area where students eat lunch?

- 1 ☐ Yes
- 0 ☐ No
- 2 ☐ Some are, some aren't

6. Does your school have rules or written policies about when students may buy a la carte foods, that is, foods other than a reimbursable meal or milk?

- 1 ☐ Yes
- 2 ☐ Rules for some students
- 0 ☐ No, students may buy a la carte foods under any circumstances → **Go to Q.7**

6a. Which of the following rules apply to the purchase of a la carte foods? A la carte foods may be purchased . . .

MARK ALL THAT APPLY

- 1 ☐ when a student takes a reimbursable meal
- 2 ☐ when a student brings lunch from home
- 3 ☐ after a student has eaten their meal (whether reimbursable or brought from home)
- 4 ☐ when all students have had the opportunity to take a reimbursable meal
- 5 ☐ other restriction (*Specify*)

7. Are students allowed to visit other tables during meal times?

- 1 ☐ Yes
0 ☐ No
2 ☐ Some are, some aren't

7a. Are students who go to the area where students eat lunch allowed to leave after a set period of time during their lunch period, for example, after the first 15 minutes, or do they have to stay for the full lunch period?

- 1 ☐ Yes, all students may leave → **Go to Q.8**
2 ☐ Yes, some students may leave
0 ☐ No, all students must stay in the area for the full period → **Go to Q.9**

7b. Which grades are allowed to leave after a set period of time?

MARK ALL THAT APPLY

- | | | |
|----------------------------------|------------------------------|--------------------------------|
| P ☐ Pre K | 4 ☐ 4 | 9 ☐ 9 |
| K ☐ K | 5 ☐ 5 | 10 ☐ 10 |
| 1 ☐ 1 | 6 ☐ 6 | 11 ☐ 11 |
| 2 ☐ 2 | 7 ☐ 7 | 12 ☐ 12 |
| 3 ☐ 3 | 8 ☐ 8 | |

8. Are any students who go to the area where students eat lunch allowed to leave *at any time* during their lunch period?

- 1 ☐ Yes, all students may leave at any time → **Go to Q.9**
2 ☐ Yes, some students may leave at any time (either with or without special permission)
0 ☐ No, all students must stay in the area for full period → **Go to Q.9**

8a. Which grades are allowed to leave **at any time**?

MARK ALL THAT APPLY

- | | | |
|----------------------------------|------------------------------|--------------------------------|
| P ☐ Pre K | 4 ☐ 4 | 9 ☐ 9 |
| K ☐ K | 5 ☐ 5 | 10 ☐ 10 |
| 1 ☐ 1 | 6 ☐ 6 | 11 ☐ 11 |
| 2 ☐ 2 | 7 ☐ 7 | 12 ☐ 12 |
| 3 ☐ 3 | 8 ☐ 8 | |

9. Are other school activities, such as pep rallies, club meetings, bake sales or other fundraisers, or tutoring sessions ever scheduled during meal times (breakfast or lunch)?

- 1 ☐ Yes
0 ☐ No → **Go to Q.10**

(If no breakfast (Q.1 = 1), go to Q.9b)

9a. On average, how often are the following types of activities scheduled during the **breakfast** period? MARK ONE RESPONSE FOR EACH ACTIVITY

	Every day	3-4x Per Week	1-2x Per Week	Less Than 1x Per Week or Never
Pep rallies	1 ☐	2 ☐	3 ☐	0 ☐
Club meetings	1 ☐	2 ☐	3 ☐	0 ☐
Tutoring sessions	1 ☐	2 ☐	3 ☐	0 ☐
Bake sales	1 ☐	2 ☐	3 ☐	0 ☐
Other fundraisers that include sweet or salty snack foods	1 ☐	2 ☐	3 ☐	0 ☐
Fundraisers that include pizza or other types of food	1 ☐	2 ☐	3 ☐	0 ☐
Other (<i>Specify</i>) _____	1 ☐	2 ☐	3 ☐	0 ☐

9b. On average, how often are the following types of activities scheduled during the **lunch** period? MARK ONE RESPONSE FOR EACH ACTIVITY

	Every day	3-4x Per Week	1-2x Per Week	Less Than 1x Per Week or Never
Pep rallies	1 ☐	2 ☐	3 ☐	0 ☐
Club meetings	1 ☐	2 ☐	3 ☐	0 ☐
Tutoring sessions	1 ☐	2 ☐	3 ☐	0 ☐
Bake sales	1 ☐	2 ☐	3 ☐	0 ☐
Other fundraisers that include sweet or salty snack foods	1 ☐	2 ☐	3 ☐	0 ☐
Fundraisers that include pizza or other types of food	1 ☐	2 ☐	3 ☐	0 ☐
Other (<i>Specify</i>) _____	1 ☐	2 ☐	3 ☐	0 ☐

(If responding for a high school, go to Q.12)

10. Does your school have recess?

- 1 ☐ Yes
0 ☐ No → **Go to Q.12**

10a. Do any students have recess immediately before lunch?

- 1 ☐ Yes
0 ☐ No → **Go to Q.11**

10b. Which grades have recess immediately before lunch?

MARK ALL THAT APPLY

- | | |
|----------------------------------|------------------------------|
| P ☐ Pre K | 5 ☐ 5 |
| K ☐ K | 6 ☐ 6 |
| 1 ☐ 1 | 7 ☐ 7 |
| 2 ☐ 2 | 8 ☐ 8 |
| 3 ☐ 3 | 9 ☐ 9 |
| 4 ☐ 4 | |

11. Do any students have recess immediately after lunch?

- 1 ☐ Yes
- 0 ☐ No → **Go to Q.11b**

11a. Which grades have recess immediately after lunch?

MARK ALL THAT APPLY

- | | |
|----------------------------------|------------------------------|
| P ☐ Pre K | 5 ☐ 5 |
| K ☐ K | 6 ☐ 6 |
| 1 ☐ 1 | 7 ☐ 7 |
| 2 ☐ 2 | 8 ☐ 8 |
| 3 ☐ 3 | 9 ☐ 9 |
| 4 ☐ 4 | |

11b. Are students allowed to go out to recess before the official end of their lunch period?

- 1 ☐ Yes
- 0 ☐ No → **Go to Q.12**

11c. Are there any rules about when students can go out to recess?

- 1 ☐ Yes
- 0 ☐ No → **Go to Q.12**

11d. Please describe these rules.

12. Does your school have enough serving lines or stations to serve all students during the first half of each lunch period?

- 1 ☐ Yes
- 0 ☐ No

VENDING MACHINES

13. Where are vending machines available to students in your school or on the school grounds?

MARK ALL THAT APPLY

- 0 ☐ No vending machines for students → **Go to Q.15**
- 1 ☐ Food service area(s) (indoor or outdoor area(s) where meals are served/eaten)
- 2 ☐ Other indoor area(s)
- 3 ☐ Other outside areas (on school grounds)

13a. Approximately how many **beverage** machines are there in your school or on the school grounds?

- 1 ☐ 1 to 5
- 2 ☐ 6 to 25
- 3 ☐ More than 25

13b. Not counting machines that sell only milk, 100% juice, or water, when can students use the **beverage machines** outside of the food service area?

MARK ALL THAT APPLY

- 1 ☐ No other beverage machines outside of food service area
 - 2 ☐ Before school
 - 3 ☐ During breakfast
 - 4 ☐ During school hours, before lunch
 - 5 ☐ During lunch
 - 6 ☐ After lunch, before end of last regular class
 - 7 ☐ After last regular class
 - 8 ☐ Other (*Specify*)
-

13c. Are beverage sales in your school covered by a “pouring rights” contract (that is, a long-term contract with a beverage company that establishes the company as a sole source vendor for beverages in the school)? Count beverages sold by school food service as well as those sold in vending machines or other venues not controlled by school food service.

- 1 ☐ Yes
- 0 ☐ No
- d ☐ Don't know

13d. When can students use the **snack machines** or other machines containing **snack foods** outside of the food service area?

MARK ALL THAT APPLY

- 1 ☐ No machines with snack foods outside of the food service area
 - 2 ☐ Before school
 - 3 ☐ During breakfast
 - 4 ☐ During school hours, before lunch
 - 5 ☐ During lunch
 - 6 ☐ After lunch, before end of last regular class
 - 7 ☐ After last regular class
 - 8 ☐ Other (*Specify*)
-

13e. Who receives revenue or profit from vending machines in your school? Include all machines, regardless of location or type.

MARK ALL THAT APPLY

- 1 ☐ School
- 2 ☐ School food service **only** → **Go to Q.15**
- 3 ☐ District
- 4 ☐ School food service and other school/district departments
- 5 ☐ Student organization (student council/clubs/ activities)
- 6 ☐ Student marketing/business class/club
- 7 ☐ Parent organization
- 8 ☐ Athletic department
- 9 ☐ Other (*Specify*)

d ☐ Don't know

14. Approximately how much net income does your school or the district receive from vending machines anywhere in the school or on the school grounds (per year, month, or week)? Do not include any income that goes to school food service only.

\$ PER

- 1 ☐ Year
- 2 ☐ Month
- 3 ☐ Week
- 4 ☐ Other (*Specify*)

o ☐ School or district gets no income from vending machines

d ☐ Don't know

SCHOOL STORE/SNACK BAR

15. Do you have a school store that sells foods or beverages (including snack foods)?

- 1 ☐ Yes
0 ☐ No → *Go to Q.16*

15a. What days of the week is the school store usually open?

MARK ALL THAT APPLY

- 1 ☐ Monday
2 ☐ Tuesday
3 ☐ Wednesday
4 ☐ Thursday
5 ☐ Friday
6 ☐ Various or no set schedule

15b. When is the store usually open to students?

MARK ALL THAT APPLY

- 1 ☐ Before school
2 ☐ During breakfast
3 ☐ During school hours, before lunch
4 ☐ During lunch
5 ☐ After lunch, before end of regular last class
6 ☐ After last regular class

15c. Who is responsible for the school store?

MARK ALL THAT APPLY

- 1 ☐ School food service
2 ☐ Principal
3 ☐ Athletic department
4 ☐ Student or parent organization/club
5 ☐ Other school department (*Specify*)

6 ☐ Other (*Specify*)

d ☐ Don't know

15d. Who receives income from the school store?

MARK ALL THAT APPLY

- 1 ☐ School
- 2 ☐ School food service **only** → **Go to Q.16**
- 3 ☐ District
- 4 ☐ School food service and other school/district departments
- 5 ☐ Student organization (student council/clubs/ activities)
- 6 ☐ Student marketing/business class/club
- 7 ☐ Parent organization
- 8 ☐ Athletic department
- 9 ☐ Other (*Specify*)

d ☐ Don't know

15e. Approximately how much total net income is generated from the school store (per year, month, or week)? Do not include income that goes to school food service.

\$ PER

- 1 ☐ Year
- 2 ☐ Month
- 3 ☐ Week
- 4 ☐ Other (*Specify*)

0 ☐ No income generated from school store

d ☐ Don't know

16. Outside of the food service area, do you have a school snack bar (that is, a place that prepares or serves food but does not offer reimbursable meals)?

- 1 ☐ Yes
- 0 ☐ No → **Go to Q.17**

16a. What days of the week is the snack bar open?

MARK ALL THAT APPLY

- 1 ☐ Monday
- 2 ☐ Tuesday
- 3 ☐ Wednesday
- 4 ☐ Thursday
- 5 ☐ Friday
- 6 ☐ Various or no set schedule

16b. When is the snack bar usually open to students?

MARK ALL THAT APPLY

- 1 ☐ Before school
- 2 ☐ During breakfast
- 3 ☐ During school hours, before lunch
- 4 ☐ During lunch
- 5 ☐ After lunch, before end of regular last class
- 6 ☐ After last regular class

16c. Who receives the income from the snack bar?

MARK ALL THAT APPLY

- 1 ☐ School
- 2 ☐ School food service **only** → **Go to Q.17**
- 3 ☐ District
- 4 ☐ School food service and other school/district departments
- 5 ☐ Student organization (student council/clubs/ activities)
- 6 ☐ Student marketing/business class/club
- 7 ☐ Parent organization
- 8 ☐ Athletic department
- 9 ☐ Other (*Specify*)

d ☐ Don't know

16d. Approximately how much total net income is generated from the snack bar (per year, month, or week)? Do not include income that goes to school food service.

\$ PER

- 1 ☐ Year
- 2 ☐ Month
- 3 ☐ Week
- 4 ☐ Other (*Specify*)

o ☐ No income generated from snack bar

d ☐ Don't know

NUTRITION EDUCATION AND PROMOTION/WELLNESS

17. Have you heard about USDA's Team Nutrition Initiative?

- 1 ☐ Yes
0 ☐ No → **Go to Q.18**

17a. Have your teachers used USDA's Team Nutrition materials for students or parents?

- 1 ☐ Yes
0 ☐ No

18. Is your school participating in any national, state, or local nutrition/wellness initiatives, other than the development/implementation of a school district wellness policy?

- 1 ☐ Yes
0 ☐ No ☐ → **Go to Q.19**
d ☐ Don't know ☐

18a. Which initiatives is your school involved in?

MARK ALL THAT APPLY

- 1 ☐ Team Nutrition
2 ☐ Healthy Schools Program (Alliance for a Healthier Generation)
3 ☐ Steps to a Healthier US (Centers for Disease Control and Prevention program)
4 ☐ Healthy Kids Challenge
5 ☐ PE4Life
6 ☐ CATCH (Coordinated Approach to Child Health)
7 ☐ Game On! The Ultimate Wellness Challenge (Action for Healthy Kids)
8 ☐ ReCharge! Energizing Afterschool (Action for Healthy Kids)
9 ☐ Healthy Eating by Design (Robert Wood Johnson Foundation)
10 ☐ Active Living by Design (Robert Wood Johnson Foundation)
11 ☐ Healthy Kids Healthy Communities (Robert Wood Johnson Foundation)
12 ☐ HealthierUS School Challenge
13 ☐ Other (*Specify*)
-

19. Does your school have a requirement that students receive nutrition education in class?

- 1 ☐ Yes
0 ☐ No → **Go to Q.20**

19a. Does this nutrition education requirement apply to all students?

- 1 ☐ Yes → **Go to Q.19c**
0 ☐ No

19b. To which grades does it apply?

MARK ALL THAT APPLY

- | | | |
|----------------------------------|------------------------------|--------------------------------|
| P ☐ Pre K | 4 ☐ 4 | 9 ☐ 9 |
| K ☐ K | 5 ☐ 5 | 10 ☐ 10 |
| 1 ☐ 1 | 6 ☐ 6 | 11 ☐ 11 |
| 2 ☐ 2 | 7 ☐ 7 | 12 ☐ 12 |
| 3 ☐ 3 | 8 ☐ 8 | |

19c. How much nutrition education do students receive in class?

		HOURS			MINUTES
--	--	-------	--	--	---------

- 1 ☐ Per week
2 ☐ Per month
3 ☐ Per year

20. Does your school include required, structured physical education classes for students?

- 1 ☐ Yes
0 ☐ No → **Go to Q.21**

20a. Do students take physical education classes throughout the year or only for a portion of the year?

- 1 ☐ Throughout the year → **Go to Q.20c**
2 ☐ Only for a portion of the year

20b. Do students take physical education classes for . . .

- 1 ☐ One quarter of the school year?
2 ☐ One semester or half the school year?
3 ☐ Some other amount of time? (*Specify*)

20c. (When students are taking physical education classes,) what is the average number of minutes per week that physical education is provided to students in each grade?

Grade		Minutes Per Week
P.	Pre K	_ _
K.	K	_ _
1.	1st	_ _
2.	2nd	_ _
3.	3rd	_ _
4.	4th	_ _
5.	5th	_ _
6.	6th	_ _
7.	7th	_ _
8.	8th	_ _
9.	9th	_ _
10.	10th	_ _
11.	11th	_ _
12.	12th	_ _

21. Does your school regularly provide students with opportunities for physical activity outside of physical education classes, but during school hours?

- 1 ☐ Yes
0 ☐ No → **Go to Q.22**

21a. What is the average number of minutes per week that students get opportunities for physical activity, outside of physical education classes?

MINUTES PER WEEK

22. What kinds of activities do you use to provide opportunities for physical activity?

MARK ALL THAT APPLY

- 1 ☐ Recess
2 ☐ Staff-led walks
3 ☐ Aerobic/active “stretch breaks”
4 ☐ Faculty-led games/activities
5 ☐ Free play in gymnasium/on playing fields
6 ☐ Other (*Specify*)

23. Does your school or school district have a wellness policy?

1 ☐ Yes

0 ☐ No

d ☐ Don't Know

→ Go to Q.24

23a. Which of the following has a wellness policy?

1 ☐ School

2 ☐ School district

23b. To what degree does your school implement the district's wellness policy?

1 ☐ Fully implement

2 ☐ Implement some of it

3 ☐ Implement only a little

4 ☐ Don't implement at this time

23c. Do you or anyone else in your school participate in a local wellness committee at the district level?

1 ☐ Yes

0 ☐ No

(If Q.23 is NO or DK, go to Q.27)

24. Does your school have a designated wellness coordinator?

1 ☐ Yes

0 ☐ No → Go to Q.25

24a. Does this person have another job at the school?

1 ☐ Yes

0 ☐ No → Go to Q.24c

24b. What is this person's title?

TITLE: _____

(Go to Q.24d)

24c. Is the wellness coordinator a paid or volunteer position?

1 ☐ Paid

2 ☐ Volunteer

24d. How many hours per week does this person spend on wellness-related activities?

		HOURS PER WEEK
--	--	----------------

25. Following is a list of potential wellness policy components. For each, please indicate whether the component is addressed in your district or school wellness policy and, if so, the extent to which the wellness policy requirements have been implemented in your school.

	MARK ONE RESPONSE FOR EACH				
	Addressed in Policy and Fully Implemented	Addressed in Policy and Partially Implemented	Still Being Planned	Not Addressed in Policy	Don't Know
Nutrition education	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Physical education	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Daily physical activity	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Nutrition guidelines for foods sold outside of school meals (a la carte sales, vending machines, school stores)	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Use of food or food coupons as student rewards	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Access to competitive foods during school hours	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Minimum amount of time for students to eat lunch	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Staff wellness program	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Parent involvement	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Community involvement	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Plan for measuring implementation	1 ☐	2 ☐	3 ☐	4 ☐	d ☐
Plan for measuring impact	1 ☐	2 ☐	3 ☐	4 ☐	d ☐

26. Following is a list of factors that can strengthen implementation of district or school wellness policies or present barriers to implementation. Please rate how each factor has influenced implementation of the wellness policy in your school: same comment as above.

	MARK ONE RESPONSE FOR EACH					
	Greatly Strengthened	Somewhat Strengthened	Neutral	Somewhat of a Barrier	Substantial Barrier	Don't Know
Attitude of district administrators	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
Attitude of teachers/other school staff	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
Attitude of parents	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
Attitude of students	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
District/school leadership	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
District/school priorities	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
Expertise of district/school staff	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
Availability of local champion/leader	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
Vendor flexibility	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
Financial impact	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
Other (<i>Specify</i>)						
_____	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
_____	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐
_____	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	d ☐

SCHOOL CHARACTERISTICS

27. Is your school a charter school?

1 ☐ Yes

0 ☐ No

28. As of October 1 of the current school year, what was the total enrollment at your school?

STUDENTS

28a. Are the school meal programs *unavailable* to any of these students, for example part-day kindergarteners or students who actually attend school in a different location?

1 ☐ Yes

0 ☐ No → **Go to Q.29**

28b. For how many students are the school meal programs not available?

STUDENTS

29. What is the average daily attendance at your school?

STUDENTS

OR

PERCENT

30. What time do the school doors open for students?

: AM

31. When does the first school bus usually arrive at school?

: AM

0 ☐ No school buses in the AM → **Go to Q.33**

32. When does the last school bus usually arrive at school in the morning?

: AM

0 ☐ No school buses in the AM

33. What time does the first class of the day usually start?

: AM

34. We would like to have someone on your staff complete a more detailed two-part form about the different sources of foods and beverages at your school. This will take a half hour on average, depending on the number of different sources. We will send this person a small monetary gift as a thank you for completing the form. This should be someone who is detail oriented and could provide information in a methodical fashion, such as a teacher, counselor, or administrator. It does not need to be someone in the food service department.

34a. What is the name of the person we should contact?

34b. What is their title?

34c. What is their email address?

34d. What is their phone number?

Thank you for taking the time to complete this survey. We greatly appreciate your assistance.

COMPETITIVE FOODS CHECKLISTS

Vending Machine Form

Other Sources of Foods and Beverages Form

Training Module

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SCHOOL NUTRITION DIETARY ASSESSMENT STUDY

Vending Machines (Simple)

Please return completed form by fax to (609) 799-0005 (Attn: Annalee Kelly)

Your Name: _____ Title: _____

Phone #: _____ Date form completed: _____

School Name: _____

Does your school have any vending machines available to students during the day, including before or after school?

☐ Yes → Continue ☐ No → Thank you. You are done. Please fax form to number shown above.

Instructions: Please provide the following information for every vending machine (anywhere on school grounds) that is available to students during the day, including before or after school.

A. BEVERAGE MACHINES

	Beverage Machine 1	Beverage Machine 2	Beverage Machine 3	Beverage Machine 4	Beverage Machine 5
1. Machine Type → Check here if machine contains beverages <u>AND</u> snacks	1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2. Location → Check only one location for each beverage machine					
In cafeteria (including indoor and outdoor seating/eating area)	2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
Outside but near (within 20 feet) cafeteria or seating/eating area	3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
Elsewhere in school building(s)	4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
Outside school building(s), but on school grounds (not in eating area)	5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
3. Capacity/Size → Count and enter the number of buttons <u>OR</u> front slots for each beverage machine					
If slots are not visible: Enter # of selection buttons (not sold out)	6 _____	6 _____	6 _____	6 _____	6 _____
Enter # of buttons that are sold out	7 _____	7 _____	7 _____	7 _____	7 _____
Total # of buttons (available + sold out)	8 _____	8 _____	8 _____	8 _____	8 _____
If slots are visible: Enter # of front slots that are filled	9 _____	9 _____	9 _____	9 _____	9 _____
Enter # of front slots that are empty	10 _____	10 _____	10 _____	10 _____	10 _____
Total # of front slots (filled + empty)	11 _____	11 _____	11 _____	11 _____	11 _____
4. Beverages → Enter the number of front slots/buttons for each item					
Diet carbonated soft drink (diet soda/pop)	12 _____	12 _____	12 _____	12 _____	12 _____
Regular carbonated soft drink (regular soda/pop)	13 _____	13 _____	13 _____	13 _____	13 _____
Juice (100% fruit or vegetable juice)	14 _____	14 _____	14 _____	14 _____	14 _____
Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)	15 _____	15 _____	15 _____	15 _____	15 _____
Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, Vitamin Water)	16 _____	16 _____	16 _____	16 _____	16 _____
Bottled water (plain, flavored, or sparkling)	17 _____	17 _____	17 _____	17 _____	17 _____
Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)	18 _____	18 _____	18 _____	18 _____	18 _____
Flavored milk (such as chocolate or strawberry)	19 _____	19 _____	19 _____	19 _____	19 _____
Whole or reduced fat (2%) white milk	20 _____	20 _____	20 _____	20 _____	20 _____
Low-fat (1%) white milk	21 _____	21 _____	21 _____	21 _____	21 _____
Fat-free/skim white milk	22 _____	22 _____	22 _____	22 _____	22 _____
Other (Specify) _____	23 _____	23 _____	23 _____	23 _____	23 _____
Other (Specify) _____	24 _____	24 _____	24 _____	24 _____	24 _____

B. SNACK MACHINES

	Snack Machine 1	Snack Machine 2	Snack Machine 3	Snack Machine 4	Snack Machine 5
1. Machine Type → Check here if this is a continuation of a machine that also includes beverages	1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2. Location → Check only one location for each snack machine					
In cafeteria (including indoor and outdoor seating/eating area)	2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
Outside but near (within 20 feet) cafeteria or seating/eating area	3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
Elsewhere in school building(s)	4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
Outside school building(s), but on school grounds (not in eating area)	5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
3. Capacity/Size → Count and enter the number of front slots <u>OR</u> buttons for each snack machine					
If slots are not visible: Enter # of selection buttons (not sold out)	6	6	6	6	6
Enter # of buttons that are sold out	7	7	7	7	7
Total # of buttons (available + sold out)	8	8	8	8	8
If slots are visible: Enter # of front slots that are filled	9	9	9	9	9
Enter # of front slots that are empty	10	10	10	10	10
Total # of front slots (filled + empty)	11	11	11	11	11
4. Snacks → Enter the number of front slots/buttons for each item					
Low-fat/reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	12	12	12	12	12
Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	13	13	13	13	13
Pretzels	14	14	14	14	14
Popcorn	15	15	15	15	15
Cracker sandwiches with cheese or peanut butter	16	16	16	16	16
Other types of crackers (including animal crackers)	17	17	17	17	17
Low-fat/reduced-fat granola bars, cereal bars, or energy bars	18	18	18	18	18
Regular granola bars, cereal bars, or energy bars	19	19	19	19	19
Crispy rice bars or treats	20	20	20	20	20
Candy	21	21	21	21	21
Gum	22	22	22	22	22
Nuts and/or seeds (such as almonds, peanuts, sunflower seeds, or trail mix)	23	23	23	23	23
Fruit snacks (such as Fruit Roll-Ups or fruit leather)	24	24	24	24	24
Meat snacks (such as jerky or pork rinds)	25	25	25	25	25
Other (Specify) _____	26	26	26	26	26
5. Baked Goods → Enter the number of front slots/buttons for each item					
Low-fat/reduced-fat cakes, cupcakes, or brownies	27	27	27	27	27
Regular cakes, cupcakes, or brownies	28	28	28	28	28
Low-fat pies, turnovers, or toaster pastries	29	29	29	29	29
Regular pies, turnovers, or toaster pastries	30	30	30	30	30
Doughnuts	31	31	31	31	31
Low-fat cookies	32	32	32	32	32
Regular cookies	33	33	33	33	33
Bread, rolls, bagels, or tortillas	34	34	34	34	34
Other (Specify) _____	35	35	35	35	35
6. Other Foods → Enter the number of front slots/buttons for each item					
Yogurt	36	36	36	36	36
Cheese	37	37	37	37	37
Frozen fruit bars, or popsicles	38	38	38	38	38
Milkshakes, smoothies, or yogurt drinks	39	39	39	39	39
Low-fat/reduced-fat ice cream, frozen yogurt, or sherbet	40	40	40	40	40
Regular ice cream, frozen yogurt, or sherbet	41	41	41	41	41
Dried fruit (such as raisins or apricots)	42	42	42	42	42
Canned fruit	43	43	43	43	43
Fresh fruit	44	44	44	44	44
Vegetables	45	45	45	45	45
Other (Specify) _____	46	46	46	46	46

FREQUENTLY ASKED QUESTIONS

What if my school does not have any vending machines or other food sources?

It is important that we have a record of all the schools included in the study. Even if you have no vending machines or other food sources to report on, please complete each form by filling in the top part of the form with information about yourself and the school name, and checking off “No” in the box on the front page. Fax the entire form back to us.

What if I can't complete these forms in the week you have specified?

Please call Annalee Kelly at (609) 799-3535 or email akelly@mathematica-mpr.com to let us know when we should expect the returned forms.

What if a food item could be counted or checked in more than one category?

It is important not to count or check the same item in more than one place on the forms. Try to determine which category most closely describes the item and use that one. If you are unsure how to classify an item, put it in one of the ‘other’ spaces and specify what the item is.

What if I can't tell which category to put a food or beverage in?

Some items might not clearly fit into one of the listed categories, especially if you can't see the label. In these cases, use one of the ‘other’ spaces and specify what the item is.

What exactly should be counted in vending machines?

We are interested in knowing how many different selections can be made from a vending machine, even if some of those selections are for the same item. So, for a vending machine where you can see the items offered, you should count the “slots” holding the items. If the same cookies are in three different slots, each would be counted separately, since there are three different selections that will each get you cookies. Your counts should be based on the item that is in the *front* position of a slot. Do not count items behind the front position of a slot, regardless of whether these items are the same or different from what is in the front position. If a slot has no items at all or no item in the front position, it should be counted as empty.

For vending machines where you cannot see the items or their slots, you should count the buttons used to select the items instead. Each button should be counted separately, even if more than one button purchases the same item. If a button is marked as sold-out, it should be counted the same as an empty slot, and not counted on the form as an available item.

What if there is more than one of the same vending machine?

It is important that every vending machine available to students during the school day be reported separately. Some machines may be identical. But others may have subtle differences. For instance, one may be inside the cafeteria, while the other is just outside the cafeteria. Or one “Coke machine” might have two juice selections while another has only one and an empty slot.

What if a vending machine is out of order, is awaiting restocking, or has some other unusual circumstance?

Please call Annalee Kelly at (609) 799-3535 or email akelly@mathematica-mpr.com to explain the situation and we will instruct you on how to proceed.

How can I tell the difference between a school store, snack bar, food cart/kiosk and fundraiser?

- School Store:** Sells pre-prepared or packaged food and beverages, as well as non-food items (like school supplies), but does not prepare or heat food; could be anywhere in the school, including within the cafeteria (or eating and seating area), but would still be run separately from the regular school food service.
- Snack Bar:** Prepares and/or heats foods to order (for example, sandwiches, hot dogs, French fries, etc.) separate from the regular cafeteria or food service area; located outside of the cafeteria (or eating and seating area); may include cafes, canteens, or concession stands.
- Food Cart/Kiosk:** Sells only pre-prepared or packaged food and beverages; does not prepare or heat foods to order or sell non-food items; located outside of the school cafeteria (or eating and seating area).
- Fundraiser:** Includes special sales such as bake sales, candy drives, or special pizza day to raise money for charity, field trips, band uniforms, or sending school teams to competitions.

If you are unsure of how to categorize a food or beverage source, please call Annalee Kelly at (609) 799-3535.

What if there is more than one food cart, snack bar, school store, or fundraiser?

In these situations, the form should be completed to include all items available from a given type of source, for example, all the items available from any of the food carts.

What if there was a recent fundraiser or bake sale, or one is coming up soon?

Only food sources that are available on the day you complete the forms should be included. Recent or future sources should not be included on the form.

Where will my check be sent?

Your check will be sent to your attention at the school. Please note that it does take several weeks to process after we receive your completed forms. If for some reason you want your check sent to a different location, please contact us with that information.

Who can I contact if I have other questions about these forms?

If you have any questions about completing or returning the forms, please call Annalee Kelly at (609) 799-3535 or email akelly@mathematica-mpr.com.

**VENDING MACHINES
(ENHANCED)**

FALL 2009

SCHOOL NUTRITION DIETARY ASSESSMENT STUDY

Your Name: _____

Title: _____

Phone #: _____

School Name: _____

Date form was completed: _____

INSTRUCTIONS:

- **PLEASE PROVIDE INFORMATION FOR EVERY VENDING MACHINE (ANYWHERE ON SCHOOL GROUNDS) THAT IS AVAILABLE TO STUDENTS DURING THE DAY, INCLUDING BEFORE AND AFTER SCHOOL.**
- **WHEN YOU ARE DONE REPORTING ON YOUR BEVERAGE MACHINES, PLEASE TURN TO SECTION B, PAGE 4 TO ENTER INFORMATION ABOUT ANY SNACK MACHINES.**
- **IF YOUR SCHOOL CONTAINS MORE THAN 25 BEVERAGE MACHINES OR MORE THAN 10 SNACK MACHINES, PLEASE CALL ANNALEE KELLY AT (609) 799-3535.**

A. BEVERAGE MACHINES

1. Machine Type	→	Check here if machine contains beverages <u>AND</u> snacks
2. Location	→	Check only one location for each beverage machine
In cafeteria (including indoor and outdoor seating/eating area)		
Outside but near (within 20 feet) cafeteria or seating/eating area		
Elsewhere in school building(s)		
Outside school building(s), but on school grounds (not in eating area)		
3. Capacity/Size	→	Count and enter the number of buttons <u>OR</u> front slots for each beverage machine
If slots are not visible:		Enter # of selection buttons (not sold out)
		Enter # of buttons that are sold out
		Total # of buttons (available + sold out)
If slots are visible:		Enter # of front slots that are filled
		Enter # of front slots that are empty
		Total # of front slots (filled + empty)
4. Beverages	→	Enter the number of front slots/buttons for each item
Diet carbonated soft drink (diet soda/pop)		
Regular carbonated soft drink (regular soda/pop)		
Juice (100% fruit or vegetable juice)		
Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)		
Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, Vitamin Water)		
Bottled water (plain, flavored, or sparkling)		
Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)		
Flavored milk (such as chocolate or strawberry)		
Whole or reduced fat (2%) white milk		
Low-fat (1%) white milk		
Fat-free/skim white milk		
Other (Specify) _____		
Other (Specify) _____		

Beverage Machine 1	Beverage Machine 2	Beverage Machine 3	Beverage Machine 4	Beverage Machine 5
1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
6 ☐	6 ☐	6 ☐	6 ☐	6 ☐
7 ☐	7 ☐	7 ☐	7 ☐	7 ☐
8 ☐	8 ☐	8 ☐	8 ☐	8 ☐
9 ☐	9 ☐	9 ☐	9 ☐	9 ☐
10 ☐	10 ☐	10 ☐	10 ☐	10 ☐
11 ☐	11 ☐	11 ☐	11 ☐	11 ☐
12 ☐	12 ☐	12 ☐	12 ☐	12 ☐
13 ☐	13 ☐	13 ☐	13 ☐	13 ☐
14 ☐	14 ☐	14 ☐	14 ☐	14 ☐
15 ☐	15 ☐	15 ☐	15 ☐	15 ☐
16 ☐	16 ☐	16 ☐	16 ☐	16 ☐
17 ☐	17 ☐	17 ☐	17 ☐	17 ☐
18 ☐	18 ☐	18 ☐	18 ☐	18 ☐
19 ☐	19 ☐	19 ☐	19 ☐	19 ☐
20 ☐	20 ☐	20 ☐	20 ☐	20 ☐
21 ☐	21 ☐	21 ☐	21 ☐	21 ☐
22 ☐	22 ☐	22 ☐	22 ☐	22 ☐
23 ☐	23 ☐	23 ☐	23 ☐	23 ☐
24 ☐	24 ☐	24 ☐	24 ☐	24 ☐
25 ☐	25 ☐	25 ☐	25 ☐	25 ☐

1. Machine Type	→	Check here if machine contains beverages <u>AND</u> snacks
2. Location	→	Check only one location for each beverage machine
In cafeteria (including indoor and outdoor seating/eating area)		
Outside but near (within 20 feet) cafeteria or seating/eating area		
Elsewhere in school building(s)		
Outside school building(s), but on school grounds (not in eating area)		
3. Capacity/Size	→	Count and enter the number of buttons <u>OR</u> front slots for each beverage machine
If slots are not visible:		Enter # of selection buttons (not sold out)
		Enter # of buttons that are sold out
		Total # of buttons (available + sold out)
If slots are visible:		Enter # of front slots that are filled
		Enter # of front slots that are empty
		Total # of front slots (filled + empty)
4. Beverages	→	Enter the number of front slots/buttons for each item
Diet carbonated soft drink (diet soda/pop)		
Regular carbonated soft drink (regular soda/pop)		
Juice (100% fruit or vegetable juice)		
Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)		
Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, Vitamin Water)		
Bottled water (plain, flavored, or sparkling)		
Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)		
Flavored milk (such as chocolate or strawberry)		
Whole or reduced fat (2%) white milk		
Low-fat (1%) white milk		
Fat-free/skim white milk		
Other (Specify) _____		
Other (Specify) _____		

Beverage Machine 6	Beverage Machine 7	Beverage Machine 8	Beverage Machine 9	Beverage Machine 10
1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
6 ☐	6 ☐	6 ☐	6 ☐	6 ☐
7 ☐	7 ☐	7 ☐	7 ☐	7 ☐
8 ☐	8 ☐	8 ☐	8 ☐	8 ☐
9 ☐	9 ☐	9 ☐	9 ☐	9 ☐
10 ☐	10 ☐	10 ☐	10 ☐	10 ☐
11 ☐	11 ☐	11 ☐	11 ☐	11 ☐
12 ☐	12 ☐	12 ☐	12 ☐	12 ☐
13 ☐	13 ☐	13 ☐	13 ☐	13 ☐
14 ☐	14 ☐	14 ☐	14 ☐	14 ☐
15 ☐	15 ☐	15 ☐	15 ☐	15 ☐
16 ☐	16 ☐	16 ☐	16 ☐	16 ☐
17 ☐	17 ☐	17 ☐	17 ☐	17 ☐
18 ☐	18 ☐	18 ☐	18 ☐	18 ☐
19 ☐	19 ☐	19 ☐	19 ☐	19 ☐
20 ☐	20 ☐	20 ☐	20 ☐	20 ☐
21 ☐	21 ☐	21 ☐	21 ☐	21 ☐
22 ☐	22 ☐	22 ☐	22 ☐	22 ☐
23 ☐	23 ☐	23 ☐	23 ☐	23 ☐
24 ☐	24 ☐	24 ☐	24 ☐	24 ☐
25 ☐	25 ☐	25 ☐	25 ☐	25 ☐

A. BEVERAGE MACHINES (continued)

1. Machine Type	→ Check here if machine contains beverages <u>AND</u> snacks
2. Location	→ Check only one location for each beverage machine
In cafeteria (including indoor and outdoor seating/eating area)	
Outside but near (within 20 feet) cafeteria or seating/eating area	
Elsewhere in school building(s)	
Outside school building(s), but on school grounds (not in eating area)	
3. Capacity/Size	→ Count and enter the number of buttons <u>OR</u> front slots for each beverage machine
If slots are not visible:	Enter # of selection buttons (not sold out) Enter # of buttons that are sold out Total # of buttons (available + sold out)
If slots are visible:	Enter # of front slots that are filled Enter # of front slots that are empty Total # of front slots (filled + empty)
4. Beverages	→ Enter the number of front slots/buttons for each item
Diet carbonated soft drink (diet soda/pop)	
Regular carbonated soft drink (regular soda/pop)	
Juice (100% fruit or vegetable juice)	
Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)	
Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, Vitamin Water)	
Bottled water (plain, flavored, or sparkling)	
Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)	
Flavored milk (such as chocolate or strawberry)	
Whole or reduced fat (2%) white milk	
Low-fat (1%) white milk	
Fat-free/skim white milk	
Other (Specify) _____	
Other (Specify) _____	

Beverage Machine 11	Beverage Machine 12	Beverage Machine 13	Beverage Machine 14	Beverage Machine 15
1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9
10	10	10	10	10
11	11	11	11	11
12	12	12	12	12
13	13	13	13	13
14	14	14	14	14
15	15	15	15	15
16	16	16	16	16
17	17	17	17	17
18	18	18	18	18
19	19	19	19	19
20	20	20	20	20
21	21	21	21	21
23	23	23	23	23
24	24	24	24	24
25	25	25	25	25

1. Machine Type	→ Check here if machine contains beverages <u>AND</u> snacks
2. Location	→ Check only one location for each beverage machine
In cafeteria (including indoor and outdoor seating/eating area)	
Outside but near (within 20 feet) cafeteria or seating/eating area	
Elsewhere in school building(s)	
Outside school building(s), but on school grounds (not in eating area)	
3. Capacity/Size	→ Count and enter the number of buttons <u>OR</u> front slots for each beverage machine
If slots are not visible:	Enter # of selection buttons (not sold out) Enter # of buttons that are sold out Total # of buttons (available + sold out)
If slots are visible:	Enter # of front slots that are filled Enter # of front slots that are empty Total # of front slots (filled + empty)
4. Beverages	→ Enter the number of front slots/buttons for each item
Diet carbonated soft drink (diet soda/pop)	
Regular carbonated soft drink (regular soda/pop)	
Juice (100% fruit or vegetable juice)	
Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)	
Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, Vitamin Water)	
Bottled water (plain, flavored, or sparkling)	
Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)	
Flavored milk (such as chocolate or strawberry)	
Whole or reduced fat (2%) white milk	
Low-fat (1%) white milk	
Fat-free/skim white milk	
Other (Specify) _____	
Other (Specify) _____	

Beverage Machine 16	Beverage Machine 17	Beverage Machine 18	Beverage Machine 19	Beverage Machine 20
1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9
10	10	10	10	10
11	11	11	11	11
12	12	12	12	12
13	13	13	13	13
14	14	14	14	14
15	15	15	15	15
16	16	16	16	16
17	17	17	17	17
18	18	18	18	18
19	19	19	19	19
20	20	20	20	20
21	21	21	21	21
23	23	23	23	23
24	24	24	24	24
25	25	25	25	25

A. BEVERAGE MACHINES (continued)

		Beverage Machine 21	Beverage Machine 22	Beverage Machine 23	Beverage Machine 24	Beverage Machine 25
1. Machine Type	→ Check here if machine contains beverages <u>AND</u> snacks	1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2. Location	→ Check only one location for each beverage machine					
In cafeteria (including indoor and outdoor seating/eating area)		2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
Outside but near (within 20 feet) cafeteria or seating/eating area		3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
Elsewhere in school building(s)		4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
Outside school building(s), but on school grounds (not in eating area)		5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
3. Capacity/Size	→ Count and enter the number of buttons <u>OR</u> front slots for each beverage machine					
If slots are not visible:	Enter # of selection buttons (not sold out)	6	6	6	6	6
	Enter # of buttons that are sold out	7	7	7	7	7
	Total # of buttons (available + sold out)	8	8	8	8	8
If slots are visible:	Enter # of front slots that are filled	9	9	9	9	9
	Enter # of front slots that are empty	10	10	10	10	10
	Total # of front slots (filled + empty)	11	11	11	11	11
4. Beverages	→ Enter the number of front slots/buttons for each item					
Diet carbonated soft drink (diet soda/pop)		12	12	12	12	12
Regular carbonated soft drink (regular soda/pop)		13	13	13	13	13
Juice (100% fruit or vegetable juice)		14	14	14	14	14
Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)		15	15	15	15	15
Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, Vitamin Water)		16	16	16	16	16
Bottled water (plain, flavored, or sparkling)		17	17	17	17	17
Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)		18	18	18	18	18
Flavored milk (such as chocolate or strawberry)		19	19	19	19	19
Whole or reduced fat (2%) white milk		20	20	20	20	20
Low-fat (1%) white milk		21	21	21	21	21
Fat-free/skim white milk		23	23	23	23	23
Other (Specify) _____		24	24	24	24	24
Other (Specify) _____		25	25	25	25	25

B. SNACK MACHINES

	Snack Machine 1	Snack Machine 2	Snack Machine 3	Snack Machine 4	Snack Machine 5
1. Machine Type → Check here if this is a continuation of a machine that also includes beverages	1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2. Location → Check only one location for each snack machine					
In cafeteria (including indoor and outdoor seating/eating area)	2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
Outside but near (within 20 feet) cafeteria or seating/eating area	3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
Elsewhere in school building(s)	4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
Outside school building(s), but on school grounds (not in eating area)	5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
3. Capacity/Size → Count and enter the number of front slots <u>OR</u> buttons for each snack machine					
If slots are not visible: Enter # of selection buttons (not sold out)	6	6	6	6	6
Enter # of buttons that are sold out	7	7	7	7	7
Total # of buttons (available + sold out)	8	8	8	8	8
If slots are visible: Enter # of front slots that are filled	9	9	9	9	9
Enter # of front slots that are empty	10	10	10	10	10
Total # of front slots (filled + empty)	11	11	11	11	11
4. Snacks → Enter the number of front slots/buttons for each item					
Low-fat/reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	12	12	12	12	12
Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	13	13	13	13	13
Pretzels	14	14	14	14	14
Popcorn	15	15	15	15	15
Cracker sandwiches with cheese or peanut butter	16	16	16	16	16
Other types of crackers (including animal crackers)	17	17	17	17	17
Low-fat/reduced-fat granola bars, cereal bars, or energy bars	18	18	18	18	18
Regular granola bars, cereal bars, or energy bars	19	19	19	19	19
Crispy rice bars or treats	20	20	20	20	20
Candy	21	21	21	21	21
Gum	22	22	22	22	22
Nuts and/or seeds (such as almonds, peanuts, sunflower seeds, or trail mix)	23	23	23	23	23
Fruit snacks (such as Fruit Roll-Ups or fruit leather)	24	24	24	24	24
Meat snacks (such as jerky or pork rinds)	25	25	25	25	25
Other (Specify) _____	26	26	26	26	26
5. Baked Goods → Enter the number of front slots/buttons for each item					
Low-fat/reduced-fat cakes, cupcakes, or brownies	27	27	27	27	27
Regular cakes, cupcakes, or brownies	28	28	28	28	28
Low-fat pies, turnovers, or toaster pastries	29	29	29	29	29
Regular pies, turnovers, or toaster pastries	30	30	30	30	30
Doughnuts	31	31	31	31	31
Low-fat cookies	32	32	32	32	32
Regular cookies	33	33	33	33	33
Bread, rolls, bagels, or tortillas	34	34	34	34	34
Other (Specify) _____	35	35	35	35	35
6. Other Foods → Enter the number of front slots/buttons for each item					
Yogurt	36	36	36	36	36
Cheese	37	37	37	37	37
Frozen fruit bars or popsicles	38	38	38	38	38
Milkshakes, smoothies, or yogurt drinks	39	39	39	39	39
Low-fat/reduced-fat ice cream, frozen yogurt, or sherbet	40	40	40	40	40
Regular ice cream, frozen yogurt, or sherbet	41	41	41	41	41
Dried fruit (such as raisins or apricots)	42	42	42	42	42
Canned fruit	43	43	43	43	43
Fresh fruit	44	44	44	44	44
Vegetables	45	45	45	45	45
Other (Specify) _____	46	46	46	46	46

B. SNACK MACHINES (continued)

	Snack Machine 6	Snack Machine 7	Snack Machine 8	Snack Machine 9	Snack Machine 10
1. Machine Type → Check here if this is a continuation of a machine that also includes beverages	1 ☐	1 ☐	1 ☐	1 ☐	1 ☐
2. Location → Check only one location for each snack machine					
In cafeteria (including indoor and outdoor seating/eating area)	2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
Outside but near (within 20 feet) cafeteria or seating/eating area	3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
Elsewhere in school building(s)	4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
Outside school building(s), but on school grounds (not in eating area)	5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
3. Capacity/Size → Count and enter the number of front slots <u>OR</u> buttons for each snack machine					
If slots are not visible: Enter # of selection buttons (not sold out)	6	6	6	6	6
Enter # of buttons that are sold out	7	7	7	7	7
Total # of buttons (available + sold out)	8	8	8	8	8
If slots are visible: Enter # of front slots that are filled	9	9	9	9	9
Enter # of front slots that are empty	10	10	10	10	10
Total # of front slots (filled + empty)	11	11	11	11	11
4. Snacks → Enter the number of front slots/buttons for each item					
Low-fat/reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	12	12	12	12	12
Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	13	13	13	13	13
Pretzels	14	14	14	14	14
Popcorn	15	15	15	15	15
Cracker sandwiches with cheese or peanut butter	16	16	16	16	16
Other types of crackers (including animal crackers)	17	17	17	17	17
Low-fat/reduced-fat granola bars, cereal bars, or energy bars	18	18	18	18	18
Regular granola bars, cereal bars, or energy bars	19	19	19	19	19
Crispy rice bars or treats	20	20	20	20	20
Candy	21	21	21	21	21
Gum	22	22	22	22	22
Nuts and/or seeds (such as almonds, peanuts, sunflower seeds, or trail mix)	23	23	23	23	23
Fruit snacks (such as Fruit Roll-Ups or fruit leather)	24	24	24	24	24
Meat snacks (such as jerky or pork rinds)	25	25	25	25	25
Other (Specify) _____	26	26	26	26	26
5. Baked Goods → Enter the number of front slots/buttons for each item					
Low-fat/reduced-fat cakes, cupcakes, or brownies	27	27	27	27	27
Regular cakes, cupcakes, or brownies	28	28	28	28	28
Low-fat pies, turnovers, or toaster pastries	29	29	29	29	29
Regular pies, turnovers, or toaster pastries	30	30	30	30	30
Doughnuts	31	31	31	31	31
Low-fat cookies	32	32	32	32	32
Regular cookies	33	33	33	33	33
Bread, rolls, bagels, or tortillas	34	34	34	34	34
Other (Specify) _____	35	35	35	35	35
6. Other Foods → Enter the number of front slots/buttons for each item					
Yogurt	36	36	36	36	36
Cheese	37	37	37	37	37
Frozen fruit bars or popsicles	38	38	38	38	38
Milkshakes, smoothies, or yogurt drinks	39	39	39	39	39
Low-fat/reduced-fat ice cream, frozen yogurt, or sherbet	40	40	40	40	40
Regular ice cream, frozen yogurt, or sherbet	41	41	41	41	41
Dried fruit (such as raisins or apricots)	42	42	42	42	42
Canned fruit	43	43	43	43	43
Fresh fruit	44	44	44	44	44
Vegetables	45	45	45	45	45
Other (Specify) _____	46	46	46	46	46

FREQUENTLY ASKED QUESTIONS

What if my school does not have any vending machines or other food sources?

It is important that we have a record of all the schools included in the study. Even if you have no vending machines or other food sources to report on, please complete each form by filling in the top part of the form with information about yourself and the school name, and checking off “No” in the box on the front page. Fax the entire form back to us.

What if I can't complete these forms in the week you have specified?

Please call Annalee Kelly at (609) 799-3535 or email akelly@mathematica-mpr.com to let us know when we should expect the returned forms.

What if a food item could be counted or checked in more than one category?

It is important not to count or check the same item in more than one place on the forms. Try to determine which category most closely describes the item and use that one. If you are unsure how to classify an item, put it in one of the ‘other’ spaces and specify what the item is.

What if I can't tell which category to put a food or beverage in?

Some items might not clearly fit into one of the listed categories, especially if you can't see the label. In these cases, use one of the ‘other’ spaces and specify what the item is.

What exactly should be counted in vending machines?

We are interested in knowing how many different selections can be made from a vending machine, even if some of those selections are for the same item. So, for a vending machine where you can see the items offered, you should count the “slots” holding the items. If the same cookies are in three different slots, each would be counted separately, since there are three different selections that will each get you cookies. Your counts should be based on the item that is in the *front* position of a slot. Do not count items behind the front position of a slot, regardless of whether these items are the same or different from what is in the front position. If a slot has no items at all or no item in the front position, it should be counted as empty.

For vending machines where you cannot see the items or their slots, you should count the buttons used to select the items instead. Each button should be counted separately, even if more than one button purchases the same item. If a button is marked as sold-out, it should be counted the same as an empty slot, and not counted on the form as an available item.

What if there is more than one of the same vending machine?

It is important that every vending machine available to students during the school day be reported separately. Some machines may be identical. But others may have subtle differences. For instance, one may be inside the cafeteria, while the other is just outside the cafeteria. Or one “Coke machine” might have two juice selections while another has only one and an empty slot.

What if a vending machine is out of order, is awaiting restocking, or has some other unusual circumstance?

Please call Annalee Kelly at (609) 799-3535 or email akelly@mathematica-mpr.com to explain the situation and we will instruct you on how to proceed.

How can I tell the difference between a school store, snack bar, food cart/kiosk and fundraiser?

- School Store:** Sells pre-prepared or packaged food and beverages, as well as non-food items (like school supplies), but does not prepare or heat food; could be anywhere in the school, including within the cafeteria (or eating and seating area), but would still be run separately from the regular school food service.
- Snack Bar:** Prepares and/or heats foods to order (for example, sandwiches, hot dogs, French fries, etc.) separate from the regular cafeteria or food service area; located outside of the cafeteria (or eating and seating area); may include cafes, canteens, or concession stands.
- Food Cart/Kiosk:** Sells only pre-prepared or packaged food and beverages; does not prepare or heat foods to order or sell non-food items; located outside of the school cafeteria (or eating and seating area).
- Fundraiser:** Includes special sales such as bake sales, candy drives, or special pizza day to raise money for charity, field trips, band uniforms, or sending school teams to competitions.

If you are unsure of how to categorize a food or beverage source, please call Annalee Kelly at (609) 799-3535.

What if there is more than one food cart, snack bar, school store, or fundraiser?

In these situations, the form should be completed to include all items available from a given type of source, for example, all the items available from any of the food carts.

What if there was a recent fundraiser or bake sale, or one is coming up soon?

Only food sources that are available on the day you complete the forms should be included. Recent or future sources should not be included on the form.

Where will my check be sent?

Your check will be sent to your attention at the school. Please note that it does take several weeks to process after we receive your completed forms. If for some reason you want your check sent to a different location, please contact us with that information.

Who can I contact if I have other questions about these forms?

If you have any questions about completing or returning the forms, please call Annalee Kelly at (609) 799-3535 or email akelly@mathematica-mpr.com.

SCHOOL NUTRITION DIETARY ASSESSMENT STUDY

Other Sources of Foods/Beverages

Please return completed form by fax to (609) 799-0005 (Attn: Annalee Kelly)

Your Name: _____ Title: _____

Phone #: _____ Date form completed: _____

School Name: _____

Besides vending machines and food sold in the cafeteria, does your school have any other sources of food or beverages available to students during the day, including before or after school?

☐ Yes → Continue ☐ No → Thank you. You are done. Please fax form to number shown above.

Instructions: Please provide the following information for every source of foods/beverages your school has other than vending machines and the cafeteria. If there is more than one of a given food source (for example, if there are multiple food carts) you can check more than one location per column and check off all the foods and beverages that are available in *any* of those locations.

1. Location → Check the location(s) of each source

- In cafeteria (including indoor and outdoor seating/eating area)
- Outside but near (within 20 feet) cafeteria or seating/eating area
- Elsewhere in school building(s)
- Outside school building(s), but on school grounds (not in seating/eating area)

2. Beverages → Check items available from each source

- Diet carbonated soft drink (diet soda/pop)
- Regular carbonated soft drink (regular soda/pop)
- Juice (100% fruit or vegetable juice)
- Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)
- Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, Vitamin Water)
- Bottled water (plain, flavored, or sparkling)
- Hot or cold chocolate drinks (such as Yoo-hoo; NOT chocolate milk)
- Flavored milk (such as chocolate or strawberry)
- Whole or reduced fat (2%) white milk
- Low-fat (1%) white milk
- Fat-free/skim white milk
- Other (Specify) _____
- Other (Specify) _____

School Store	Snack Bar	Food Cart/Kiosk	Fundraiser	Other (Specify)
Sells items in addition to foods/beverages; does not prepare/heat food	Sells only foods/beverages; prepares/heats some foods	Sells only foods/beverages; does not prepare/heat foods to order	Bake sale, candy drive, special pizza day, etc.	
1 ☐	NA	NA	1 ☐	NA
2 ☐	2 ☐	2 ☐	2 ☐	2 ☐
3 ☐	3 ☐	3 ☐	3 ☐	3 ☐
4 ☐	4 ☐	4 ☐	4 ☐	4 ☐
5 ☐	5 ☐	5 ☐	5 ☐	5 ☐
6 ☐	6 ☐	6 ☐	6 ☐	6 ☐
7 ☐	7 ☐	7 ☐	7 ☐	7 ☐
8 ☐	8 ☐	8 ☐	8 ☐	8 ☐
9 ☐	9 ☐	9 ☐	9 ☐	9 ☐
10 ☐	10 ☐	10 ☐	10 ☐	10 ☐
11 ☐	11 ☐	11 ☐	11 ☐	11 ☐
12 ☐	12 ☐	12 ☐	12 ☐	12 ☐
13 ☐	13 ☐	13 ☐	13 ☐	13 ☐
14 ☐	14 ☐	14 ☐	14 ☐	14 ☐
15 ☐	15 ☐	15 ☐	15 ☐	15 ☐
16 ☐	16 ☐	16 ☐	16 ☐	16 ☐
17 ☐	17 ☐	17 ☐	17 ☐	17 ☐

	School Store	Snack Bar	Food Cart/Kiosk	Fundraiser	Other (Specify)
	Sells items in addition to foods/beverages; does not prepare/heat food	Sells only foods/beverages; prepares/heats some foods	Sells only foods/beverages; does not prepare/heat foods to order	Bake sale, candy drive, special pizza day, etc.	_____
3. Snacks → Check items available from each source					
Low-fat/reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	18 ☐	18 ☐	18 ☐	18 ☐	18 ☐
Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)	19 ☐	19 ☐	19 ☐	19 ☐	19 ☐
Pretzels	20 ☐	20 ☐	20 ☐	20 ☐	20 ☐
Popcorn	21 ☐	21 ☐	21 ☐	21 ☐	21 ☐
Cracker sandwiches with cheese or peanut butter	22 ☐	22 ☐	22 ☐	22 ☐	22 ☐
Other types of crackers (including animal crackers)	23 ☐	23 ☐	23 ☐	23 ☐	23 ☐
Low-fat/reduced-fat granola bars, cereal bars, or energy bars	24 ☐	24 ☐	24 ☐	24 ☐	24 ☐
Regular granola bars, cereal bars, or energy bars	25 ☐	25 ☐	25 ☐	25 ☐	25 ☐
Crispy rice bars or treats	26 ☐	26 ☐	26 ☐	26 ☐	26 ☐
Candy	27 ☐	27 ☐	27 ☐	27 ☐	27 ☐
Gum	28 ☐	28 ☐	28 ☐	28 ☐	28 ☐
Nuts and/or seeds (such as almonds, peanuts, sunflower seeds, or trail mix)	29 ☐	29 ☐	29 ☐	29 ☐	29 ☐
Fruit snacks (such as Fruit Roll-Ups or fruit leather)	30 ☐	30 ☐	30 ☐	30 ☐	30 ☐
Meat snacks (such as jerky or pork rinds)	31 ☐	31 ☐	31 ☐	31 ☐	31 ☐
Other (Specify) _____	32 ☐	32 ☐	32 ☐	32 ☐	32 ☐
4. Baked Goods → Check items available from each source					
Low-fat/reduced-fat cakes, cupcakes, or brownies	33 ☐	33 ☐	33 ☐	33 ☐	33 ☐
Regular cakes, cupcakes, or brownies	34 ☐	34 ☐	34 ☐	34 ☐	34 ☐
Low-fat pies, turnovers, or toaster pastries	35 ☐	35 ☐	35 ☐	35 ☐	35 ☐
Regular pies, turnovers, or toaster pastries	36 ☐	36 ☐	36 ☐	36 ☐	36 ☐
Doughnuts	37 ☐	37 ☐	37 ☐	37 ☐	37 ☐
Low-fat cookies	38 ☐	38 ☐	38 ☐	38 ☐	38 ☐
Regular cookies	39 ☐	39 ☐	39 ☐	39 ☐	39 ☐
Bread, rolls, bagels, or tortillas	40 ☐	40 ☐	40 ☐	40 ☐	40 ☐
Other (Specify) _____	41 ☐	41 ☐	41 ☐	41 ☐	41 ☐
5. Other Foods → Check items available from each source					
Yogurt	42 ☐	42 ☐	42 ☐	42 ☐	42 ☐
Cheese	43 ☐	43 ☐	43 ☐	43 ☐	43 ☐
Frozen fruit bars or popsicles	44 ☐	44 ☐	44 ☐	44 ☐	44 ☐
Milkshakes, smoothies, or yogurt drinks	45 ☐	45 ☐	45 ☐	45 ☐	45 ☐
Low-fat/reduced-fat ice cream, frozen yogurt, or sherbet	46 ☐	46 ☐	46 ☐	46 ☐	46 ☐
Regular ice cream, frozen yogurt, or sherbet	47 ☐	47 ☐	47 ☐	47 ☐	47 ☐
Dried fruit (such as raisins or apricots)	48 ☐	48 ☐	48 ☐	48 ☐	48 ☐
Canned fruit	49 ☐	49 ☐	49 ☐	49 ☐	49 ☐
Fresh fruit	50 ☐	50 ☐	50 ☐	50 ☐	50 ☐
Vegetables	51 ☐	51 ☐	51 ☐	51 ☐	51 ☐
Other (Specify) _____	52 ☐	52 ☐	52 ☐	52 ☐	52 ☐



School Nutrition Dietary Assessment Study (SNDA-IV) Training

If you have any questions, call us toll free at (888) 633-8329

Your Role

- Complete two forms for your school about:
 - Vending machines
 - Other sources of foods and beverages
- Complete both within one week of receiving your e-mail
- Fax completed forms back to Mathematica

Goals Of This Training

- Introduce the two data collection forms
- Clarify the types of information to be collected
- Provide guidance about how to complete the forms



Please have the forms in front of you
as you go through the rest of this
document!

Vending Machine Form

Vending Machine Form

- Collects information about every machine available to students during the school day (including before or after school), including:
 - Location
 - Type of machine
 - Capacity/size of machine
 - Contents (types of items available)
- Separate sections for:
 - Beverage machines
 - Snack machines

Filling in the Form

Each column should contain information for only one vending machine

3. Capacity/Size → Count and enter the number of buttons or front slots for each beverage machine					
If slots are not visible:	Enter # of selection buttons (not sold out)	6 5	6	6	6
	Enter # of buttons that are sold out	7 1	7	7	7
	Total # of buttons (available + sold out)	8 6	8	8	8
If slots are visible:	Enter # of front slots that are filled	9	9	9	9
	Enter # of front slots that are empty	10	10	10	10
	Total # of front slots (filled + empty)	11	11	11	11
4. Beverages → Enter the number of front slots/buttons for each item					
Diet carbonated soft drink (diet soda/pop)		12 2	12	12	12
Regular carbonated soft drink (regular soda/pop)		13 3	13	13	13
Juice (100% fruit or vegetable juice)		14	14	14	14

Vending Machine Locations

For each machine, choose only ONE location:



In Cafeteria

- Includes the entire cafeteria area, including the serving lines and the seating/eating area



Outside but Near (within 20 feet) Cafeteria or Seating/Eating Area

- Adjacent to the cafeteria area (within 20 feet) but outside of the cafeteria walls



Elsewhere in School Building(s)

- Any other location that is accessible to students and inside the walls of the school building(s)



Outside School Building(s) but on School Grounds

- Areas on school grounds, but outside of the walls of the building(s)

Vending Machine Type

(Use only for combination beverage and snack machines)

A. BEVERAGE MACHINES

1. **Location** → Check only one location for each beverage machine

In cafeteria (including seating/eating area)

Outside but near (within 20 feet) cafeteria or seating/eating area

Elsewhere in school building(s)

Outside school building(s), but on school grounds

2. **Machine Type** → Check here if machine also includes snacks

Beverage 1	
1	☐
2	☐
3	☐
4	☐
5	☒

Step 1:

In Section A (Beverage Machines), check the box for “Machine Type” to indicate that the machine includes both beverages and snacks. Then record information about the beverages in the machine.

Step 2:

In Section B (Snack Machines), check the box for “Machine Type” to indicate that the machine includes both beverages and snacks. Then record information about the snacks in the machine.

B. SNACK MACHINES

1. **Location** → Check only one location for each snack machine

In cafeteria (including seating/eating area)

Outside but near (within 20 feet) cafeteria or seating/eating area

Elsewhere in school building(s)

Outside school building(s), but on school grounds

2. **Machine Type** → Check here if this is a continuation of a machine that also includes beverages

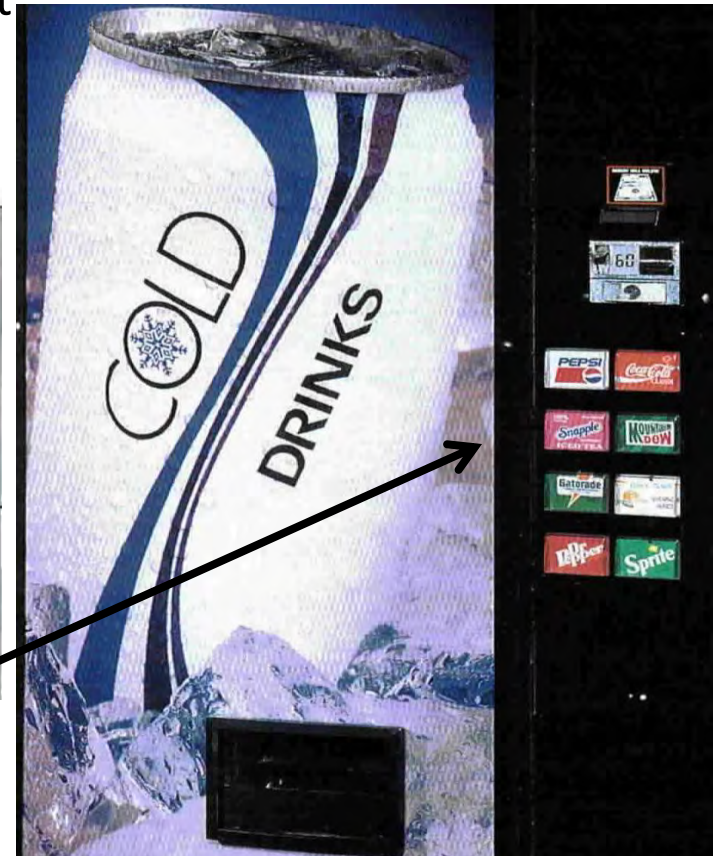
Snack 1	
1	☐
2	☐
3	☐
4	☐
5	☒

Vending Machine Capacity/Size: If Slots Are Not Visible

- Enter the number of buttons that are NOT sold out
- Enter the number of buttons that ARE sold out
- Total the number available and sold out buttons

3. Capacity/Size → Count and enter the number of buttons or front slots for each beverage machine		
If slots are not visible:	Enter # of selection buttons (not sold out)	6 8
	Enter # of buttons that are sold out	7 0
	Total # of buttons (available + sold out)	8 8
If slots are visible:	Enter # of front slots that are filled	9
	Enter # of front slots that are empty	10
	Total # of front slots (filled + empty)	11

This machine has eight buttons.
None are sold out.



Vending Machine Capacity/Size: If Slots Are Visible

- Count the number of front slots that are filled
- Count the number of front slots that are empty
- Total the number of filled and empty slots

3. Capacity/Size → Count and enter the number of buttons or front slots for each beverage machine																
If slots are not visible:	Enter # of selection buttons (not sold out)	6			6			6			6			6		
	Enter # of buttons that are sold out	7			7			7			7			7		
	Total # of buttons (available + sold out)	8			8			8			8			8		
If slots are visible:	Enter # of front slots that are filled	9		9			9			9			9			
	Enter # of front slots that are empty	10		0			10			10			10			
	Total # of front slots (filled + empty)	11		9			11			11			11			

This machine has nine front slots. None of the front slots are empty.



Vending Machine Contents

- Record the number of slots (or buttons) dedicated to each type of food or beverage
- For machines with visible slots, base your counts on the item in the front slot
- If you observe any items that are not on the list, record them on the lines marked “Other (Specify)”

6. Other Foods → Enter the number of front slots or buttons for each item	
Yogurt	36
Cheese	37
Frozen fruit bars/popsicles	38
Milkshakes/smoothies/yogurt drinks	39
Low-fat/reduced-fat ice cream/frozen yogurt/sherbet	40
Regular ice cream/frozen yogurt/sherbet	41
Dried fruit	42
Canned fruit	43
Fresh fruit	44
Vegetables	45
Other (Specify) <u>Jello</u>	46 <u>1</u>

Example #1 - Beverages

4. Beverages → Enter the number of front slots/buttons for each item

Diet carbonated soft drink (diet soda/pop)

Regular carbonated soft drink (regular soda/pop)

Juice (100% fruit or vegetable juice)

Juice drinks and other sweetened drinks (such as cranberry drink, fruit blends, Hi-C, lemonade, punch, iced tea)

Energy and sports drinks (such as Gatorade, PowerAde, Red Bull, vitamin water)

Bottled water (plain, flavored, or sparkling)

Hot or cold chocolate drinks (such as yoo-hoo; NOT chocolate milk)

Whole or reduced fat (2%) white milk

Low-fat (1%) white milk

Fat-free/skim white milk

Flavored milk

Other (Specify) _____

Other (Specify) _____

12 | _____

13 | 4

14 | 1

15 | _____

16 | _____

17 | 1

18 | _____

19 | _____

20 | _____

21 | _____

22 | _____

23 | _____

24 | _____



Example #2 - Snacks

4. Snacks → Enter the number of front slots or buttons for each item

Low-fat /reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)

12 1

Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)

13 3

Pretzels

14 1

Popcorn

15

Cracker sandwiches with cheese or peanut butter

16

Other types of crackers (including animal crackers)

17

Low-fat /reduced-fat granola, cereal, or energy bars

18

Regular granola, cereal, or energy bars

19

Crispy rice bars/treats

20

Candy

21 3

Gum

22

Nuts and/or seeds (such as almonds, peanuts, sunflower seeds or trail mix)

23

Fruit snacks (such as Fruit Roll-Ups or fruit leather)

24

Meat snacks (such as jerky or pork rinds)

25

Other (specify) _____

26



Other Sources of Foods/Beverages Form

Other Sources of Foods/Beverages Form

- Documents the availability of:
 - School stores
 - Snack bars outside the cafeteria
 - Food carts/kiosks outside the cafeteria
 - Fundraisers
 - Other sources
- For each available source, documents:
 - Location(s)
 - Types of items available
- Vending machines and food served in the cafeteria should NOT be included on this form

Filling in the Form

Note that the column headings on this form refer to specific types of food sources, not individual vending machines

	School Store	Snack Bar	Food Cart/Kiosk	Fundraiser	Other (Specify)
	Sells items in addition to foods/beverages; does not prepare or heat food	Sells only foods/beverages; prepares/heats some foods	Sells only foods/beverages; does not prepare or heat foods to order	Bake sale, candy drive, special pizza day, etc.	
18 ☒	18 ☐	18 ☐	18 ☐	18 ☐	18 ☐
19 ☒	19 ☐	19 ☐			19 ☐
20 ☒					20 ☐
21 ☐	21 ☐				21 ☐
22 ☒	22 ☐				22 ☐
23 ☐	23 ☐		23 ☐	23 ☐	23 ☐

3. Snacks → Check items available from each source

- Low-fat /reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)
- Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)
- Pretzels
- Popcorn
- Cracker sandwiches with cheese or peanut butter
- Other types of crackers (including animal crackers)

Also note that you do not need to enter counts, simply check the box if the item is available

Other Food Source Locations



School Store

- Sells other items in addition to food and beverages
- Does not prepare or heat food
- May be located in the cafeteria



Snack Bar

- Sells only food and beverages
- Prepares or heats some foods
- Includes canteens and cafes
- Located outside of the cafeteria



Food Cart/Kiosk

- Contains only food and beverages
- Does not prepare or heat foods to order
- Contains already prepared and pre-packaged food
- Located outside of the cafeteria



Fundraisers

- Includes bake sales, candy drives, or other sales that raise money for special school needs or charity
- May be sold inside of the cafeteria

Before You Return Your Forms

B. SNACK MACHINES

1. Location → Check only one location for each snack machine

In cafeteria (including seating/eating area)
 Outside but near (within 20 feet) cafeteria or seating/eating area
 Elsewhere in school building(s)
 Outside school building(s), but on school grounds

2. Machine Type → Check here if this is a continuation of a machine that also includes beverages

3. Capacity/Size → Count and enter the number of front slots or buttons for each snack machine

If slots are not visible:
 Enter # of selection buttons (not sold out)
 Enter # of buttons that are sold out
 Total # of buttons (available + sold out)

If slots are visible:
 Enter # of front slots that are filled
 Enter # of front slots that are empty
 Total # of front slots (filled + empty)

4. Snacks → Enter the number of front slots or buttons for each item

Low-fat /reduced-fat/baked chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)
 Regular chips (such as corn, potato, puffed cheese, tortilla, or snack mixes)
 Pretzels
 Popcorn
 Cracker sandwiches with cheese or peanut butter
 Other types of crackers (including animal crackers)
 Low-fat /reduced-fat granola bars
 Regular granola
 Crispy rice bars
 Candy
 Gum
 Nuts and/or seeds (such as almonds, peanuts, sunflower seeds or trail mix)
 Fruit snacks (such as Fruit Roll-Ups or fruit leather)
 Meat snacks (such as jerky or pork rinds)
 Other (specify) Jello

$$3+1+1+2+1+1=9$$

Snack 1

1 ☐
 2 ☐
 3 ☒
 4 ☐
 5 ☐

6
 7
 8
 9 9
 10 1
 11 10

12
 13 3
 14 1
 15
 16 1
 17
 18
 19
 20
 21 2
 22 1
 23
 24
 25
 26 1

✓ Carefully review all of your entries on both forms to be sure they are complete and accurate

✓ Check that the sum of items in each vending machine matches your entry for “the # of front slots that are filled”

✓ Be sure you have filled in your name and other important contact information

Returning Your Completed Forms

*Please complete your forms within one week of receiving your e-mail

*Remember to return both forms even if there are no vending machines or other food sources in your school



Please return your forms by fax to:
(877) 733-8250
Attention: Amanda Kern



If you do not have access to a fax machine, please mail your forms to:

Amanda Kern
Mathematica Policy Research
P.O. Box 2393
Princeton, NJ 08540-2393



Thank you very much!