
School Food Purchase Study-III Nutritional Characteristics of School Food Acquisitions

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EXECUTIVE SUMMARY

The need to promote healthful eating behaviors and prevent hunger among the nation's youth is great. One of the vehicles through which schools may influence children's diets is the school meal programs—the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The school meal programs, sponsored by the U.S. Department of Agriculture (USDA), have the dual goals of (1) ensuring that affordable (or free), nutritionally balanced meals are available to all children, and (2) supporting U.S. agricultural markets through the acquisition of donated USDA Foods¹ to use in preparing school lunches and breakfasts. Over the past two decades, program administrators and school food service professionals have been working to bring school meals in line with the *Dietary Guidelines for Americans*, as required by Federal regulations and reflected in nutrition standards for the programs (7 CFR Parts 210 and 220, January 26, 2012).

Nearly all public school districts in the United States acquire food for preparing and serving meals to students through the NSLP or SBP (Young et al. 2012). In fiscal year (FY) 2011, the NSLP served lunches to 31.8 million children, on average, each day.² The SBP served an average of 12.1 million children each day. Participating districts receive Federal assistance in the form of cash reimbursements and donated USDA Foods. Districts are eligible for reimbursement for meals served through the NSLP and SBP that meet defined nutrition standards. Under new standards beginning in school year (SY) 2012–2013, schools will be required to increase the availability of fruits, vegetables, and whole grains; limit milk to fat-free and unflavored low-fat milk; reduce sodium, saturated fat, and trans fat; and minimize calories (7 CFR Parts 210 and 220, January 26, 2012).

The USDA periodically sponsors the School Food Purchase Studies, which provide national estimates of the types, amounts, and costs of foods and ingredients used in meals and snacks provided to children at school. The third School Food Purchase Study (SFPS-III), conducted during SY 2009–2010, is the latest in this series of studies and the first to include a comprehensive analysis of the nutritional characteristics of foods acquired by public school districts participating in the NSLP. This report presents findings from that analysis. Information is provided about the calories, nutrients, and MyPyramid food groups available for use in school meals and other school food programs, including a la carte foods,³ and the extent to which school food acquisitions are consistent with the *Dietary Guidelines for Americans* recommendations (U.S. Department of Health and Human Services [DHHS] and USDA 2005) and the MyPyramid food guidance system (USDA, Center for Nutrition Policy and Promotion [CNPP] 2005).

¹ Formerly known as commodity foods.

² October 2011 Program Information Report available at www.fns.usda.gov/fns/data.htm.

³ A la carte foods can be purchased by students in school food service settings, but are not part of a reimbursable school meal.

A. Purpose and Objectives

The purpose of this component of the SFPS-III was to examine nutritional characteristics of the foods acquired by a national sample of school districts participating in the NSLP during SY 2009–2010. The three main objectives were to:

1. Develop national estimates of the calories, nutrients, and MyPyramid food groups available in school food acquisitions, overall and for different food acquisition categories and food groups.
2. Assess the nutritional quality of school food acquisitions relative to the 2005 *Dietary Guidelines for Americans* and MyPyramid food guidance system, as measured by the Healthy Eating Index-2005 (HEI-2005).
3. Describe the amounts of calories, nutrients, and MyPyramid food groups available and the nutritional quality of foods acquired exclusively for a la carte sales, for reimbursable meals, and for mixed uses.

The information establishes a baseline from which USDA and other stakeholders can monitor trends in the composition and nutritional quality of school food acquisitions over time.

B. Data and Methods

The data for this report were collected from 408 school food authorities (SFAs) in the 48 contiguous states and the District of Columbia as part of the SFPS-III. Data collection included two main activities: (1) collection of information on all foods acquired during a designated three-month period; and (2) a survey on food procurement practices. To address the specific objectives of this part of the study, we transformed the food acquisition data to measures of calories, nutrients, and MyPyramid food groups using USDA food and nutrient databases and methods adapted from studies of the U.S. food supply and household food availability (Kantor 1998; Hiza et al. 2008; Mabli et al. 2010). To estimate the nutrients and food groups available for consumption, adjustments were made to the amounts of some food acquisitions to account for inedible food parts (refuse) and changes in weight due to cooking or preparation. Appendix A provides detailed information on the methods used.

1. Measures

The nutrients and food groups selected for the analysis were either those included in the nutrition standards and recommendations for NSLP and SBP meals that were in place at the time of the SFPS-III, or other dietary components of concern due to the potential for inadequate or excessive intakes among school-age children. The following measures were constructed for the analysis:

- **Calorie density** – the amount of calories provided per gram of food available
- **Sources of calories** – percentages of total calories provided by protein, carbohydrate, fat, and saturated fat
- **Nutrient density** – amounts of vitamins, minerals, and other food components available per 1,000 calories

- **MyPyramid food group density** – MyPyramid food group and subgroup equivalents available per 1,000 calories
- **Healthy Eating Index-2005 scores** – total and component scores measuring dietary quality in relation to the *2005 Dietary Guidelines for Americans* and MyPyramid food guidance system (Guenther et al. 2007).

2. Analysis Methods

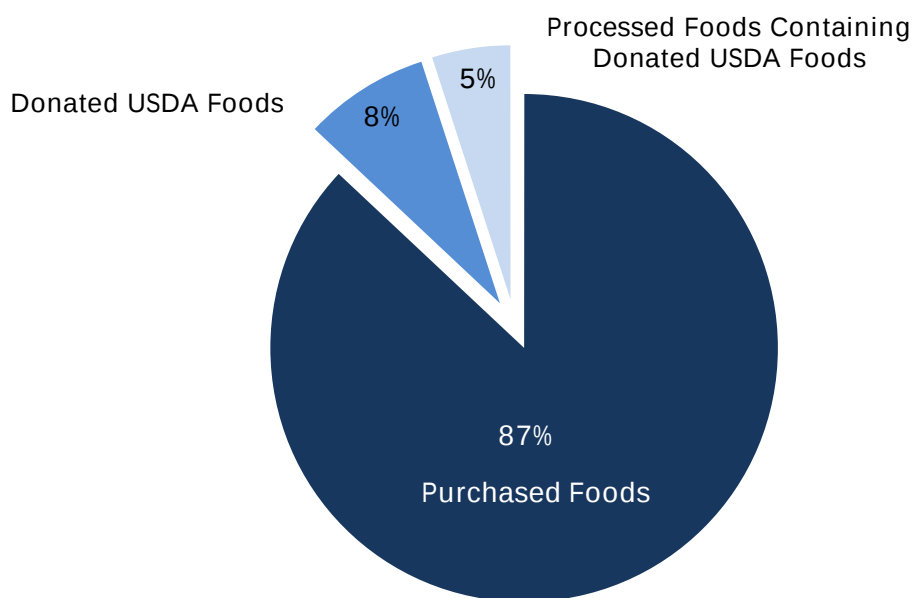
All analyses for this report were descriptive. Data for the full sample of SFAs were weighted to produce nationally representative, annual estimates of the nutritional characteristics of school food acquisitions. The results are generalizable to all public school districts in the contiguous United States that participate in the NSLP.

School Food Acquisitions

School food acquisitions were classified into three main categories—purchased foods, donated USDA Foods, and purchased foods containing donated USDA Foods. The SFA director is usually responsible for decisions about which vendors to use and what types and amounts of food to order (Young et al. 2012). Each year, states select USDA Foods for their districts from a list of more than 180 items purchased by USDA. States and school districts have the option of sending certain USDA Foods for further processing into ready-to-use menu items (USDA, FNS 2010).

Figure 1 shows the relative shares of the total volume (pounds) of foods acquired by school districts in SY 2009–2010 in each food acquisition category. Commercially purchased foods account for the largest share (87 percent). Together, donated USDA Foods and processed foods containing donated USDA Foods account for 13 percent of the total volume of foods acquired.

Figure 1. Contribution of Food Acquisition Categories to Total Volume of Foods Acquired by Public Unified NSLP School Districts, SY 2009-2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

NSLP = National School Lunch Program; SY = school year.

We examined the nutritional characteristics of all foods combined and separately for the three food acquisition categories. For context in interpreting the results presented in this summary, we describe the types of foods included in each acquisition category:

- **Purchased foods** include the full range of foods acquired by NSLP school districts. The top five contributors by volume include milk and other dairy products; fruits and juices; bakery products; vegetables; and poultry.
- **Donated USDA Foods** acquired in the largest volumes include fruits, vegetables, cheese, poultry, and red meats, as well as considerable amounts of grain products, and legumes, nuts and seeds.
- **Processed foods containing donated USDA Foods** include large shares (by volume) of poultry, prepared foods (such as pizza, prepared sandwiches, other foods containing meat and/or cheese), red meats, potatoes and potato products, and cheese.

In considering the analysis results highlighted below, it is important to recognize that differences observed for the three categories of food acquisitions reflect the differences in the types and volumes of foods acquired within each category. It is also important to note that the results presented on the nutritional characteristics of donated USDA Foods are not comparable to those reported for NSLP USDA Foods in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report (Zimmerman et al. 2012). The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, diverse metrics for standardizing the nutrient values, and for some foods, different sources of nutrient values.

We also examined the contribution of specific food groups and subgroups to the total nutrients and MyPyramid food groups available in school food acquisitions. The food classification system had been created specifically for the School Food Purchase Studies (and updated for SFPS-III). All food acquisitions were first assigned one of 865 general food item descriptions. The food items were aggregated into 16 food groups and 72 food subgroups (referred to as SFPS-III food groups) based on product features and nutritional characteristics of interest to USDA. A complete listing of the food items included in the various SFPS-III food groups and subgroups is provided in Appendix A (Table A.1).

Subsample for Analysis of A La Carte, Reimbursable, and Mixed-Use Foods

A second set of analyses was conducted for a non-random subsample of SFAs that provided complete information on foods used exclusively for a la carte sales. All school districts that participated in the SFPS-III were asked to identify foods that were acquired for a la carte sales and to estimate the proportion of the food item that was acquired for this purpose. However, only 128 school districts provided this information (see Chapter I for more details). A la carte foods include foods and beverages offered and sold to students in school as an alternative, or in addition, to the reimbursable meal. A la carte foods can be sold during meal periods in the cafeteria or in other locations, such as snack bars, snack windows, kiosks, or carts. A la carte and other competitive foods tend to be low in nutrients and relatively high in calories, fat, added sugars, and sodium, such as snack chips, candy bars, and sweetened fruit drinks (Gordon et al. 2007; Fox et al. 2009).

The data for this subsample of SFAs were not weighted. We examined the nutritional characteristics of all foods combined and separately for three food use categories:

- **A la carte-only foods** are foods reported as used exclusively for a la carte sales.
- **Foods used in reimbursable meals** include foods used for reimbursable meals and snacks, but exclude any foods used for both reimbursable meals and a la carte sales.
- **Mixed-use foods** consist of all foods used for both a la carte sales and reimbursable meals and snacks.

Foods used in reimbursable meals (but not sold a la carte) accounted for 84 percent of the total volume of the foods acquired; a la carte-only and mixed-use foods accounted for another 6 and 10 percent, respectively. It is important to use caution in interpreting the results of these analyses as the estimates may not be representative of food acquisitions by public SFAs nationally or for the full school year.

C. Calories and Nutrients Available in School Food Acquisitions

We examined the calories and nutrients available in the foods acquired by school districts in SY 2009–2010 using the calorie density, nutrient density, and sources of calories measures defined previously. We also assessed the relative contributions of different types of food acquisitions to the available calories and nutrients. To provide some context for interpreting the data, the findings are discussed in relation to the Dietary Reference Intakes (DRIs) standards for school-age children (Institute of Medicine [IOM] 2006) and the 2005 *Dietary Guidelines* (DHHS and USDA 2005). Key findings are described below.

1. Calories and Nutrients Available in All Foods

- The calorie density of all foods and beverages acquired by school districts was 1.27 calories per gram. Calorie density was slightly higher (1.98 calories per gram) when beverages were excluded, consistent with the lower calorie density of beverages compared with other foods.
- For all foods acquired, the percentage of calories from total fat (33 percent) was consistent with the Acceptable Macronutrient Distribution Range (AMDR)⁴ of 25 to 35 percent of calories. The percentage of calories from saturated fat was 10 percent, slightly higher than the *Dietary Guidelines*-recommended limit of less than 10 percent.
- Overall, the mix of foods acquired was nutrient dense and met or exceeded the average concentrations assumed in the DRIs for vitamins A and C, calcium, and iron per 1,000 calories. Potassium and fiber density were lower and fell below the average concentrations assumed in the DRIs (61 and 57 percent of the DRI standard, respectively).
- The sodium density of school food acquisitions exceeded the average concentrations assumed in the DRIs by approximately 75 percent, while the cholesterol density was consistent with recommendations.

⁴ The DRIs define Acceptable Macronutrient Distribution Ranges (AMDRs) for total fat. The AMDRs reflect the ranges of intake that are associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients (IOM 2006).

2. Calories and Nutrients Available by Food Acquisition Category

- **Purchased foods** had the lowest percentages of calories from fat (30 percent) and saturated fat (9 percent) relative to the other acquisition categories. This distribution of fat calories is consistent with the AMDR for total fat and the *Dietary Guidelines* recommendation for saturated fat. Foods in this category also had the lowest levels of sodium and cholesterol per 1,000 calories.
- **Donated USDA Foods** had the lowest calorie density (1.51 calories per gram, excluding beverages) among the food acquisition categories and the highest concentration of dietary fiber per 1,000 calories, consistent with the relatively large volumes of fruits and vegetables acquired. Donated USDA Foods, which also include relatively large amounts of cheese and red meats, had high percentages of calories from both total fat and saturated fat (44 and 18 percent, respectively).
- **Processed foods containing donated USDA Foods** had the highest calorie density (2.23 calories per gram, without beverages) and high percentages of calories from total fat (45 percent) and saturated fat (14 percent), relative to other acquisition categories. Foods in this category had the highest levels of sodium and cholesterol per 1,000 calories and the lowest concentrations of all other nutrients and dietary components examined except iron. The leading food acquisitions by volume in this category were processed poultry and red meat products and prepared foods.

3. Contribution of Food Acquisition Categories to Calories and Nutrients

- **Purchased foods** generally contributed 75 percent or more of the calories and nutrients available in school food acquisitions, compared with 87 percent of the total volume of foods acquired. Purchased foods contributed only 64 percent of the available cholesterol.
- **Donated USDA Foods** supplied 7 to 11 percent of the available calories, vitamins A and C, calcium, iron, potassium, and dietary fiber. Compared with their 8 percent contribution to the total volume of foods acquired, donated USDA Foods accounted for a disproportionate share of several nutrients that are of concern due to overconsumption: 12 percent of the available fat, 15 percent of the available saturated fat, and 17 percent of the available cholesterol.
- **Processed foods containing donated USDA Foods** made small contributions to the amounts of vitamins A and C, calcium, potassium, and dietary fiber available in school food acquisitions (3 to 7 percent). Relative to their overall contribution by volume (5 percent), these foods contributed disproportionately large shares of the available calories, fat, saturated fat, iron, sodium, and cholesterol (10 to 19 percent).

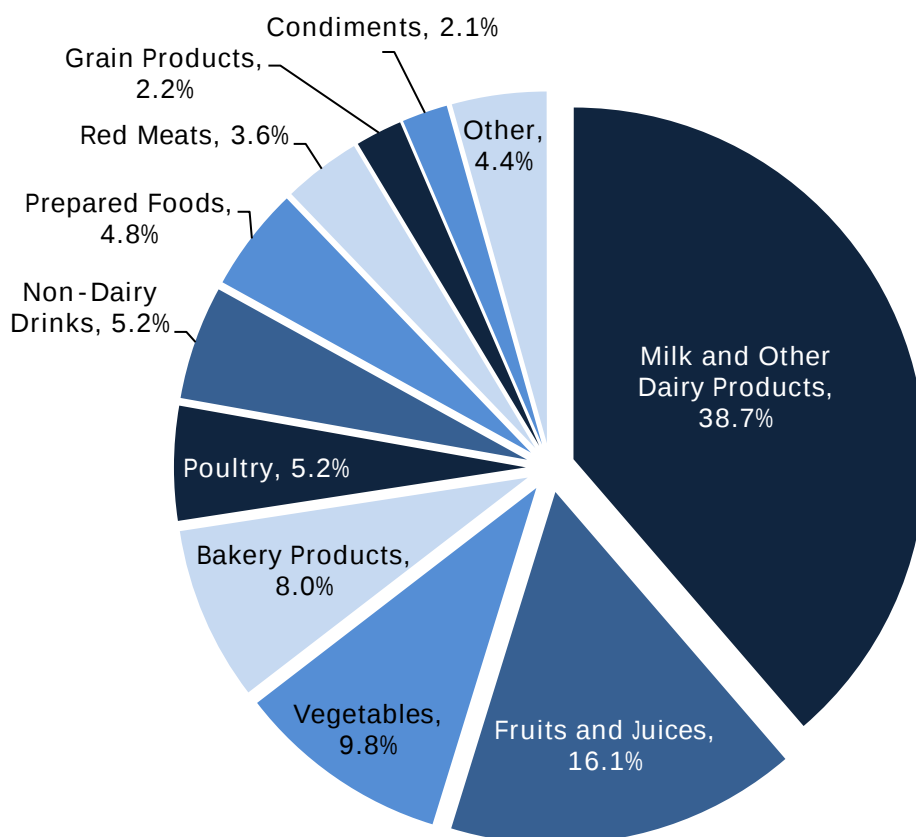
4. Contribution of SFPS-III Food Groups to Calories and Nutrients

To gain additional insights about the sources of calories and nutrients in foods acquired by school districts, we examined the relative contributions of the 16 specific food groups and 72 subgroups (SFPS-III food groups) used to classify food acquisitions to the total calories and nutrients available. As expected, based on its relative share of total volume, as shown in Figure 2, the milk and other dairy products group was the leading contributor of several nutrients and food

components. Bakery products, vegetables, and poultry contributed larger shares of several nutrients than would be expected based on volume alone. Key findings are as follows:

- **Calories.** Milk/other dairy products and bakery products accounted for the largest shares of the calories available in school food acquisitions (more than 20 percent each). Together with prepared foods (primarily pizza) and poultry, these four food groups contributed over 60 percent of the available calories.
- **Saturated fat.** Milk/other dairy products were also the leading source of saturated fat, with cheese contributing the largest share from this group (18 percent) followed by milk (13 percent). Bakery products, red meats, and prepared foods together accounted for another one-third of the saturated fat available in the foods acquired by districts.
- **Vitamins A and C.** Most of the vitamin A in school food acquisitions was provided by milk (38 percent) and vegetables, specifically the yellow, mixed, and green vegetable subgroups (27 percent). Fruits/juices and vegetables supplied more than 80 percent of the vitamin C available. Among the food subgroups, juices were the leading contributor of vitamin C, followed by fruits and potato/potato products.

Figure 2. Contribution of Food Groups to Total Volume of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: "Other" includes fats and oils; sugar and desserts; legumes, nuts, and seeds; eggs; soups and gravies; and fish.

NSLP = National School Lunch Program; SY = school year.

- **Potassium.** Together, milk/other dairy products, vegetables, and fruits/juices accounted for three-quarters of the potassium available in the food acquisitions. The leading source of potassium among the food subgroups was milk (36 percent), followed by potato/potato products (9 percent).
- **Sodium.** Bakery products, milk/other dairy products, and condiments were leading contributors to the sodium available in school food acquisitions (18, 14, and 14 percent, respectively). Leading sources of sodium among the food subgroups included breads/rolls, chicken, milk, cheese, and pizza (7 to 9 percent). Flavorings and catsup/other sauces each provided 6 percent of the available sodium.
- **Cholesterol.** Poultry, milk/other dairy products, red meats, and eggs supplied over 80 percent of the cholesterol in foods acquired by school districts. Chicken provided a larger share of available cholesterol than beef, cheese, or milk, although all of these food subgroups were important sources.
- **Dietary fiber.** Vegetables and bakery products each contributed approximately one-fifth of the dietary fiber available in school food acquisitions, with fruits/juices providing a slightly smaller share. Among the food subgroups, whole fruit was the leading source of dietary fiber.

D. MyPyramid Food Groups Available in School Food Acquisitions

The USDA MyPyramid food guidance system translates the 2005 *Dietary Guidelines for Americans* into suggested daily amounts of foods to eat from five major food groups, vegetable and grain subgroups, and oils; and provides a maximum number of discretionary calories to consume from solid fats and added sugars (USDA, CNPP 2005).⁵ We assessed the MyPyramid food groups and subgroups available in foods acquired by school districts, as well as the contributions of different types of food acquisitions to the total amount of MyPyramid food groups available. A density approach was used, similar to the approach used to describe nutrient availability. Reference standards to facilitate interpretation of the MyPyramid food group data were based on criteria for assigning maximum scores on the HEI-2005. Key findings are as follows:

1. MyPyramid Food Groups Available in All Foods

- School food acquisitions provided relatively high concentrations of total grains (3.8 ounces compared with the HEI-2005 criterion of at least 3.0 ounces per 1,000 calories), but supplied only 0.3 ounces of whole grains per 1,000 calories compared with the HEI-2005 criterion of 1.5 ounces per 1,000 calories). *Dietary Guidelines* recommendations state that at least half of all grains consumed should be whole grains (DHHS and USDA 2005).
- For all foods acquired, the concentration of milk/dairy foods was above the HEI-2005 criterion (1.6 cups compared with 1.3 cups or more per 1,000 calories). The

⁵ In June 2011, the MyPyramid Food Guidance System was replaced by MyPlate (USDA, CNPP 2011). Differences between the two systems are relatively minor.

concentrations of fruit, vegetables, and meat (including poultry, fish, eggs, soy products, and nuts and seeds) were slightly below the HEI-2005 reference standards.

- The full mix of food acquisitions had a slightly low concentration of oils relative to the HEI-2005 standard. The percentage of calories from solid fats and added sugars for all school food acquisitions (30 percent) exceeded the HEI-2005 standard of no more than 20 percent of calories from these components.

2. MyPyramid Food Groups Available by Food Acquisition Category

- **Purchased foods** had the highest concentrations of total grains and milk/dairy among the three acquisition categories, with levels that exceeded the HEI-2005 reference standards. Purchased foods had the lowest concentrations of meat, oils, and solid fats, but the concentration of added sugars was more than three times as high as the other categories (approximately 145 calories from added sugars per 1,000 calories).
- **Donated USDA Foods** had concentrations of fruit, vegetables, milk/dairy, meat, and oils that met or exceeded the HEI-2005 reference standards. Foods in this category had relatively low levels of added sugars; however, the concentration of solid fats (241 calories per 1,000 calories) was the highest among the three acquisition categories.
- **Processed foods containing donated USDA Foods** had the highest concentrations of meat and oils, with levels that exceeded the HEI-2005 reference standards. Foods in this acquisition category also had relatively high levels of total grains but the lowest concentrations of whole grains, fruit, vegetables, and milk/dairy; and they had a high level of solid fats, similar to donated USDA Foods.

3. Contribution of Food Acquisition Categories to MyPyramid Food Groups

- **Purchased foods** accounted for 80 percent or more of almost all major MyPyramid food groups available and roughly three-quarters of the available oils and solid fats. Purchased foods also contributed a little more than half (54 percent) of the meat (including meat alternatives) and almost all (94 percent) of the available added sugars.
- **Donated USDA Foods** contributed very small proportions of the total grains and added sugars available in school food acquisitions, and less than 10 percent of the available whole grains, milk/dairy, and oils. Relative to the total volume of foods acquired as donated USDA Foods (8 percent), this category contributed disproportionately large shares of the available fruit and meat (18 and 19 percent, respectively).
- **Processed foods containing donated USDA Foods** provided 5 to 8 percent of the milk/dairy, vegetables, and whole grains available in school food acquisitions. The contribution of processed foods containing donated USDA Foods to the available total grains, oils, and solid fats was at least double this category's 5 percent contribution to the total volume of foods acquired and more than one quarter of the total meat available.

E. Healthy Eating Index- 2005 Scores for School Food Acquisitions

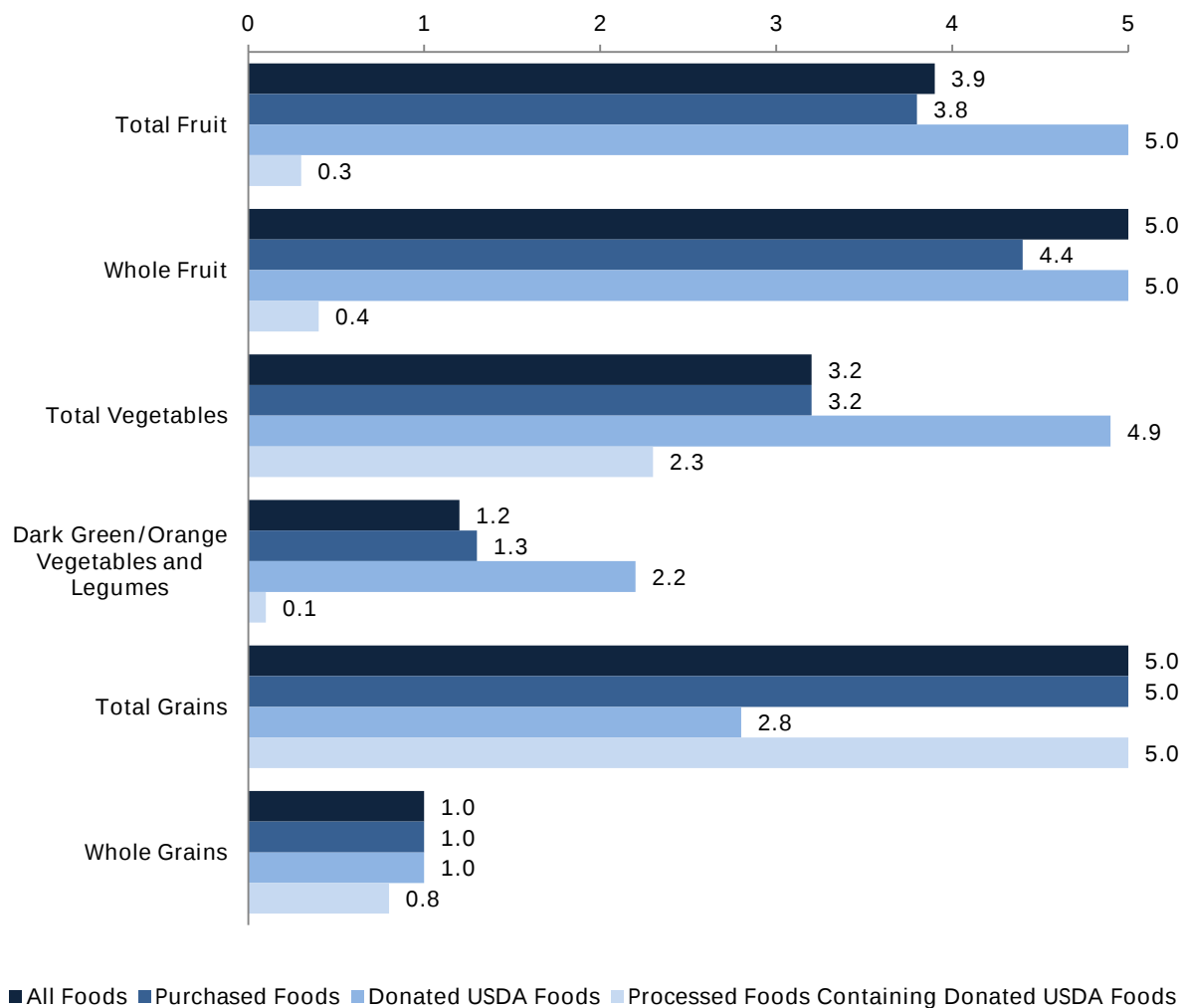
HEI-2005 scores were estimated for all foods acquired by school districts, for the three categories of food acquisitions, and for school districts with different characteristics. The HEI-2005 includes twelve component scores as well as a total score. The maximum possible scores vary for different components: (1) total fruit; whole fruit; total vegetables; dark green and orange vegetables and legumes; total grains; and whole grains have a maximum score of 5; (2) milk, meat and beans, oils, saturated fat, and sodium have a maximum score of 10; and (3) calories from solid fat and added sugars (SoFAS) has a maximum score of 20. Higher scores always reflect higher diet quality. For saturated fat, sodium, and calories from SoFAS, higher scores indicate lower levels of these dietary components. Key findings are summarized here:

1. Healthy Eating Index-2005 Scores, All Foods and by Acquisition Category

School food acquisitions as a whole had comparatively favorable HEI-2005 scores relative to the 2005 U.S. food supply. We first focus on scores for the three HEI-2005 component groups and then on the total score.

Scores for Fruits, Vegetables, and Grains

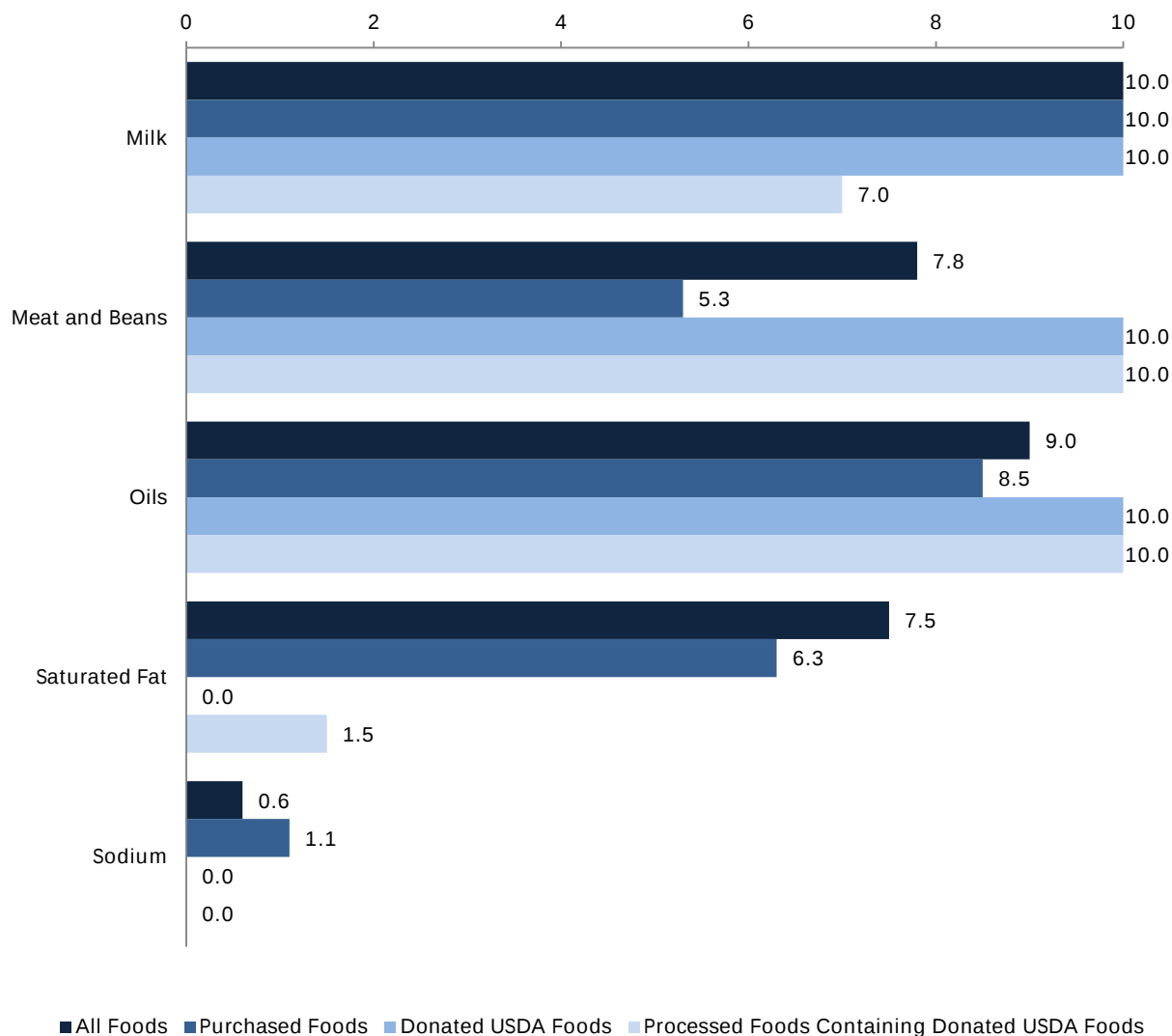
- School food acquisitions received a perfect score of 5.0 for whole fruit and total grains (Figure 3). Scores for the other HEI-2005 components in this group ranged from a low of 1.0 for whole grains to a high of 3.9 for total fruit. Relative to scores for the U.S. food supply in 2005 (Reedy et al. 2010), scores for school food acquisitions in SY 2009–2010 were notably higher for total fruit (3.9 versus 2.0), whole fruit (5.0 versus 2.6), and total vegetables (3.2 versus 2.7).
- **Purchased foods** had scores for the fruit and vegetable components that were lower than scores for donated USDA Foods and higher than scores for processed foods containing donated USDA Foods. **Donated USDA Foods** received perfect or near-perfect scores (5.0 or 4.9) for total fruit, whole fruit, and total vegetables, and the lowest score for total grains relative to the other acquisition categories (2.8 versus 5.0). **Processed foods containing donated USDA Foods** had dramatically lower scores for total fruit, whole fruit, and dark green and orange vegetables and legumes than the other two food acquisition categories (less than 0.5 points).

Figure 3. HEI- 2005 Component Scores for Components with a Maximum Score of 5

Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium

- School food acquisitions received a perfect score of 10.0 for milk (Figure 4). Scores for the other HEI-2005 components in this group ranged from a low of 0.6 for sodium to a high of 9.0 for oils, and were somewhat lower relative to scores for the 2005 U.S. food supply for meat and beans (7.8 versus 9.4) and oils (9.0 versus 9.8). HEI-2005 scores for school food acquisitions were notably higher than scores for the 2005 U.S. food supply for milk (10.0 versus 5.0) and saturated fat (7.5 versus 5.4) (Reedy et al. 2010).

Figure 4. HEI- 2005 Component Scores for Components with a Maximum Score of 10

Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

- Relative to the other two acquisition categories, **purchased foods** had the lowest scores for meat and beans (5.3 versus 10.0) and oils (8.2 versus 10.0) and the highest scores for saturated fat (6.3 versus 0.0 to 1.5) and sodium (1.1 versus 0.0). **Donated USDA Foods** had perfect scores for milk, meat and beans, and oils and the lowest score (0.0) on the saturated fat component. **Processed foods containing donated USDA Foods** received the lowest score for milk (7.0 versus 10.0) and low scores for the saturated fat and sodium components.

Scores for Calories from Solid Fats and Added Sugars (SoFAS)

- All food acquisitions received a score of 13.5 (out of 20) for the calories-from-SoFAS component. This is higher than the 10.9 score for the 2005 U.S. food supply (the

analysis of the U.S. food supply includes alcoholic beverages in this measure). Processed foods containing donated USDA Foods had the highest score for calories from SoFAS and purchased foods had the lowest score (15.7 versus 13.1). The difference in scores largely reflects the lower levels of added sugars in the processed foods.

Total Healthy Eating Index-Score

- The total HEI-2005 score provides an overall measure of dietary quality relative to the 2005 *Dietary Guidelines* recommendations and food intake patterns. All school food acquisitions in SY 2009–2010 received a score of 67.7 out of a possible 100, compared to a score of 54.9 for the 2005 U.S. food supply (Reedy et al. 2010). School food acquisitions include smaller shares of total calories contributed by saturated fat and by SoFAS, as well as greater concentrations of milk and milk products, fruit, and total vegetables. Both school food acquisitions and the U.S. food supply were low in whole grains and dark green and orange vegetables and legumes, relative to recommendations, and high in sodium.

2. Healthy Eating Index-2005 Scores, by School District Characteristics

We examined variation in HEI-2005 scores for total food acquisitions among school districts with different characteristics. These characteristics include district size (number of students), level of urbanicity (urban or rural), level of student poverty (based on percentage of students approved for free or reduced-price meals), whether the school district used a food service management company (FSMC), and menu planning system (traditional or enhanced food-based or nutrient standard menu planning). No statistical tests were performed to test the significance of observed differences across subgroups of districts, so the discussion is purely descriptive. Notable findings are as follows:

- **District size.** Scores were generally comparable for districts of all sizes for dark green and orange vegetables and legumes, total grains, milk, meat and beans, and oils. For total fruit, whole fruit, saturated fat, sodium, and calories from SoFAS, there was a modest increase in HEI-2005 scores with increasing district size. Total HEI-2005 scores ranged from 61.9 for the smallest districts (fewer than 1,000 students) to 69.7 for very large districts (25,000 or more students).
- **Urbanicity.** Scores for urban and rural districts differed by more than 10 percent for: total fruit, whole fruit, dark green and orange vegetables and legumes, whole grains, and sodium. In all cases, urban districts had higher scores than rural districts. The mix of foods acquired by urban districts received a total HEI-2005 score of 68.4, compared with 65.9 for rural districts.
- **Poverty level.** Scores for total fruit and whole fruit were notably lower (by more than 10 percent) for districts with low levels of student poverty, relative to districts with higher levels of poverty (3.1 versus 3.7 to 5.0 for total fruit; and 4.0 versus 4.8 to 5.0 for whole fruit). The opposite pattern was observed for scores on oils and saturated fat. Total HEI-2005 scores increased slightly as the level of poverty increased, from a low of 65.3 for districts with less than 30 percent of students approved for free and reduced-price meals to a high of 68.7 for districts with 60 percent or more of students approved for free or reduced-price meal benefits.

- There were very few differences in the HEI-scores for districts that did and did not use an FSMC or among districts that used different types of menu planning.

F. Nutritional Characteristics of A La Carte, Reimbursable, and Mixed- Use Food Acquisitions

For the subsample of 128 school districts, we examined the nutritional characteristics of food acquisitions for the three food use categories—foods used exclusively for a la carte sales, foods used in reimbursable meals, and foods acquired for mixed uses. Estimates for this subsample are not weighted, and therefore, cannot be considered nationally representative of school districts' acquisitions in these food use categories or of the full school year. Key findings presented below focus on a la carte-only foods and foods used in reimbursable meals (findings on mixed-use foods are not discussed in this summary but are included in Chapter V). Differences observed for the categories reflect differences in the types and volumes of foods acquired within each category, as summarized below:

- **A la carte-only foods** include large volumes of water, enriched drinks (which include sports drinks and energy drinks), cakes/other bakery desserts, pretzels/snack chips, vegetables (mainly processed potato products such as french fries and tater tots), and beef (mainly beef patties).
- **Foods used in reimbursable meals** include large volumes of milk, fruits, vegetables, juices, breads/rolls, chicken, and pizza.

1. Calories and Nutrients Available, by Food Use Category

- **A la carte-only foods** had a higher energy density (2.76 calories per gram, excluding beverages), compared to foods used in reimbursable meals (1.88 calories per gram, excluding beverages). The percentages of calories from fat (37 percent) and saturated fat (12 percent) in a la carte-only foods were high, relative to the AMDR and *Dietary Guidelines*.
- **Foods used in reimbursable meals** had percentages of calories from fat (30 percent) and saturated fat (9 percent) that are consistent with the AMDR and *Dietary Guidelines* recommendations. Foods in this category had high concentrations of vitamins A and C, calcium, potassium, and dietary fiber, which is consistent with the large volumes of milk, vegetables, fruits, and juices acquired for use in reimbursable meals.

2. MyPyramid Food Groups Available, by Food Use Category

- **A la carte-only foods** had concentrations of whole grains, fruits, vegetables, milk/dairy, and meat that were lower, relative to foods used in reimbursable meals. Foods in this category had a high percentage of calories from SoFAS (41 percent) relative to HEI-2005 standard of no more than 20 percent. These calories can be attributed to the large volumes of cakes/other bakery desserts, ice cream, beef, and enriched drinks, which are high in fat and/or added sugars.
- **Foods used in reimbursable meals** had much higher concentrations of whole grains, fruits, vegetables, and milk/dairy, relative to a la carte-only foods, but concentrations for these MyPyramid groups (excluding milk/dairy) fell slightly below

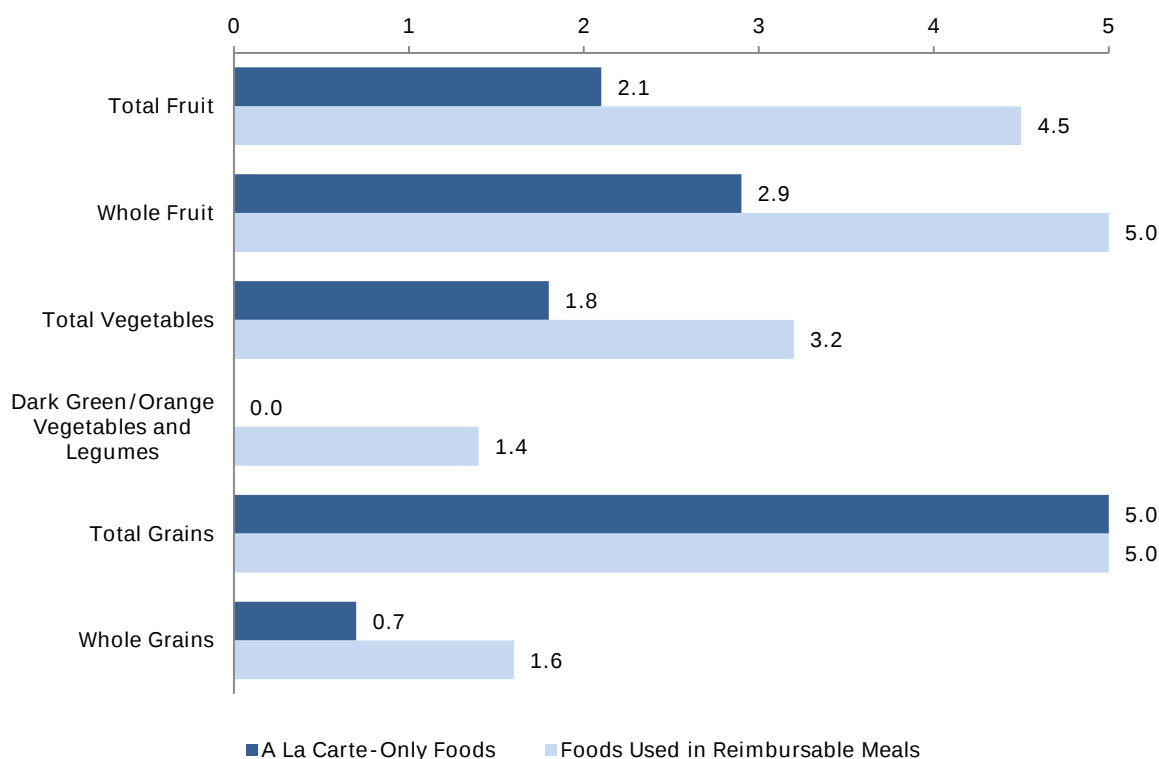
recommendations. Foods in this category had a lower percentage of calories from SoFAS (28 percent), relative to a la carte-only foods. These findings are consistent with the fact that foods acquired for use in reimbursable meals include relatively large volumes of milk, fruits, vegetables, and juices.

3. Healthy Eating Index-2005 Scores, by Food Use Category

Scores for Fruits, Vegetables, and Grains

- **A la carte-only foods** had lower scores for all components in this group, except for total grains (both categories received the maximum score of 5.0), compared to foods used in reimbursable meals (Figure 5). Scores for dark green and orange vegetables and legumes and whole grains were very low (0.0 and 0.7), and scores for total fruit, whole fruit, and total vegetables did not exceed 2.9 (the score for whole fruit).

Figure 5. HEI- 2005 Component Scores for Components with a Maximum Score of 5



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

- **Foods used in reimbursable meals** received a perfect score for whole fruit and a high score for total fruit (4.5). Although foods in this category had higher scores for dark green and orange vegetables and legumes and whole grains compared to a la carte-only foods, scores were low relative to the maximum score (1.4 and 1.6, respectively).

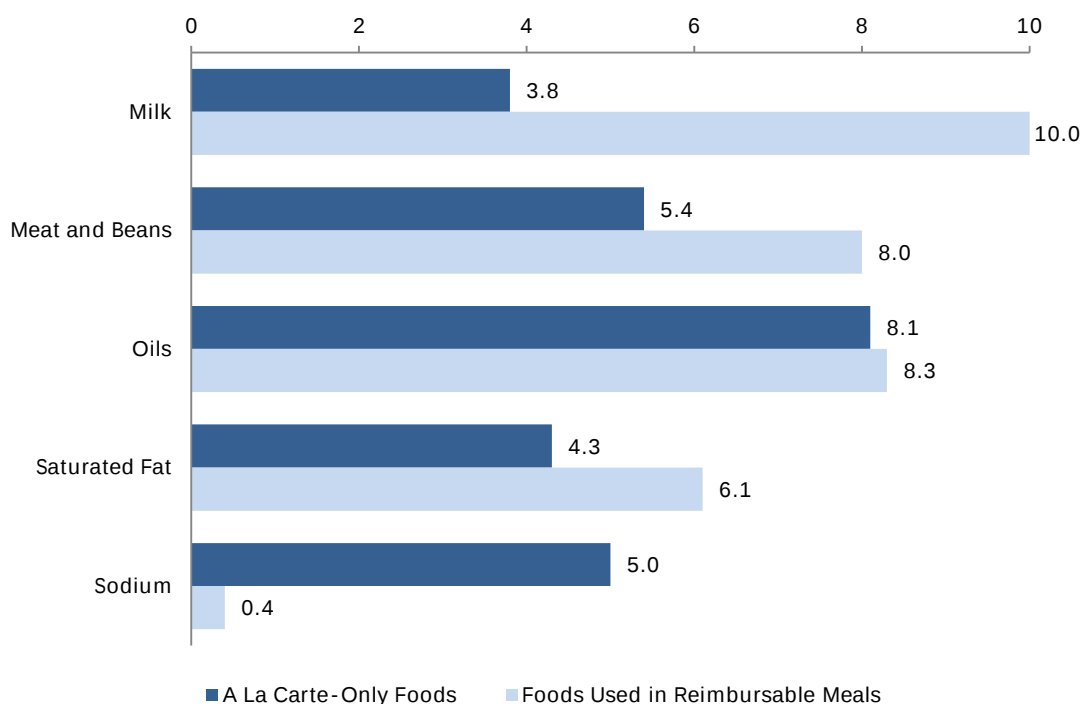
Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium

- **A la carte-only foods** received scores of 5.0 or less (out of a maximum of 10.0) for all components in this group, except for oils (8.1; Figure 6). Relative to foods used in reimbursable meals, a la carte-only foods had a much higher score for sodium (5.0 versus 0.4), and a considerably lower score for milk (3.8 versus 10.0).
- **Foods used in reimbursable meals** received a perfect score (10.0) for the milk component and relatively high scores for meat and beans and oils (8.0 and 8.3, respectively). Foods in this category had a higher score for saturated fat (6.1) compared to a la carte-only foods (4.3).

Scores for Calories from Solid Fats and Added Sugars (SoFAS)

- A la carte-only foods had a score of 6.6 (out of a maximum of 20) for calories from SoFAS, compared to a score of 14.9 for foods used in reimbursable meals. The lower score for a la carte-only foods is consistent with the relatively large volumes of foods with high concentrations of solid fats and added sugars acquired in this category (specifically, enriched drinks, cakes/other bakery desserts, beef, and ice cream).

Figure 6. HEI- 2005 Component Scores for Components with a Maximum Score of 10



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

Total Healthy Eating Index-Score

- The total HEI-2005 score provides an overall measure of nutritional quality for foods used exclusively in a la carte sales and foods used in reimbursable meals. As one might expect based on component scores, a la carte-only foods received a considerably lower total HEI-2005 score (45.7 out of a possible 100) compared to foods used in reimbursable meals (68.4). The higher nutritional quality of foods used in reimbursable meals largely reflects the relatively smaller share of calories contributed by SoFAS, as well as higher concentrations of milk, whole grains, and fruit, and, to a lesser degree, vegetables and meat and beans.

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I. INTRODUCTION

The need to promote healthful eating behaviors and prevent hunger among the nation's youth is great. Overweight and obesity are major health concerns, yet increasing numbers of households with children are food insecure (Nord et al. 2009). Experts have identified schools as the most important setting for positively influencing children's dietary intakes (Centers for Disease Control and Prevention 2011; Institute of Medicine [IOM] 2004, 2007). Two of the vehicles through which schools may influence children's diets are the school meal programs—the National School Lunch Program (NSLP) and School Breakfast Program (SBP)—and competitive foods, foods that are offered to children in school but not as part of a school meal.

The school meal programs, sponsored by the U.S. Department of Agriculture (USDA), have the dual goals of (1) ensuring that affordable (or free), nutritionally balanced meals are available to all children in school; and (2) supporting U.S. agricultural markets through the acquisition of donated USDA Foods to use in preparing school lunches and breakfasts. Over the past two decades, program administrators and school food service professionals have been working to bring school meals in line with the *Dietary Guidelines for Americans*, as required by Federal regulations and reflected in nutrition standards for the programs (7 CFR Parts 210 and 220, January 26, 2012). Policymakers have also enacted legislation requiring school districts to set local wellness policies that include nutrition criteria for competitive foods.⁶ The Healthy, Hunger-Free Kids Act of 2010 (P.L. 111-296) strengthened this legislation and charged USDA with establishing nutrition standards for all foods available on school campuses.

The USDA periodically assesses the nutritional characteristics of school meals and other aspects of school food environments through the School Nutrition Dietary Assessment studies. Policymakers have used findings from these national studies to establish and update nutrition standards for the programs; program staff have used them to develop new training and technical assistance to ensure the nutritional integrity of the programs. The School Lunch and Breakfast Cost Studies examine the costs associated with producing school meals. USDA also regularly sponsors the School Food Purchase Studies, which provide national estimates of the types, amounts, and costs of foods and ingredients (both purchased and donated) used in meals and snacks provided to children at school.

The third School Food Purchase Study (SFPS-III), conducted during school year (SY) 2009–2010, is the latest in this series of studies and the first to include an in-depth nutrient and food group analysis of the foods acquired by public unified school districts participating in the NSLP.⁷ This report presents findings from that analysis. The analysis was conducted for USDA's Food and Nutrition Service (FNS) by Mathematica Policy Research, under contract with Agralytica, who conducted the SFPS-III and provided the food acquisition data that were used in the analysis.

The report provides information about the calories (food energy), nutrients, and MyPyramid food groups available for use in meals and snacks offered through the NSLP, SBP, and other school food programs. Also presented are the results of an assessment of the nutritional quality of food

⁶ Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265).

⁷ Unified districts are those that include both primary schools (kindergarten through grade 8) and high schools (grades 9 through 12).

acquisitions relative to the 2005 *Dietary Guidelines for Americans* recommendations (U.S. Department of Health and Human Services [DHHS] and USDA 2005) and the MyPyramid food guidance system (USDA, Center for Nutrition Policy and Promotion [CNPP] 2005), based on the Healthy Eating Index-2005⁸ (Guenther et al. 2007). These findings provide unique information about all foods acquired by school districts and serve as a baseline for monitoring the nutritional characteristics of school food acquisitions over time, including donated USDA Foods. The Healthy, Hunger-Free Kids Act of 2010 included a provision that USDA continue to improve the nutritional quality of donated USDA Foods. The report also includes findings from a parallel set of analyses for a subset of school districts that focuses on the nutritional characteristics of foods used only for a la carte sales,⁹ foods used in reimbursable meals, and foods used for both a la carte sales and reimbursable meals.

A. Background on School Food Programs

Virtually all public school districts participate in and acquire food for preparing and serving meals to students through the NSLP or SBP. The SFPS-III estimated that in SY 2009–2010 the vast majority of districts also acquired food for one or more smaller programs or food service functions in addition to the NSLP or SBP (95 percent) (Young et al. 2012). In this section, we describe the NSLP and SBP and the wide variety of programs and other functions for which districts purchase food. It is important to note that proportion of foods acquired by SFAs for these other programs is relatively small compared to the foods acquired for the NSLP and SBP.

1. National School Lunch Program and School Breakfast Program

The NSLP and SBP ensure that all children have access to nutritious meals and snacks throughout the school year. Nearly all public schools and 94 percent of all schools (public and private combined) in the United States participate in the NSLP (Ralston et al. 2008)¹⁰. The SBP is available in almost 90 percent of schools that offer the NSLP (Young et al. 2012). Any child in a participating school is eligible to obtain school meals, and children from low-income households are eligible to receive meals for free or at a reduced price. In fiscal year (FY) 2011, the NSLP served lunches to 31.8 million children, on average, each day.¹¹ The SBP served an average of 12.1 million children each day. Two-thirds (67 percent) of the lunches and 84 percent of the breakfasts were served free or at a reduced price.

FNS administers the NSLP and SBP at the Federal level. At the State level, Child Nutrition (CN) agencies oversee the programs. Local school food authorities (SFAs)¹² have responsibility for providing meals for children and for establishing children's eligibility for free and reduced-price

⁸ The *Dietary Guidelines* were updated in 2010. Differences between the 2005 and 2010 versions are relatively minor, so the Healthy Eating Index-2005 (HEI-2005) remains the optimal tool for assessing diet quality.

⁹ A la carte foods can be purchased by students in school food service settings, but are not part of a reimbursable school meal.

¹⁰ Nonprofit residential child care institutions are also eligible to participate in the NSLP and SBP.

¹¹ The FY 2011 statistics reported in this chapter were obtained from the October 2011 Program Information Report available at www.fns.usda.gov/fns/data.htm.

¹² SFAs are individual school districts or small groups of districts that have legal authority to operate the NSLP and SBP. Throughout this report, the terms *school district* and *SFA* are used interchangeably.

meals. Children are eligible to receive free meals if their household incomes are no more than 130 percent of the federal poverty level; those with household incomes between 130 and 185 percent of poverty are eligible to receive reduced-price meals.

SFAs participating in the NSLP and SBP receive Federal assistance in the form of cash reimbursements and donated USDA Foods.¹³ USDA provides a cash reimbursement for every eligible lunch and breakfast served, with higher rates of reimbursement for meals served to children from low-income households. SFAs receive an annual entitlement of USDA Foods, at a set rate per meal, based on the total number of reimbursable lunches served the preceding school year (USDA, FNS 2010). Periodically, SFAs may also be offered bonus USDA Foods that do not count against their entitlement. The types and amounts of bonus foods vary based on agricultural surpluses and USDA's purchasing decisions.

Nutrition Standards for School Meals

To be eligible for reimbursement, meals served through the NSLP and SBP must meet defined nutrition standards. The School Meals Initiative for Healthy Children (SMI), implemented in 1995, established nutrition standards to bring school meals more in line with the 1995 *Dietary Guidelines for Americans* (USDA and DHHS 1995). The SMI standards in place at the time of this study required that meals provide no more than 30 percent of calories from total fat and less than 10 percent of calories from saturated fat. In addition, lunches had to provide one-third of children's daily requirements for calories and key nutrients; breakfasts had to provide one-fourth of daily requirements. The SMI also encouraged schools to offer meals with reduced levels of sodium and cholesterol and more fiber.

New nutrition standards for school meals will be implemented beginning in SY 2012–2013 (7 CFR Parts 210 and 220, January 26, 2012). Changes to the standards incorporate updates to nutrition guidance in the 2005 and 2010 *Dietary Guidelines* and the nutrient requirements established in the Dietary Reference Intakes (DRIs) (IOM 2006).¹⁴ Schools will be required to increase the availability of fruits, vegetables, and whole grains; limit milk to fat-free and unflavored low-fat milk; reduce sodium, saturated fat, and trans fat; and meet children's nutrient needs within their calorie requirements. It is important to note that although the SMI standards were in place at the time the SFPS-III was conducted, they applied only to full meals—no standards exist for the individual food items or the mix of foods acquired by school districts participating in the NSLP or SBP.

2. Other Food Programs

Although the largest share of foods acquired by school districts is used for preparing and serving meals to students through the NSLP or SBP, up to one-third of school districts use a portion of their food acquisitions for another federally subsidized food program serving children. For example, in SY 2009–2010, the Afterschool Snack Program, also administered by FNS, operated in about 28 percent of SFAs (Young et al. 2012). The Afterschool Snack Program is available to school districts or individual schools participating in the NSLP, provided they offer children

¹³ USDA Foods were formerly known as commodity foods.

¹⁴ The new requirements are based on recommendations from IOM, which are included in the 2010 report, "School Meals: Building Blocks for Healthy Children."

supervised educational or enrichment activities outside of the regular school day. Participating school districts receive cash reimbursements from USDA for snacks served to children that meet specific food requirements.

Other subsidized food programs offered by school districts include the Summer Food Service Program, which provides meals (and snacks) to children from low-income households during the summer; the Fresh Fruit and Vegetable Program, which provides children with a variety of free fresh fruits and vegetables throughout the school day; and the Child and Adult Care Food Program, which provides meals and snacks to preschool children, including those in the Head Start centers. Approximately one in five school districts acquired food for one or more of these programs in SY 2009–2010 (Young et al. 2012).

3. A la Carte Food Sales

The great majority (80 percent) of districts acquire foods for a la carte sales (Young et al. 2012). A la carte sales include foods and beverages offered and sold to students in school as an alternative, or in addition, to the reimbursable meal. Although some foods sold on an a la carte basis are the same items included in reimbursable meals (referred to as mixed-use foods), others tend to be low in nutrients and relatively high in calories, fat, added sugars, and sodium (Gordon et al. 2007; Fox et al. 2009), such as snack chips, candy bars, and sweetened fruit drinks. USDA prohibits the sale of foods of minimal nutritional value in the food service area during meal periods (7 CFR Parts 210 and 220, Appendix B)¹⁵; however, a la carte and other competitive foods are not currently subject to other Federal nutrition standards. At the time of the SFPS-III study, the Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265) required that all districts participating in the NSLP have a local wellness policy that includes nutrition criteria for all foods available on school campuses.

4. Catering and Other Food Service Functions

Schools frequently sell food to teachers and administrators and provide meals for food service staff. Eight in 10 districts reported providing staff meals in SY 2009–2010. Another common school food service function is catering for school-related events, reported by half of all districts. Public catering, day care, disaster feeding, and other nonreimbursable uses of school food acquisitions were also mentioned.

B. Overview of Food Acquisition Practices

Many factors can influence the nutritional characteristics of foods acquired by school districts. The SFPS-III provides a comprehensive picture of district characteristics, food acquisition practices, and food service operations and how they relate to food costs. To provide additional background for the findings presented in this report, we repeat some of the findings related to acquisition practices here.

Food acquisition is typically centralized within a school district. For commercial purchases, the SFA director is responsible for decisions about which vendors to use and what types and amounts

¹⁵ Foods of minimal nutritional value are defined as having less than 5 percent of the Recommended Daily Allowance per serving for eight key nutrients and include soft drinks, water ices, chewing gum, and some candies.

of food to order (Young et al. 2012).¹⁶ Price is a deciding factor for most districts. Program regulations stipulate that SFAs use specific procurement methods to ensure that they receive products at the lowest price (USDA, FNS 2011a). To ensure quality, most districts used product specifications when purchasing food in SY 2009–2010. Product specifications often indicated the type or variety of food desired, the packaging unit, use of CN label, and/or quality/grade standards. Specifications for whole grain content and the type or amount of fat were also used by an estimated two-thirds of districts (Young et al. 2012). Calories and sodium, the only other nutrient specifications that respondents were asked about, were used somewhat less frequently (46 percent of districts).

In response to mounting interest among school districts to incorporate regionally and locally produced foods into the school nutrition programs, the 2008 Farm Bill allowed districts to include a preference for local vendors in their bid specifications.¹⁷ Soon after, USDA established the Know Your Farmer, Know Your Food initiative and a Farm to School Team to support state and local efforts to connect schools with local farmers (USDA, FNS 2011b). The SFPS-III found that slightly more than one-third of districts, mostly those smaller in size, were in states with a Farm to School program available in 2009–2010. Although only 21 percent of districts reported buying locally grown produce at that time, another 13 percent were developing programs to do so (Young et al. 2012).

In addition to food acquisitions from commercial vendors and local farmers, school districts use their annual entitlement to obtain donated USDA Foods. Each year, states select USDA Foods for their school districts from a list of items purchased by USDA.¹⁸ In SY 2009–2010, there were more than 180 products available as donated USDA Foods, including fruits, vegetables, meats, fish, poultry, cheese, beans, rice, pasta, and flour and other grain products (USDA, FNS 2009). USDA has been working over the past 20 years to ensure that donated foods and ingredients are consistent with the *Dietary Guidelines* and MyPyramid food guidance. Specifically, lower-fat meats, poultry, and cheeses are available; more fruits, vegetables, and whole grain products are offered; butter, shortening, trans fats in potato products, and canned fruits packed in heavy syrup were eliminated; and the sodium content of canned vegetables and some processed products was reduced (USDA, FNS 2009).

States and school districts also have the option of sending certain USDA Foods for further processing into ready-to-use menu items. For example, USDA whole chickens can be processed into precooked chicken patties and chicken nuggets, and part-skim mozzarella cheese can be used in frozen pizza. Although there are no specific nutrition standards for processed foods containing USDA Foods, school districts can review the nutritional profile of the processed products before purchasing them (Food Research and Action Center 2008).

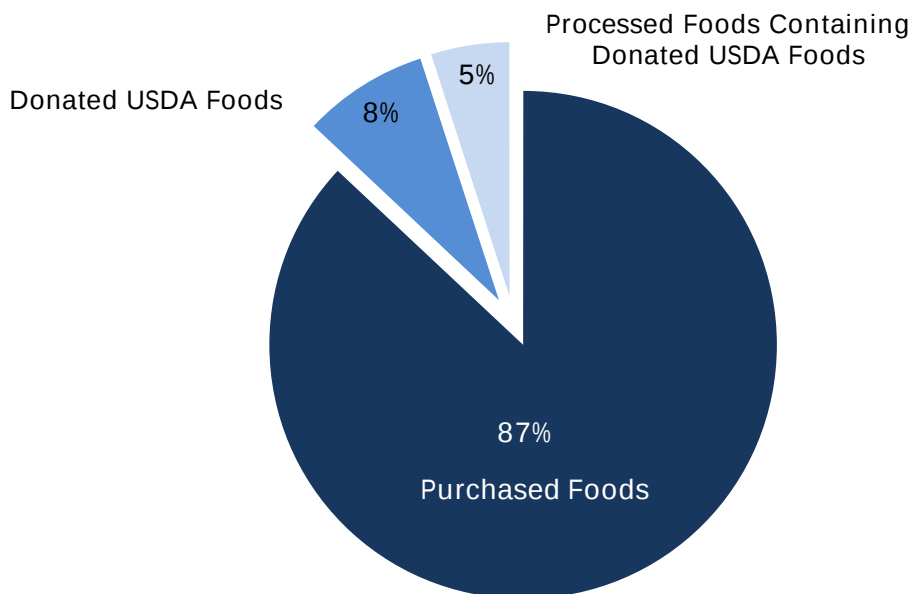
¹⁶ Kitchen managers or head cooks, who may also serve as the SFA director, are often the key decision makers in very small districts (those with fewer than 1,000 students).

¹⁷ Food, Conservation, and Energy Act of 2008 (P.L. 110-246).

¹⁸ Entitlement dollars may also be used to purchase a wide variety of fresh fruits and vegetables available through the Department of Defense Fresh Fruit and Vegetable Program (DoD Fresh). An average of 30 percent of SFAs' entitlement funds were used for this purpose in SY 2009–2010 (Young et al. 2012).

School food acquisitions can be classified into three categories—purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods. Figure I.1 shows the relative shares of the total volume (pounds) of foods acquired by school districts in SY 2009–2010 by food acquisition category. Commercially purchased foods represented the largest share (87 percent), donated USDA Foods represented 8 percent, and processed foods containing donated USDA Foods represented just 5 percent of the total volume of foods acquired.

Figure I.1. Contribution of Food Acquisition Categories to Total Volume of Foods Acquired by Public Unified NSLP School Districts, SY 2009–2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

NSLP = National School Lunch Program; SY = school year.

C. Purpose and Objectives

The purpose of this component of the SFPS-III study was threefold: (1) to develop national estimates of the calories, nutrients, and MyPyramid food groups available for preparing and serving reimbursable meals and other foods to children in U.S. public schools during SY 2009–2010; (2) to examine the nutritional quality of school food acquisitions relative to the 2005 *Dietary Guidelines for Americans* and MyPyramid food guidance system using the Healthy Eating Index-2005 (HEI-2005); and (3) to describe the nutritional characteristics of food acquisitions used strictly for a la carte sales, foods used for reimbursable meals (but not a la carte), and foods used for both purposes (mixed-used foods). Together, the information used to address these three objectives establishes a baseline from which USDA and other stakeholders can monitor trends in the composition and nutritional quality of school food acquisitions over time.

The study addresses the following specific research questions under the three broad objectives:

Objective 1. Develop estimates of the calories, nutrients, and MyPyramid food groups available in the foods acquired by a national sample of public school districts participating in the NSLP during SY 2009–2010.

- What amounts of calories, nutrients, and MyPyramid food groups are available in the foods acquired by school districts, for all foods and for the three main food acquisition categories—purchased foods, donated USDA Foods, and purchased foods containing donated USDA Foods?
- What are the relative contributions of the three food acquisition categories to the total calories, nutrients, and MyPyramid food groups available in the foods acquired by districts?
- What are the relative contributions of specific food groups and subgroups to the calories, nutrients, and MyPyramid food groups available in the foods acquired by districts?

Objective 2. Assess the extent to which foods acquired by a national sample of school districts are consistent with the *2005 Dietary Guidelines for Americans* and MyPyramid food guidance system, as measured by the HEI-2005.

- What are the HEI-2005 scores for the foods acquired by school districts, for all foods and for the three food acquisition categories? How do they compare with the maximum HEI-2005 scores?
- What are the HEI-2005 scores for the foods acquired by subgroups of school districts defined by district size, urban or rural location, poverty level of students, use of a food service management company (FSMC), and menu planning system?

Objective 3. Describe the amounts of calories, nutrients, and MyPyramid food groups available in and conformance to the *2005 Dietary Guidelines* and MyPyramid food guidance system of foods acquired exclusively for a la carte sales, for reimbursable meals, and for mixed uses.

- What amounts of calories, nutrients, and MyPyramid food groups are available in the foods acquired by school districts, for all foods and for three food use categories—a la carte-only foods, foods used for reimbursable meals (excluding a la carte foods), and mixed-use foods?
- What are the relative contributions of specific food groups and subgroups to the calories, nutrients, and MyPyramid food groups available in the foods acquired by districts, for all foods and for the three food use categories?
- What are the HEI-2005 scores for the foods acquired by districts for all foods and for the three food use categories? How do they compare with the maximum HEI-2005 scores?

D. Design of the SFPS- III Study

Here we provide an overview of the sampling, data collection, and nutrition coding procedures used for the SFPS-III. Additional details of the study design and methods are provided in Appendix A.

1. Sample Design

The SFPS-III was designed to provide national, annual estimates of the quantity and value of food acquisitions by public SFAs that participate in the NSLP. The sample frame was obtained from Quality Education Data, Inc. (QED) and included information for all SFAs in the 48 contiguous states and the District of Columbia.¹⁹ The sample of SFAs was selected using a modified probability proportional to size (PPS) method, stratifying on the 10 USDA Farm Production Regions and the SFAs' use of an FSMC. To ensure that the design measured annual food acquisitions and minimized the burden on individual respondents, the sampled districts were assigned evenly and randomly to one of four quarters of SY 2009–2010 and were asked to provide data for that three-month period.

2. Data Collection and Processing

Data were collected from SFA directors or their designees for the school year beginning July 1, 2009, through June 30, 2010. Data collection included two main activities: (1) collection of information on all foods acquired during the designated three-month period, including purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods; and (2) a survey on food procurement practices.

- **Food acquisition data.** SFAs were asked to submit copies of documents (or electronic files) that included detailed information about the types, amounts, and prices of all food purchases and donated USDA Foods received during the specified three months. They could choose to supply the data through monthly vendor summaries, copies of invoices, or tally sheets supplemented with bid specifications, when available.
- **Food procurement practices.** The procurement practices survey (sent to respondents by email) collected data on school district characteristics; food procurement methods; use of donated USDA Foods, foods from DoD Fresh, and locally grown produce; menu planning methods; food programs offered; and other aspects of food service operations.

Of the initial sample of 600 SFAs, 408 provided food acquisition data and 416 completed the procurement practices survey, yielding response rates of 68 and 69 percent, respectively.

To address FNS's interest in learning more about the types, amounts, and nutritional characteristics of foods acquired strictly for a la carte sales, the SFPS-III was designed to collect data to distinguish these foods from foods used for reimbursable meals and other purposes. After SFAs submitted all of their food acquisition data, respondents were provided with a summary of all acquisitions reported for the quarter and were asked to identify any items that were used for a la carte sales. Because many foods and ingredients are used for both a la carte sales and reimbursable meals, respondents were also asked to estimate the percentage of each food that was used for a la carte sales. Thus, foods used exclusively for a la carte sales would be marked as 100 percent a la carte.

¹⁹ Data were also collected from SFAs in Hawaii and Alaska. The food acquisition data have been linked to USDA nutrient and MyPyramid databases but were not analyzed for this report. These data are available in a separate restricted use data file.

Providing the requested detail about foods used for a la carte sales proved to be a difficult task for many SFAs. Several factors contributed to this difficulty: (1) the decision about how foods are used was often made by food service staff at the individual schools, rather than by the individuals who procured (acquired) the foods; (2) some foods were ingredients that were used in multiple end products; and (3) the task was felt to be too burdensome. Ultimately, 128 of the full sample of 408 SFAs (31 percent) provided the data needed to identify foods that were used exclusively for a la carte sales (or a la carte-only foods).

The food acquisition data were coded, transcribed onto standardized forms, and entered into a central database by staff at Ender York, Inc. The details of this process are available in the SFPS-III final report (Young et al. 2012). The final data files containing each SFA's food acquisitions, along with data on district characteristics from the procurement practices survey, were sent to Mathematica for further processing and analysis.

To estimate calories and nutrients, the food acquisition data were linked to values included in USDA's Food and Nutrient Database for Dietary Studies (FNDDS), version 3.0 (USDA and Agricultural Research Service, Food Surveys Research Group 2008). For a small number of food items, it was necessary to obtain nutrient data directly from the National Nutrient Database for Standard Reference (SR), Release 22 (USDA and Agricultural Research Service 2009). The MyPyramid Equivalents Database for USDA Survey Codes (MPED), version 2.0 (Bowman et al. 2008), provided most of the data used to estimate the MyPyramid food groups and subgroups. Food purchases and donated USDA Foods include a mix of raw ingredients and prepared foods. To more closely assess the nutrients and food groups available for consumption, we adjusted the values for some foods to account for inedible food parts (refuse) and changes in weight due to cooking or other method of preparation.²⁰ Appendix A provides detailed information on the methods used to transform the food acquisition data to the measures of nutrients and MyPyramid food groups used in the analysis.

Two other methodological considerations are important to mention here.

1. The precision of the food and nutrient coding was limited by the food descriptions available in the data files. In coding the raw food acquisition data, Ender York staff assigned each unique food to one of 865 general food item descriptions, based on the descriptions available in a school district's food acquisition records. Characteristics related to nutrient content (for example, whether a product was reduced-fat, whole-grain, or low-sodium) were also captured when available. Mathematica's nutritionists then used the general food item descriptions and available nutrition characteristics to identify the closest match in the nutrient databases. Defaults were used when necessary details were not available.
2. All reported foods and ingredients were included in the analyses, including water, salt, and cooking fats. The SFPS-III pretest indicated that SFAs would not be able to identify the amounts of fats and oils that were used exclusively for deep frying. Thus, it was not possible to adjust for the amounts discarded. The result is that the fat (and calories) available for consumption in some food acquisitions might be overestimated.

²⁰ Data on food waste or spoilage were not available.

E. Overview of Analysis Methods

This section describes the final samples of school districts used for the analysis, provides an overview of the measures of nutrient and food group availability and nutritional quality, and presents additional information about the major categories of food acquisitions used to tabulate and describe the findings.

1. Analysis Samples

We used the full sample of 408 SFAs to describe the nutritional characteristics of foods acquired by school districts. This includes all foods acquired in each of the three food acquisition categories (Objectives 1 and 2). All analyses were weighted to produce estimates that are nationally representative of public NSLP school districts during SY 2009–2010. The sampling weights adjust for the probabilities of selection and nonresponse and convert the quarterly food acquisition data to annual estimates. Findings from selected analyses are presented for subgroups of SFAs based on their demographic and operational characteristics. A separate weight that accounts for the slightly smaller sample of SFAs ($n = 404$) that provided both food acquisition and procurement practices data was used for these analyses. Additional details about the weighting procedures are provided in Appendix A.

All of the tables in the main text that are based on the full sample of SFAs present results of descriptive analyses conducted at the population level. We refer to these data as national, annualized estimates of the *total* calories/nutrients and MyPyramid food groups available in, or total HEI-2005 scores for, foods acquired across the universe of public school districts. The same set of analyses was conducted at the SFA level producing national, annual estimates of the *mean* calories/nutrients, MyPyramid food groups, and HEI-2005 scores for food acquisitions within SFAs. The latter set of tables are provided in appendices, but are not discussed in the report.

Subsample for analyses by food use categories. As described previously, the sample available for analyses of the foods acquired exclusively for a la carte sales, for reimbursable meals, and for mixed uses (Objective 3) was a nonrandom subsample of 128 SFAs that provided the information required to identify a la carte-only foods. These data are not weighted; therefore, the estimates cannot be considered nationally representative of school districts' acquisitions in these food use categories or of the full school year. The findings reported are based on the types and amounts of foods acquired over a three-month period. Nonetheless, this report provides useful information about a broad range of nutritional characteristics of a la carte foods that has not previously been available to USDA. In interpreting the findings from these analyses, it is important to recognize that there is variability across districts and many similar food items appeared in different food use categories in different districts.

2. Measures of Nutrient and Food Group Availability and Nutritional Quality

To examine various aspects of the nutritional characteristics of school food acquisitions, we selected measures of calories, nutrients, and food groups, as well as a composite measure of nutritional quality. The measures reflect nutrients and food groups of concern in the diets of school-age children because of both inadequate and excessive intakes. It was also important that the specific measures chosen include those covered in the current *Dietary Guidelines for Americans* and standards for the NSLP and SBP. Moreover, to be most useful, the set of measures had to be comprehensive enough for monitoring the characteristics of school food acquisitions in relation to future nutrition guidelines and standards.

Method for standardizing the data. The calories, nutrients, and food group equivalents available in an SFA's annual food acquisitions are greatly influenced by its size, the number of programs serviced, and the proportions of students and other customers that participate in the programs and other food service activities. To account for these differences, and to convert extremely large estimates into values suitable for presentation in tables, all nutrient and MyPyramid food group amounts were standardized to a common unit of measure using a density approach.²¹ The estimates presented in tables represent nutrient/MyPyramid amounts per 1,000 calories of food available across SFAs, with calories presented per gram of available food. This approach allowed us to answer all research questions using a consistent set of metrics and it provides the most comparable and reproducible baseline measures for future analyses.

The measures used in the report include the following:

- **Calorie density**, measuring calories provided per gram of food available
- **Sources of calories**, measured as the percentage of total calories provided by protein, carbohydrate, fat, and saturated fat
- **Nutrient density**, including essential vitamins, minerals, and other food components, measured on a per-1,000-calorie basis
- **MyPyramid food group density**, including major food group and subgroup equivalents per 1,000 calories
- **Healthy Eating Index-2005 scores**, measuring dietary quality in relation to the *2005 Dietary Guidelines* and MyPyramid food guidance system

Each of the measures is described in detail in the chapters in which it appears.

3. Food Acquisition and Food Use Categories

All of the tables that present data for the full sample of SFAs include separate estimates for the three *food acquisition categories*. Foods were assigned to one of these categories based on how they were reported in food acquisition records.²² For context in interpreting the results, we describe the types of foods included in each acquisition category below:

²¹ We considered the approach used by USDA's Center for Nutrition Policy and Promotion (CNPP) for the U.S. Food Supply data, which is to standardize on a *per capita* per-day basis (Hiza et al. 2008). Other approaches are the *Adult Male Equivalent* and *Equivalent Nutrition Unit* adjustments used in studies of nutrient availability at the household level (Mabli et al. 2010). These adjustments either would not account for the variability across SFAs that was expected to affect the estimates or could not be applied to school food acquisitions without additional information on the mix of students in each district. Methods for standardizing by *meal equivalent* have been applied in other studies of the NSLP/SBP (St. Pierre et al. 1991, Bartlett et al. 2008, Young et al. 2012) and in calculating FSMC fees. However, a fundamental drawback of these methods for our analysis is the fact that they were developed on the basis of meal *cost*, rather than food or nutrient content.

²² SFAs sometimes had trouble differentiating between donated USDA Foods or processed foods containing USDA Foods and commercial purchases, if the foods were delivered together. In these cases State food distribution agencies were contacted and provided the missing information.

- **Purchased foods** consist of the full range of foods acquired by school districts in SY 2009–2010, represented by all 865 different food item descriptions. The top five contributors (by volume) include milk and other dairy products; fruits and juices; bakery products; vegetables, and poultry. Branded fast food products—such as pizza, tacos, and sub sandwiches—are included in this category, although they were purchased by only 10 percent of districts.
- **Donated USDA Foods** include 165 food items from 12 food groups: fruits/juices; vegetables; milk/other dairy products; poultry; red meats; grain products; legumes, nuts, or seeds; condiments; bakery products; fats and oils; eggs; and fish.²³ Fruits, vegetables, cheese, poultry, and red meats were acquired in the largest volumes.
- **Processed foods containing donated USDA Foods** are comprised of 232 food items from 10 groups: poultry; prepared foods; red meats; milk/other dairy products; vegetables; bakery products; eggs; fats/oils; grain products; and condiments. Processed foods with USDA ingredients acquired in the largest volumes include poultry, prepared foods (such as pizza, prepared sandwiches, and other foods containing meat or cheese), red meats, potatoes and potato products, and cheese.

An important limitation of the analyses of food acquisitions by school districts is that the data include foods used for purposes other than the school meal programs, as described previously. Although this is less likely to be a problem for donated USDA Foods and processed foods containing donated USDA Foods, which are earmarked for reimbursable meals, some commercially purchased foods are used to prepare meals and snacks for other subsidized food programs, a la carte sales, staff meals, and catered events. As noted for a la carte-only foods, most districts were unable to identify foods used exclusively for other non-reimbursable purposes.

Tabulations for the subsample of SFAs that provided information to identify a la carte-only foods include separate estimates for three *food use categories*:

- **A la carte-only foods** are foods used exclusively for a la carte sales (identified as used 100 percent for a la carte).
- **Foods used in reimbursable meals** include foods used for reimbursable meals and snacks, *excluding foods used for both reimbursable meals and a la carte sales* (identified as 0 percent a la carte).
- **Mixed-use foods** consist of all foods used for both a la carte sales and reimbursable meals and snacks (1 to 99 percent a la carte).

Foods used in reimbursable meals (but not sold a la carte) accounted for 84 percent of the total volume of the foods acquired by the subsample of SFAs; a la carte-only and mixed-use foods accounted for another 6 and 10 percent, respectively. Note that food acquisitions included in the reimbursable meals and mixed-use categories also include foods used for subsidized food programs other than the NSLP or SBP, as well as some foods for non-reimbursable uses.

²³ This category includes fresh produce purchased through the DoD Fresh Fruit and Vegetable Program.

4. SFPS-III Food Groups and Food Subgroups

A key focus of the analysis was to examine school food acquisitions overall and in the three acquisition categories described earlier. It is also useful to know more about the nutritional characteristics of the specific foods in each category and their relative contributions to the nutrients and MyPyramid food groups available. To facilitate this analysis, we used a food grouping scheme created specifically for the School Food Purchase Studies (and updated for SFPS-III). As noted previously, all food acquisitions were first assigned one of 865 general food item descriptions. The food items are aggregated into 16 food groups and 72 food subgroups (referred to as SFPS-III food groups) based on product features and nutritional characteristics of interest to USDA. A complete listing of the food items included in the various food groups and subgroups is provided in Appendix A (Table A.1).

When considering the results of analyses for specific SFPS-III food groups, the reader should note that the manner in which similar food items are grouped influences estimates of their relative contributions to the nutrients and MyPyramid food groups available. Food groups that are less disaggregated than others will usually contribute more to the totals. The SFPS-III food groups and subgroups were designed to describe the total volume and costs of food acquisitions, with the specific types of food identified sometimes reflecting groupings for procurement. In addition, some food groups are less disaggregated than others. For example, fruit includes all types of fruit and fruit juice, whereas vegetables are broken down by type into seven subgroups. We considered alternative food grouping schemes for this study, but most other systems are designed only to describe foods as served or eaten. Using the SFPS-III food groups provides the opportunity for future analyses that relate the cost data to nutrition measures.

F. Organization of the Report

The remainder of this report contains three chapters that present nutritional characteristics of school food acquisitions for the national sample of public NSLP school districts and a single chapter that presents a similar set of findings for the subsample of districts that were able to identify foods purchased and used only for a la carte sales. Chapters II and III describe the calories and nutrients (Chapter II) and MyPyramid food groups (Chapter III) available in school food acquisitions, including the relative contributions of purchased foods, donated USDA Foods, processed foods containing donated USDA Foods, and the SFPS-III food groups and subgroups. Chapter IV compares the HEI-2005 total and component scores with the maximum scores for all foods, for the food acquisition categories, and by selected district characteristics. The final chapter (Chapter V) describes, for the limited sample of school districts, the nutrients and MyPyramid food groups available and the nutritional quality of foods acquired for a la carte sales only, reimbursable meals only, and for mixed uses.

An appendix to this report (Appendix A) includes a more in-depth description of the methodology for coding the reported food items, linking them to the nutrient and MyPyramid food group databases, and creating the final analytic database for this study. It also discusses the SFPS-III sampling, data collection, and weighting procedures. Supplementary tabulations of the nutrient and MyPyramid food group measures presented in the main chapters can be found in Appendix B through E. For further details about the SFPS-III, the reader is referred to the *School Food Purchase Study-III: Final Report*, available at <http://www.fns.usda.gov/ora/MENU/Published/CNP/cnp.htm>.

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II. CALORIES AND NUTRIENTS AVAILABLE IN SCHOOL FOOD ACQUISITIONS

The School Food Purchase Studies provide information about the types, amounts, and cost of foods acquired by school districts for use in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other school food programs.²⁴ The third School Food Purchase Study (SFPS-III) adds to this knowledge base by providing, for the first time, information about the calories and nutrients available in school food acquisitions. This information provides policymakers and other stakeholders in the school meal programs with important insights into the nutrient content of foods acquired by school districts and the relative contributions of various types of food acquisitions.

In this chapter, we present data on the calories and nutrients available in the foods acquired by school districts during school year (SY) 2009–2010. The nutrients and dietary components selected for this analysis are those included in the nutrition standards for NSLP and SBP meals that were in effect during SY 2009–2010 (7 CFR Parts 210 and 220, June 13, 1995). These include calories, protein, total fat, saturated fat, vitamin A, vitamin C, calcium, and iron, as well as sodium, cholesterol, and dietary fiber.^{25,26} Potassium was also included because it is a nutrient of concern due to the potential for inadequate intakes among school-age children (Institute of Medicine [IOM] 2010).

The chapter is organized into three sections. The first describes the calories and nutrients available in school food acquisitions using a variety of measures. The second and third sections describe the relative contributions of different types of food acquisitions to the available calories and nutrients. All of the findings reported in this chapter are based on records of food acquisitions collected from 408 school districts during SY 2009–2010. All estimates are weighted to provide national, annualized estimates of the total calories and nutrients available in these food acquisitions.^{27,28}

A. Calories and Nutrients Available in School Food Acquisitions

We used three different measures to describe the calories and nutrients available in foods acquired by school districts:

²⁴ Some SFAs acquired food for the USDA-sponsored Afterschool Snack Program, Summer Food Service Program, and Child and Adult Care Food Program, as well as a la carte sales, staff meals, and catering for school-related activities.

²⁵ The nutrition standards in effect in SY 2009–2010 were implemented in 1995 as part of the School Meals Initiative for Healthy Children (SMI). The SMI standards do not include quantitative targets for sodium, cholesterol, or dietary fiber, but they encourage schools to lower levels of sodium and cholesterol in school meals and increase dietary fiber.

²⁶ Data for an expanded set of nutrients are provided in Appendix Table B.1.

²⁷ An additional set of tables presenting estimates of the mean calories and nutrients available in school food acquisitions is provided in Appendix B.

²⁸ Detailed information on the methods used to transform the food acquisition data into estimates of calories and nutrients is provided in Appendix A.

1. **Calorie density.** Calorie density is the amount of calories provided in a given amount of food. The *Dietary Guidelines for Americans* recommend eating patterns that are low in calorie density. Such eating patterns emphasize fruits, vegetables, and whole grains, which are low in calorie density, and include minimal amounts of foods high in fat and added sugars, which are higher in calorie density (U.S. Department of Health and Human Services [DHHS] and U.S. Department of Agriculture [USDA] 2005). As recommended by Ledikwe and colleagues (2005), we used two different measures to assess the calorie density of school food acquisitions. One measure considers all foods and beverages and the other is based on foods only (no beverages of any type).²⁹ Calorie density is expressed as calories available per gram of food, and we computed it by dividing the total calories available in all foods (and beverages, as appropriate) by the total weight of those foods (and beverages) measured in grams.
2. **Sources of calories.** Most of the calories in foods come from the macronutrients carbohydrate, protein, and fat.³⁰ The Dietary Reference Intakes (DRIs) define Acceptable Macronutrient Distribution Ranges (AMDRs) for each of these nutrients (IOM 2006). The AMDRs reflect the ranges of intake that are associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients. In addition, the *Dietary Guidelines for Americans* recommend that less than 10 percent of calories come from saturated fat (DHHS and USDA 2005). We estimated the proportion of calories in school food acquisitions provided by total fat, saturated fat, and protein by computing the total amount of calories from each of these sources and dividing by the total calories.³¹
3. **Nutrient density.** The healthy eating patterns recommended in the *Dietary Guidelines for Americans* focus on nutrient-dense foods—those with a high nutrient contribution in relation to energy contribution (DHHS and USDA 2005). We assessed the nutrient density of school food acquisitions by measuring the amounts of nutrients available per 1,000 calories. We computed the total amount of each nutrient available in all foods, divided by the total amount of calories available in all foods, and then multiplied by 1,000.

For each of these measures, we generated separate estimates for all foods acquired and for the three categories of food acquisitions—purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods.³² As described in Chapter I, purchased foods include the full range of foods acquired by school districts. Donated USDA Foods include large volumes of fruits, vegetables, cheese, poultry, and red meats, as well as considerable amounts of grain products

²⁹ Beverages have a high water content and therefore tend to have a lower calorie density than other foods. Beverages might have a disproportionate influence on calorie density values.

³⁰ Alcohol is an additional source of calories.

³¹ Fat provides nine calories per gram and protein provides four calories per gram.

³² Due to a number of differences in the methodologies employed, results presented on the calories and nutrients available in donated USDA Foods are not comparable to those reported for NSLP USDA Foods in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report (Zimmerman et al. 2012). The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, diverse metrics for standardizing the nutrient values, and for some foods, different sources of nutrient values.

and legumes/nuts/seeds (Young et al. 2012). Processed foods containing donated USDA Foods include large volumes of poultry; red meats; cheese; potatoes and potato products; and a variety of prepared foods, such as pizza, prepared sandwiches, and other foods containing meat and/or cheese.

Findings

Table II.1 presents data on the calorie density, sources of calories, and nutrient density of foods acquired by school districts in SY 2009–2010.³³ In reviewing the data, it is important to keep in mind that differences observed for the three categories of food acquisitions reflect differences in the types and volumes of foods acquired within each category, as summarized previously.

Table II.1. Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

	Reference Standard ^a	All Foods	Purchased Foods	Donated USDA Foods	Processed Foods Containing Donated USDA Foods
Calorie Density (Calories per Gram)					
All Foods and Beverages	n.a.	1.27	1.19	1.48	2.22
Foods Only	n.a.	1.98	2.03	1.51	2.23
Sources of Calories (Percentage of Total Calories from ...)					
Total Fat	25-35	32.5	29.8	44.4	45.0
Saturated Fat	< 10	10.3	9.1	17.9	14.0
Protein	10-30	15.7	14.2	21.7	22.9
Nutrient Density (Nutrients per 1,000 Calories)					
Vitamin A (mcg RAE)	300	379	403	333	215
Vitamin C (mg)	23	37	40	36	11
Calcium (mg)	616	640	670	609	412
Iron (mg)	5	6.9	7.0	5.5	7.2
Potassium (mg)	2,228	1,362	1,417	1,264	976
Sodium (mg)	< 1,098	1,936	1,872	2,049	2,371
Cholesterol (mg)	< 156	85	66	167	170
Dietary Fiber (g)	14	8.0	8.1	9.9	5.6

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Reference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; DHHS = U.S. Department of Health and Human Services; DRI = Dietary Reference Intake; IOM = Institute of Medicine; NSLP = National School Lunch Program; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

³³ Data on the calorie density, sources of calories, and nutrient density of specific food groups and subgroups are provided in Appendix Table B.2.

Table II.1 includes reference standards to provide some context for interpreting the data. The standards for total fat and protein are the AMDRs for children and adolescents 4 to 18 years of age. The standards for saturated fat and cholesterol are 2005 *Dietary Guidelines* recommendations.³⁴ Standards for vitamins A and C, calcium, iron, potassium, sodium, and dietary fiber are based on the DRIs and represent the average intakes recommended for school-age children (based on recommendations for 4- to 8-year-olds, 9- to 13-year-olds, and 14- to 18-year-olds).³⁵ Values were standardized to a “per-1,000-calorie” basis using the calorie levels recommended by IOM for each age group.³⁶ It is important to note that the reference standards are based on recommendations for individuals’ dietary intakes. The mix of foods acquired by school districts represents foods available for use in meals and snacks and is not necessarily comparable to the mix of foods consumed by students at school.

Calorie density. The calorie density of all foods and beverages acquired by schools in SY 2009–2010 was 1.27 calories per gram. As expected, calorie density was slightly higher (1.98 calories per gram) when beverages were excluded. Calorie density, without beverages, was highest for processed foods containing donated USDA Foods (2.23 calories per gram) and lowest for donated USDA Foods (1.51 calories per gram). These findings are consistent with the types and relative volumes of foods acquired in these two categories. Donated USDA Foods include large volumes of fruits and vegetables, which are low in calorie density, whereas processed foods containing donated USDA Foods include large volumes of foods that are higher in calorie density, such as processed poultry, red meats, potatoes and potato products, cheese, and a variety of prepared foods. Purchased foods include a mix of all of these types of foods, so it makes sense that calorie density for this category is between the two extremes.

Sources of calories. For all foods acquired by school districts in SY 2009–2010, fat provided 33 percent of the available calories, saturated fat provided 10 percent, and protein provided 16 percent. The percentage of calories from fat and protein are consistent with the AMDRs and the percentage of calories from saturated fat was slightly higher than the *Dietary Guidelines*-recommended limit of less than 10 percent.

The relative contributions of fat, saturated fat, and protein to the calories available in the three different food acquisition categories varied considerably. Key findings include the following:

- **Purchased foods** had the lowest percentages of calories from total fat (30 percent), saturated fat (9 percent), and protein (14 percent), relative to the other acquisition categories. This distribution of calories is consistent with the AMDRs for total fat and protein and the *Dietary Guidelines* recommendation for saturated fat.

³⁴ The standard for saturated fat is consistent with the nutrition standards for school meals that were in effect at the time this report was prepared.

³⁵ Estimated Average Requirements were used for vitamin A, vitamin C, and iron; Adequate Intakes were used for calcium, potassium, and dietary fiber; Tolerable Upper Intake Levels were used for sodium.

³⁶ IOM recommendations 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 an active level of physical activity for 4- to 8-year-olds and a moderately active level of physical activity for 9- to 13- and 14- to 18-year-olds (IOM 2010).

- **Donated USDA Foods** had the highest percentage of calories from saturated fat (18 percent) and the second highest percentages of calories from total fat (44 percent) and protein (22 percent). Although donated USDA Foods include large volumes of fruits and vegetables, this category also includes large volumes of foods that are concentrated sources of fat and saturated fat, such as cheese and red meats. The percentages of calories from fat and saturated fat in donated USDA Foods were high, relative to the AMDR and the *Dietary Guidelines* recommendation.
- **Processed foods containing donated USDA Foods** had the highest percentages of calories from total fat (45 percent) and protein (23 percent) among the acquisition categories. The percentages of calories from fat and saturated fat (14 percent) in this category of foods were also high, relative to the AMDR and the *Dietary Guidelines* recommendation.

Nutrient density. Overall, the mix of foods acquired by school districts in SY 2009–2010 was nutrient dense. Concentrations of vitamins A and C, calcium, and iron per 1,000 calories met or exceeded the average concentrations assumed in the DRIs. Concentrations of potassium and fiber were lower and fell below the average concentrations assumed in the DRIs.

Findings on the sodium and cholesterol density of school food acquisitions have to be interpreted differently than findings for vitamins, minerals, and dietary fiber because recommendations for these two dietary components focus on limiting intake. For this reason, a mix of foods that was consistent with the recommendations would have concentrations of sodium and cholesterol per 1,000 calories that were equal to or less than the average concentrations assumed in the recommendations. Using this lens, we see that, overall, the cholesterol density of school food acquisitions was consistent with the average concentration assumed in the 2005 *Dietary Guidelines*. However, the sodium density of this mix of foods exceeded the average concentration assumed in the DRIs.

Virtually all Americans consume more sodium than they need, and most sodium comes from processed foods. For the first time in the history of the school meal programs, the new nutrition standards for school meals establish a quantitative standard for sodium (7 CFR Parts 210 and 220, January 26, 2012). In light of this new standard, school districts may need to pay particular attention to the sodium content of processed foods to help align school meals with the new standards. Achieving recommended levels of sodium will also require a deliberate reduction in the sodium content of foods available in the marketplace (USDA and DHHS 2010; IOM 2010).

Key findings on the nutrient density of foods acquired in the three different acquisition categories follow:

- **Purchased foods** had high concentrations of vitamins A and C, calcium, and iron per 1,000 calories, relative to the average concentrations assumed in the DRIs. Foods in this category had the highest concentrations of vitamins A and C and calcium per 1,000 calories and the lowest concentrations of sodium and cholesterol.
- **Donated USDA Foods** had high concentrations of vitamins A and C and iron per 1,000 calories, relative to the average concentrations assumed in the DRIs, but were comparatively lower in calcium density. Foods in this category had the highest concentration of fiber per 1,000 calories and the lowest concentration of iron. Findings for vitamins A and C and dietary fiber are consistent with the fact that this food acquisition category includes large volumes of fruits and vegetables (Young et al. 2012).

- **Processed foods containing donated USDA Foods** were lowest in nutrient density overall. The concentration of iron per 1,000 calories was high, relative to the average concentration assumed in the DRIs, and was the highest of all three food acquisition categories. However, concentrations of vitamins A and C, calcium, potassium, and dietary fiber were low, relative to the concentrations assumed in the DRIs.³⁷ Processed foods containing donated USDA Foods had the highest concentrations of sodium and cholesterol per 1,000 calories and the lowest concentrations of all other nutrients and dietary components examined except iron. This pattern of findings is consistent with the fact that the leading food acquisitions by volume in this category were processed poultry and red meat products and prepared foods (Young et al. 2012).

B. Contribution of Food Acquisition Categories to Available Calories and Nutrients

To provide additional information on nutritional characteristics of school food acquisitions, we assessed the relative contributions of the three food acquisition categories (purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods) to the total calories and nutrients available in all foods acquired. As reported in Chapter I, the three food acquisition categories accounted for the following shares of the total volume of foods acquired (in pounds) in SY 2009–2010:

- Purchased foods: 87 percent of total volume
- Donated USDA Foods: 8 percent of total volume
- Processed foods containing donated USDA Foods: 5 percent of total volume (Young et al. 2012)

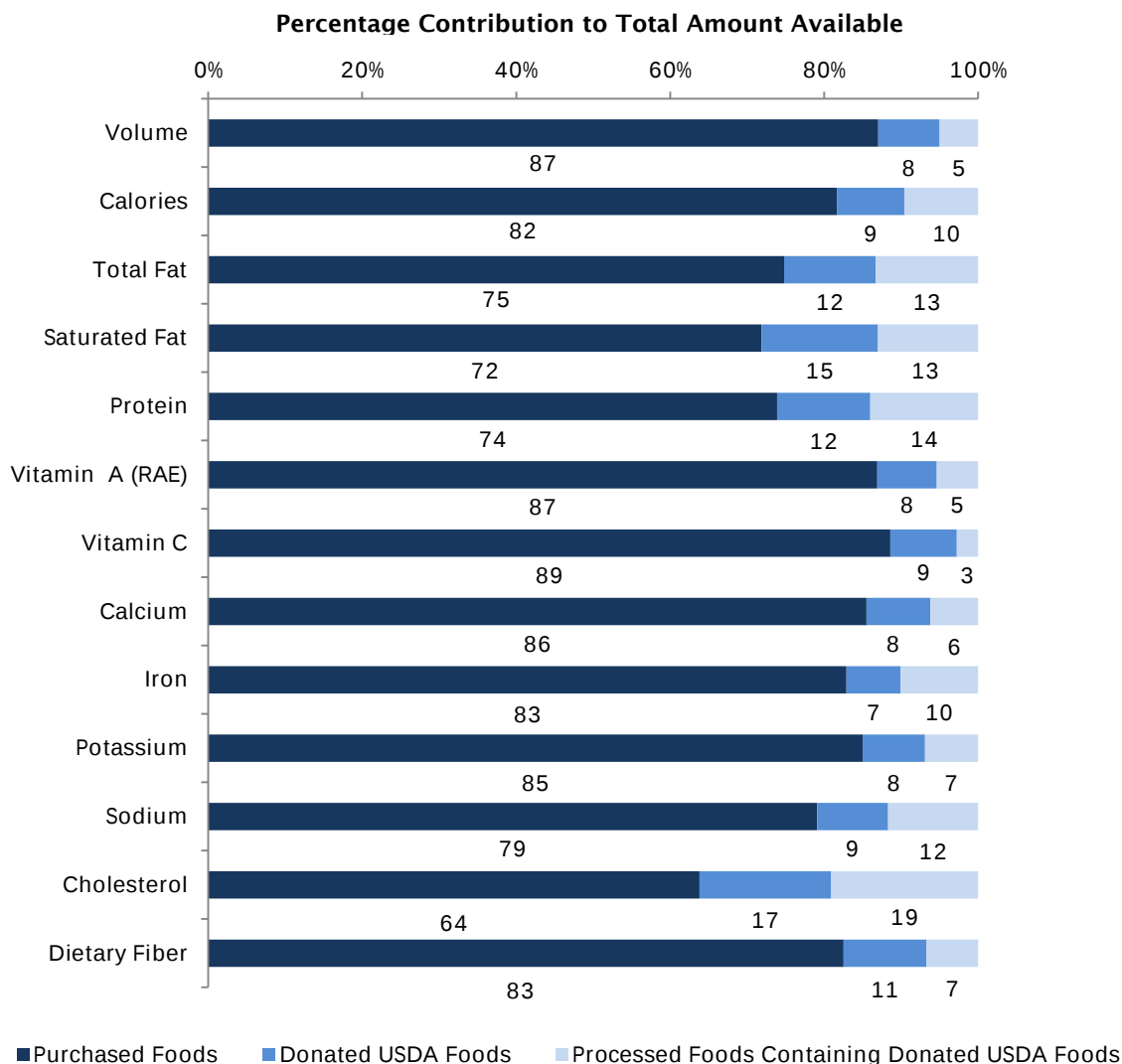
We computed the percentage contribution of each food acquisition category to the total amount of calories and nutrients available in school food acquisitions by summing the amount of calories and each nutrient available from all foods in a given acquisition category and dividing by the total amount of calories and nutrients available from all foods combined. The percentage contribution of a food acquisition category to the available calories and nutrients is driven primarily by the relative contribution of that category to the overall volume of foods acquired and somewhat less by the calorie and nutrient content of foods in that category.

Findings

Figure II.1 shows the contribution of each food acquisition category to the total amount of calories and nutrients available in school food acquisitions. The figure also presents the contribution of each acquisition category to the total volume of foods acquired, as a point of reference (the first bar). As expected, purchased foods accounted for the largest share of available calories as well as the largest shares of all available nutrients. Other key findings follow:

³⁷ Foods in the other two food acquisition categories were also low in potassium and fiber density.

Figure II.1. Contribution of Food Acquisition Categories to Total Calories and Nutrients Available in Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Some bars might not sum to 100 percent due to rounding.

NSLP = National School Lunch Program; RAE = retinol activity equivalent; SY = school year.

- Purchased foods** generally contributed 75 percent or more of the calories and nutrients available in foods acquired by school districts in SY 2009–2010. The only exceptions were saturated fat and cholesterol. Purchased foods accounted for a slightly smaller proportion of the saturated fat available in school food acquisitions (72 percent) and only 64 percent of the available cholesterol.
- Donated USDA Foods** contributed approximately 11 to 12 percent of the available protein and dietary fiber and supplied 7 to 9 percent of the available calories, vitamins A and C, calcium, iron, and potassium. Foods in this acquisition category contributed 12 percent of the available fat, 15 percent of the available saturated fat, and 17 percent of the available cholesterol. Compared with this category's 8 percent contribution to the total volume of foods acquired, donated USDA Foods accounted for a disproportionate

share of several nutrients that are of concern due to overconsumption (total fat, saturated fat, and cholesterol). This finding is consistent with the relatively large volumes of cheese, poultry, beef, and vegetable oils acquired as donated USDA Foods (Young et al. 2012) and the amounts of fat, saturated fat, and cholesterol in these types of foods.

- **Processed foods containing donated USDA Foods** made small contributions to the amounts of vitamins A and C available in school food acquisitions (5 and 3 percent, respectively), which is consistent with the relatively small contribution of these foods to the total volume of foods acquired. Foods in this category also provided 6 to 7 percent of the available calcium, potassium, and dietary fiber, and about 10 percent of the available calories and iron. Relative to their overall contribution to the volume of foods acquired by school districts (5 percent), processed foods containing donated USDA Foods contributed disproportionately large shares of the available calories, fat, saturated fat, protein, iron, sodium, and cholesterol (10 to 19 percent). These findings are consistent with the relatively large volumes of poultry, prepared foods (specifically, pizza and prepared sandwiches), red meats, and cheese included in this category (Young et al. 2012) and the nutrient content of these foods.

Together, donated USDA Foods and processed foods containing donated USDA Foods contributed approximately 25 percent of the total fat and saturated fat available in foods acquired by school districts, 20 percent of the available sodium, and 36 percent of the available cholesterol.

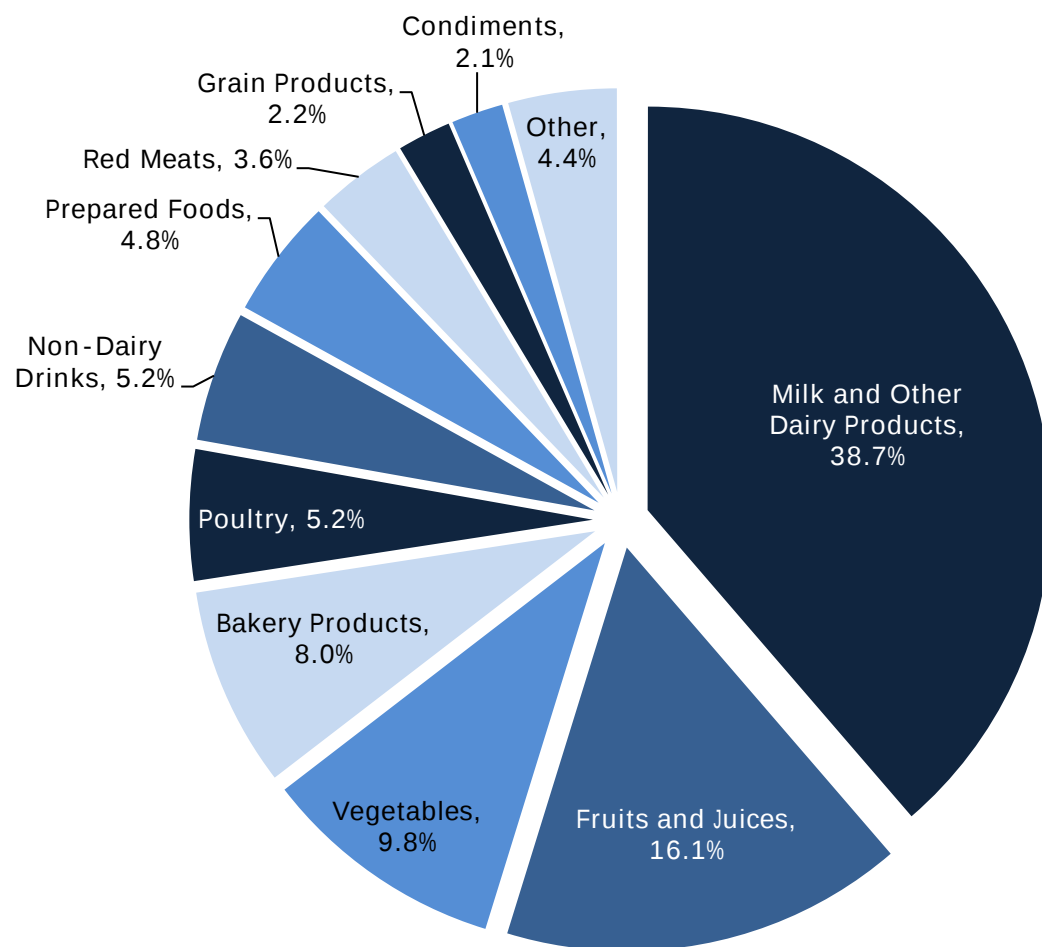
C. Contribution of SFPS- III Food Groups to Available Calories and Nutrients

In addition to assessing the relative contribution of the major food acquisition categories to the calories and nutrients available in foods acquired by school districts, it is useful to examine the contribution of specific groups of foods. Information about the relative contributions of specific food groups and subgroups to the total calories and nutrients available in school food acquisitions can be useful to school food service professionals, policymakers, and other stakeholders in devising strategies to improve the nutritional characteristics of foods acquired.

This analysis parallels the analysis reported in the previous section but uses the 16 food groups and 72 food subgroups (SFPS-III food groups) described in Chapter I rather than the three food acquisitions categories.³⁸ The relative contribution of a food group or subgroup to a particular nutrient is determined not only by the concentration of the nutrient in the food group or subgroup, but also by the volume of food acquired in each food group. Thus, SFPS-III food groups that accounted for a large proportion of the total volume of foods acquired (for example, milk, which is a required component in all reimbursable meals and was the leading acquisition by volume [Young et al. 2012]), might make more substantial contributions to some nutrients than one would anticipate based on nutrient content alone. Figure II.2 presents the relative shares of the total volume contributed by each SFPS-III food group to provide context for the findings discussed in this section.

³⁸ The complete classification system for food items reported in the SFPS-III and their categorization within different food groups and subgroups is provided in Appendix A.

Figure II.2. Contribution of SFPS- III Food Groups to Total Volume of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: "Other" includes fats and oils; sugar and desserts; legumes, nuts, and seeds; eggs; soups and gravies; and fish.

NSLP = National School Lunch Program; SY = school year.

Table II.2 shows the relative contributions of the 16 food groups and 72 food subgroups to the total amounts of calories and nutrients available in foods acquired by school districts in SY 2009–2010. Key findings follow.

Table II.2. Contribution of SFPS- III Food Groups and Subgroups to Available Calories and Nutrients in Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Bakery Products	21.3	18.4	13.6	12.4	2.4	1.1	9.9	29.0	6.3	17.7	5.4	20.2
Biscuits, muffins, pancakes, and waffles	3.4	3.7	2.7	1.7	0.5	0.4	1.4	4.2	1.0	2.7	3.3	2.6
Breads and rolls	9.7	5.4	3.9	7.7	0.2	0.1	6.3	16.8	2.8	9.2	1.3	10.2
Cakes and other bakery desserts	3.6	4.2	4.2	1.1	1.5	0.2	0.7	4.0	0.8	1.4	0.7	2.2
Crackers	1.5	1.3	1.0	0.7	0.0	0.0	0.3	2.0	0.4	1.3	0.1	1.2
Pretzels and snack chips	3.1	3.8	1.8	1.2	0.1	0.5	1.2	2.1	1.4	3.0	0.1	3.9
Condiments	1.4	0.5	0.2	0.6	2.3	5.3	0.6	1.4	3.2	14.1	0.0	1.7
Catsup and other sauces	1.2	0.4	0.2	0.5	2.0	3.3	0.4	1.0	2.8	6.3	0.0	1.0
Flavorings	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	6.4	0.0	0.2
Pickles and olives	0.1	0.1	0.0	0.1	0.3	2.0	0.2	0.3	0.3	1.4	0.0	0.5
Eggs	0.6	1.1	1.1	1.0	1.1	0.0	0.4	0.8	0.4	0.6	13.6	0.1
Eggs	0.2	0.5	0.5	0.5	0.5	0.0	0.1	0.4	0.2	0.1	8.3	0.0
Mixtures with egg	0.3	0.6	0.6	0.5	0.5	0.0	0.3	0.4	0.2	0.4	5.3	0.1
Fats and Oils	5.6	16.8	9.6	0.1	4.4	0.0	0.2	0.2	0.2	4.0	1.4	0.0
Butter	0.1	0.4	0.7	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.4	0.0
Margarine	1.2	3.8	2.3	0.0	3.5	0.0	0.0	0.0	0.0	0.8	0.1	0.0
Salad dressings and mayonnaise	2.4	6.6	3.3	0.1	0.3	0.0	0.1	0.2	0.1	3.0	0.9	0.0
Vegetable oils and shortenings	1.9	6.0	3.3	0.0	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Fish	0.5	0.6	0.3	0.9	0.1	0.0	0.1	0.5	0.3	0.6	1.2	0.3
Fish	0.4	0.5	0.3	0.7	0.1	0.0	0.1	0.4	0.3	0.5	1.0	0.2
Shellfish	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0
Fruits and Juices	6.7	0.5	0.3	1.4	4.2	57.0	1.8	5.5	12.4	0.3	0.0	16.0
Fruits	4.2	0.3	0.2	0.9	3.2	22.4	1.1	2.6	6.7	0.2	0.0	14.9
Juices	2.5	0.2	0.1	0.5	1.0	34.7	0.7	2.9	5.7	0.1	0.0	1.1
Grain Products	5.8	2.4	2.0	4.2	4.4	2.3	2.6	14.2	2.1	4.7	1.8	7.5
Breakfast cereals	1.1	0.4	0.2	0.5	3.6	1.8	1.1	7.7	0.5	0.8	0.0	1.8
Flour and other milled grains	1.3	0.1	0.1	1.0	0.0	0.0	0.1	2.4	0.4	0.1	0.0	1.9
Flour mix ^a	0.5	0.4	0.2	0.2	0.0	0.0	0.2	0.5	0.2	0.5	0.0	0.4
Mixtures with grain	1.0	1.1	1.2	1.1	0.7	0.5	0.9	1.2	0.6	1.4	1.8	0.9
Pasta and noodles	1.1	0.2	0.1	1.0	0.0	0.0	0.1	1.3	0.2	0.8	0.0	1.6
Rice, barley, and other grains	0.8	0.2	0.1	0.4	0.0	0.0	0.1	1.2	0.2	1.1	0.0	0.8

Table II.2 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Legumes, Nuts, and Seeds	1.2	1.6	1.0	1.5	0.1	0.2	0.5	1.8	1.7	1.1	0.1	3.9
Dry beans and peas	0.5	0.1	0.1	0.8	0.1	0.2	0.3	1.4	1.2	0.8	0.1	3.0
Other nuts	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Peanuts and peanut butter	0.5	1.1	0.7	0.5	0.0	0.0	0.1	0.2	0.4	0.2	0.0	0.6
Seeds	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2
Soybeans and soy products	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
Milk and Other Dairy Products	22.0	17.6	34.1	32.8	45.3	3.4	66.8	9.4	38.7	14.4	24.5	14.0
Cheese	4.6	9.4	17.8	7.5	6.5	0.0	12.6	1.0	1.8	6.7	11.3	0.2
Cream	0.1	0.3	0.6	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.3	0.0
Ice cream and ice milk	0.8	1.2	2.3	0.4	0.8	0.1	0.7	0.2	0.6	0.1	1.4	0.6
Milk	16.0	6.6	13.2	24.3	37.6	3.2	52.3	8.2	35.6	7.4	11.3	13.3
Yogurt	0.4	0.1	0.3	0.5	0.1	0.1	1.1	0.1	0.7	0.1	0.2	0.0
Non- Dairy Drinks	0.7	0.0	0.0	0.0	0.0	2.1	0.5	0.2	0.6	0.3	0.0	0.1
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Coffee and tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
Enriched drinks	0.3	0.0	0.0	0.0	0.0	0.5	0.0	0.1	0.1	0.2	0.0	0.0
Fruit drinks	0.3	0.0	0.0	0.0	0.0	1.3	0.1	0.1	0.1	0.0	0.0	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0
Poultry	8.4	11.9	8.6	17.2	0.9	1.2	1.8	8.8	5.6	12.0	25.3	3.3
Chicken	6.6	9.5	6.7	12.8	0.8	0.4	1.2	6.3	3.7	8.1	18.2	2.7
Game birds	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixed poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	1.8	2.3	1.9	4.4	0.1	0.8	0.5	2.5	1.9	3.9	7.0	0.6
Prepared Foods	9.4	10.1	12.0	11.2	5.2	1.4	10.8	12.1	6.0	9.9	7.2	10.1
Burritos and tacos	0.8	0.7	0.8	0.9	0.2	0.2	0.5	1.1	0.5	0.8	0.6	1.3
Meat - or cheese-filled pastry	1.2	1.2	1.6	1.4	0.8	0.3	1.7	1.5	0.8	1.2	1.0	1.2
Mixtures with fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pizza	5.7	6.0	7.7	7.2	3.6	0.3	7.8	7.5	3.8	6.6	4.7	5.9
Prepared meals	0.2	0.2	0.1	0.1	0.3	0.6	0.2	0.7	0.2	0.2	0.1	0.2
Prepared sandwiches	1.4	2.0	1.8	1.5	0.3	0.0	0.6	1.2	0.8	1.3	0.9	1.4

Table II.2 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Red Meats	6.3	11.7	12.9	12.3	0.3	0.5	1.1	7.6	4.8	8.4	18.7	1.3
Beef and veal	3.9	7.0	8.1	8.4	0.2	0.3	0.8	5.8	3.0	4.2	12.2	0.9
Lamb	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixed meats	0.7	1.6	1.7	0.8	0.0	0.0	0.1	0.5	0.3	1.2	1.7	0.1
Pork	1.7	3.1	3.1	3.0	0.1	0.1	0.3	1.3	1.4	3.0	4.7	0.3
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.4	0.3	0.4	0.4	0.2	0.3	0.2	0.9	0.5	3.4	0.3	0.5
Gravies	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.5	0.1	1.0	0.1	0.2
Soups	0.2	0.2	0.2	0.3	0.2	0.3	0.1	0.4	0.3	2.3	0.2	0.3
Sugar and Desserts	2.5	0.5	0.7	0.2	0.2	0.3	0.4	0.4	0.4	0.4	0.1	0.4
Candies and toppings	0.3	0.2	0.4	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.1
Gelatins	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Jellies, jams, and preserves	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1
Puddings and pie filling	0.2	0.2	0.1	0.1	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0
Sherbet and ices	0.2	0.1	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.2
Sugars	1.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0
Syrups	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Vegetables	7.2	6.0	3.1	3.9	29.1	24.9	2.5	7.1	16.8	8.3	0.4	20.8
Green vegetables ^d	0.3	0.1	0.0	0.6	3.8	6.1	0.7	1.4	1.8	0.8	0.0	3.9
Mixed vegetables	0.2	0.0	0.0	0.3	7.4	2.9	0.5	1.1	1.3	0.3	0.0	2.3
Mixtures with vegetables ^e	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1
Other vegetables ^f	0.1	0.0	0.0	0.1	0.0	0.6	0.1	0.1	0.2	0.0	0.0	0.4
Potato and potato products	5.3	5.1	2.6	2.0	0.1	12.4	0.6	2.7	9.4	4.9	0.1	8.6
Tomato and tomato products	0.6	0.4	0.3	0.4	1.3	1.8	0.3	1.1	2.3	1.2	0.1	2.5
Yellow vegetables ^g	0.6	0.2	0.1	0.4	16.4	1.1	0.3	0.7	1.7	0.9	0.0	2.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

NSLP = National School Lunch Program; SY = school year.

1. Calories and Macronutrients

Calories. Milk/other dairy products and bakery products accounted for the largest share of the calories available in school food acquisitions (more than 20 percent each). Prepared foods and poultry contributed 9 percent and 8 percent, respectively. Together, these four food groups contributed 61 percent of the calories available in school food acquisitions. At the subgroup level, the top contributors to available calories were milk (16 percent), breads/rolls (10 percent), chicken (7 percent), pizza (6 percent), and potato/potato products (5 percent).

Total fat. Bakery products and milk/other dairy products were the leading sources of fat in school food acquisitions. The subgroups that were leading contributors of fat were chicken (10 percent) and cheese (9 percent). Beef, milk, and salad dressings/mayonnaise each contributed 7 percent to the total amount of fat available. Other food subgroups that made small but noteworthy contributions (5 to 6 percent) included pizza, vegetables oils/shortening, breads/rolls, and potato/potato products.

Saturated fat. Milk and other dairy products contributed about one-third (34 percent) of the saturated fat available in school food acquisitions. Bakery products, red meats, and prepared foods each provided 12 to 14 percent of the available saturated fat and together accounted for more than one-third (39 percent) of the available saturated fat. Food subgroups containing animal products were among the top contributors to saturated fat, including cheese (18 percent), milk (13 percent), beef (8 percent), pizza (which includes cheese and may include meat) (8 percent), and chicken (7 percent).

Protein. Milk and other dairy products were leading contributors to protein, accounting for one-third of the protein available in school food acquisitions. Poultry (17 percent), bakery products (12 percent), and red meats (12 percent) were also major contributors to protein. Milk (24 percent) was the single most important source of protein among the food subgroups, followed by chicken (13 percent), beef (8 percent), breads/rolls (8 percent), and cheese (8 percent).

2. Vitamins, Minerals, and Other Dietary Components

Vitamin A. Milk/other dairy products and vegetables provided a substantial share of the vitamin A available in school food acquisitions, contributing 57 percent and 29 percent, respectively. Milk was the leading source among the subgroups (38 percent). Cheese was also an important source of vitamin A, contributing 7 percent of the total amount available. Most of the vitamin A contributed by vegetables was provided by the yellow, mixed, and green vegetable subgroups (16, 7, and 4 percent, respectively).

Vitamin C. Fruits/juices (57 percent) and vegetables (25 percent) supplied more than 80 percent of the vitamin C available in school food acquisitions. Among the food subgroups, juices contributed the largest share of vitamin C (35 percent), followed by fruits (22 percent). The leading vegetable sources of vitamin C included potato/potato products (12 percent) and green vegetables (6 percent).

Calcium. Milk and other dairy products provided approximately two-thirds (67 percent) of the calcium available in school food acquisitions. Prepared foods, many of which included cheese as a main ingredient, accounted for another 11 percent of the available calcium, followed by bakery products, which provided 10 percent. Among the food subgroups, the leading contributors to calcium were milk (52 percent), cheese (13 percent), pizza (8 percent), and breads/rolls (6 percent).

Iron. Leading contributors to the iron available in school food acquisitions were bakery products (29 percent), grain products (14 percent), and prepared foods (12 percent). Breads/rolls provided the largest share of iron among the food subgroups (17 percent). Milk and breakfast cereals each contributed 8 percent of the available iron, and chicken and beef each contributed 6 percent.

Potassium. Together, milk/other dairy products (39 percent), vegetables (17 percent), and fruits and juices (12 percent) accounted for three-quarters of the potassium available in school food acquisitions. The leading source of potassium among the food subgroups was milk (36 percent), followed by potato/potato products, fruits, and juices (9, 7, and 6 percent, respectively).

Sodium. Bakery products, milk/other dairy products, and condiments were leading contributors to the sodium available in school food acquisitions (18, 14, and 14 percent, respectively). Leading sources of sodium among the food subgroups included breads/rolls, chicken, milk, cheese, and pizza (7 to 9 percent). Flavorings and catsup/other sauces each provided 6 percent of the available sodium.

Cholesterol. Poultry and milk/other dairy products each contributed 25 percent of the cholesterol available in school food acquisitions. Red meats contributed another 19 percent of the available cholesterol, followed by eggs (14 percent) and prepared foods (7 percent). Among the food subgroups, chicken provided the largest share of cholesterol among the food subgroups (18 percent). Beef (12 percent), cheese (11 percent), milk (11 percent), and eggs (8 percent) were also important sources of cholesterol.

Dietary fiber. Vegetables and bakery products each contributed approximately one-fifth of the dietary fiber available in school food acquisitions (21 and 20 percent, respectively). Fruits and juices also provided a substantial share of dietary fiber (16 percent). Among the food subgroups, fruit (15 percent) and milk (13 percent) made the largest contribution to dietary fiber. Breads/rolls, potato/potato products, and pizza also made notable contributions to dietary fiber (10, 9, and 6 percent, respectively).

III. MYPYRAMID FOOD GROUPS AVAILABLE IN SCHOOL FOOD ACQUISITIONS

This chapter presents data on the MyPyramid food groups available in foods acquired by school districts in school year (SY) 2009–2010 for use in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other school food programs.³⁹ These data provide insights about how foods acquired by school districts fit with the food-based recommendations of the MyPyramid food guidance system. The nutrition standards for school meals in place at the time of this study did not include specific criteria for MyPyramid food groups; however, food-based meal patterns are the basis for the new nutrition standards for school meals (7 CFR Parts 210 and 220, January 26, 2012).

The chapter is organized into three sections. The first describes the MyPyramid food groups and the data source used in this analysis. The second section describes the amounts of MyPyramid food groups and subgroups available in school food acquisitions using a density measure (amounts per 1,000 calories). The third and fourth sections describe the relative contributions of different types of food acquisitions to the available amounts of MyPyramid food groups and subgroups. All of the findings reported in this chapter are based on records of food acquisitions collected from 408 school districts during SY 2009–2010. All estimates are weighted to provide national, annualized estimates of the total amounts of MyPyramid food groups available in these food acquisitions.^{40,41}

A. Overview of MyPyramid Food Groups

The *Dietary Guidelines for Americans* provide recommendations to help individuals choose foods that comprise a healthy eating pattern. Specifically, the recommendations focus on increasing the consumption of nutrient-dense foods, including fruits, vegetables, whole grains, fat-free or low-fat dairy products, and lean meats and meat alternatives, as well as reducing the consumption of foods high in sodium, saturated fats, trans fats, cholesterol, added sugars, and refined grains (U.S. Department of Health and Human Service [DHHS] and U.S. Department of Agriculture [USDA] 2005). USDA's MyPyramid food guidance system translates the *Dietary Guidelines* into 12 suggested food intake patterns, each designed to provide a different level of calories (from 1,000 to 3,200) to accommodate different age/gender groups (USDA, Center for Nutrition Policy and Promotion [CNPP] 2005). Each pattern describes the daily amounts of foods to eat from five major food groups, the vegetable and grain subgroups, and oils; and provides a maximum number of calories to consume from solid fats and added sugars combined. The food patterns are designed to help individuals meet their nutrient needs while not exceeding calorie requirements.⁴²

³⁹ Some SFAs acquired food for the USDA-sponsored Afterschool Snack Program, Summer Food Service Program, and Child and Adult Care Food Program, as well as a la carte sales, staff meals, and catering for school-related activities.

⁴⁰ An additional set of tables presenting estimates of the mean MyPyramid food groups available in school food acquisitions is provided in Appendix C.

⁴¹ Detailed information on the methods used to transform the food acquisition data into estimates of MyPyramid food group equivalents is provided in Appendix A.

⁴² In June 2011, the MyPlate food guidance system replaced MyPyramid (USDA, CNPP 2011). Differences between the two systems are relatively minor, including slight modifications to the names of the major food groups and different categorizations of red vegetables and soy beverages. The only differences in recommended amounts include,

In MyPyramid, all foods are assumed to be in their most nutrient-dense forms—that is, foods that are lean or low in fat and prepared without added sugars, fats, or salt. Foods included in each of the major food groups are summarized as follows:⁴³

- The **Grain** group includes all sources of refined and whole grains, including foods such as flours, breads, cereals, rice, pasta, pancakes, crackers, pretzels, cakes, cookies, and pastries.
- The **Fruit** and **Vegetable** groups include all fresh, canned, frozen, dried, and juiced forms of the foods. The vegetable group also includes legumes (dry beans and peas).
- The **Milk/Dairy** group includes all milk products (including soy milk and fluid, dry, and evaporated milk); cheeses; yogurts; and milk-based desserts (for example, ice cream and pudding).
- The **Meat and Beans** group includes all lean meat, poultry, and fish, plus meat alternatives including eggs, soy-based products, legumes, nuts and seeds.^{44,45}
- **Oils** include fats from plant sources (for example, olive, canola, and sunflower oils), fish, and nuts and seeds. Mayonnaise, some salad dressings, and soft tub/squeeze margarine are mainly oil.

MyPyramid recommends a daily maximum number of calories from solid fats, added sugars, and alcohol combined since these calories often displace those needed to obtain the recommended amounts of the food groups and oils. Major sources of solid fats and added sugars are summarized below:⁴⁶

- **Solid fats** come from animal sources (other than fish) and from vegetable oils that have been hydrogenated. Solid fats include butter, cream cheese, shortening and margarine (and other hydrogenated fats), and fats from foods in the meat and milk/dairy groups that exceed the allowable amounts of fats (Bowman et al. 2008).
- **Added sugars** include white or brown sugar, syrups (for example, corn or pancake syrup), molasses, and all sugars used as ingredients in processed and prepared foods such as cookies, muffins, ice cream, soft drinks, and breakfast cereals. Added sugars do

(continued)

for some calorie levels, an increase in the milk group and, for all calorie levels, a slight decrease in the maximum calories from solid fats and added sugars.

⁴³ Technically, oils, solid fats, and added sugars are not food groups, but we use this term to simplify the discussion.

⁴⁴ MyPyramid counts only the lean portion of foods in the meat group. If a food exceeds the amount of fat allowed per ounce of meat (maximum of 9.28 grams per 100 grams), the fat is counted as solid fat if the food source is meat or poultry, and as oils if the food source is fish, nuts, or seeds (Bowman et al. 2008).

⁴⁵ Under MyPyramid, legumes can be counted in either the vegetable or meat group. For this analysis, legumes were included in the vegetable group because they are counted as vegetables in the MyPyramid Equivalents Database (MPED).

⁴⁶ Alcohol is included in MPED but it is not reported since school food acquisitions did not include alcohol.

not include naturally occurring sugar in milk or fruit unless sugar is added to the food (for example, flavored milks or fruit canned in heavy syrup).

In order to estimate the MyPyramid food groups available in school food acquisitions, foods were linked to USDA's MyPyramid Equivalents Database (MPED) (version 2.0) (Bowman et al. 2008). The MPED provides data on the amounts of 32 MyPyramid food groups and subgroups included in 100 grams of food.⁴⁷ The data are provided in cup equivalents for the fruit, vegetable, and milk/dairy groups, and in ounce equivalents for the grain and meat groups. Data on oils and solid fats are provided in grams, and added sugars are reported in teaspoons. The MPED also provides the underlying data that are needed to estimate the Healthy Eating Index-2005 (HEI-2005) (see Chapter IV).

In the MPED, single-ingredient foods (for example, apples and milk) that are in their lowest-fat, lowest-sugar form are assigned to a single MyPyramid food group. Foods that have more than one ingredient are disaggregated, and individual ingredients are assigned to appropriate food groups. For example in a cheese pizza, the crust contributes to the grain group, the tomato sauce contributes to the vegetable group, and the cheese contributes to the milk group. Values for oils, solid fats, and added sugars are assigned based on the amounts of these food components in various foods and ingredients.

B. MyPyramid Food Groups Available in School Food Acquisitions

We measured the MyPyramid food groups available in school food acquisitions using a density approach that mirrors the approach used in Chapter II to assess nutrient availability. The availability of MyPyramid food groups and subgroups was expressed on a per-1,000-calorie basis. We computed the total number of MyPyramid equivalents available for a given food group, divided by the total calories available in all foods, and then multiplied by 1,000. We also estimated the percentage of calories from solid fats and added sugars by computing the amounts of calories from each of these components and dividing by the total calories available in all foods. We generated separate estimates for all foods acquired and for the three categories of food acquisitions—purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods.⁴⁸ As described in Chapter I, purchased foods include the full range of foods acquired by school districts. Donated USDA Foods include large volumes of fruits, vegetables, cheese, poultry, vegetables, and red meats, as well as considerable amounts of grain products and legumes/nuts/seeds (Young et al. 2012). Processed foods containing donated USDA Foods include large volumes of processed poultry, red meats, potatoes and potato products, cheese, and a variety of prepared foods.

⁴⁷ A supplementary database from the Center for Nutrition Policy and Promotion (CNPP) was used to obtain data for two additional MyPyramid groups, whole fruits and fruit juices. Data on whole fruits were needed to estimate the HEI-2005. (See <http://www.cnpp.usda.gov/HealthyEatingIndex.htm>.)

⁴⁸ Due to a number of differences in the methodologies employed, results presented on the MyPyramid food groups available in donated USDA Foods are not comparable to those reported for NSLP USDA Foods in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report (Zimmerman et al. 2012). The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, and diverse metrics for standardizing the MyPyramid food group values.

Findings

Table III.1 presents data on the concentrations of MyPyramid food groups in foods acquired by school districts in SY 2009–2010.^{49,50} The table includes reference standards to provide some context for interpreting the findings. The standards, expressed on a per-1,000-calorie basis, are based on the criteria used in the HEI-2005 for assigning the maximum score for a given food group (for example, the standard for the maximum score for total fruit in the HEI-2005 is at least 0.8 cup equivalents per 1,000 calories). The standard for the percentage of calories from solid fats and added sugars used in the HEI-2005 for assigning the maximum score is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

Table III.1. Total MyPyramid Food Group Availability of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

	Reference Standard ^a	All Foods	Purchased Foods	Donated USDA Foods	Processed Foods Containing Donated USDA Foods
MyPyramid Equivalents per 1,000 Calories					
Total Grains (oz equiv)	≥ 3.0	3.83	4.07	1.67	3.79
Whole grains	≥ 1.5	0.30	0.31	0.29	0.25
Total Fruit (cup equiv)	≥ 0.8	0.62	0.61	1.30	0.05
Total Vegetables (cup equiv)	≥ 1.1	0.74	0.72	1.09	0.51
Total Milk/Dairy (cup equiv)	≥ 1.3	1.64	1.72	1.70	0.91
Total Meat ^b (oz equiv)	≥ 2.5	1.87	1.24	4.10	5.20
Oils (grams)	≥ 12	10.8	10.2	12.8	13.9
Solid Fats (grams)	n.a.	19.8	18.3	26.8	25.4
Added Sugars (teaspoons)	n.a.	7.5	8.6	2.4	2.3
Percent of Calories from Solid Fats and Added Sugars	≤ 20	30.4	31.0	28.1	26.6

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Excluding legumes, which are counted in the vegetable group.

equiv= equivalent; NSLP = National School Lunch Program; oz = ounce; SY = school year.

n.a. = not applicable.

⁴⁹ Findings presented and discussed in this chapter focus on the five main MyPyramid food groups, the whole grain subgroup, oils, solid fats, and added sugars. Data for the full set of MyPyramid food groups and subgroups included in the MPED are provided in Appendix Table C.1.

⁵⁰ Data on the availability of MyPyramid food groups in the third School Food Purchase Study (SFPS-III) food groups and subgroups are provided in Appendix Table C.2.

The reference standards reflect the minimum balance of food group and calorie intakes needed to meet *Dietary Guidelines* recommendations without exceeding recommended calorie levels. It is important to note that the reference standards are based on recommendations for individuals' dietary intakes. The mix of foods acquired by school districts represents foods available for use in meals and snacks and is not necessarily comparable to the mix of foods consumed by students at school.

Key findings for the overall mix of foods acquired by school districts in SY 2009–2010 are as follows:

- School food acquisitions provided relatively high concentrations of total grains (3.8 ounces per 1,000 calories) and milk/dairy foods (1.6 cups per 1,000 calories).
- The mix of foods acquired had relatively low concentrations of whole grains, supplying only 0.3 ounces of whole grains per 1,000 calories. The *Dietary Guidelines* stipulate that at least half of all grains should come from whole grains. However, on a per-1,000-calorie basis, only 8 percent of the total grains available in school food acquisitions were from whole grains.
- Overall, the concentrations of fruits, vegetables, and meats (all sources, including meat, poultry, fish, eggs, soy products, and nuts and seeds) in school food acquisitions were slightly below the HEI-2005 reference standards. School food acquisitions provided 0.6 cups of fruit per 1,000 calories, 0.7 cups of vegetables per 1,000 calories, and 1.9 ounces of meat per 1,000 calories.
- The full mix of foods acquired by school districts provided 10.8 grams of oils per 1,000 calories, 19.8 grams of solid fats per 1,000 calories, and 7.5 teaspoons of added sugars per 1,000 calories. The percentage of calories from solid fats and added sugars for all school food acquisitions (30 percent) exceeded the HEI-2005 standard of no more than 20 percent of calories from these components.

Table III.1 also presents the availability of MyPyramid food groups for purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods. Major findings are summarized below. In reviewing these data, it is important to keep in mind that differences observed for the three categories of food acquisitions reflect differences in the types and volumes of foods acquired in each category, as summarized earlier.

Purchased foods. Foods in this acquisition category had the highest concentrations of total grains and milk/dairy, with levels that exceeded the HEI-2005 reference standards. Purchased foods had the lowest concentrations of meat, oils, and solid fats among the three acquisition categories, but had the highest concentration of added sugars. The concentration of added sugars in purchased foods (8.6 teaspoons per 1,000 calories) is equivalent to 145 calories from added sugars per 1,000 calories. Foods in this acquisition category had the highest percentage of calories from solid fats and added sugars (31 percent), which can be attributed mostly to the high concentration of added sugars in purchased foods. As noted in Chapter II, purchased foods include the full range of foods acquired by school districts and include foods from all SFPS-III food groups and subgroups. The milk subgroup, which includes flavored and unflavored milk, was the leading source of added sugars among purchased foods (data not shown in Table III.1) and was the leading acquisition by volume in SY 2009–2010 (Young et al. 2012).

Donated USDA Foods. Concentrations of fruits, vegetables, milk/dairy, meat, and oils in donated USDA Foods met or exceeded the relevant HEI-2005 reference standards. Foods in this category had relatively low concentrations of added sugars; however, the concentration of solid fats in donated USDA Foods (26.8 grams per 1,000 calories) was the highest among the three acquisition categories and equivalent to 241 calories from solid fats per 1,000 calories. These findings are consistent with the types of foods acquired as donated USDA Foods (large volumes of fruits, vegetables, cheese, poultry, vegetables, red meats, and legumes/nuts/seeds) (Young et al. 2012).

Processed foods containing donated USDA Foods. Foods in this acquisition category had the highest concentrations of meat and oils, with levels that exceeded the HEI-2005 reference standards. The concentration of total grains in processed foods containing donated USDA Foods also exceeded HEI-2005 reference standards. Foods in this acquisition category had the lowest concentrations of whole grains, fruit, vegetables, milk/dairy, and added sugars, and the second highest concentration of solid fats, relative to donated USDA Foods and purchased foods. The relatively high concentrations of meat, oils, and solid fats are consistent with the large volumes of poultry, prepared foods, red meats, potato/potato products, and cheese that were acquired as processed foods containing donated USDA Foods (Young et al. 2012). Foods in this acquisition category had the lowest percentage of calories from solid fats and added sugars (27 percent), although they still exceeded the HEI-2005 reference standard of no more than 20 percent calories.

C. Contribution of Food Acquisition Categories to Available MyPyramid Food Groups

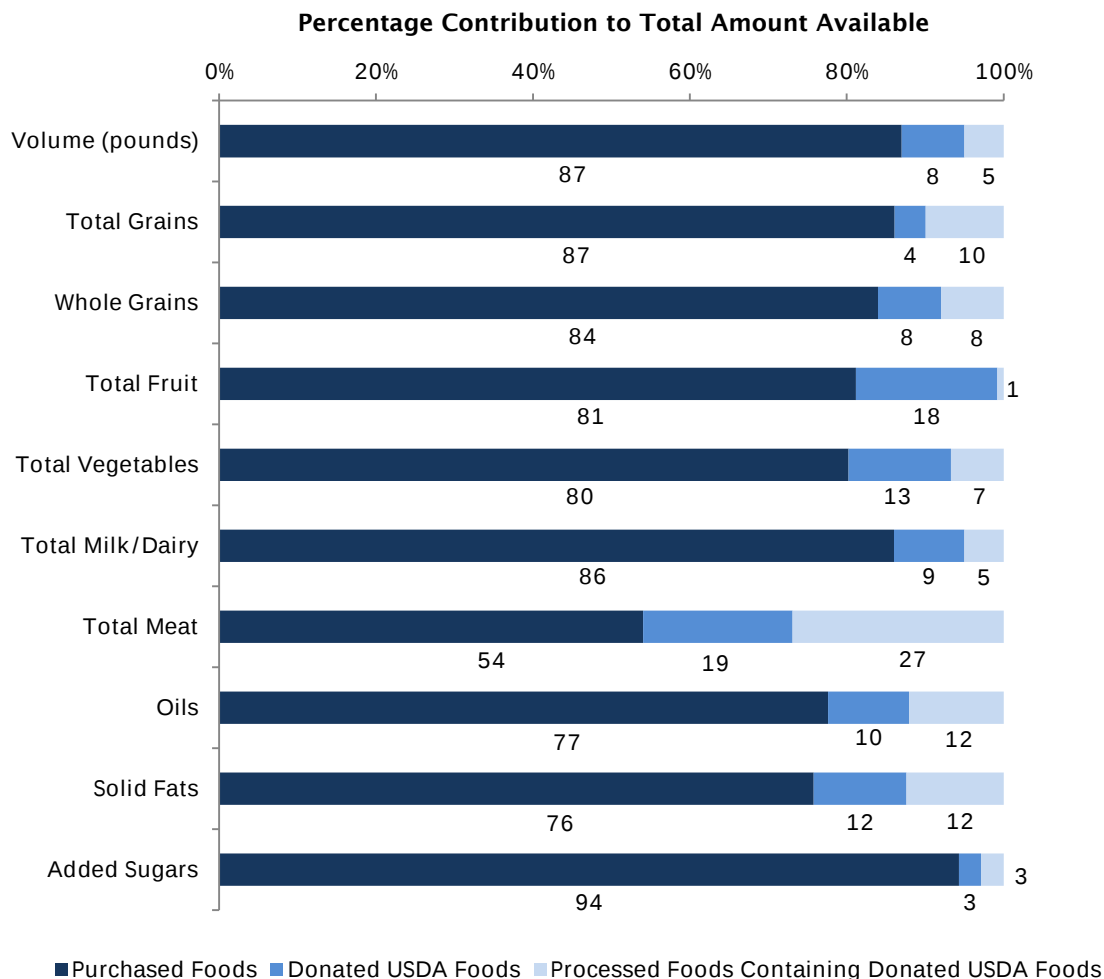
In addition to describing the concentrations of MyPyramid food groups in each food acquisition category, we assessed the relative contribution of the three food acquisition categories to the total amounts of MyPyramid food groups available in all foods acquired. This information provides additional insight into the nutritional characteristics of the mix of foods acquired by school districts in SY 2009–2010.

We computed the percentage contribution of each food acquisition category by summing the amount of each MyPyramid food group available from all foods in a given acquisition category and dividing by the total amount of each MyPyramid food group available from all foods combined. The percentage contribution of a food acquisition category to a particular MyPyramid food group is driven mostly by the volume of foods acquired from that category and somewhat less by the concentration of the MyPyramid food group in the acquisition category. As reported in Chapter I, purchased foods accounted for 87 percent of the total volume of foods acquired (in pounds) in SY 2009–2010, and donated USDA Foods and processed foods containing donated USDA Foods contributed 8 and 5 percent, respectively (Young et al. 2012).

Findings

Figure III.1 presents the contribution of each food acquisition category to the total amounts of MyPyramid food groups available in school food acquisitions. In the first bar of the figure, we show the relative contribution of each food acquisition category to the total volume of foods acquired as a point of reference. Overall, purchased foods contributed the largest share of all available MyPyramid food groups. With the exception of total fruit and total meat, donated USDA Foods and processed foods containing donated USDA Foods contributed less than 15 percent of the amounts of MyPyramid food groups available. However, for several food groups, the contribution of foods from these two categories was disproportionately large, relative to their contribution to the overall volume of foods acquired. Other major findings follow:

Figure III.1. Contribution of Food Acquisition Categories to Total MyPyramid Food Groups Available in Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Some bars might not sum to 100 percent due to rounding.

NSLP = National School Lunch Program; SY = school year.

- Purchased foods** accounted for 84 to 87 percent of the total grains, whole grains, and milk/dairy available in school food acquisitions. Foods in this acquisition category contributed 80 to 81 percent of the available fruit and vegetables, roughly three-quarters (77 percent) of the available oils, and just over half (54 percent) of the available meat. Purchased foods also contributed more than three-quarters (76 percent) of the available solid fats and almost all (94 percent) of the available added sugars. Milk, which includes all varieties of flavored and unflavored milk, accounted for 36 percent of the added sugars available in purchased foods (data not shown in Figure III.1).
- Donated USDA Foods** contributed small proportions of the total grains and added sugars available in school food acquisitions (4 and 3 percent, respectively). Foods in this acquisition category contributed 8 to 10 percent of the available whole grains, milk/dairy, and oils. Relative to their overall contribution to the total volume of foods acquired (8 percent), donated USDA Foods contributed disproportionately large shares of the available fruit and meat (18 and 19 percent, respectively) and, to a lesser degree,

the available solid fats and vegetables (12 and 13 percent, respectively). This finding is consistent with the relatively large volumes of fruit, vegetables, poultry, and red meats acquired as donated USDA Foods.

- **Processed foods containing donated USDA Foods** contributed a very small share of the fruit and added sugars available in all school food acquisitions (1 to 3 percent). Foods in this acquisition category also contributed 5 percent of the available milk/dairy, 7 percent of the available vegetables, and 8 percent of the available whole grains. The contribution of processed foods containing donated USDA Foods to the available total grains (10 percent), oils (12 percent), and solid fats (12 percent) was at least double this category's contribution to the total volume of foods acquired (5 percent) (Young et al. 2012). Most notably, processed foods containing donated USDA Foods contributed more than a quarter (27 percent) of the meat available in all school food acquisitions.

Together, donated USDA Foods and processed foods containing donated USDA Foods contributed almost half (46 percent) of the available meat and almost a quarter of the available oils and solid fats (22 and 24 percent, respectively). In contrast, these two food acquisition categories contributed only 6 percent of the added sugars available in school food acquisitions.

D. Contribution of SFPS- III Food Groups to Available MyPyramid Food Groups

In this section, we describe SFPS-III food groups and subgroups that are major contributors to the MyPyramid food groups available in school food acquisitions. Information on how specific foods contribute to MyPyramid food groups can be useful to school food service professionals, policymakers, and other stakeholders in devising strategies to improve the nutritional characteristics of foods acquired by school districts.

The key outcome for this analysis is the percentage contribution of a particular SFPS-III food group or subgroup to the total amount of each MyPyramid food group available in school food acquisitions. The analysis here parallels the analysis described in the previous section but uses the SFPS-III food groups and subgroups described in Chapter I rather than the three food acquisition categories.⁵¹ The relative contribution of an SFPS-III food group or subgroup to a particular MyPyramid food group is determined by both the volume of food acquired for a given food group or subgroup and the concentration of the MyPyramid food group in that food group or subgroup. For this reason, SFPS-III food groups or subgroups that are acquired in large volumes might make more substantial contributions to some MyPyramid food groups than one would expect based on the MyPyramid food group content alone. As shown in Chapter II (Figure II.2), the food groups that contributed the largest share of the total volume of foods acquired in SY 2009–2010 were milk and other dairy products, fruits and juices, vegetables, bakery products, poultry, nondairy drinks, and prepared foods.

⁵¹ The complete classification system for food items reported in SFPS-III and their categorization within different food groups and subgroups is provided in Appendix A.

Findings

Table III.2 shows the relative contribution of each SFPS-III food group and subgroup to the MyPyramid food groups available in foods acquired by school districts in SY 2009–2010. Major findings are summarized below.

Total grains. Bakery products were the leading contributor to total grains and accounted for more than half (54 percent) of the grains available in school food acquisitions. Prepared foods and grain products (other than bakery products) each contributed 15 to 16 percent of the available grains, and poultry (specifically, breaded chicken and turkey products) contributed another 7 percent. Among the food subgroups, breads and rolls contributed the largest share of the available grains (31 percent), followed by pizza (10 percent). Pretzels/snack chips; biscuits/muffins/pancakes/waffles; flour/other milled grains; chicken; and cakes/bakery desserts each contributed 6 to 7 percent of the grains available in school food acquisitions.

Whole grains. Bakery products were the leading contributor to the whole grains available in school food acquisitions (44 percent). Other grain products and prepared foods were also important sources of whole grains, contributing 27 and 23 percent, respectively, of the total amount of whole grains available in school food acquisitions. Among the food subgroups, breads/rolls and pizza provided the largest share of whole grains (16 and 15 percent, respectively), followed by crackers (12 percent), breakfast cereals (10 percent), biscuits/muffins/pancakes/waffles (9 percent), and flour/other milled grains (9 percent).

Total fruit. As one might expect, fruits and juices contributed almost all of the fruit available in school food acquisitions (98 percent). Fresh, canned, frozen, and dried fruits accounted for a larger share of the available fruit than juices (64 versus 34 percent).

Total vegetables. Vegetables, which include fresh, canned, frozen, dried, and juiced vegetables, as well as legumes, accounted for 77 percent of the total vegetables available in school food acquisitions. Condiments (11 percent), prepared foods (4 percent), and legumes/nuts/seeds (3 percent) also made notable contributions to the available vegetables. Among the food subgroups, potato/potato products contributed the largest share of vegetables (35 percent), followed by green vegetables (16 percent). Yellow vegetables, tomato/tomato products, mixed vegetables, and catsup/other sauces each contributed 7 to 8 percent of the available vegetables.

Total milk/dairy. Milk and other dairy products were the leading contributors to the milk/dairy group and accounted for 88 percent of the total amount of milk/dairy available in school food acquisitions. Prepared foods (many of which include cheese) was the only other food group that made a substantial contribution (10 percent) to the available milk/dairy. Milk was the leading contributor to milk/dairy among the food subgroups (70 percent), followed by cheese (16 percent) and pizza (8 percent).

Total meat (excluding legumes). Together, poultry (48 percent) and red meats (34 percent) contributed 82 percent of the total meat available in school food acquisitions. The major contributors among the food subgroups were chicken (32 percent), beef (22 percent), turkey (15 percent), and pork (9 percent).

Table III.2. Contribution of SFPS- III Food Groups and Subgroups to Available MyPyramid Food Groups in Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Bakery Products	54.4	44.2	0.9	1.9	0.3	0.5	21.8	17.6	18.7
Biscuits, muffins, pancakes, and waffles	6.8	9.4	0.5	0.0	0.0	0.3	1.7	4.2	3.9
Breads and rolls	31.3	16.4	0.1	0.0	0.0	0.0	8.4	3.9	5.0
Cakes and other bakery desserts	5.8	4.8	0.3	0.0	0.1	0.1	0.9	6.7	7.6
Crackers	3.4	12.4	0.0	0.0	0.1	0.0	0.0	2.2	2.2
Pretzels and snack chips	7.1	1.2	0.0	1.9	0.1	0.0	10.7	0.6	0.0
Condiments	0.2	0.0	0.0	11.0	0.0	0.0	0.9	0.0	5.4
Catsup and other sauces	0.1	0.0	0.0	7.6	0.0	0.0	0.9	0.0	5.4
Flavorings	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0
Pickles and olives	0.0	0.0	0.0	3.3	0.0	0.0	0.0	0.0	0.1
Eggs	0.2	0.0	0.0	0.0	0.2	3.1	0.1	1.1	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.4	0.0
Mixtures with egg	0.2	0.0	0.0	0.0	0.2	1.4	0.1	0.7	0.0
Fats and Oils	0.2	0.0	0.0	0.2	0.0	0.1	34.1	11.9	0.9
Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0
Margarine	0.0	0.0	0.0	0.0	0.0	0.0	0.7	6.5	0.0
Salad dressings and mayonnaise	0.2	0.0	0.0	0.2	0.0	0.1	19.9	1.1	0.9
Vegetable oils and shortenings	0.0	0.0	0.0	0.0	0.0	0.0	13.6	3.7	0.0
Fish	0.7	0.1	0.0	0.0	0.0	2.5	1.6	0.1	0.0
Fish	0.5	0.1	0.0	0.0	0.0	2.1	1.3	0.1	0.0
Shellfish	0.1	0.0	0.0	0.0	0.0	0.3	0.3	0.0	0.0
Fruits and Juices	0.3	0.0	97.7	0.1	0.0	0.0	0.2	0.0	6.7
Fruits	0.3	0.0	63.8	0.1	0.0	0.0	0.2	0.0	5.9
Juices	0.0	0.0	33.9	0.0	0.0	0.0	0.0	0.0	0.7
Grain Products	14.7	27.1	0.0	0.7	0.8	0.8	0.9	2.5	4.0
Breakfast cereals	1.7	10.4	0.0	0.0	0.0	0.0	0.1	0.3	2.7
Flour and other milled grains	6.1	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flour mix ^a	0.7	0.3	0.0	0.0	0.0	0.0	0.0	0.6	1.2
Mixtures with grain	1.7	0.4	0.0	0.7	0.8	0.8	0.7	1.3	0.1
Pasta and noodles	2.5	2.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Rice, barley, and other grains	1.9	4.9	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Legumes, Nuts, and Seeds	0.0	0.0	0.0	3.1	0.0	3.6	3.2	0.1	0.5
Dry beans and peas	0.0	0.0	0.0	3.1	0.0	0.0	0.0	0.0	0.4
Other nuts	0.0	0.0	0.0	0.0	0.0	0.4	0.3	0.0	0.0
Peanuts and peanut butter	0.0	0.0	0.0	0.0	0.0	2.6	2.3	0.0	0.1
Seeds	0.0	0.0	0.0	0.0	0.0	0.6	0.5	0.0	0.0
Soybeans and soy products	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0

Table III.2 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Milk and Other Dairy Products	0.8	0.4	0.1	0.0	87.8	0.2	0.4	30.5	37.2
Cheese	0.5	0.4	0.0	0.0	16.0	0.0	0.2	16.7	0.0
Cream	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0
Ice cream and ice milk	0.3	0.0	0.0	0.0	0.6	0.2	0.2	2.0	2.1
Milk	0.0	0.0	0.0	0.0	70.1	0.0	0.0	11.0	33.5
Yogurt	0.0	0.0	0.1	0.0	1.1	0.0	0.0	0.2	1.6
Non- Dairy Drinks	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	4.2
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Coffee and tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Enriched drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7
Fruit drinks	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	1.8
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	7.0	4.1	0.0	0.2	0.0	47.5	13.9	7.9	1.6
Chicken	6.1	2.8	0.0	0.2	0.0	32.4	12.7	6.4	0.8
Game birds	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixed poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	0.9	1.3	0.0	0.1	0.0	15.0	1.1	1.4	0.8
Prepared Foods	16.2	22.9	0.7	3.9	10.4	7.2	8.1	11.4	3.6
Burritos and tacos	1.8	2.1	0.0	0.5	0.4	0.7	0.6	0.8	0.0
Meat- or cheese-filled pastry	2.5	1.8	0.0	0.4	1.5	0.4	0.3	1.9	0.2
Mixtures with fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pizza	9.9	14.5	0.0	3.0	8.0	2.2	4.2	7.5	2.0
Prepared meals	0.3	1.5	0.6	0.0	0.0	0.2	0.1	0.1	0.3
Prepared sandwiches	1.6	3.1	0.1	0.0	0.5	3.7	2.9	1.1	1.1
Red Meats	1.5	1.0	0.0	0.6	0.0	34.1	2.2	12.4	0.8
Beef and veal	0.7	0.0	0.0	0.4	0.0	22.3	1.1	6.9	0.2
Lamb	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixed meats	0.3	0.5	0.0	0.0	0.0	2.8	0.4	2.1	0.2
Pork	0.6	0.5	0.0	0.1	0.0	8.9	0.7	3.4	0.4
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.9	0.0	0.0	1.0	0.0	0.3	0.1	0.4	0.1
Gravies	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Soups	0.2	0.0	0.0	1.0	0.0	0.3	0.0	0.2	0.1
Sugar and Desserts	0.2	0.1	0.2	0.0	0.3	0.0	0.6	0.5	15.6
Candies and toppings	0.1	0.1	0.0	0.0	0.0	0.0	0.4	0.2	1.1
Gelatins	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9
Jellies, jams, and preserves	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.9
Puddings and pie filling	0.1	0.0	0.0	0.0	0.2	0.0	0.2	0.1	0.9
Sherbet and ices	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.8
Sugars	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.2
Syrups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8

Table III.2 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Vegetables	2.8	0.2	0.0	77.3	0.1	0.1	11.9	3.5	0.7
Green vegetables ^d	0.0	0.0	0.0	16.0	0.0	0.0	0.0	0.0	0.0
Mixed vegetables	0.0	0.0	0.0	7.9	0.0	0.0	0.0	0.0	0.0
Mixtures with vegetables ^e	0.1	0.2	0.0	0.2	0.0	0.0	0.2	0.2	0.0
Other vegetables ^f	0.0	0.0	0.0	1.4	0.0	0.0	0.0	0.0	0.0
Potato and potato products	2.6	0.0	0.0	35.1	0.0	0.0	11.5	2.8	0.5
Tomato and tomato products	0.0	0.0	0.0	8.3	0.0	0.0	0.1	0.5	0.1
Yellow vegetables ^g	0.1	0.0	0.0	8.4	0.0	0.0	0.2	0.0	0.1

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^e Includes onion rings, coleslaw, breaded vegetables, and bean salads.

^f Includes onions, cauliflower, radishes, squash, mushrooms, and beets.

^g Includes carrots, corn, sweet potatoes, and pumpkin.

NSLP = National School Lunch Program; SY = school year.

Oils. Fats/oils accounted for approximately a third (34 percent) of oils available in school food acquisitions, and bakery products accounted for almost a quarter (22 percent) of available oils. Other food groups that made smaller, but notable, contributions included poultry (14 percent), vegetables (12 percent), and prepared foods (8 percent). Salad dressings/mayonnaise was the leading contributor among the food subgroups, providing 20 percent of the available oils. Vegetable oils/shortenings, chicken, potato/potato products, and pretzels/snack chips also made important contributions to the oils available in school food acquisitions (each contributed 11 to 14 percent).

Solid fats. Milk and other dairy products contributed almost a third (31 percent) of the solid fats available in school food acquisitions. Bakery products contributed another 18 percent. Red meats, fats/oils, and prepared foods each contributed 11 to 12 percent of the available solid fats. Among the food subgroups, cheese, milk, and pizza provided the largest shares of solid fats (17, 11, and 8 percent, respectively), and beef, cakes/other bakery desserts, margarine, and chicken each contributed 6 to 7 percent.

Added sugars. Milk/other dairy products contributed more than a third (37 percent) of the added sugars available in school food acquisitions. Bakery products contributed another 19 percent, followed by sugars/desserts, which contributed 16 percent. Milk, which includes flavored and unflavored milk, was the leading contributor among the food subgroups (34 percent). Sugars and cakes/other bakery desserts each contributed 8 percent of the available added sugars. Other food subgroups that made small but noteworthy contributions to the added sugars available in school food acquisitions were fruits, catsup/other sauces, and breads/rolls (5 to 6 percent).

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IV. HEALTHY EATING INDEX- 2005 SCORES FOR SCHOOL FOOD ACQUISITIONS

In Chapters II and III, we described the calorie, nutrient, and MyPyramid food group content of foods acquired by school districts in school year (SY) 2009–2010. In this chapter, we use the Healthy Eating Index-2005 (HEI-2005) to assess the dietary quality of school food acquisitions. The HEI-2005 was designed to measure the diet quality of population groups and to monitor change over time. Diet quality is assessed by measuring how well diets conform to the eating patterns recommended in the 2005 *Dietary Guidelines for Americans* and the MyPyramid food guidance system (Guenther et al. 2007; USDA, Center for Nutrition Policy and Promotion [CNPP] 2005).⁵²

The chapter is organized into three sections. The first describes the HEI-2005 and associated estimation methods. The second section describes HEI-2005 scores for all school districts. The third section describes HEI-2005 scores in different subgroups of school districts. Scores are examined by district size, level of urbanicity, level of student poverty, whether the school district used a food service management company (FSMC), and by menu planning system.

A. The Healthy Eating Index- 2005

The HEI-2005 includes 12 component scores and an overall score. Nine components are food-based and assess intakes of MyPyramid food groups and subgroups: total fruit; whole fruit; total vegetables; dark green vegetables, orange vegetables, and legumes; total grains; whole grains; milk; meats and beans; and oils. The remaining three components assess intakes of saturated fat; sodium; and calories from solid fats, alcohol, and added sugars (SoFAAS). In this chapter, we refer to this component as calories from solid fats and added sugars (SoFAS) because school food acquisitions did not include alcohol.

The standards used in assigning HEI-2005 component scores are expressed on a density basis (per 1,000 calories). The use of such standards in assessing diet quality reflects the overarching recommendation that individuals should strive to meet food group and nutrient recommendations while maintaining energy balance, rather than meeting these recommendations simply by consuming large quantities of food. The density-based standards make it possible to use the HEI-2005 to assess the quality of any mix of foods. Although the tool has primarily been used to assess the quality of diets consumed by individuals (Fox et al. 2010; Guenther et al. 2008a; Cole and Fox 2008; Beydoun et al. 2008; Reedy et al. 2008), it has also been used to assess the quality of menus (Guenther et al. 2007; Reedy et al. 2010), food packages offered and delivered through the Food Distribution Program on Indian Reservations (FDPIR) (Harper et al. 2008), USDA Foods distributed through various other programs (Zimmerman et al. 2012), household food supplies (Mabli et al. 2010), and the U.S. food supply (Krebs-Smith et al. 2010; Reedy et al. 2010).

Scoring criteria, shown in Table IV.1, assign higher scores for greater concentrations (per 1,000 calories) of food-based components and lower scores for greater concentrations of sodium, saturated fat, and calories from SoFAS, because recommendations for the latter components emphasize reduced or moderate intakes. Maximum scores for each component range from 5 to 20,

⁵² The *Dietary Guidelines* were updated in 2010. Differences between the 2005 and 2010 versions are relatively minor, so the HEI-2005 remains the optimal tool for assessing diet quality.

leading to a maximum overall score of 100. The standards for maximum scores reflect the concentrations of MyPyramid food groups and nutrients required in a diet that would meet recommendations without exceeding calorie requirements. Applying the HEI-2005 to school food acquisitions allows us to assess whether the mix of foods acquired by schools is sufficiently balanced to provide recommended amounts of MyPyramid food groups and nutrients per calorie (Krebs-Smith et al. 2010).

Table IV.1. Healthy Eating Index- 2005 Components and Standards for Scoring

Component	Maximum Score	Standard for Maximum Score	Standard for Minimum Score of Zero
Total Fruit	5	≥ 0.8 cup per 1,000 calories	No fruit
Whole Fruit (not juice)	5	≥ 0.4 cup per 1,000 calories	No whole fruit
Total Vegetables	5	≥ 1.1 cup per 1,000 calories	No vegetables
Dark Green and Orange Vegetables and Legumes ^a	5	≥ 0.4 cup per 1,000 calories	No dark green or orange vegetables or legumes
Total Grains	5	≥ 3.0 oz per 1,000 calories	No grains
Whole Grains	5	≥ 1.5 oz per 1,000 calories	No whole grains
Milk ^b	10	≥ 1.3 cup per 1,000 calories	No milk/dairy
Meat and Beans	10	≥ 2.5 oz per 1,000 calories	No meat or beans
Oils ^c	10	≥ 12 gm per 1,000 calories	No oil
Saturated Fat	10 ^d	≤ 7% of total calories	≥ 15% of total calories
Sodium	10 ^d	≤ 0.7 gm per 1,000 calories	≥ 2.0 gm per 1,000 calories
Calories from Solid Fats, Alcohol, and Added Sugars (SoFAAS)	20	≤ 20% of total calories ^e	≥ 50% of total calories
Total Score	100		

Source: Healthy Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006.

Note: With the exception of saturated fat and sodium, amounts between the minimum and maximum are scored proportionately.

^aFollowing MyPyramid, legumes were first allocated to the meat and beans group. If any amount remained after the meat and beans group recommendation was met, legumes were counted toward the total vegetables and dark green and orange vegetables and legumes groups.

^bIncludes all dairy products, including fluid milks, yogurt and cheese.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

^d Saturated fat and sodium get a score of 8 for levels that reflect 2005 *Dietary Guidelines* recommendations: less than 10 percent of energy from saturated fat and 1.1 grams of sodium per 1,000 calories, respectively.

^eThe most generous allowance for discretionary calories in the MyPyramid food intake patterns (based on age, gender, and level of physical activity) is 20 percent of total energy.

gm = gram; oz = ounce.

We estimated HEI-2005 scores at the population level, based on total food acquisitions across all school districts. This is consistent with the approach used to estimate the measures reported in the previous two chapters and with the approach used in estimating HEI-2005 scores for the U.S.

food supply (Krebs-Smith et al. 2010), USDA Foods distributed through various programs (Zimmerman et al. 2012), and the FDIPIR food package (Harper et al. 2008).⁵³ The variables used in this analysis include the measures of MyPyramid food group content discussed in Chapter III and the measures of saturated fat and sodium content discussed in Chapter II (all estimated on a per-1,000-calorie basis). Details on variable creation are available in these chapters and Appendix A.

HEI-2005 scores were estimated for all foods acquired by school districts and for the three categories of food acquisitions—purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods. As described in Chapter I, purchased foods include the full range of foods acquired by school districts. Donated USDA Foods include large volumes of fruits, vegetables, cheese, poultry, and red meats, as well as considerable amounts of grain products and legumes/nuts/seeds (Young et al. 2012). Processed foods containing donated USDA Foods include large volumes of processed poultry, red meats, potatoes and potato products, as well as a variety of prepared foods, such as pizza, prepared sandwiches, and other foods containing meat and/or cheese.

B. Healthy Eating Index- 2005 Scores for School Food Acquisitions

We based all of the findings reported in this section on records of food acquisitions collected from 408 school districts during SY 2009–2010. All estimates are weighted to provide national, annualized estimates of the total HEI-2005 scores for school food acquisitions.^{54,55}

In presenting results, we focus first on scores for each component of the HEI-2005 and then on the total score. Because the maximum scores vary for different components of the index, we review component scores in three subgroups based on the reference maximum score: (1) fruits, vegetables, and grains (which each have a maximum score of 5); (2) milk, meat and beans, oils, saturated fat, and sodium (which each have a maximum score of 10); and (3) calories from SoFAS (which has a maximum score of 20). Higher scores always reflect higher dietary quality. For the saturated fat, sodium, and calories from SoFAS components, higher scores indicate lower levels of these dietary components. In the discussions that follow, any comments we make about the types or relative volumes of foods acquired in a given category are based on data presented in the *School Food Purchase Study-III: Final Report* (Young et al. 2012) and summarized in Chapter I of this report.

1. Scores for Fruits, Vegetables, and Grains

School food acquisitions received a perfect score of 5.0 for whole fruit and total grains (Figure IV.1). This indicates that the relative concentration of whole fruit and grains in school food

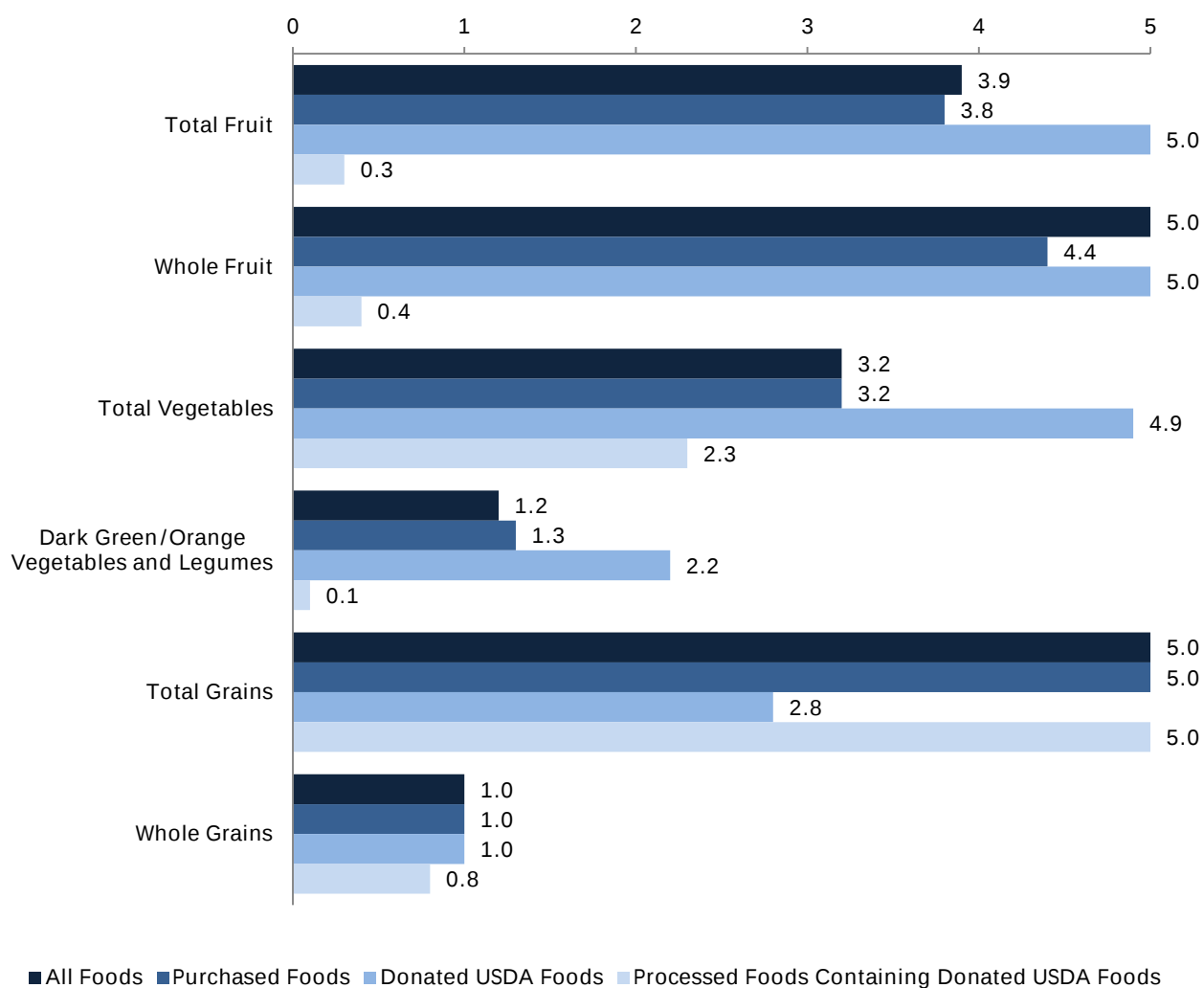
⁵³ We also estimated mean HEI-2005 scores by estimating scores for each individual school district and averaging across all school districts. These data are presented in Appendix D.

⁵⁴ Detailed information on the methods used to transform the food acquisition data into estimates of available calories, nutrients, and MyPyramid food groups is provided in Appendix A.

⁵⁵ Due to a number of differences in the methodologies employed, results presented on HEI-2005 scores for donated USDA Foods are not comparable to those reported for NSLP USDA Foods in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report (Zimmerman et al. 2012). The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, and for some foods, different sources of nutrient values.

acquisitions per available calorie met (or exceeded) recommended amounts. Scores for the other HEI-2005 components in this group ranged from a low of 1.0 for whole grains to a high of 3.9 for total fruit. Relative to scores for the U.S. food supply in 2005 (Reedy et al. 2010), scores for school food acquisitions in SY 2009–2010 were comparable for dark green and orange vegetables and legumes (1.2 versus 1.4), total grains (5.0 versus 4.7), and whole grains (1.0 versus 1.2). However, scores for school food acquisitions were notably higher than the U.S. food supply for total fruit (3.9 versus 2.0), whole fruit (5.0 versus 2.6), and total vegetables (3.2 versus 2.7).

Figure IV.1. HEI- 2005 Component Scores for Components with a Maximum Score of 5



Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

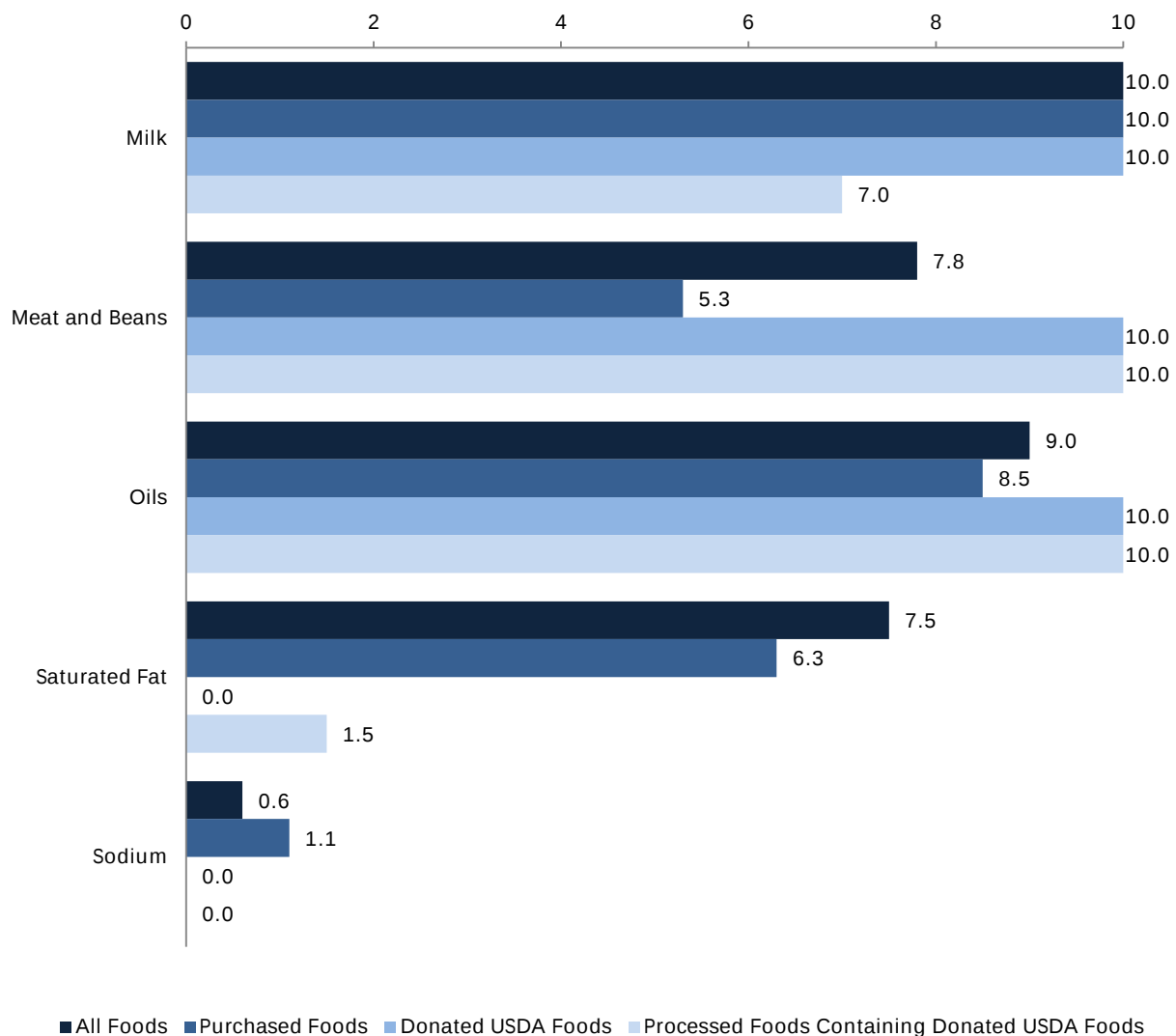
As expected, based on differences in the types of food acquired and findings presented in Chapters II and III, HEI-2005 component scores for the three food acquisition categories varied considerably. Key findings are illustrated in Figure IV.1 and summarized below:

- **Purchased foods** generally had the second highest scores, relative to scores for donated USDA Foods and processed foods containing donated USDA Foods. The only exceptions were total grains, in which both purchased foods and processed foods containing donated USDA Foods had equivalent scores of 5.0, and whole grains, in which both purchased foods and donated USDA Foods had equivalent scores of 1.0.
- **Donated USDA Foods** had the highest scores for five of the six HEI-2005 components in this group (tied with one other food acquisition category for the whole fruit and whole grains components). Donated USDA Foods had perfect or near-perfect scores (5.0 or 4.9) for total fruit, whole fruit, and total vegetables. These findings are consistent with the fact that donated USDA Foods include large volumes of fruits and vegetables. Donated USDA Foods also had the highest score for dark green and orange vegetables and legumes (2.2 versus 0.1 to 1.3). However, this score indicates that donated USDA Foods provided less than half of the recommended amounts of these types of vegetables per calorie. Donated USDA Foods had the lowest score for total grains (2.8 versus 5.0). This is consistent with the fact that, relative to purchased foods and processed foods containing donated USDA Foods, donated USDA Foods include smaller volumes of grain and grain-based foods.
- **Processed foods containing donated USDA Foods** had the lowest scores for all of the HEI-2005 component scores in this group except total grains. Scores for total fruit, whole fruit, and dark green and orange vegetables and legumes were dramatically lower, relative to scores for the other two food acquisition categories, and were consistently less than 0.5 points. The score for total vegetables was notably higher than these other component scores, although still well below scores for the other two groups (2.3 versus 3.2 and 4.9). The higher score for total vegetables is consistent with the fact that this food acquisition category includes large volumes of processed potatoes and potato products as well as large volumes of pizza (which includes tomato sauce).

2. Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium

School food acquisitions received a perfect score (10.0) for milk (Figure IV.2). Scores for the other HEI-2005 components in this group ranged from a low of 0.6 for sodium to a high of 9.0 for oils. Relative to scores for the 2005 U.S. food supply (Reedy et al. 2010), scores for school food acquisitions in SY 2009–2010 were lower for meat and beans (7.8 versus 9.4) and oils (9.0 versus 9.8). HEI-2005 scores for school food acquisitions were notably higher than scores for the 2005 U.S. food supply for milk (10.0 versus 5.0) and saturated fat (7.5 versus 5.4). The score for sodium was also higher (0.6 versus 0.0), but sodium scores for both food supplies were very low.

The low scores for sodium are not surprising given that, as noted in Chapter II, sodium is ubiquitous in the U.S. food supply (mostly from processed foods) and virtually all Americans consume more sodium than they need. For the first time in the history of the school meal programs, the new nutrition standards for school meals establish a quantitative standard for sodium (7 CFR Parts 210 and 220, January 26, 2012). In light of this new standard, school districts may need to pay particular attention to the sodium content of processed foods to help align school meals with the new standards. Achieving recommended levels of sodium will also require a deliberate reduction in the sodium content of foods available in the marketplace (U.S. Department of Agriculture [USDA] and U.S. Department of Health and Human Services [DHHS] 2010; Institute of Medicine [IOM] 2010).

Figure IV.2. HEI- 2005 Component Scores for Components with a Maximum Score of 10

Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

Key findings for the three food acquisition categories are summarized below and shown in Figure IV.2:

- **Purchased foods** had lower scores than either donated USDA Foods or processed foods containing donated USDA Foods for meat and beans (5.3 versus 10.0) and oils (8.2 versus 10.0). Foods in this category had the highest scores for saturated fat (6.3 versus 0.0 to 1.5) and sodium (1.1 versus 0.0). This pattern of findings is consistent with the mix of foods acquired in each category.
- **Donated USDA Foods** had the highest scores for milk (tied with purchased foods), meat and beans, and oils (tied for both with processed foods containing donated USDA Foods). Although donated USDA Foods include large volumes of fruits and vegetables, this category also includes large volumes of cheese, poultry, and red meats, as well as appreciable volumes of nuts and seeds, which contribute healthy oils. The large volumes

of cheese and red meats also explain why donated USDA Foods had the lowest score (0.0) on the saturated fat component. As noted in Chapter II, this food acquisition category had the highest percentage of calories from saturated fat.

- **Processed foods containing donated USDA Foods** had the highest scores for meat and beans (10.0 versus 5.3) and oils (10.0 versus 8.5) (tied for both with donated USDA Foods) and the lowest score for milk (7.0 versus 10.0). This pattern of findings, coupled with low scores for the saturated fat and sodium components, is consistent with the types of food acquired in this category.

3. Scores for Calories from Solid Fats and Added Sugars

As shown in Figure IV.3, all school food acquisitions for SY 2009–2010 received a score of 13.5 (out of 20) for the calories-from-SoFAS component.⁵⁶ This is notably higher than the 10.9 score for the 2005 U.S. food supply (Reedy et al. 2010). Some of the discrepancy between these two scores is likely due to the fact that the analysis of the U.S. food supply includes alcoholic beverages, which also contribute to this measure.

Figure IV.3. HEI- 2005 Component Score for Calories from Solid Fats and Added Sugars (SoFAS)



Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

Among the three food acquisition categories, processed foods containing donated USDA Foods had the highest score for calories from SoFAS and purchased foods had the lowest score (15.7 versus 13.1). This indicates that these two food acquisition categories had the lowest and highest levels, respectively, of calories from solid fats and added sugars. The difference in scores for calories from SoFAS appears to be driven largely by the lower levels of added sugars in processed

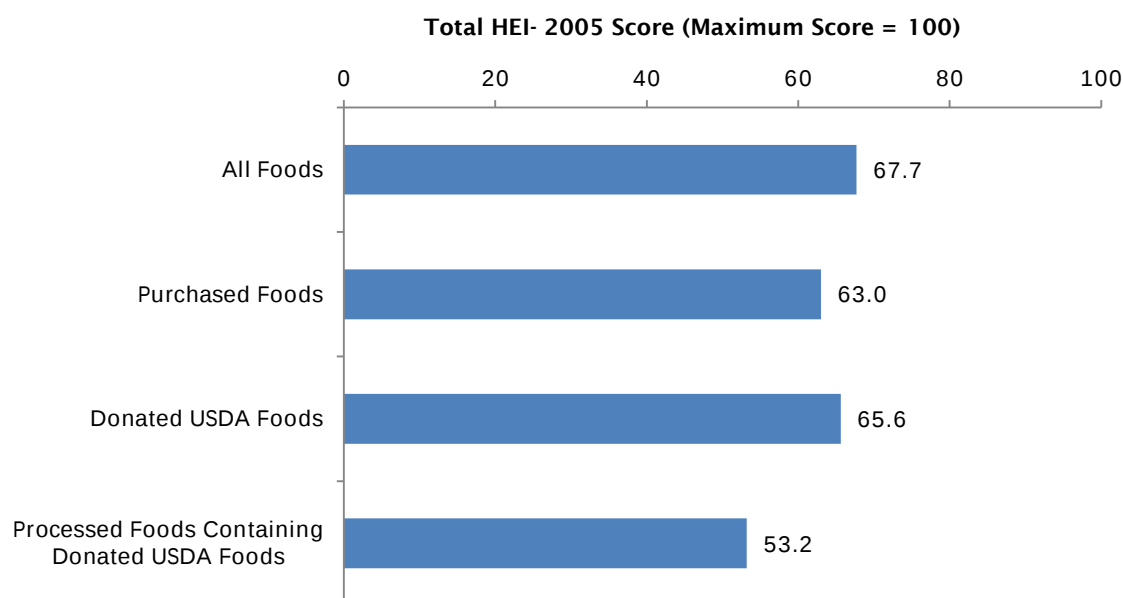
⁵⁶ The calories-from-SoFAS component is weighted twice as heavily as any other component (maximum score = 20) because it addresses two issues: (1) the selection of low-fat and low-sugar forms of foods, as recommended by the *Dietary Guidelines*; and (2) the fact that foods high in SoFAS might displace more nutrient-dense foods in the diet, adding calories but very few nutrients, and might contribute to excess calorie intake (Guenther et al. 2008b).

foods containing donated USDA Foods. As shown in Chapter III (Table III.1), processed foods containing donated USDA Foods had 2.3 teaspoons of added sugars per 1,000 calories (equivalent to 39 calories from added sugars per 1,000 calories) and purchased foods had 8.6 teaspoons of added sugars (equivalent to 145 calories from added sugars per 1,000 calories).

4. Total Healthy Eating Index-2005 Scores

Overall, school food acquisitions in SY 2009–2010 received a score of 67.7 out of a possible 100 (Figure IV.4). By comparison, the 2005 U.S. food supply received a score of 54.9 points (Reedy et al. 2010). As noted in the discussion of results for the individual component scores, major contributors to the higher dietary quality of school food acquisitions include smaller shares of total calories contributed by saturated fat and by SoFAAS, as well as greater concentrations (per 1,000 calories) of milk and milk products, total fruit, whole fruit, and total vegetables. Both school food acquisitions and the U.S. food supply were low in whole grains and dark green and orange vegetables and legumes, relative to recommendations, and high in sodium.

Figure IV.4. Total HEI- 2005 Scores



Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

Donated USDA Foods had the highest total HEI-2005 score and processed foods containing donated USDA Foods had the lowest total score (65.6 versus 53.2). These scores are consistent with findings for the individual components and the types of food acquired in each category. In particular, the fact that processed foods containing donated USDA Foods include essentially no fruit, whole fruit, or vegetables other than potatoes and tomato sauce has a major impact on the total HEI-2005 score.

C. Healthy Eating Index- 2005 Scores for Total Food Acquisitions, by School District Characteristics

In this section, we examine variation in HEI-2005 scores for total food acquisitions among school districts with different characteristics. These characteristics include district size, level of urbanicity, level of student poverty, whether the school district used an FSMC, and menu planning system. All of the district characteristics variables were created by Young et al. (2012) as part of the

main SFPS-III analysis. Findings are based on the 404 school districts that provided both food acquisition and procurement practices data, and estimates are weighted to provide national, annualized estimates of HEI-2005 scores.⁵⁷ No statistical tests were performed to test the significance of observed differences across subgroups of schools, so the discussion is purely descriptive. Discussion of component scores generally focuses on situations in which scores differ by 10 percent or more.

1. District Size

School districts were divided into four strata based on total student enrollment: (1) small (fewer than 1,000 students); (2) medium (1,000 to 4,999 students); (3) large (5,000 to 24,999 students); and (4) very large (25,000 or more students).⁵⁸ HEI-2005 scores for total food acquisitions are summarized for each stratum in Table IV.2. Scores for total grains and milk were perfect for all strata. For most components, but not all, there was a modest increase in HEI-2005 scores with increasing district size. Scores were generally comparable for districts of all sizes for dark green and orange vegetables and legumes, meat and beans, and oils.

Variations in HEI-2005 scores for districts of different sizes were more notable for the other components. In every case, scores were lowest for the smallest districts and highest for the largest districts, and increased in a linear fashion. This was true for scores for total fruit, which ranged from 2.8 among the smallest districts to 4.7 among the largest districts; whole fruit (4.0 to 5.0); saturated fat (5.7 to 7.8); sodium (0.0 to 0.9); calories from SoFAS (11.9 to 14.0); and total HEI-2005 scores (61.9 to 69.7).

⁵⁷ A separate weight was used for these analyses to account for the slightly smaller sample of school districts that provided both sets of data. Additional information on weighting procedures is provided in Appendix A.

⁵⁸ Districts are not evenly distributed across these size categories. About a third (34 percent) of all districts are small; 48 percent are medium-sized; 16 percent are large; and 3 percent are very large (see Young et al. 2012, Table 3-1).

Table IV.2. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by District Size, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	All	District Size (in students)			
			Small (fewer than 1,000)	Medium (1,000 to 4,999)	Large (5,000 to 24,999)	Very Large (25,000 or more)
Total Fruit	5	3.9	2.8	3.3	3.7	4.7
Whole Fruit (not juice)	5	5.0	4.0	4.4	4.8	5.0
Total Vegetables	5	3.2	3.6	3.5	3.2	3.1
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.2	1.1	1.2	1.3
Total Grains	5	5.0	5.0	5.0	5.0	5.0
Whole Grains	5	1.0	0.7	0.9	1.0	1.2
Milk ^b	10	10.0	10.0	10.0	10.0	10.0
Meat and Beans	10	7.8	7.8	7.9	7.6	8.1
Oils ^c	10	9.0	9.0	9.4	9.0	8.7
Saturated Fat	10	7.4	5.7	6.9	7.7	7.8
Sodium	10	0.6	0.0	0.1	0.6	0.9
Calories from Solid Fats and Added Sugars	20	13.5	11.9	13.0	13.6	14.0
Total Score	100	67.7	61.9	65.5	67.4	69.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

2. Urbanicity

We compared districts that were located in urban and rural areas.⁵⁹ Results are presented in Table IV.3. Scores for urban and rural districts differed by more than 10 percent for five HEI-2005 components: total fruit, whole fruit, dark green and orange vegetables and legumes, whole grains, and sodium. In all cases, urban districts had higher scores than rural districts. With the exception of meat and beans and oils, scores for all of the other components were consistently higher for urban districts, although the differences were smaller. The mix of foods acquired by urban districts in SY 2009–2010 received a total HEI-2005 score of 68.4, compared with 65.9 for rural districts.

⁵⁹ Districts were categorized as urban or rural using the classification system employed by the National Center for Education Statistics (NCES). NCES classifies schools into one of four locale categories: city and suburban (urban) and town and rural (rural).

Table IV.3. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by Urbanicity, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	All	Urban	Rural
Total Fruit	5	3.9	4.2	3.4
Whole Fruit (not juice)	5	5.0	5.0	4.4
Total Vegetables	5	3.2	3.2	3.4
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.3	1.1
Total Grains	5	5.0	5.0	5.0
Whole Grains	5	1.0	1.1	0.9
Milk ^b	10	10.0	10.0	10.0
Meat and Beans	10	7.8	7.6	8.3
Oils ^c	10	9.0	8.8	9.3
Saturated Fat	10	7.4	7.7	7.0
Sodium	10	0.6	0.8	0.1
Calories from Solid Fats and Added Sugars	20	13.5	13.8	13.1
Total Score	100	67.7	68.4	65.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

3. Poverty Level

To examine variation in HEI-2005 scores by district poverty level, we compared districts based on the percentage of students approved for free and reduced-price meal benefits using the following definitions: (1) low poverty (less than 30 percent of students approved for free and reduced-price meal benefits), (2) higher poverty (30 to 59 percent of students approved), and (3) highest poverty (60 percent or more of students approved). Results are shown in Table IV.4.

Scores for total fruit and whole fruit were notably lower (by more than 10 percent) for districts with low levels of student poverty, relative to districts with higher levels of poverty (3.1 versus 3.7 to 5.0 for total fruit; and 4.0 versus 4.8 to 5.0 for whole fruit). In addition, scores for five components differed by more than 10 percent between districts with the lowest and highest levels of poverty. Relative to scores for the highest-poverty districts, scores for total vegetables and saturated fat were higher and scores for dark green and orange vegetables and legumes, whole grains, and sodium were lower. Total HEI-2005 scores increased in a linear fashion as the level of poverty increased, although differences were relatively minor (2 to 5 percent). Scores ranged from a low of 65.3 for districts with the lowest level of poverty (less than 30 percent of students approved for free and reduced-price meals) to a high of 68.7 for districts with the highest level of poverty (60 percent or more of students approved for free or reduced-price meal benefits).

Table IV.4. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by Poverty Level, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	All	Poverty Level		
			Low (0 to 29%)	Higher (30 to 59%)	Highest (60 to 100%)
Total Fruit	5	3.9	3.1	3.7	5.0
Whole Fruit (not juice)	5	5.0	4.0	4.8	5.0
Total Vegetables	5	3.2	3.5	3.2	3.1
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.2	1.1	1.4
Total Grains	5	5.0	5.0	5.0	5.0
Whole Grains	5	1.0	0.9	0.9	1.3
Milk ^b	10	10.0	10.0	10.0	10.0
Meat and Beans	10	7.8	7.4	8.0	8.0
Oils ^c	10	9.0	9.3	9.0	8.6
Saturated Fat	10	7.4	7.1	7.2	5.8
Sodium	10	0.6	0.6	0.3	1.0
Calories from Solid Fats and Added Sugars	20	13.5	13.2	13.1	14.5
Total Score	100	67.7	65.3	66.4	68.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aLegumes are counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, and cheese, and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

4. Use of Food Service Management Companies

Some school districts contract with FSMCs to operate all or part of the school meal programs. In SY 2009–2010, about 14 percent of school districts used an FSMC (Young et al. 2012). In most SFAs that use FSMCs (67 percent), FSMC staff (as opposed to district staff) have all or most of the responsibility for food purchasing (which would include ordering donated USDA Foods and processed foods containing donated USDA Foods) (Gordon et al. 2007).

Table IV.5 shows HEI-2005 scores for total food acquisitions in SFAs that did and did not use an FSMC. There were few notable differences in HEI-2005 scores for the two groups of SFAs. Only the scores for whole grains and sodium differed by more than 10 percent, and scores for both groups of districts were low. Total HEI-2005 scores were very similar (66.8 versus 67.7).

Table IV.5. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by Use of Food Service Management Company, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	All	Use of Food Service Management Company	
			Yes	No
Total Fruit	5	3.9	3.6	3.9
Whole Fruit (not juice)	5	5.0	4.7	5.0
Total Vegetables	5	3.2	3.3	3.2
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.2	1.2
Total Grains	5	5.0	5.0	5.0
Whole Grains	5	1.0	0.8	1.0
Milk ^b	10	10.0	10.0	10.0
Meat and Beans	10	7.8	7.3	7.9
Oils ^c	10	9.0	9.4	8.9
Saturated Fat	10	7.4	7.0	7.5
Sodium	10	0.6	0.7	0.5
Calories from Solid Fats and Added Sugars	20	13.5	13.9	13.4
Total Score	100	67.7	66.8	67.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

5. Menu Planning Systems

SFAs participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) in SY 2009–2010 had five options for planning menus that meet the School Meals Initiative for Healthy Children (SMI) nutrition standards:

1. **Traditional food-based menu planning.** This menu planning system identifies food groups (or meal components) that must be included in the meal, as well as minimum acceptable serving sizes for children in different grades. For example, lunches must include milk (as a beverage), meat or meat alternate, bread or other grain product, and two servings of fruit and/or vegetables.
2. **Enhanced food-based menu planning.** This system, which is similar to the traditional food-based system, requires more servings of bread or grain products over the course of a week, and larger serving sizes of fruit and vegetables.
3. **Nutrient standard menu planning (NSMP).** NSMP requires that SFAs use one of several USDA-approved, computerized nutrient analysis systems to plan menus. The only food-based menu planning requirements imposed under NSMP, for lunch, are that milk be offered as a beverage and that at least one entree and one side dish be offered.

Within these broad guidelines, menu planners are free to use whatever portions and combinations of food they wish to meet the nutrition standards. Thus, in theory, NSMP provides more flexibility in menu planning than the two food-based systems while providing a greater degree of assurance that meals meet nutrition standards.

4. **Assisted nutrient standard menu planning (ANSMP).** ANSMP is similar to NSMP, but it allows SFAs to arrange for external sources to assist with menu planning and/or nutrient analysis.
5. **Other reasonable approaches.** Schools may use any other reasonable approach to planning menus, as long as the menus meet the nutrition standards. State agencies may establish guidelines for using a modified approach to menu planning and may require that SFAs receive prior approval before implementing such a system.

In SY 2009–2010, more than three-quarters of school districts used food-based menu planning (Young et al. 2012). Almost two-thirds (63 percent) used the traditional food-based menu-planning system, and 18 percent used the enhanced food-based menu-planning system. Less than one fifth of school districts (17 percent) used NSMP and less than 1 percent used ANSMP.

Table IV.6 presents HEI-2005 scores for SFAs that used different types of menu planning.⁶⁰ There were few notable differences in HEI-2005 scores for districts that used different types of menu planning. Only the scores for total fruit and sodium differed by more than 10 percent. For total fruit, districts that used enhanced food-based menu planning had a lower score than districts that used traditional food-based menu planning or nutrient-based menu planning (3.4 versus 4.0 and 3.8, respectively). For sodium, scores for all types of districts were low, but districts that used traditional food-based menu planning had a lower score than districts that used enhanced food-based menu planning or nutrient-based menu planning (0.5 versus 0.6). Total HEI-2005 scores were similar, ranging from 66.7 for districts that used nutrient-based menu planning to 67.4 and 67.9, respectively, for districts that used traditional food-based menu planning and districts that used enhanced food-based menu planning.

⁶⁰ School districts that reported using an “other” type of menu planning (n = 5) or more than one type of menu planning (n = 17) were excluded from the analysis.

Table IV.6. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by Menu Planning System, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	Menu Planning System			
		All	Traditional Food-Based	Enhanced Food-Based	Nutrient Standard ^a
Total Fruit	5	3.9	4.0	3.4	3.8
Whole Fruit (not juice)	5	5.0	5.0	4.8	5.0
Total Vegetables	5	3.2	3.4	3.2	3.1
Dark Green and Orange Vegetables and Legumes ^b	5	1.2	1.2	1.1	1.2
Total Grains	5	5.0	5.0	5.0	5.0
Whole Grains	5	1.0	1.0	1.1	1.1
Milk ^c	10	10.0	10.0	10.0	10.0
Meat and Beans	10	7.8	7.8	7.9	7.7
Oils ^d	10	9.0	9.0	9.3	8.9
Saturated Fat	10	7.4	7.5	7.5	7.2
Sodium	10	0.6	0.5	0.6	0.6
Calories from Solid Fats and Added Sugars	20	13.5	13.5	13.4	13.2
Total Score	100	67.7	67.9	67.4	66.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: School districts that reported using an “other” type of menu planning (n = 5) or more than one type of menu planning (n = 17) were excluded from the analysis.

^a Includes school districts that use assisted nutrient standard menu planning.

^b Legumes are counted as vegetables only after meat and beans standard is met.

^c Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^d Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

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V. NUTRITIONAL CHARACTERISTICS OF A LA CARTE- ONLY, REIMBURSABLE, AND MIXED- USE FOOD ACQUISITIONS

Foods acquired by school districts can be used in reimbursable meals served to students through the National School Lunch Program (NSLP) and School Breakfast Program (SBP), sold to students on an a la carte basis, or used in other school food programs. A la carte foods and beverages may be offered in the cafeteria alongside reimbursable meals or in other locations, such as snack bars, snack windows, kiosks, or carts. A la carte foods, as well as foods available through vending machines, school stores, and fundraisers are referred to as competitive foods because they compete with reimbursable meals. Competitive foods are often calorie-dense and low in nutritional quality (Gordon et al. 2007; Fox et al. 2009). In school year (SY) 2009–2010, foods sold on an a la carte basis were not required to meet federal nutrition standards.^{61,62} However the Healthy, Hunger-Free Kids Act (P.L. 111-296) passed in late 2010 now gives the U.S. Department of Agriculture (USDA) the authority to set nutrition standards for all foods regularly sold in schools during the school day.

In this chapter, we examine the nutritional characteristics of foods acquired by school districts in SY 2009–2010 for different uses. We look at three different food use categories—foods acquired exclusively for a la carte sales, foods acquired for use in reimbursable meals, and foods acquired for mixed uses. This analysis provides unique information about the nutritional characteristics of foods acquired for a la carte sales. We present data on the calories, nutrients, and MyPyramid food groups available in foods acquired in each food use category, as well as Healthy Eating Index-2005 (HEI-2005) scores.⁶³ Estimates are based on a nonrandom subsample of the school districts included in the third School Food Purchase Study (SFPS-III).

The chapter is organized into six sections. The first provides an overview of the analysis, including details about the analysis sample and the foods included in each of the food use categories. The second and third sections describe the calories and nutrients available in foods acquired in each food use category and the leading contributors to available calories and nutrients. The fourth and fifth sections describe the MyPyramid food groups available in each food use category and the leading contributors to each MyPyramid food group. The last section describes HEI-2005 scores.

A. Overview of the Analysis

All school districts that participated in the SFPS-III were asked to identify foods that were acquired for a la carte sales and to estimate the proportion of the food item that was acquired for this purpose. Only 128 school districts provided this information (see Chapter I for more details). All of the data presented in this chapter are based on this subsample, which includes approximately

⁶¹ The USDA does prohibit the sale of foods of minimal nutritional value (FMNV) in the food service area during meal periods (7 CFR Parts 210 and 220, Appendix B). FMNV are defined as having less than 5 percent of the Recommended Daily Allowance per serving for eight key nutrients and include soft drinks, water ices, chewing gum, and some candies.

⁶² Starting in SY 2006–2007, all school districts participating in the NSLP were required by law to implement a comprehensive school wellness policy that included nutrition guidelines for competitive foods.

⁶³ Detailed information on the methods used to transform the food acquisition data into estimates of calories, nutrients, and MyPyramid food groups is provided in Appendix A.

30 percent of all districts that provided food acquisition data and slightly under-represents very small districts (Young et al. 2012). Estimates are not weighted, and therefore, cannot be considered nationally representative of school districts' acquisitions or of the full school year. Thus, the findings provide a snapshot of the nutritional characteristics of foods acquired over a three-month period in SY 2009–2010. The methods used to estimate the calories, nutrients, and MyPyramid food groups available in school food acquisitions by this subsample of districts were identical to the methods used for the full sample of districts.⁶⁴

We grouped all food acquisitions into one of three food use categories based on (1) whether the food was identified as being used for a la carte sales and (2) the percentage of the food used for this purpose. We defined the food use categories as follows:

- **A la carte-only foods** are foods used exclusively for a la carte sales (identified as 100 percent for a la carte).
- **Foods used in reimbursable meals** include foods used for reimbursable meals and snacks, *excluding foods used for both reimbursable meals and a la carte sales* (identified as 0 percent a la carte).⁶⁵
- **Mixed-use foods** consist of all foods used for both a la carte sales and reimbursable meals and snacks (1 to 99 percent a la carte).⁶⁶

The actual food items reported as a la carte-only foods varied greatly, and few food items were consistently reported as a la carte-only foods across the 128 districts. Food items that were identified as a la carte-only in some school districts were identified as mixed-use or foods used in reimbursable meals in other districts.

Findings for each food use category are driven by the types and volumes of foods acquired in a given category. Foods acquired for use in reimbursable meals account for 84 percent of the total volume of foods acquired by the subsample of districts. A la carte-only foods and mixed-use foods represent 6 and 10 percent, respectively, of the total volume. The SFPS-III food subgroups acquired in the largest volumes within each food use category are summarized in Table V.1.

⁶⁴ In this chapter, we provide estimates of the total calories, nutrients, MyPyramid food groups, and HEI-2005 scores. An additional set of tables presenting mean estimates for each analysis is provided in Appendix E.

⁶⁵ This category also includes foods used for subsidized food programs other than the NSLP or SBP, as well as some foods for non-reimbursable uses.

⁶⁶ This category also includes foods used for subsidized food programs other than the NSLP or SBP, as well as some foods for non-reimbursable uses.

Table V.1. Leading SFPS- III Food Subgroups by Volume for a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009–2010

A La Carte-Only Foods		Foods Used in Reimbursable Meals		Mixed-Use Foods	
Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution
Water	25.6	Milk	38.3	Milk	35.5
Enriched drinks ^a	17.4	Fruits	10.8	Vegetables	9.8
Fruits	8.1	Vegetables	9.4	Juices	8.0
Cakes and other bakery desserts	7.9	Juices	7.5	Fruits	7.1
Pretzels and snack chips	5.8	Breads and rolls	4.7	Chicken	7.0
Vegetables ^b	5.8	Chicken	3.9	Breads and rolls	4.0
Beef and veal	5.4	Pizza	3.4	Pizza	3.4
Ice cream and ice milk	4.0	Beef and veal	2.2	Water	3.3
Fruit drinks	3.4			Beef and veal	2.5
Pizza	2.9			Cakes and other bakery desserts	2.2
Juices	2.7				

Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

Note: Includes food subgroups that contributed at least 2 percent to the total volume of foods acquired in each food use category.

^a Includes sports drinks and energy drinks that are often fortified with vitamins and/or minerals.

^b Includes potato and potato products only (mainly french fries and tater tots).

SY = school year.

B. Calories and Nutrients Available in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions

In this section, we present data on the calories and nutrients available within the three food use categories. The nutrients and dietary components selected for this analysis are those included in the nutrition standards for NSLP and SBP meals that were in effect during SY 2009–2010 (7 CFR Parts 210 and 220, June 13, 1995). These are calories, protein, total fat, saturated fat, vitamin A, vitamin C, calcium, and iron, as well as sodium, cholesterol, and dietary fiber.^{67,68} Potassium was also included because it is a nutrient of concern due to the potential for inadequate intakes among school-age children (Institute of Medicine [IOM] 2010).

⁶⁷ The nutrition standards in effect in SY 2009–2010 were implemented in 1995 as part of the School Meals Initiative for Healthy Children (SMI). The SMI standards do not include quantitative targets for sodium, cholesterol, or dietary fiber, but they encourage schools to lower levels of sodium and cholesterol in school meals and increase dietary fiber.

⁶⁸ Data for an expanded set of nutrients are provided in Appendix Table E.1.

We used three measures to estimate the calories and nutrients available in each food use category:

1. **Calorie density.** Calorie density is the amount of calories (or energy) provided in a given amount of food. The *Dietary Guidelines for Americans* recommends eating patterns that are low in calorie density. Such eating patterns emphasize fruits, vegetables, and whole grains and include minimal amounts of fats and added sugars (U.S. Department of Health and Human Services [DHHS] and USDA 2005). As recommended by Ledikwe and colleagues (2005), we used two different measures to assess the calorie density of school food acquisitions. One measure considers all foods and beverages and the other is based on foods only (no beverages of any type).⁶⁹ Calorie density is expressed as calories available per gram of food and was computed by dividing the total calories available in all foods (and beverages, as appropriate) by the total weight of those foods (and beverages) measured in grams.
2. **Sources of calories.** Most of the calories in foods come from carbohydrate, protein, and fat.⁷⁰ The Dietary Reference Intakes (DRIs) define Acceptable Macronutrient Distribution Ranges (AMDRs) for each of these nutrients (IOM 2006). The AMDRs reflect the ranges of intake that are associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients. In addition, the *Dietary Guidelines for Americans* recommends that less than 10 percent of calories come from saturated fat (DHHS and USDA 2005). We estimated the proportion of calories in school food acquisitions provided by total fat, saturated fat, and protein by computing the total amount of calories from each of these sources and dividing by the total calories.⁷¹
3. **Nutrient density.** The healthy eating patterns recommended in the *Dietary Guidelines for Americans* focus on nutrient-dense foods—those with a high nutrient contribution in relation to energy contribution (DHHS and USDA 2005). We assessed the nutrient density of school food acquisitions by measuring the amounts of nutrients available per 1,000 calories. We computed the total amount of each nutrient available in all foods, divided by the total amount of calories available in all foods, and then multiplied by 1,000.

For each of these measures, we generated separate estimates for all foods acquired and for each of the three food use categories.

Findings

Table V.2 presents data on the calorie density, sources of calories, and nutrient density of a la carte-only foods, foods used in reimbursable meals, and mixed-use foods acquired by the subsample of school districts in SY 2009–2010.⁷² The table includes reference standards to provide some

⁶⁹ Beverages have a high water content and therefore tend to have a lower calorie density than other foods. Beverages might have a disproportionate influence on calorie density values.

⁷⁰ Alcohol is an additional source of calories.

⁷¹ Fat provides nine calories per gram and protein provides four calories per gram.

⁷² Data on the calorie density, sources of calories, and nutrient density of specific food groups and subgroups for all foods and within each food use category are provided in Appendix Table E.2.

context for interpreting the data. The standards for total fat and protein are the AMDRs for children and adolescents ages 4 to 18. The standards for saturated fat and cholesterol are 2005 *Dietary Guidelines* recommendations.⁷³ Standards for vitamins A and C, calcium, iron, potassium, sodium, and dietary fiber are based on the DRIs and represent the average intakes recommended for school-age children (based on recommendations for 4- to 8-year-olds, 9- to 13-year-olds, and 14- to 18-year-olds).⁷⁴ Values were standardized to a per-1,000-calorie basis using the calorie levels recommended by the IOM for each age group.⁷⁵ It is important to note that the reference standards are based on recommendations for individuals' dietary intakes. The mix of foods acquired by school districts represents foods available for use in meals and snacks and is not necessarily comparable to the mix of foods consumed by students at school.

Table V.2. Calorie Density, Sources of Calories, and Nutrient Density of a la Carte- Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009- 2010

	Reference Standard ^a	All Foods	A La Carte Only-Foods	Foods Used in Reimbursable Meals	Mixed-Use Foods
Calorie Density (Calories per Gram)					
All Foods and Beverages	n.a.	1.25	1.34	1.23	1.34
Foods Only	n.a.	1.95	2.76	1.88	2.14
Sources of Calories (Percentage of Total Calories from...)					
Total Fat	25-35	31.0	37.2	30.3	32.3
Saturated Fat	< 10	9.6	12.3	9.4	9.9
Protein	10-30	15.9	10.5	16.4	15.5
Nutrient Density (Nutrients per 1,000 Calories)					
Vitamin A (mcg RAE)	300	383	143	407	332
Vitamin C (mg)	23	39	43	39	35
Calcium (mg)	616	648	322	680	590
Iron (mg)	5	7.2	6.2	7.4	6.8
Potassium (mg)	2,228	1,391	832	1,441	1,329
Sodium (mg)	< 1,098	1,913	1,434	1,957	1,848
Cholesterol (mg)	< 156	82	56	85	79
Dietary Fiber (g)	14	8.4	7.1	8.7	7.5

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; DHHS = U.S. Department of Health and Human Services; DRI = Dietary Reference Intake; IOM = Institute of Medicine; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

⁷³ The standard for saturated fat is consistent with the nutrition standards for school meals that were in effect at the time this report was prepared.

⁷⁴ Estimated Average Requirements were used for vitamins A and C and iron; Adequate Intakes were used for calcium, potassium, and dietary fiber; Tolerable Upper Intake Levels were used for sodium.

⁷⁵ IOM recommendations 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 an active level of physical activity for 4- to 8-year-olds and a moderately active level of physical activity for 9- to 13- and 14- to 18-year-olds (IOM 2010).

1. Calorie Density

The calorie density of all foods and beverages acquired by this subgroup of school districts in SY 2009–2010 was 1.25 calories per gram. As expected, calorie density was slightly higher (1.95 calories per gram) when beverages were excluded. Calorie density, without beverages, was lowest for foods used in reimbursable meals (1.88 calories per gram) and highest for a la carte-only foods (2.76 calories per gram). This finding is consistent with the fact that the a la carte-only category includes relatively large volumes of foods that have high calorie densities—specifically, cakes/other bakery desserts, pretzels/snack chips, and ice cream.

2. Sources of Calories

- **A la carte-only foods** had the highest percentages of calories from fat (37 percent) and saturated fat (12 percent), and the lowest percentage of calories from protein (11 percent) of any food use category. The proportion of calories from fat and saturated fat in the mix of foods acquired exclusively for a la carte sales was high, relative to the AMDR and *Dietary Guidelines* recommendation.
- **Foods used in reimbursable meals** had the lowest percentages of calories from fat (30 percent) and saturated fat (9 percent) of any food use category. This category of foods had the highest percentage of calories from protein (16 percent). The distribution of calories in foods used in reimbursable meals is consistent with the AMDRs for total fat and protein and the *Dietary Guidelines* recommendation for saturated fat.
- **Mixed-use foods** had percentages of calories from fat (32 percent) and saturated fat (9.9 percent) that were slightly higher than foods used in reimbursable meals but still substantially lower than a la carte-only foods. The percentage of calories from protein was comparable to foods used in reimbursable meals (16 percent).

3. Nutrient Density

In all three food use categories, the concentrations of vitamin C and iron per 1,000 calories exceeded the average concentrations assumed in the DRIs. The concentration of cholesterol in all food use categories was consistent with the average concentration assumed in the *Dietary Guidelines*. Conversely, concentrations of potassium and dietary fiber in each food use category fell below the average concentrations assumed in the DRIs, and concentrations of sodium exceeded the average concentrations assumed in the *Dietary Guidelines*.⁷⁶

Other key findings on the nutrient density of foods acquired in the three food use categories include the following:

⁷⁶ As noted in Chapters II and IV, the high concentration of sodium in the mix of foods acquired is not surprising given that virtually all Americans consume more sodium than they need. For the first time in the history of the school meal programs, the new nutrition standards for school meals establish a quantitative standard for sodium (7 CFR Parts 210 and 220, January 26, 2012). In light of this new standard, school districts may need to pay particular attention to the sodium content of processed foods to help align school meals with the new standards. Achieving recommended levels of sodium will also require a deliberate reduction in the sodium content of foods available in the marketplace (U.S. Department of Agriculture [USDA] and U.S. Department of Health and Human Services [DHHS] 2010; Institute of Medicine [IOM] 2010).

- **A la carte-only foods** had the lowest concentrations of vitamin A, calcium, iron, potassium, and dietary fiber per 1,000 calories, relative to foods used in reimbursable meals and mixed-use foods. Foods in this category had the highest concentrations of vitamin C and the lowest concentrations of sodium and cholesterol compared with the other categories.⁷⁷ The relatively high concentration of vitamin C can be attributed to the fact that many of the leading acquisitions by volume in the a la carte-only category include foods that are good sources of vitamin C—for example, fruits, potato/potato products, fruit drinks, and juices. Findings for sodium and cholesterol reflect the fact that the leading acquisitions by volume in this category (water and enriched drinks) are lower in sodium and cholesterol relative to milk, the leading acquisition by volume in foods used in reimbursable meals and mixed-use foods.
- **Foods used in reimbursable meals** had the highest concentrations of vitamins A and C, calcium, iron, potassium, and dietary fiber, relative to a la carte-only and mixed-use foods. Concentrations of vitamins A and C, calcium, and iron were higher than the average concentrations assumed in the DRIs. Foods in this category also had the highest concentrations of sodium and cholesterol. The findings for vitamins A and C, calcium, potassium, and dietary fiber are consistent with the fact that milk, fruits, and juices were among the leading acquisitions by volume in this food use category. Breads/rolls, chicken, pizza, and potato/potato products were also acquired in large volumes for reimbursable meals and are likely to be driving the high concentrations of iron, sodium, and cholesterol.
- **Mixed-use foods** had concentrations of vitamins and minerals that were between those found for a la carte-only foods and foods used in reimbursable meals, but typically closer to the concentrations of foods in the latter category. This reflects the fact that the leading acquisitions (by volume) for mixed-use foods and foods used in reimbursable meals were similar (milk, fruit, juices, breads/rolls, and chicken), and that mixed-use foods are used both for a la carte sales and reimbursable meals.

C. Leading Contributors to Available Calories and Nutrients in a la Carte-Only, Reimbursable, and Mixed- Use Food Acquisitions

We examined the relative contribution of specific SFPS-III food subgroups *within each food use category* to the calories and nutrients available in food acquisitions.⁷⁸ For each food use category, we summed the amount of calories and nutrients available from all foods in a given SFPS-III food subgroup and divided by the total amount of calories and nutrients available from all foods in the food use category.⁷⁹ The percentage contribution of a SFPS-III food subgroup to a particular

⁷⁷ Findings on the sodium and cholesterol density of foods acquired in the three food use categories have to be interpreted differently than findings for vitamins, minerals, and dietary fiber because recommendations for these two dietary components focus on limiting intake.

⁷⁸ The complete classification system for food items reported in the SFPS-III and their categorization within different food groups and subgroups is provided in Appendix A.

⁷⁹ We also computed the percentage contribution of each SFPS-III food group and subgroup to the total amount of calories and nutrients available in *all foods*, separately for a la carte-only foods, foods used in reimbursable meals, and mixed-use foods (see Appendix E). Appendix Table E.9 presents data on the contribution of each SFPS-III food group and subgroup (for *all foods*) to the available calories and nutrients for *all foods* and is comparable to the analysis described in Chapter II (Table II.2).

nutrient is determined not only by the concentration of the nutrient in that subgroup, but also by the volume of food acquired in the subgroup (see Table V.1). SFPS-III food subgroups that accounted for a large proportion of the total volume of foods acquired (within a particular food use category) might make more substantial contributions to some nutrients than one would anticipate based on nutrient content alone.

Findings

Table V.3 presents the five SFPS-III food subgroups that made the largest contributions to the calories and nutrients available in each food use category. The leading contributors for foods used in reimbursable meals and mixed-use foods are typically similar because the same food subgroups were among the leading acquisitions by volume for both categories, as shown in Table V.1. The major differences in the leading contributors to the available calories and nutrients between these two food use categories are in rank order (and this reflects differences in the relative volumes of foods acquired in each category). Key findings are summarized below.

1. Calories and Macronutrients

Calories. For a la carte-only foods, the top two sources of calories were cakes/other bakery desserts (26 percent) and pretzels/snack chips (20 percent). For foods used in reimbursable meals, milk (17 percent) and breads/rolls (11 percent) made the largest contributions to calories. Milk (15 percent) was also the leading contributor among mixed-use foods, followed by chicken (12 percent).

Total fat. The same subgroups that were the leading contributors to calories for a la carte-only foods were also the leading contributors to total fat. Together, cakes/other bakery desserts, pretzels/snack chips, and beef contributed 62 percent of the total fat available in foods purchased exclusively for a la carte sales. Chicken was the top contributor to fat among foods used in reimbursable meals (10 percent). Pizza, cheese, salad dressings/mayonnaise, and beef each contributed 7 percent of the fat available in foods used in reimbursable meals. For mixed-use foods, chicken was also the top contributor (18 percent) to the available fat, followed by potato/potato products, cakes/other bakery desserts, beef, and milk (each contributing 7 to 9 percent).

Saturated fat. Cakes/other bakery desserts (28 percent), ice cream (17 percent), and beef (16 percent) provided the largest shares of the saturated fat available in a la carte-only foods. For foods used in reimbursable meals and mixed-use foods, the top contributors to saturated fat were the same five food subgroups—cheese, milk, pizza, beef, and chicken—although the rank order of the subgroups varied slightly for the two categories.

Table V.3. Contribution of SFPS- III Food Subgroups to Available Energy and Nutrients in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

A la Carte-Only Foods		Foods Used in Reimbursable Meals		Mixed -Use Foods	
Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution
Calories					
Cakes and other bakery desserts	26.4	Milk	17.1	Milk	15.1
Pretzels and snack chips	19.8	Breads and rolls	10.7	Chicken	12.0
Beef and veal	8.6	Chicken	6.7	Potato and potato products	8.8
Ice cream and ice milk	7.0	Pizza	6.7	Breads and rolls	8.5
Potato and potato products	6.7	Biscuits, muffins, pancakes, and waffles; and Fruits (tie)	4.6	Cakes and other bakery desserts	7.1
Total Fat					
Cakes and other bakery desserts	29.7	Chicken	10.4	Chicken	17.6
Pretzels and snack chips	18.1	Pizza	7.4	Potato and potato products	9.1
Beef and veal	14.0	Cheese	7.4	Cakes and other bakery desserts	8.1
Ice cream and ice milk	8.4	Salad dressings and mayonnaise	7.2	Beef and veal	7.6
Potato and potato products	6.3	Beef and veal	7.0	Milk	7.4
Saturated Fat					
Cakes and other bakery desserts	28.1	Cheese	14.1	Milk	15.3
Ice cream and ice milk	16.9	Milk	13.0	Cheese	12.1
Beef and veal	15.8	Pizza	10.0	Chicken	12.0
Pretzels and snack chips	9.3	Beef and veal	8.3	Beef and veal	8.9
Cheese	7.0	Chicken	7.5	Pizza and Cakes and other bakery desserts (tie)	8.7
Protein					
Beef and veal	29.9	Milk	25.9	Milk	22.8
Pretzels and snack chips	12.9	Chicken	12.7	Chicken	21.1
Cakes and other bakery desserts	11.8	Breads and rolls	8.4	Beef and veal	8.6
Pizza	10.2	Pizza	8.1	Pizza	7.8
Chicken	6.9	Beef and veal	8.0	Breads and rolls	7.1
Vitamin A					
Ice cream and ice milk	23.5	Milk	37.8	Milk	44.5
Fruits	15.4	Yellow vegetables ^a	18.4	Yellow vegetables ^a	12.8
Cheese	12.1	Mixed vegetables	6.4	Cheese	5.5
Pizza	11.2	Cheese	4.8	Mixed vegetables	5.0
Cakes and other bakery desserts	10.0	Green vegetables ^b	4.8	Pizza	4.8

Table V.3 (continued)

A la Carte-Only Foods		Foods Used in Reimbursable Meals		Mixed-Use Foods	
Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution
Vitamin C					
Fruits	51.8	Fruits	39.2	Juices	41.9
Juices	12.6	Juices	22.0	Potato and potato products	18.4
Fruit drinks	11.7	Potato and potato products	10.3	Fruits	16.0
Potato and potato products	9.7	Green vegetables ^b	7.0	Milk	4.0
Pretzels and snack chips	4.7	Catsup and other sauces	3.3	Catsup and other sauces	4.0
Calcium					
Pretzels and snack chips	16.7	Milk	54.7	Milk	53.1
Pizza	15.3	Cheese	9.5	Pizza	9.0
Ice cream and ice milk	11.5	Pizza	8.9	Cheese	8.8
Cheese	9.5	Breads and rolls	7.2	Breads and rolls	6.6
Cakes and other bakery desserts	8.9	Meat or cheese filled pastry	1.8	Chicken	2.7
Iron					
Cakes and other bakery desserts	29.7	Breads and rolls	17.7	Breads and rolls	14.9
Pretzels and snack chips	18.0	Breakfast cereals	11.3	Chicken	12.1
Beef and veal	15.8	Milk	8.5	Cakes and other bakery desserts	8.3
Pizza	7.5	Pizza	8.1	Pizza	8.1
Potato and potato products	3.6	Chicken	5.9	Milk	7.0
Potassium					
Potato and potato products	17.1	Milk	37.5	Milk	33.4
Pretzels and snack chips	16.2	Potato and potato products	7.5	Potato and potato products	15.2
Beef and veal	11.3	Fruits	7.4	Juices	6.7
Fruits	10.6	Juices	6.3	Chicken	6.5
Cakes and other bakery desserts	10.0	Pizza	4.1	Fruits	5.3
Sodium					
Pretzels and snack chips	30.4	Breads and rolls	10.1	Chicken	15.6
Cakes and other bakery desserts	13.0	Chicken	8.1	Potato and potato products	8.9
Beef and veal	11.9	Milk	7.6	Milk	7.7
Potato and potato products	8.8	Pizza	7.5	Breads and rolls	7.6
Pizza	8.0	Catsup and other sauces	6.6	Pizza	7.3

Table V.3 (continued)

A la Carte-Only Foods		Foods Used in Reimbursable Meals		Mixed-Use Foods	
Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution
Cholesterol					
Beef and veal	39.2	Chicken	19.1	Chicken	30.5
Ice cream and ice milk	15.4	Beef and veal	11.7	Beef and veal	13.1
Chicken	11.1	Milk	11.5	Milk	12.4
Cheese	7.9	Cheese	8.5	Turkey	8.0
Cakes and other bakery desserts	7.3	Mixtures with eggs	8.3	Cheese	8.0
Dietary Fiber					
Pretzels and snack chips	29.9	Fruits	15.7	Potato and potato products	14.6
Cakes and other bakery desserts	19.9	Milk	13.1	Milk	12.2
Potato and potato products	11.4	Breads and rolls	12.5	Fruits	10.9
Fruits	11.2	Potato and potato products	6.7	Breads and rolls	9.6
Pizza	5.6	Pizza	6.4	Chicken	6.8

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Includes carrots, corn, sweet potatoes, and pumpkin.

^b Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

SY = school year.

Protein. Beef (30 percent), pretzels/snack chips (13 percent), and cakes/other bakery desserts (12 percent) were the leading sources of protein among a la carte-only foods. For foods used in reimbursable meals and mixed-use foods, milk and chicken were the leading contributors to the available protein (26 and 13 percent, respectively, for foods used in reimbursable meals; and 23 and 21 percent, respectively, for mixed-use foods). Other leading sources of protein in these two categories were breads/rolls, pizza, and beef (7 to 8 percent for both categories).

2. Vitamins, Minerals, and Other Dietary Components

Vitamin A. The leading source of vitamin A among a la carte-only foods was ice cream, which provided almost a quarter (24 percent) of the available vitamin A. The other food subgroups included in the top five sources of vitamin A were fruits (15 percent), cheese (12 percent), pizza (11 percent), and cakes/other bakery desserts (10 percent). For both foods used in reimbursable meals and mixed-use foods, milk and yellow vegetables were the two most important sources of vitamin A. Together, these two foods accounted for more than 50 percent of the vitamin A available in each food use category (38 and 18 percent, respectively, for foods used in reimbursable meals; and 45 and 13 percent, respectively, for mixed-use foods).

Vitamin C. In all three food use categories, fruits, juices, and potato/potato products were among the leading contributors to vitamin C. For a la carte-only foods, fruit drinks and pretzels/snack chips (which include potato chips) also made notable contributions to the available vitamin C (12 percent and 5 percent, respectively). For foods used in reimbursable meals, green vegetables and catsup/other sauces were among the leading sources of vitamin C (7 and 3 percent, respectively).

Calcium. For a la carte-only foods, pretzels/snack chips (17 percent), pizza (15 percent), and ice cream (12 percent) were the leading contributors to calcium. Milk provided more than half of the calcium available in foods used in reimbursable meals (55 percent) and mixed-use foods (53 percent). Cheese, pizza, and bread/rolls were other important sources of calcium in these two food use categories, each contributing 7 to 10 percent of the available calcium.

Iron. Cakes/other bakery desserts were the most important source of iron among a la carte-only foods (30 percent), followed by pretzels/snack chips (18 percent) and beef (16 percent). Breads and rolls accounted for 18 percent of the iron available in foods used in reimbursable meals and 15 percent for mixed-use foods. Breakfast cereals also contributed a notable share of the iron available in foods used in reimbursable meals (11 percent), followed by milk, pizza, and chicken (each contributing 6 to 9 percent). For mixed-use foods, chicken was the second-leading source of iron (12 percent), followed by cakes/other bakery desserts, pizza, and milk (each contributing 7 to 8 percent).

Potassium. A third of the potassium available in a la carte-only foods was contributed by potato/potato products (17 percent) and pretzels/snack chips (which include potato chips) (16 percent) combined. Beef, fruits, and cakes/other bakery desserts each contributed 10 to 11 percent of the potassium available in a la carte-only foods. For both foods used in reimbursable meals and mixed-use foods, milk provided the largest share of the available potassium (38 and 33 percent, respectively). Potato/potato products, fruits, and juices were among the top five contributors to potassium in both of these food use categories.

Sodium. For a la carte-only foods, pretzels/snack chips contributed 30 percent of the available sodium, and cakes/other bakery desserts and beef each contributed 12 to 13 percent. Chicken, milk,

bread/rolls, and pizza were among the leading contributors to the sodium available in foods used in reimbursable meals and mixed-use foods. Catsup/other sauces rounded out the top five contributors to sodium in the foods used in the reimbursable meals category (7 percent), and potato/potato products completed the top five for the mixed-use foods category (9 percent).

Cholesterol. Beef provided almost 40 percent of the cholesterol available in a la carte-only foods. Ice cream (15 percent) and chicken (11 percent) also contributed large shares of the available cholesterol. The leading contributors to cholesterol among foods used in reimbursable meals and mixed-use foods were chicken (19 and 31 percent, respectively), beef (12 and 13 percent, respectively), milk (12 percent), and cheese (9 and 8 percent, respectively). Mixtures with eggs were an important source of cholesterol among foods used in reimbursable meals (8 percent); turkey was among the leading contributors to cholesterol for mixed-use foods (8 percent).

Dietary fiber. Together, pretzels/snack chips (30 percent) and cakes/other bakery desserts (20 percent) accounted for half of the dietary fiber available in foods purchased exclusively for a la carte sales. Other leading sources of dietary fiber in this category include potato/potato products (11 percent), fruits (11 percent), and pizza (6 percent). In contrast, fruits and milk were the leading sources of dietary fiber among foods used in reimbursable meals, contributing 16 and 13 percent, respectively.⁸⁰ Breads and rolls were also a major contributor of dietary fiber (13 percent), as well as potato/potato products (7 percent) and pizza (6 percent). For mixed-use foods, potato/potato products, milk, and fruits were the major contributors to the available dietary fiber (15, 12, and 11 percent, respectively). Bread/rolls (10 percent) and chicken (7 percent) also made important contributions to the dietary fiber available in mixed-use foods.

D. MyPyramid Food Groups Available in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions

In this section, we present data on the MyPyramid food groups available in a la carte-only foods, foods used in reimbursable meals, and mixed-use foods acquired by school districts in SY 2009–2010. We measured the availability of MyPyramid food groups using a density approach (per 1,000 calories) that parallels the approach used for vitamins and minerals in Section B. We computed the total number of MyPyramid equivalents available for a given food group, divided by the total number of calories available in all foods, and then multiplied by 1,000. We also estimated the percentage of calories from solid fats and added sugars by computing the amounts of calories from each of these components and dividing by the total calories available in all foods. We generated separate estimates for all foods acquired and for the three food use categories.

1. Overview of MyPyramid Food Groups

The *Dietary Guidelines for Americans* provides recommendations to help individuals choose foods that comprise a healthy eating pattern. Specifically, the recommendations focus on increasing the consumption of nutrient-dense foods, including fruits, vegetables, whole grains, fat-free or low-fat dairy products, and lean meats and meat alternatives, as well as reducing the consumption of foods

⁸⁰ Some of the ingredients added to flavored milks include dietary fiber. USDA's FNDDS (version 3.0), which was used to obtain nutrient information for fluid milk, indicates that the dietary fiber content of chocolate milk ranges from 0.5 grams of dietary fiber per 100 grams for skim milk to 0.8 grams per 100 grams for whole milk. All varieties of unflavored milk in FNDDS contain 0 grams of dietary fiber (per 100 grams).

high in sodium, saturated fats, trans fats, cholesterol, added sugars, and refined grains (DHHS and USDA 2005). USDA's MyPyramid food guidance system translates the *Dietary Guidelines* into 12 suggested food intake patterns, each designed to provide a different level of calories (from 1,000 to 3,200) to accommodate different age/gender groups (USDA, Center for Nutrition Policy and Promotion [CNPP] 2005). Each pattern describes the daily amounts of foods to eat from five major food groups, the vegetable and grain subgroups, and oils; and provides a maximum number of calories to consume from solid fats and added sugars combined. The food patterns are designed to help individuals meet their nutrient needs while not exceeding calorie requirements.⁸¹

In MyPyramid, all foods are assumed to be in their most nutrient-dense forms—that is, foods that are lean or low in fat and prepared without added sugars, fats, or salt. Foods included in each of the major food groups are summarized as follows:⁸²

- The **Grain** group includes all sources of refined and whole grains, including foods such as flours, breads, cereals, rice, pasta, pancakes, crackers, pretzels, cakes, cookies, and pastries.
- The **Fruit** and **Vegetable** groups include all fresh, canned, frozen, dried, and juiced forms of the foods. The vegetable group also includes legumes (dry beans and peas).
- The **Milk/Dairy** group includes all milk products (including soy milk and fluid, dry, and evaporated milk); cheeses; yogurts; and milk-based desserts (for example, ice cream and pudding).
- The **Meat and Beans** group includes all lean meat, poultry, and fish, plus meat alternates including eggs, soy-based products, legumes, and nuts and seeds.^{83,84}
- **Oils** include fats from plant sources (for example, olive, canola, and sunflower oils); fish; and nuts and seeds. Mayonnaise, some salad dressings, and soft tub/squeeze margarine are mainly oil.

MyPyramid recommends a daily maximum number of calories from solid fats, added sugars, and alcohol combined because these calories often displace those needed to obtain the

⁸¹ In June 2011, the MyPlate food guidance system replaced MyPyramid (USDA, CNPP 2011). Differences between the two systems are relatively minor, including slight modifications to the names of the major food groups and different categorizations of red vegetables and soy beverages. The only differences in recommended amounts include, for some calorie levels, an increase in the milk group and, for all calorie levels, a slight decrease in the maximum calories from solid fats and added sugars.

⁸² Technically, oils, solid fats, and added sugars are not food groups, but we use this term to simplify the discussion.

⁸³ MyPyramid counts only the lean portion of foods in the meat group. If a food in the meat group exceeds the amount of fat allowed per ounce of meat (a maximum of 9.28 grams per 100 grams), the fat is counted as solid fat if the food source is meat or poultry, and as oils if the food source is fish, nuts, or seeds (Bowman et al. 2008).

⁸⁴ Under MyPyramid, legumes can be counted in either the vegetable or meat group. For this analysis, legumes were included in the vegetable group because they are counted as vegetables in the MyPyramid Equivalents Database (MPED).

recommended amounts of the food groups and oils. Major sources of solid fats and added sugars are summarized below:⁸⁵

- **Solid fats** come from animal sources (other than fish) and from hydrogenated vegetable oils. Solid fats include butter, cream cheese, shortening, and margarine (and other hydrogenated fats), and fats from foods in the meat and milk/dairy groups that exceed the allowable amounts of fats (Bowman et al. 2008).
- **Added sugars** include white or brown sugar, syrups (for example, corn or pancake syrup), molasses, and all sugars used as ingredients in processed and prepared foods such as cookies, muffins, ice cream, soft drinks, and breakfast cereals. Added sugars do not include naturally occurring sugar in milk or fruit unless sugar is added to the food (for example, flavored milks or fruit canned in heavy syrup).

In order to estimate the MyPyramid food groups available in school food acquisitions, foods were linked to USDA's MyPyramid Equivalents Database (MPED) (version 2.0) (Bowman et al. 2008). The MPED provides data on the amounts of 32 MyPyramid food groups and subgroups included in 100 grams of food.⁸⁶ The data are provided in cup equivalents for the fruit, vegetable, and milk/dairy groups, and in ounce equivalents for the grain and meat groups. Data on oils and solid fats are provided in grams, and added sugars are reported in teaspoons. The MPED also provides the underlying data that are needed to estimate the HEI-2005 (see Section F).

In the MPED, single-ingredient foods (for example, apples and milk) that are in their lowest-fat, lowest-sugar form are assigned to a single MyPyramid food group. Foods that have more than one ingredient are disaggregated, and individual ingredients are assigned to appropriate food groups. For example, in a cheese pizza the crust contributes to the grain group, the tomato sauce contributes to the vegetable group, and the cheese contributes to the milk group. Values for oils, solid fats, and added sugars are assigned based on the amounts of these food components in various foods and ingredients.

2. Findings

Table V.4 shows the concentrations of MyPyramid food groups (on a per-1,000-calorie basis) in a la carte-only foods, foods used in reimbursable meals, and mixed-use foods acquired by school districts in SY 2009–2010. The table includes reference standards to provide some context for interpreting the findings. The standards, expressed on a per-1,000-calorie basis, are based on the criteria used in the HEI-2005 for assigning the maximum score for a given food group. The standard for the percentage of calories from solid fats and added sugars used in the HEI-2005 for assigning the maximum score is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns. The reference standards reflect the minimum food group and calorie intakes needed to meet *Dietary Guidelines* recommendations while maintaining energy balance. It is important to note that the reference standards are based on recommendations for individuals' dietary intakes. The mix of foods acquired by school districts represents foods available for use in

⁸⁵ Alcohol is included in MPED but it is not reported because school food acquisitions do not include alcohol.

⁸⁶ A supplementary database from the Center for Nutrition Policy and Promotion (CNPP) was used to obtain data for two additional MyPyramid groups, whole fruits and fruit juices. Data on whole fruits were needed to estimate the HEI-2005. (See <http://www.cnpp.usda.gov/HealthyEatingIndex.htm>.)

meals and snacks and is not necessarily comparable to the mix of foods consumed by students at school.

Table V.4. Total MyPyramid Food Group Availability of a la Carte- Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009- 2010

	Reference Standard ^a	All Foods	A La Carte - Only Foods	Foods Used in Reimbursable Meals	Mixed-Use Foods
MyPyramid Equivalents per 1,000 Calories					
Total Grains (oz equiv)	≥ 3.0	4.02	4.76	3.94	4.24
Whole grains	≥ 1.5	0.46	0.20	0.49	0.35
Total Fruit (cup equiv)	≥ 0.8	0.67	0.33	0.72	0.52
Total Vegetables (cup equiv)	≥ 1.1	0.70	0.40	0.73	0.70
Total Milk/Dairy (cup equiv)	≥ 1.3	1.65	0.49	1.76	1.48
Total Meat ^b (oz equiv)	≥ 2.5	1.90	1.35	1.92	2.00
Oils (grams)	≥ 12	10.2	9.7	10.0	11.6
Solid Fats (grams)	n.a.	18.2	26.7	17.4	19.2
Added Sugars (teaspoons)	n.a.	7.6	10.1	7.5	7.0
Percent of Calories from Solid Fats and Added Sugars	≤ 20	29.2	40.9	28.3	29.1

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Excluding legumes, which are counted in the vegetable group.

equiv = equivalent; oz = ounce; SY = school year.

n.a. = not applicable.

Major findings for each of the food use categories are summarized below. In reviewing the data, it is important to keep in mind that differences observed in MyPyramid food group concentrations in the three food use categories reflect differences in the mix of foods acquired in each category, as shown in Table V.1.

- **A la carte-only foods** had the highest concentration of total grains (4.8 ounces per 1,000 calories) among the three food use categories, with levels that exceeded the HEI-2005 reference standard of 3.0 or more ounces per 1,000 calories. A la carte-only foods had the lowest concentrations of whole grains, fruit, vegetables, milk/dairy, and meat, with concentrations that were well below the relevant HEI-2005 reference standards. A la carte-only foods had the highest concentrations of solid fats and added sugars, with 41 percent of calories provided by these components (more than twice the HEI-2005 reference standard). The relatively high concentrations of solid fats and added sugars are consistent with the large volumes of a la carte-only foods that are high in fat and/or added sugars (specifically, cakes/other bakery desserts, ice cream/ice milk, beef, and enriched drinks).

- **Foods used in reimbursable meals** had the highest concentrations of whole grains, fruit, vegetables, and milk/dairy. The concentrations of total grains and milk exceeded the HEI-2005 reference standards, but the concentrations of fruit, vegetables, meat, and oils fell slightly below the relevant standards. The *Dietary Guidelines* focus on limiting refined (or non-whole) grains and recommend that half of all grains should come from whole grains. On a per-1,000-calorie basis, only 12 percent of the total grains available in foods used in reimbursable meals were from whole grains. Foods used in reimbursable meals had the lowest percentage of calories from solid fats and added sugars (28 percent) relative to the other food use categories. Foods in this category provided the lowest concentration of solid fats (17.4 grams per 1,000 calories) and had the second-lowest concentration of added sugars (7.5 teaspoons per 1,000 calories).
- **Mixed-use foods** had high concentrations of total grains and milk, relative to the HEI-2005 reference standards, and the concentration of oils was consistent with the HEI-2005 standard. Foods in this category had the highest concentrations of meat and oils. This is consistent with the large volumes of chicken, beef, and potato products acquired as mixed-use foods and the relative concentrations of meat and oils in these foods. Mixed-use foods also had the lowest concentration of added sugars and the second-lowest concentration of solid fats.

E. Leading Contributors to Available MyPyramid Food Groups in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions

This analysis parallels the analysis summarized in Section C but describes the leading contributors to the MyPyramid food groups available in the three food use categories (rather than nutrients). For each food use category, we summed the amount of each MyPyramid food group available from all foods in a given SFPS-III food subgroup and divided by the total amount of the MyPyramid food group available from all foods in the food use category.⁸⁷ The percentage contribution of a SFPS-III food subgroup to a particular MyPyramid food group is driven primarily by the relative contribution of that subgroup to the volume of foods acquired in a given food use category and somewhat less by the MyPyramid food group content of foods in that category.

Findings

Table V.5 presents the leading (top five) contributors to the MyPyramid food group content of foods acquired in the three food use categories. In general, the leading contributors for foods used in reimbursable meals and mixed-use foods are similar because the same food subgroups were among the leading acquisitions by volume in both categories, as shown in Table V.1. The differences between these two food use categories in the leading contributors to the available MyPyramid food groups are mainly in rank order, reflecting the differences in the relative volumes of foods acquired in each category. Key findings are summarized below.

⁸⁷ We also computed the percentage contribution of each SFPS-III food group and subgroup to the total amount of MyPyramid food groups available in *all foods*, separately for a la carte-only foods, foods used in reimbursable meals, and mixed-use foods (see Appendix E). Appendix Table E.18 presents data on the contribution of each SFPS-III food group and subgroup (for *all foods*) to the available MyPyramid food groups for *all foods* and is comparable to the analysis described in Chapter III (Table III.2).

Table V.5. Contribution of SFPS- III Food Subgroups to Available MyPyramid Food Groups in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

A La Carte-Only Foods		Foods Used in Reimbursable Meals		Mixed -Use Foods	
Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution
Total Grains					
Pretzels and snack chips	37.5	Breads and rolls	34.6	Breads and rolls	25.1
Cakes and other bakery desserts	29.9	Pizza	11.4	Chicken	11.8
Pizza	7.6	Biscuits, muffins, pancakes, and waffles	9.1	Cakes and other bakery desserts	10.4
Potato and potato products	4.0	Chicken	5.6	Pizza	9.7
Meat- or cheese-filled pastry	2.8	Flour and other milled grains	4.0	Flour and other milled grains	8.2
Whole Grains					
Cakes and other bakery desserts	20.2	Breads and rolls	32.1	Flour and other milled grains	30.3
Rice, barley, and other grains	20.1	Pizza	11.5	Breads and rolls	14.9
Prepared sandwiches	20.0	Biscuits, muffins, pancakes, and waffles	11.1	Chicken	14.0
Pretzels and snack chips	11.9	Crackers	9.7	Pizza	11.6
Crackers	11.4	Breakfast cereals	7.8	Biscuits, muffins, pancakes, and waffles	5.2
Total Fruit					
Fruits	71.6	Fruits	63.3	Fruits	53.1
Juices	24.5	Juices	34.3	Juices	45.4
Fruit drinks	1.8	Biscuits, muffins, pancakes and waffles	0.9	Biscuits, muffins, pancakes, and waffles	0.5
Cakes and other bakery desserts	0.8	Prepared meals	0.4	Cakes and other bakery deserts	0.3
Biscuits, muffins, pancakes, and waffles	0.6	Jellies, jams, and preserves	0.3	Fruit drinks	0.3
Total Vegetables					
Potato and potato products	64.6	Potato and potato products	30.3	Potato and potato products	55.9
Pretzels and snack chips	24.9	Green vegetables ^a	18.4	Catsup and other sauces	8.4
Pizza	5.1	Yellow vegetables ^b	9.9	Green vegetables ^a	7.7
Pickles and olives	2.0	Tomatoes and tomato products	9.2	Mixed vegetables	4.4
Meat- or cheese-filled pastry	1.0	Catsup and other sauces	8.6	Tomato and tomato products	4.3
Milk/Dairy					
Pizza	28.2	Milk	72.5	Milk	72.8
Ice cream and ice milk	20.2	Cheese	12.0	Cheese	11.3
Cheese	19.4	Pizza	9.3	Pizza	9.6
Prepared sandwiches	10.0	Meat- or cheese-filled pastry	1.5	Meat- or cheese-filled pastry	1.9
Meat- or cheese-filled pastry	6.7	Prepared sandwiches	1.2	Yogurt; and Ice cream and ice milk	0.8

Table V.5 (continued)

A La Carte-Only Foods		Foods Used in Reimbursable Meals		Mixed-Use Foods	
Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution	Food Subgroup	Percentage Contribution
Total Meat					
Beef and veal	75.0	Chicken	33.1	Chicken	49.1
Chicken	14.6	Beef and veal	20.7	Beef and veal	21.2
Pizza	1.9	Turkey	15.2	Turkey	13.9
Prepared sandwiches	1.8	Pork	6.3	Pork	3.7
Ice cream and ice milk	1.3	Prepared sandwiches; and Peanuts and peanut butter (tie)	4.8	Prepared sandwiches	2.2
Oils					
Pretzels and snack chips	61.6	Salad dressings and mayonnaise	21.9	Chicken	25.5
Potato and potato products	16.9	Chicken	13.0	Potato and potato products	18.7
Pizza	4.2	Vegetables oils and shortenings	10.9	Vegetable oils and shortenings	10.9
Cakes and other bakery desserts	4.2	Potato and potato products	10.6	Pretzels and snack chips	10.8
Rice, barley, and other grain	2.8	Bread and rolls	7.4	Salad dressing and mayonnaise	7.9
Solid Fats					
Cakes and other bakery desserts	42.7	Cheese	13.7	Cakes and other bakery desserts	14.2
Ice cream and ice milk	12.4	Milk	10.9	Milk	12.5
Beef and veal	11.8	Pizza	9.8	Chicken	11.7
Cheese	6.0	Chicken	7.3	Cheese	11.4
Pizza	5.3	Beef and veal	7.1	Pizza	8.4
Added Sugars					
Cakes and other bakery desserts	44.1	Milk	36.9	Milk	30.0
Enriched drinks	15.1	Sugars	6.7	Cakes and other bakery desserts	16.2
Ice cream and ice milk	12.6	Fruits	5.8	Sugars	7.0
Fruits	5.1	Catsup and other sauces	5.7	Catsup and other sauces	6.8
Fruit drinks	3.7	Breads and rolls; and Biscuits muffins, pancakes, and waffles (tie)	5.3	Breads and rolls	4.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^b Includes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Total grains. Together, pretzels/snack chips (38 percent) and cakes/other bakery desserts (30 percent) contributed roughly two-thirds of the grains available in a la carte-only foods. Pizza was another leading source of grains among the a la carte-only foods, accounting for another 8 percent of available grains. For both foods used in reimbursable meals and mixed-use foods, breads and rolls were the leading contributor to grains (35 and 25 percent, respectively), as well as pizza and chicken. Biscuits/muffins/pancakes/waffles (9 percent) were among the leading sources of grains for foods used in reimbursable meals; cakes/other bakery desserts were an additional source of grains for mixed-use foods (10 percent).

Whole grains. Cakes/other bakery desserts, rice/barley/other grains, and prepared sandwiches each contributed 20 percent of the whole grains available in a la carte-only foods. Pretzels/snack chips and crackers each contributed another 11 to 12 percent of the available whole grains. For foods used in reimbursable meals, breads/rolls made the largest contribution to the available whole grains (32 percent), followed by pizza (12 percent) and biscuits/muffins/pancakes/waffles (11 percent). Although crackers and breakfast cereals were not among the leading contributors to total grains, these subgroups were among the top five contributors to whole grains in foods used in reimbursable meals (10 and 8 percent, respectively). For mixed-use foods, flour/other milled grains was the single most important source of whole grains (30 percent), followed by breads/rolls (15 percent), chicken (14 percent), and pizza (12 percent).

Total fruit. For all three food use categories, fruits and juices (combined) contributed the majority of the available fruit (96 to 99 percent).

Total vegetables. Together, potato/potato products (65 percent) and pretzels/snack chips (25 percent) accounted for 80 percent of the vegetables available in a la carte-only foods. Potato/potato products were also the leading source of vegetables in the foods used in reimbursable meals and mixed-use categories, contributing 30 and 56 percent, respectively, of the available vegetables. For foods used in reimbursable meals, green vegetables (18 percent) also made important contributions to the available vegetables, as did yellow vegetables, tomato/tomato products, and catsup/other sauces (each contributing 9 to 10 percent). Catsup/other sauces and green vegetables made noteworthy contributions to the vegetables available in mixed-use foods (9 percent each).

Milk/dairy. For a la carte-only foods, pizza made the largest contributions to the milk/dairy group (28 percent), followed by ice cream (20 percent), and cheese (19 percent). The leading contributors to the milk/dairy group among foods used in reimbursable meals and mixed-use foods were milk, which contributed almost three-fourths (73 percent) of the available milk/dairy in both categories, and cheese and pizza.

Total meat (excluding legumes). In all three food use categories, the leading contributors to meat were beef and chicken. Beef was the leading contributor for a la carte-only foods, providing more than three-fourths of the available meat. Chicken was the leading contributor among foods used in reimbursable meals and mixed-use foods, contributing 33 and 49 percent, respectively, of the available meat. Turkey was also among the leading sources of meat for foods used in reimbursable meals and mixed-use foods (14 to 15 percent).

Oils. Pretzels/snack chips were the single most important source of oils in a la carte-only foods (62 percent). Potato/potato products accounted for another 17 percent of the available oils. Salad dressings/mayonnaise (22 percent) provided the largest share of the oils available in foods used in reimbursable meals; for mixed-use foods, chicken (26 percent) was the leading contributor to the available oils. Vegetable oils and potato/potato products were also leading sources of oils in both of

these food use categories. Breads/rolls and pretzels/snack chips rounded out the top five sources of oils in foods used in reimbursable meals and mixed-use foods, respectively.

Solid fats. For a la carte-only foods, cakes/other bakery desserts provided 43 percent of the available solid fats. Ice cream and beef each accounted for another 12 percent of the available solid fats, followed by cheese (6 percent) and pizza (5 percent). For foods used in reimbursable meals, cheese was the leading source of solid fats (14 percent), followed by milk and pizza (11 and 10 percent, respectively). The leading contributors to solid fats for mixed-use foods were very similar to those in the foods used in reimbursable foods category, but the major difference was that cakes/other bakery desserts (14 percent) were the leading source of solid fats for mixed-use foods but were not a top source for foods used in reimbursable meals.

Added sugars. Cakes/other bakery desserts were the leading contributor of added sugars for a la carte-only foods (44 percent). Enriched drinks (15 percent) and ice cream (13 percent) were also top sources of added sugars for a la carte-only foods. Milk (which includes flavored and unflavored milk) was the leading source of added sugars in foods used in reimbursable meals and mixed-use foods (37 and 30 percent, respectively). For both categories, sugars, catsup/other sauces, and breads/rolls each contributed another 5 to 7 percent of the available added sugars. Fruits (6 percent) were among the top five contributors to added sugars for foods used in reimbursable meals, and cakes/other bakery desserts (16 percent) were among the leading contributors for mixed-use foods.

F. Healthy Eating Index- 2005 Scores for a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions

In this section, we use the HEI-2005 to assess the nutritional quality of foods acquired in the three food use categories. The HEI-2005 is a measure of diet quality that assesses how well diets conform to the eating patterns recommended in the 2005 *Dietary Guidelines for Americans* and the MyPyramid food guidance system (Guenther et al. 2007; USDA, CNPP 2005).⁸⁸

1. The Healthy Eating Index-2005

The HEI-2005 includes 12 component scores and an overall score. Nine components are food-based and assess intakes of MyPyramid food groups and subgroups: total fruit; whole fruit; total vegetables; dark green vegetables, orange vegetables, and legumes; total grains; whole grains; milk; meats and beans; and oils. The remaining three components assess intakes of saturated fat; sodium; and calories from solid fats, alcohol, and added sugars (SoFAAS). In this chapter, we refer to this component as calories from solid fats and added sugars (SoFAS) because school food acquisitions did not include alcohol.

The standards used in assigning HEI-2005 component scores are expressed on a density basis (per 1,000 calories). The use of such standards in assessing diet quality reflects the overarching recommendation that individuals should strive to meet food group and nutrient recommendations while maintaining energy balance, rather than meeting these recommendations simply by consuming large quantities of food. The density-based standards make it possible to use the HEI-2005 to assess the quality of any mix of foods. Although the tool has been used primarily to assess the quality of

⁸⁸ The *Dietary Guidelines* were updated in 2010. Differences between the 2005 and 2010 versions are relatively minor, so the HEI-2005 remains the optimal tool for assessing diet quality.

diets consumed by individuals (Fox et al. 2010; Guenther et al. 2008a; Cole and Fox 2008; Beydoun et al. 2008; Reedy et al. 2008), it has also been used to assess the quality of menus (Guenther et al. 2007; Reedy et al. 2010),), USDA Foods distributed through various programs (Zimmerman et al. 2012), food packages offered and delivered through the Food Distribution Program on Indian Reservations (FDPIR) (Harper et al. 2008), household food supplies (Mabli et al. 2010), and the U.S. food supply (Krebs-Smith et al. 2010; Reedy et al. 2010).

The scoring criteria used in the HEI-205 (Table V.6) assign higher scores for greater concentrations (per 1,000 calories) of food-based components and lower scores for greater concentrations of sodium, saturated fat, and calories from SoFAAS because recommendations for the latter components emphasize reduced or moderate intakes. Maximum scores for each component range from 5 to 20, leading to a maximum overall score of 100. The standards for maximum scores reflect the concentrations of MyPyramid food groups and nutrients required in a diet that would meet recommendations without exceeding calorie requirements.

Table V.6. Healthy Eating Index- 2005 Components and Standards for Scoring

Component	Maximum Score	Standard for Maximum Score	Standard for Minimum Score of Zero
Total Fruit	5	≥ 0.8 cup per 1,000 calories	No fruit
Whole Fruit (not juice)	5	≥ 0.4 cup per 1,000 calories	No whole fruit
Total Vegetables	5	≥ 1.1 cup per 1,000 calories	No vegetables
Dark Green and Orange Vegetables and Legumes ^a	5	≥ 0.4 cup per 1,000 calories	No dark green or orange vegetables or legumes
Total Grains	5	≥ 3.0 oz per 1,000 calories	No grains
Whole Grains	5	≥ 1.5 oz per 1,000 calories	No whole grains
Milk ^b	10	≥ 1.3 cup per 1,000 calories	No milk/dairy
Meat and Beans	10	≥ 2.5 oz per 1,000 calories	No meat or beans
Oils ^c	10	≥ 12 gm per 1,000 calories	No oil
Saturated Fat	10 ^d	≤ 7% of total calories	≥ 15% of total calories
Sodium	10 ^d	≤ 0.7 gm per 1,000 calories	≥ 2.0 gm per 1,000 calories
Calories from Solid Fats, Alcohol, and Added Sugars (SoFAAS)	20	≤ 20% of total calories ^e	≥ 50% of total calories
Total Score	100		

Source: Healthy Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, CNPP Fact Sheet No. 1, December 2006.

Note: With the exception of saturated fat and sodium, amounts between the minimum and maximum are scored proportionately.

^aFollowing MyPyramid, legumes were first allocated to the meat and beans group. If any amount remained after the meat and beans group recommendation was met, legumes were counted toward the total vegetables and dark green and orange vegetables and legumes groups.

^bIncludes all dairy products, including fluid milks, yogurt, and cheese.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

^dSaturated fat and sodium get a score of 8 for levels that reflect 2005 *Dietary Guidelines* recommendations: less than 10 percent of calories from saturated fat and 1.1 grams of sodium per 1,000 calories, respectively.

^eThe most generous allowance for discretionary calories in the MyPyramid food intake patterns (based on age, gender, and level of physical activity) is 20 percent of total calories.

gm = gram; oz = ounce.

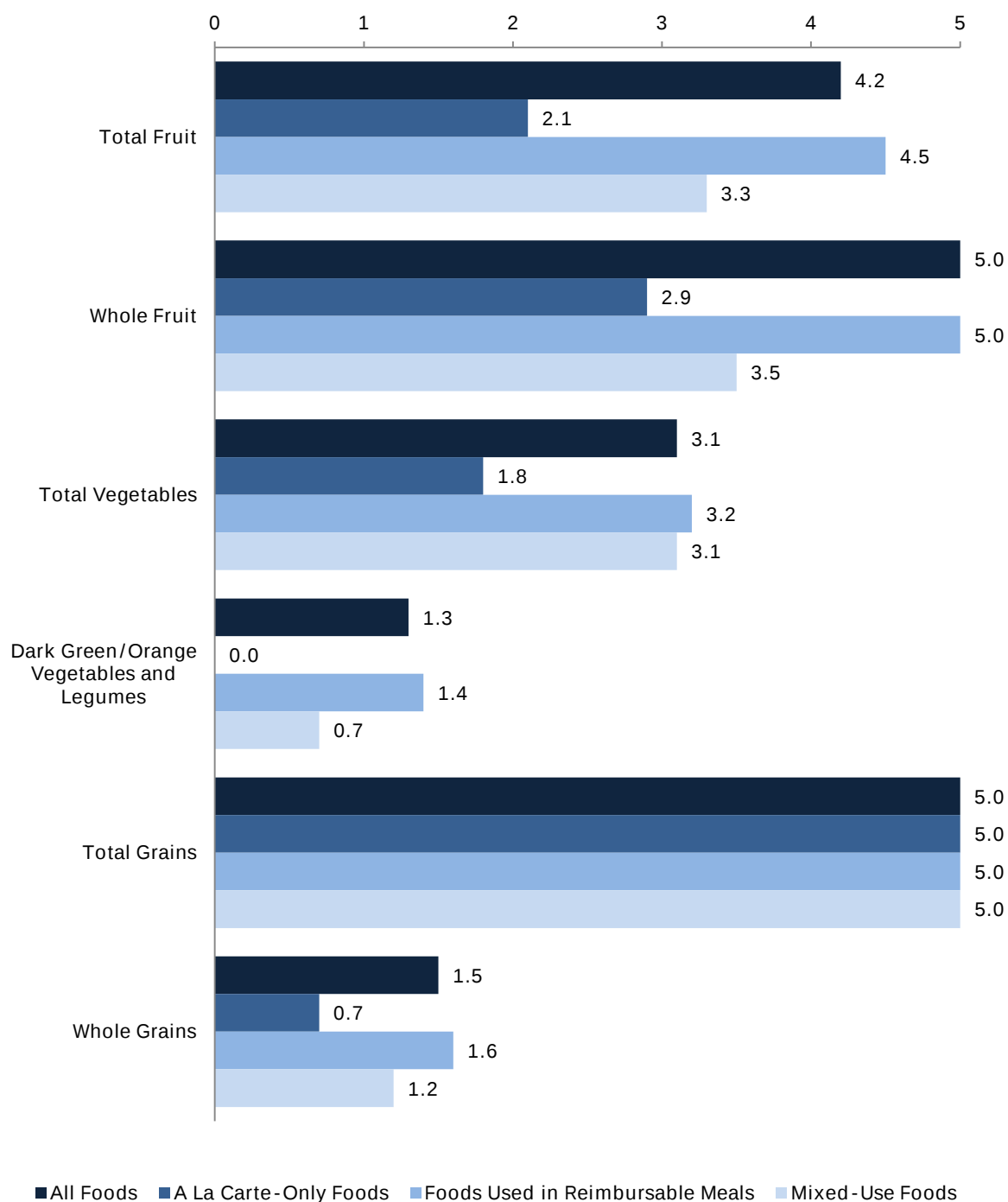
2. Findings

Because the maximum scores vary for different components of the index, we review component scores in three groups based on the reference maximum score: (1) fruits, vegetables, and grains (which each have a maximum score of 5); (2) milk, meat and beans, oils, saturated fat, and sodium (which each have a maximum score of 10); and (3) calories from SoFAS (which has a maximum score of 20). Higher scores always reflect higher dietary quality. For the saturated fat, sodium, and calories from SoFAS components, higher scores indicate lower levels of these dietary components.

a. Scores for Fruits, Vegetables, and Grains

All three food use categories received a perfect score (5) for total grains, as shown in Figure V.1. This indicates that the relative concentration of grains per available calorie met or exceeded the recommended amount. For the other components in this group, HEI-2005 component scores for the three food use categories varied considerably, as summarized below.

- **A la carte-only foods** had the lowest HEI-2005 scores for all components in this group (excluding grains), and scores for dark green and orange vegetables and legumes and whole grains were less than one (0.0 and 0.7, respectively). Scores for total fruit, whole fruit, and total vegetables were slightly higher but never exceeded 2.9 (the score for whole fruit). These findings are consistent with the fact that fruits were acquired in relatively large volumes as a la carte-only foods, and few vegetables (with the exception of potato/potato products) were acquired exclusively for a la carte sales.
- **Foods used in reimbursable meals** had the highest scores for all HEI-2005 components in this group (except for grains). Foods in this food use category received a perfect score for whole fruit; the score for total fruit was also high (4.5 out of 5). The high scores for whole fruit and total fruit are consistent with the fact that foods used in reimbursable meals include large volumes of fruits and juices. Foods used in reimbursable meals also had the highest scores for dark green and orange vegetables and legumes and whole grains. However, scores for these components were low for all three food use categories.
- **Mixed-use foods** had HEI-2005 scores for components in this group that were consistently higher than scores for a la carte-only foods but lower than foods used in reimbursable meals. This trend reflects the fact that mixed-use foods include foods that are used for both a la carte sales and reimbursable meals. Mixed-use foods received a score for total vegetables that was comparable to the score for foods used in reimbursable meals (3.1 versus 3.2), but the score for dark green and orange vegetables and legumes was notably lower for mixed-use foods than for foods used in reimbursable meals (0.7 versus 1.4).

Figure V.1. HEI- 2005 Component Scores for Components with a Maximum Score of 5

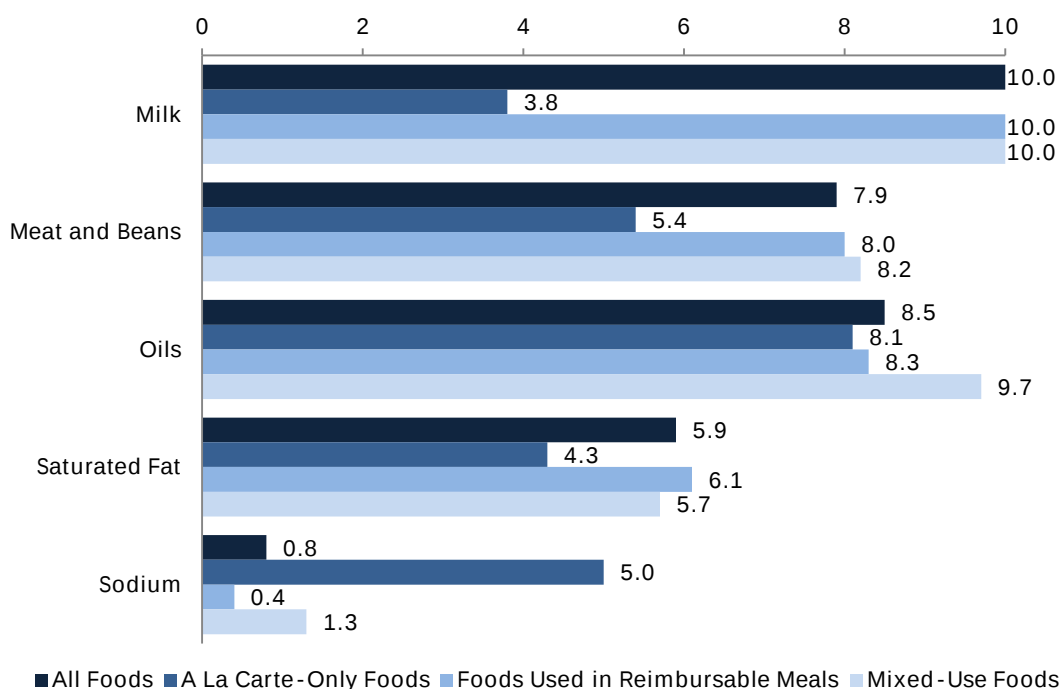
Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

b. Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium

- A la carte-only foods** received scores of 5 or less (out of a maximum of 10) for all components in this group, except for oils (8.1) (Figure V.2). Relative to foods used in reimbursable meals and mixed-use foods, a la carte-only foods had the lowest scores for all HEI-2005 components in this group, except for sodium. A la carte-only foods received a considerably higher score for sodium than foods used in reimbursable meals or mixed-use foods (5.0 versus 0.4 to 1.3, respectively) and a considerably lower score for milk (3.8 versus 10). The high sodium score for a la carte-only foods can be attributed to the fact that the leading acquisitions by volume were water and enriched drinks, which have lower sodium concentrations relative to the leading contributors in the other categories. Milk was the leading acquisition by volume for both foods used in reimbursable meals and mixed-use foods.

Figure V.2. HEI- 2005 Component Scores for Components with a Maximum Score of 10



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

- Foods used in reimbursable meals** received a perfect score (10) for the milk component, which is consistent with the large volume of milk acquired in this category. Scores for meat and beans and oils were also relatively high (8.0 and 8.3, respectively) but were less than the scores received by mixed-use foods for these components (8.2 and 9.7, respectively). Foods used in reimbursable meals had the highest score for saturated fat (6.1 versus 4.3 for a la carte-only foods and 5.7 for mixed-use foods) but also had the lowest score for sodium (0.4 versus 5.0 and 1.3). These findings align with those reported in Section B—foods used in reimbursable meals had had the lowest percentage

of calories from saturated fat and the highest concentration (per 1,000 calories) of sodium of any of the food use categories.

- **Mixed-use foods** also received a perfect score (10) for the milk component. Mixed-use foods had the highest scores for meat and beans and oils, a finding that can be attributed to the large volumes of chicken and potato/potato products that were acquired in this category.

c. Scores for Calories from Solid Fats and Added Sugars (SoFAS)

As shown in Figure V.3, a la carte-only foods received a score of 6.6 (out of 20) for the calories-from-SoFAS component,⁸⁹ which was the lowest score among the three food use categories. Foods used in reimbursable meals and mixed-use foods received comparable scores for the SoFAS component (14.9 and 14.3, respectively). The low score for a la carte-only foods is driven by the high concentrations of both solids fats and added sugars in the foods acquired in this category (see Table V.3). A la carte-only foods had 240 calories from solid fats per 1,000 calories and 170 calories from added sugars, reflecting the large volumes of enriched drinks, cakes/other bakery desserts, beef, and ice cream acquired and the relatively high concentration of solid fats and/or added sugars in these foods.

Figure V.3. HEI- 2005 Component Score for Calories from Solid Fats and Added Sugars (SoFAS)



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

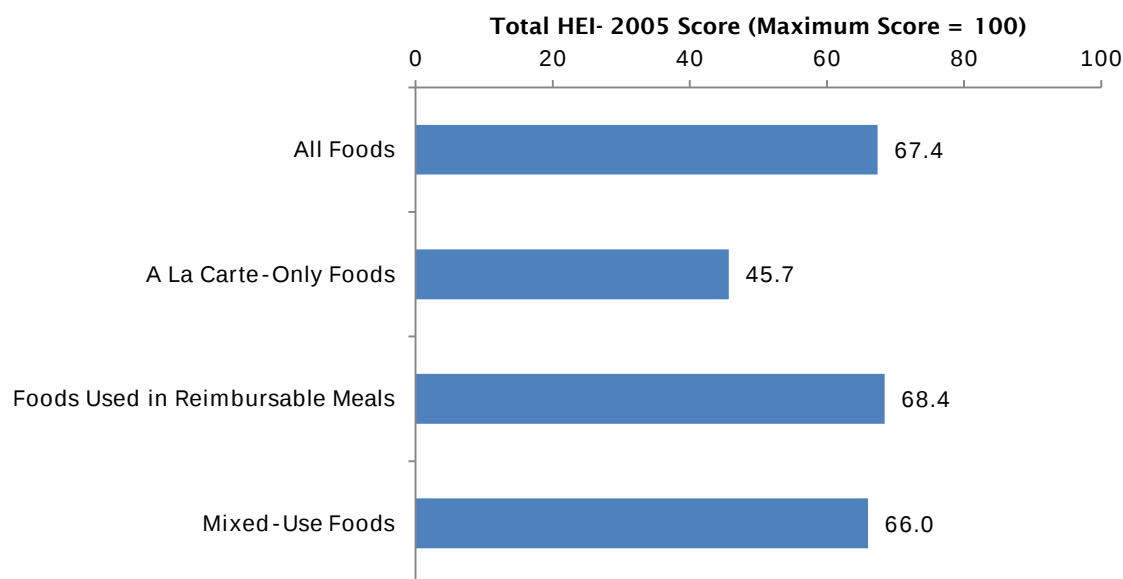
Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

⁸⁹ The calories-from-SoFAS component is weighted more than any other component in the HEI-2005 (maximum score of 20) because it addresses two issues: (1) the selection of low-fat and low-sugar forms of foods, as recommended by the *Dietary Guidelines*, and (2) the fact that foods high in SoFAS may displace more nutrient-dense foods in the diet, adding calories but very few nutrients, and may contribute to excess calorie intake (Guenther et al. 2008b).

d. Total Healthy Eating Index-2005 Scores

The total HEI-2005 score provides an overall measure of nutritional quality for the three food use categories. As one would expect based on component scores, a la carte-only foods had the lowest total HEI-2005 score (45.7 of a possible 100) (Figure V.4). The total HEI-2005 score for foods used in reimbursable meals was 68.4, and was only a few points lower for mixed-use foods (66.0). The higher nutritional quality of foods used in reimbursable meals and mixed-use foods was driven largely by the relatively smaller share of calories contributed by SoFAS, as well as higher concentrations (per 1,000 calories) of milk, whole grains, and fruit and, to a lesser degree, vegetables and meat.

Figure V.4. Total HEI- 2005 Scores



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

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APPENDIX A

METHODOLOGY

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APPENDIX A

METHODOLOGY

The School Food Purchase Studies provide information on the types, amounts, and costs of foods acquired by school districts for use in meals and snacks offered primarily through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The third School Food Purchase Study (SFPS-III) was expanded to include a comprehensive assessment of the nutritional characteristics of foods acquired by school districts during school year (SY) 2009–2010. To enable this assessment, we developed a database of nutrient values and MyPyramid food group equivalents for the food acquisition data collected in the main study. We first linked food acquisitions to U.S. Department of Agriculture (USDA) nutrient and MyPyramid equivalent databases and then adjusted the values to reflect the amount of food available for consumption. This appendix describes the complex procedures we used to produce estimates of the calorie, nutrient, and MyPyramid food group content of individual school food acquisitions and to create the final database for the analysis. We also provide a brief overview of the SFPS-III data collection, sample design, and weighting procedures.

A. Overview of Data Collection and Processing

We collected data for the SFPS-III from school food authority (SFA) directors or their designees during SY 2009–2010 in the 48 contiguous states and the District of Columbia.⁹⁰ Recruitment began in April 2009 and the data collection period ended in October 2010. Two types of data were collected:

1. **Food acquisition data.** Respondents provided copies of records containing detailed information on the types, amounts, and prices of all foods they purchased or received as donated USDA Foods for a three-month period.
2. **Food procurement practices.** A procurement practices survey (sent to respondents by email) collected data on school district characteristics; food procurement methods; use of donated USDA Foods (including fresh produce obtained through the Department of Defense [DoD] Fresh Fruit and Vegetable program) and locally grown produce; menu planning methods; food programs offered; and other aspects of food service operations.

Ultimately, data were obtained from a nationally representative sample of 420 school districts. Among the 420 districts that participated in the study, 408 provided food acquisition data and 416 completed the procurement practices survey (Young et al. 2012).

There was no standard form used to collect the food acquisition data. Instead, school districts were asked to provide monthly vendor summaries, copies of invoices, or tally sheets, and bid specifications, when available. The following data elements were included in these documents:⁹¹

⁹⁰ Data were also collected from SFAs in Hawaii and Alaska. The food acquisition data have been linked to USDA nutrient and MyPyramid databases but were not analyzed for this report. These data are available in a separate restricted use data file.

⁹¹ Other data elements were collected for the SFPS-III but not used in the nutritional analysis.

- Type of food
- Volume acquired (unit size and number of units acquired)
- Nutritional characteristics of food (such as form, variety, and nutrient modifications)
- Manufacturer, brand, and/or product code, if applicable
- Indicator for donated USDA Foods and processed foods containing donated USDA Foods

The information from the food acquisition documents was reviewed, transcribed onto standardized forms, and entered into a central database by trained staff at Ender York, Inc. During data transcription, each food acquisition was assigned one of 865 general food item codes and descriptions (referred to as *food items*). These food items were aggregated into 16 food groups and 72 food subgroups based on product features and nutritional characteristics of interest to USDA. The food classification system was based on the scheme that was used in the previous School Food Purchase Study (SFPS-II), but new food codes and subgroups were created to accommodate new foods that were reported in the current study. The complete list of SFPS-III food item codes and descriptions and their categorization within SFPS-III food groups and subgroups is provided in Table A.1.

When available, nutritional characteristics of the food acquisitions were transcribed from the districts' records and entered into the database using uniform "nutrition" and "highlite" codes. After additional checks were performed on the data, each district was sent a data summary form and asked to review their food acquisitions for the whole quarter for accuracy and to identify foods used in a la carte sales. Respondents were also asked to estimate the percentage of each food that was used for a la carte sales. For example, foods used exclusively for a la carte sales would be marked as 100 percent a la carte; those used only for reimbursable meals would be marked as 0 percent a la carte.⁹²

When the data were considered final, each food was assigned to both a food acquisition category and food use category, as follows:

- **Food acquisition categories:** purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods
- **Food use categories:** a la carte-only foods, foods used in reimbursable meals, and mixed-use foods.

These categorizations are fully described in Chapter I.

The food acquisition database was then sent to Mathematica's Cambridge office for nutrition coding and analysis.

⁹² Providing the requested detail about foods used for a la carte sales proved to be a difficult task for many districts. Several factors contributed to this difficulty: (1) food service staff at the individual schools, rather than the individuals who procured (acquired) the foods, often made the decision about how foods are used; (2) some foods were ingredients that were used in multiple end products; and (3) the task was felt to be too burdensome. Ultimately, 128 of the full sample of 408 districts (31 percent) provided the data needed to identify foods that were used for a la carte sales.

B. Coding Foods for Nutrient and MyPyramid Food Group Analysis

In this section, we describe the data sources and methods used to produce nutrient and MyPyramid food group data for the analysis. The nutrition coding process involved matching the food acquisitions to food codes and descriptions included in USDA food and nutrient databases. We consulted additional resources to ensure that the nutrient and MyPyramid food group values reflected the types of foods typically acquired for use in school food programs. We also developed special coding procedures for foods that were not available in the food and nutrient databases or lacked information on specific characteristics needed to appropriately match the item to a food in the database.

1. Nutrient and MyPyramid Food Group Data

For most school food acquisitions, we obtained nutrient values from the USDA Food and Nutrient Database for Dietary Studies (FNDDS), version 3.0 (USDA and Agricultural Research Service [ARS], Food Surveys Research Group 2008). FNDDS provides complete profiles for 64 nutrients and dietary components for more than 6,900 foods. The nutrient values are based on USDA's National Nutrient Database for Standard Reference, which is the standard for all food composition data in the United States. A small number of food items ($n = 18$) were assigned nutrient values using the National Nutrient Database for Standard Reference (SR), Release 22 (USDA and ARS 2009).

The MyPyramid Equivalents Database for USDA Survey Codes (MPED), version 2.0, provided data on the amounts of 32 MyPyramid food groups and subgroups included in 100 grams of food (Bowman et al. 2008). The MPED provides data in cup equivalents for the fruit, vegetable, and milk/dairy groups, and in ounce equivalents for the grain and meat groups. Data on oils and solid fats are provided in grams, and added sugars are reported in teaspoons. We used a supplementary database from the Center for Nutrition Policy and Promotion (CNPP) to obtain data for two additional MyPyramid subgroups, whole fruits and fruit juice. Data on whole fruits (as well as other MyPyramid food groups and food components) were needed to estimate scores on the Healthy Eating Index-2005 (HEI-2005), one of the measures of nutritional characteristics used in the analysis. (See <http://www.cnpp.usda.gov/HealthyEatingIndex.htm>.)

In the MPED, single-ingredient foods (for example, apples and milk) that are in their lowest-fat, lowest-sugar form are assigned to a single MyPyramid food group. Foods that have more than one ingredient are disaggregated and the individual ingredients are assigned to their appropriate food groups. For example in a cheese pizza, the crust contributes to the grain group, the tomato sauce contributes to the vegetable group, and the cheese contributes to the milk group. Values for oils, solid fats, and added sugars are assigned based on the amounts of these food components in various foods and ingredients (for example, cheese contributes to solid fats).

The databases used to provide nutrient and MyPyramid food group data were selected based on guidance from the Food Surveys Research Group at the USDA Agricultural Research Service (ARS). The FNDDS was recommended as the primary source of nutrient data for two main reasons: (1) nutrient values in FNDDS (for most foods) represent the nutrients in foods available for consumption—that is, the edible portion of the food; and (2) the foods and food codes included in FNDDS are also used in the MPED, so FNDDS would provide a direct link to MyPyramid food

group data.⁹³ SR was not recommended as the primary source of nutrient values since it includes missing nutrient values and does not link directly to the MPED. However, a small number of food items ($n = 18$) did not exist in FNDDS (for example, dry bakery mixes, spices, and seasonings) and were matched to an appropriate code in SR.

Nutrient and MyPyramid Estimates for Donated USDA Foods. Donated USDA Foods were assigned nutrient values from FNDDS version 3.0. USDA Fact Sheets for donated USDA Foods were reviewed to identify the closest match in FNDDS, but the nutrient values from the USDA Fact Sheets were not incorporated into the analysis file. It is important to note that the USDA Fact Sheets available at the time of the study (USDA, FNS 2001) did not reflect current specifications for donated USDA Foods. Thus, the nutritional improvements in USDA Foods that were made in 2009, which included reductions in the total fat, saturated fat, and sodium content of foods, were not captured in this study. As a result, estimates of calorie density and the total fat, saturated fat, and sodium available in USDA Foods acquired by school districts in SY 2009-2010 may be overstated.

The approach used in the SFPS-III to obtain nutrient and MyPyramid food group data for NSLP USDA Foods differs from the approach employed in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* study (Zimmerman et al. 2012). For the latter study, FNDDS version 4.1 and SR version 23 were used as the sources of nutrient values. Sodium and vitamin C values from USDA Fact Sheets were incorporated into the database, and when a USDA Fact Sheet did not exist for a food, sodium values from SR23 were used if the value was lower than the value in FNDDS.

In addition to the different sources of nutrient values, results presented in this report on the calories, nutrients and MyPyramid food groups available in donated USDA Foods are not comparable to those reported in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report for several other reasons. The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, and diverse metrics for standardizing the nutrient and MyPyramid values.

2. Coding Procedures

The coding of food acquisitions involved linking more than 2,500 unique food items to the closest match in FNDDS.⁹⁴ For foods acquired in their raw, dry, or unprepared form, we matched the food to the *as consumed* form in FNDDS and assumed the simplest cooking method, with no added fats (for example, vegetables boiled without fat). We used the food item description and additional characteristics provided by the nutrition and highlite codes to select the most appropriate match in FNDDS. The nutrition and highlite codes (when available) provided information on the following characteristics of the foods:

⁹³ Although an updated version of the FNDDS was available (version 4.0, which incorporates nutrient values from SR 23), it was uncertain whether the corresponding version of the MPED (version 3.0) would be available in time for coding the food acquisition data for this study.

⁹⁴ This number is higher than the 865 general food item codes and descriptions included in the SFPS-III food classification system. Additional characteristics of the foods provided by the nutrition and highlight codes, as well as the manufacturer/brand for some foods, were used to expand the specificity of the SFPS-III food items.

- **Form.** For example, raw versus cooked turkey breast; ready-to-drink juice versus juice concentrate
- **Type or variety.** For example, blueberry versus corn muffin; fruited versus plain yogurt
- **Nutrient content or modifications.** For example, regular versus reduced-fat cheese; regular versus low-sodium green beans

The SFPS-III food classification system was not designed specifically to support nutrient analysis, so the descriptive details available for each food acquisition varied across the food items identified in the coding scheme.⁹⁵ For example, most food codes for vegetables include the form of the food in the description (fresh, canned, frozen, or dried), which was required to code the vegetables in FNDDS. On the other hand, the food codes and descriptions do not provide any indication as to the type or variety of the cereal (for example, Lucky Charms or Bran Flakes). All ready-to-eat cereals are grouped into two food codes based on how they are acquired—in bulk or individual packages. In the latter case, we used the information provided by the nutrition and highlite codes, as well as the manufacturer/brand and sometimes the product code, in the coding of food acquisitions.

Throughout the coding process, we consulted two additional resources to ensure that food acquisitions were matched to an appropriate food in FNDDS and reflected the types of foods acquired by school districts for use in school meals and snacks. As noted above, we used the USDA Commodity Food Fact Sheets for Schools & Child Nutrition Institutions (USDA, FNS 2001) to obtain additional information on the type and/or form of the donated USDA Food and relevant nutrition information in order to identify the closest match in FNDDS. We also used the descriptions of foods and the underlying assumptions included in the Food Buying Guide for Child Nutrition Programs (USDA, FNS 2001) to more accurately code some foods.

Despite the available information, selecting the closest match in FNDDS for the food acquisitions was not always a straightforward process. Difficulties arose when the food acquisition data did not include the level of detail needed to select a match in FNDDS or the specific food item was not available in FNDDS. To facilitate the coding of these foods, we developed a set of coding guidelines. For some food items, the guidelines call for using the default food code that was established for a similar food reported in the School Nutrition Dietary Assessment Study-IV (SNDA-IV).⁹⁶ For example, fluid milk with an unknown fat content was coded as low-fat (1%) milk, the default established for SNDA-IV. In other cases in which the food item lacked the necessary descriptive detail, we selected the “not further specified” (NFS) option available in the FNDDS. The NFS codes typically represent a composite food that is representative of several varieties of the food not specified. For example, salad dressing without further details was coded as “Salad dressing, NFS, for salads.” The underlying recipe for this food in FNDDS is composed of six different types of salad dressing.

⁹⁵ The precision of the coding was also limited by the information available in a school district’s food acquisition records.

⁹⁶ SNDA-IV involved the coding of foods included in NSLP and SBP meals during SY 2009–2010, the same school year for which the data for SFPS-III were collected.

3. Special Coding Procedures

Although the FNDDB and MPED were the optimal databases for obtaining nutrient and MyPyramid food group data for school food acquisitions, several types of foods required special coding procedures. These included (a) dry mixes and spices that were not available in FNDDB; (b) most commercially prepared school foods (for example, pizza, chicken nuggets, and burritos); and (c) meal component kits—prepared meals that include several foods packaged together as a meal. In the sections that follow, we describe the rationale for and special coding procedures that we used to obtain nutrient and MyPyramid food group data for these foods.

a. Dry Mixes and Spices

There were 16 reported food acquisitions that could not be coded in FNDDB and, therefore, were matched to an appropriate food in SR.^{97,98} These foods included dry bakery mixes (such as cake/brownie, cookie, and muffin mixes) and gravy mix that typically have additional ingredients added during preparation; and spices and seasonings (such as salt and dried onions). Because these foods did not have an associated FNDDB code, they could not be directly linked to the MPED to obtain MyPyramid food group data. Instead, we used imputed MyPyramid food group data for similar foods from a study sponsored by the Food and Nutrition Service (FNS) that examined relationships between diet quality and food expenditures by low-income households (Mabli et al. 2010).

b. Commercially Prepared School Foods

The food acquisition data collected for the SFPS-III included a variety of commercially prepared school foods. Commercially prepared school foods are often specially formulated for school food service and differ in nutrient content from similar versions marketed to the general population. Consequently, these foods also differ from the most similar food in FNDDB. Examples of commercially prepared school foods include beef patties, chicken nuggets, or french fries that are lower in fat; and pizza, corndogs, or bakery items that include whole grain ingredients.

In order to more accurately represent the nutrient and MyPyramid food group content of commercially prepared school foods, Mathematica contracted with the Food Surveys Research Group (FSRG) at USDA's Agricultural Research Service (ARS) to provide nutrient and MyPyramid food group values for a representative sample of 100 commercially prepared school foods commonly acquired by a subsample of school districts in SY 2009–2010. ARS provided the same data for a sample of 200 commercially prepared school foods reported in school lunch and breakfast menus in the SNDA-IV study. To maximize the information available on commercially prepared school foods for the SFPS-III, we used both sets of data.

The manufacturer and/or brand name and product code were transcribed from food acquisition records for the following categories of foods:

⁹⁷ For several of the food acquisitions coded using SR, the most similar food in the database had missing nutrient values. In these cases, we selected the next closest match that had no missing values.

⁹⁸ If the dry or unprepared version of a food was available in FNDDB, we selected that food instead of matching the food item to SR.

- Chicken, beef, pork, and fish products (nuggets, patties, strips, and crumbles)
- Pizza and pizza products, such as cheese and/or meat pizza, pizza pockets, and pizza breadsticks
- Mexican entrees, including burritos, quesadillas, tacos, and enchiladas
- Breakfast sandwiches with egg, meat, and/or cheese
- Other pre-packaged sandwiches, such as peanut butter and jelly and turkey with cheese
- Bakery products, including muffins, doughnuts, and cinnamon rolls (whole grain and/or lower-fat products only); and french toast and waffle sticks
- Corndogs, egg rolls, and other Asian-style entrees

To prepare the food acquisition data for ARS, we grouped commercially prepared school foods into approximately 70 categories. We defined the categories by the type of food and available information on nutritional characteristics, typically fat and/or whole grain content. Within each category, we selected a representative sample of commercially prepared food products to send to ARS for nutrient and MyPyramid food group imputation. If a product had already been selected for the SNDA-IV study, it was not included in the 100 products for this study. Only products for which “Nutrition Facts” label nutrients and ingredient information were available from manufacturers were chosen, because ARS needed this information to impute a full set of nutrient and MyPyramid food group values.

ARS provided complete nutrient and MyPyramid food group profiles for the 100 commercially prepared school foods selected from the SFPS-III data. For each category of foods, we used the ARS information to create average nutrient and MyPyramid profiles that represented the products included in that group. Data for the commercially prepared school foods from SNDA-IV were included in the average profiles if the product was also reported in SFPS-III.⁹⁹ We then used these profiles to represent the nutrient and MyPyramid food group content of all food items reported within a category of foods. Ultimately, 13 percent of foods (or observations) in the final analytic database received imputed nutrients and MyPyramid equivalents.

c. Meal Component Kits

A number of school districts acquired prepared meals (referred to as meal component kits) that contained several single-portion items packaged into an individual meal. The types of foods included in a meal component kit vary, and the kits are typically designed to be served at breakfast or lunch. For example, a meal component kit for breakfast might include juice, cereal, and graham crackers, whereas a kit for lunch might include a peanut butter and jelly sandwich, string cheese, fruit, and animal crackers. The food acquisition data included a total of 86 unique meal component kits.

⁹⁹ Processed potato products, including french fries, tater tots, and hash browns, were excluded from the 100 commercially prepared school foods selected from the SFPS-III because transcribing product codes was too burdensome. However, we did create categories for these types of commercially prepared foods, and nutrient and MyPyramid food group values from SNDA-IV products were used to create the average profiles.

The food acquisition data did not capture information on the individual items packaged in each meal component kit; however, manufacturer/brand names and product codes were usually available. We used the available information to locate the meal component kits online and obtain details on the individual foods included in the kits, including their associated portion sizes. We then categorized each meal component kit as a lunch or breakfast kit, and the three most commonly reported kits were identified for each meal. We manually linked each component of the representative breakfast and lunch kits to the closest foods in FNDDS. The nutrient and MyPyramid food group values for each component within each breakfast and lunch kit were summed and the total amounts averaged across the three kits for lunch and for breakfast to create profiles for two average meal component kits. We used these two average profiles to represent all meal component kits in the food acquisition data.

C. Adjustments for the Amount of Food Available for Consumption

The food acquisition data represent foods in the form in which school districts purchased or acquired them. Some foods are received in their ready-to-eat or prepared form (for example, fruit juice or cereal), whereas other foods are in a raw, dry, or unprepared form (for example, raw meat or dry pasta). Food acquisitions in the unprepared form may include parts of the food that are not edible or available for consumption (for example, the core of an apple or a bone in chicken). In order to more closely represent the nutrients and MyPyramid food groups available for consumption in school food acquisitions overall, we made adjustments to the values for (1) foods that had inedible parts (or refuse); and (2) foods acquired in their raw, dry, or unprepared form but that are typically consumed in the cooked or prepared form. We based the methods that we used for these adjustments on previous CNPP and USDA Economic Research Service studies of food and nutrient availability in the U.S. food supply (Kantor 1998; Hiza et al 2008).

1. Adjustments for Refuse

The word *refuse* refers to the inedible parts of food that are discarded before consumption, such as peels, rinds, seeds, skins, bones, cores, and stems. To adjust the food acquisition data so that inedible parts of foods were not included in the weights used to calculate nutrient and food group content, we applied refuse factors (as percentages) that reduced the weight of some foods. This adjustment was also needed because the nutrient and MyPyramid values in FNDDS and MPED are based on the edible portion of the food. Refuse factors were applied to fresh fruits, fresh vegetables, and nuts with shells.¹⁰⁰ We used the SR database to obtain refuse percentages and applied these factors to the weight of the acquired food to represent the amount of food available for consumption.

2. Adjustments for Losses or Gains in Cooking or Preparation

We also made adjustments to food acquisitions to reflect changes in weight due to cooking or other methods of preparation. We applied yield factors to foods acquired in the raw, dry, or unprepared form. The yield factor for some foods, such as dry rice or juice concentrate, accounted for gains in weight due to cooking or preparation. For other foods, such as ground beef or frozen

¹⁰⁰ Other types of food acquisitions also have refuse, including some meats and canned vegetables. For these foods, we applied one yield factor that accounted for both refuse and losses due to cooking or preparation, as described in Section C.2.

green beans, the yield factors accounted for losses in weight due to cooking or preparation. For foods such as raw meat with bone or canned vegetables, the yield factors adjusted for changes in weight due to losses during cooking as well as discarding inedible parts of the food (that is, bone or canning liquid). We applied yield factors (as percentages) to the following types of foods:

- Fresh vegetables not normally eaten raw¹⁰¹
- Frozen and canned vegetables
- Meat, poultry, and fish
- Dry rice, pasta, and similar dry grains; and dry beans or peas
- Powdered and concentrated beverages
- Raw dough and batters

Because no single data source provides yield factors for all types of foods, we used several sources to obtain the yield factors needed to adjust the food acquisition data. The Food Buying Guide for Child Nutrition Programs and the FNDDS were the primary source of yield factors. We also used the USDA Commodity Food Fact Sheets for Schools & Child Nutrition Institutions to obtain yield factors for some donated USDA Foods, and online information for a small number of food acquisitions.

We did not make adjustments for foods or ingredients that might be used in cooking but are not usually consumed (for example, water, salt, and cooking fats), or for amounts of food that might be wasted or spoiled. (School districts were not expected to be able to quantify foods or amounts that were wasted or spoiled across individual schools.) Although we attempted to obtain some information on fats and oils used exclusively for deep frying, the SFPS-III pretest indicated that school districts would not be able to provide the data. Because it was not possible to adjust for these losses, the levels of calories, nutrients, and MyPyramid food groups used in the analysis might be overestimated.

D. Quality Control Procedures

We took several steps to ensure the quality of the nutrition data. An experienced nutrition coder with a Master's degree in Nutrition coded the foods. A nutrition researcher at Mathematica reviewed the coded foods at multiple stages throughout the coding process. During the coding of food acquisitions, the coder flagged and made notes about foods that were difficult to match to a similar food in FNDDS. The nutrition researcher established new coding guidelines as issues arose and met with the coder regularly to discuss the guidelines and resolve other coding issues. When necessary, the nutrition researcher discussed coding guidelines for special cases with Mathematica's senior nutrition researcher. The nutrition researcher trained the coder on all of the special procedures described previously and oversaw their implementation. After coding all foods, we performed several automated quality control checks and resolved any remaining data issues.

¹⁰¹ The decision to adjust only specific fresh vegetables was based on the method used by the Economic Research Service (Kantor 1998; Hiza et al 2008).

E. Creation of Analytic Database for Nutrient and MyPyramid Analysis

After all unique school food acquisitions were coded and checked for accuracy, we merged the foods with the various sources of nutrient and MyPyramid food group data. The data sources included FNDDS, MPED, SR, and the supplementary data files for dry mixes/spices, commercially prepared school foods, and meal component kits. The merged data generated a database of calorie, nutrient, and MyPyramid food group values for each food acquisition on a per-100-gram basis. We then used the total weight of the foods acquired (and, in some cases, the adjusted weight) to compute the nutrients and MyPyramid food groups for the amounts of food acquired by each school district. The final analytic database is a food-level file that includes, for each school district, one observation per food acquisition with the associated nutrient and MyPyramid food group values per amount of food acquired.

F. Sampling and Weighting

SFPS-III was designed to provide national, annual estimates of the quantity and value of food acquisitions by public SFAs that participated in the NSLP during SY 2009–2010. Selecting the sample of SFAs and weighting the sample to be nationally representative involved several steps. This section describes the sampling frame; stratification; selection of SFAs; and the weighting procedures used to create nationally representative, annualized estimates of school food acquisitions. *The source of information about the SFPS-III sampling and weighing procedures is the main study report by Young and colleagues (2012) and additional details are provided there.*

1. Sample Design

The sample frame included all public unified school districts in the contiguous 48 states and District of Columbia that participated in the NSLP. School districts that did not participate in NSLP as well as private schools, charter schools, and other special school types were excluded. The sample frame was obtained from Quality Education Data Inc. (QED). The QED database provided details on student enrollment, participation in the NSLP, participation of food service management companies (FSMCs) in managing school food service, the percentage of students approved for free or reduced-price lunches, and details on school district food service contacts.

Three key factors were considered in the sampling procedure: national representation of SFAs, measurement of annual food acquisitions, and power to detect differences for subgroup analyses. In order to fulfill these requirements, it was decided that a final sample of 400 school districts would be required for the study (Young et al. 2012). Based on the response rate in the previous School Food Purchase Study, conducted in SY 1996–1997, the initial sample for SFPS-III included 600 SFAs.

The sample of SFAs was selected using a modified probability proportional to size (PPS) method, stratifying by the 10 USDA Farm Production Regions and the SFAs' use of an FSMC. Food acquisition data were collected for the entire school year (July 1, 2009, through June 30, 2010) to account for seasonal differences. Because providing information on foods acquired over an entire year would be a large burden, each SFA provided food acquisition data for one quarter (three months) of the school year. To facilitate estimates of total and average annual purchases, SFAs were randomly assigned to one of the four quarters of the school year, with 150 districts in each quarter. The four quarters were defined as follows:

- Quarter 1: July 1 to September 30, 2009
- Quarter 2: October 1 to December 31, 2009

- Quarter 3: January 1 to March 31, 2010
- Quarter 4: April 1 to June 30, 2010

Of the initial sample of 600 SFAs, 408 provided food acquisition data and 416 completed the procurement practices survey for response rates of 68 and 69 percent, respectively.

2. Sample Weights

All analyses of the SFPS-III food acquisition data for the full sample of SFAs were weighted to produce estimates that are nationally representative of school districts participating in the NSLP in SY 2009–2010. The weights adjust for the probabilities of selection and nonresponse and convert the quarterly food acquisition data to annual estimates. Because of slightly different response rates for the food acquisition data and the procurement practices survey, three sets of weights were constructed: one for the 408 SFAs that provided food acquisition data, another for the 416 SFAs that completed the procurement practices survey, and a third for the 404 SFAs that provided both food acquisition and survey data (Young et al. 2012).

Most of the analyses presented in Chapters II, III, and IV of this report used the food acquisition weight. In Chapter IV, we describe HEI-2005 scores for subgroups of SFAs based on demographic and operational characteristics supplied by the procurement practices survey. For these analyses, we used the weight that accounts for the slightly smaller sample of SFAs that provided both sets of data. We also conducted analyses for a subsample of SFAs ($n = 128$) that provided information on food acquisitions used strictly for a la carte sales. None of the analyses for this subsample of SFAs (presented in Chapter V) are weighted; therefore, the estimates cannot be considered nationally representative, nor do they represent food acquisitions for the full year.

Table A.1. School Food Purchase Study- III: Food Classification System

Food Code	Food Description	Food Group	Food Subgroup
100058	Fish, Unbreaded	Fish	Fish
100157	Fish, Nuggets/Patties, Breaded	Fish	Fish
100256	Fish, Breaded, w/Cheese	Fish	Fish
101056	Catfish Fillet/Catfish Nuggets	Fish	Fish
102054	Pollock Patties/Nuggets, Breaded	Fish	Fish
102153	Pollock Patties/Nuggets with Cheese	Fish	Fish
102252	Pollock Fillet	Fish	Fish
103151	Salmon Patties/Nuggets	Fish	Fish
103259	Salmon Fillet	Fish	Fish
103341	Fish, Dried	Fish	Fish
103357	Fish Cakes/Fish Paste	Fish	Fish
104059	Seafood, Imitation	Fish	Fish
104158	Seafood Salad, Imitation	Fish	Shellfish
105057	Shellfish, Unbreaded	Fish	Shellfish
105156	Shellfish, Breaded	Fish	Shellfish
105255	Shellfish Salad	Fish	Shellfish
106014	Tuna, Fresh	Fish	Fish
106055	Tuna, Canned	Fish	Fish
106154	Tuna Salad	Fish	Fish
106254	Tuna Salad Kit	Fish	Fish
110016	Dry Beans, Bagged, Miscellaneous	Legumes/nuts/seeds	Dry beans/peas
110024	Dry Beans, Canned, Miscellaneous	Legumes/nuts/seeds	Dry beans/peas
110032	Dry Beans, Miscellaneous, Frozen	Legumes/nuts/seeds	Dry beans/peas
110115	Black-eye Peas/Field Peas/Purple, Bagged	Legumes/nuts/seeds	Dry beans/peas
110123	Black-eye Peas/Field Peas/Purple, Canned	Legumes/nuts/seeds	Dry beans/peas
110131	Black-eye Peas/Field Peas/Purple, Frozen	Legumes/nuts/seeds	Dry beans/peas
110222	Chili Beans, Canned	Legumes/nuts/seeds	Dry beans/peas
110313	Kidney Beans, Bagged	Legumes/nuts/seeds	Dry beans/peas
110321	Garbanzo Beans/Chick Peas, Canned	Legumes/nuts/seeds	Dry beans/peas
110412	Lima Beans, Bagged	Legumes/nuts/seeds	Dry beans/peas
110429	Kidney Beans, Canned	Legumes/nuts/seeds	Dry beans/peas
110511	Pinto Beans, Bagged	Legumes/nuts/seeds	Dry beans/peas
110528	Lima Beans, Canned	Legumes/nuts/seeds	Dry beans/peas
110536	Lima Beans, Frozen	Legumes/nuts/seeds	Dry beans/peas
110627	Pinto Beans, Canned	Legumes/nuts/seeds	Dry beans/peas
111022	Refried Beans, Canned	Legumes/nuts/seeds	Dry beans/peas
111047	Refried Beans, Dried	Legumes/nuts/seeds	Dry beans/peas
111352	Egg Rolls, Vegetarian	Grain products	Mixtures with grain
112029	Pork and Beans, Canned	Legumes/nuts/seeds	Dry beans/peas
112128	Vegetarian Beans, Canned	Legumes/nuts/seeds	Dry beans/peas
113051	Vegetarian Burger	Legumes/nuts/seeds	Soybeans & soy products
113159	Vegetarian Sausage	Legumes/nuts/seeds	Soybeans & soy products
113357	Vegetarian Chix	Legumes/nuts/seeds	Soybeans & soy products
114058	Hummus	Legumes/nuts/seeds	Dry beans/peas
120015	Egg, Fresh	Eggs	Eggs
120031	Egg, Raw, No Shells	Eggs	Eggs
120048	Egg, Dry	Eggs	Eggs
120133	Egg, Raw, with Milk	Eggs	Mixtures with eggs
120155	Egg, Hard Cooked	Eggs	Eggs

Food Code	Food Description	Food Group	Food Subgroup
120254	Egg Whites/Egg Substitute	Eggs	Eggs
121054	Egg Patties, Cooked	Eggs	Mixtures with eggs
121153	Egg Patties w/Cheese	Eggs	Mixtures with eggs
121259	Egg Patties with Cheese&Meat	Eggs	Mixtures with eggs
122052	Egg Entree, Crust/Cheese/Meat	Eggs	Mixtures with eggs
122151	Egg Entree, Crust/Cheese	Eggs	Mixtures with eggs
122358	Egg Entree, with Crust	Eggs	Mixtures with eggs
123059	Egg Salad	Eggs	Mixtures with eggs
140054	Beef, Ground	Red meats	Beef & veal
140153	Beef, Ground, Cooked	Red meats	Beef & veal
140252	Beef, Patties, Raw	Red meats	Beef & veal
140351	Beef, Patties, Cooked	Red meats	Beef & veal
140657	Meatballs/Meatloaf/Salisbury Stk, No Sce	Red meats	Beef & veal
141052	Wafer Steaks	Red meats	Beef & veal
141127	Beef, Canned	Red meats	Beef & veal
141259	Beef, Cuts, Raw	Red meats	Beef & veal
141358	Beef, Roasts, Cooked/Deli Meat	Red meats	Beef & veal
141457	Corned Beef/Pastrami	Red meats	Beef & veal
141559	Cubed Steak	Red meats	Beef & veal
141657	Beef Fajita Strips	Red meats	Beef & veal
142141	Beef Jerkey/Slim Jims/Dried Beef	Red meats	Beef & veal
143057	Hot Dogs, Beef	Red meats	Beef & veal
144055	Corn Dogs/Nuggets, Beef	Red meats	Beef & veal
144154	Beef, Breaded, Patties/Nuggets	Red meats	Beef & veal
144256	Beef,Nuggets or Patties w Sauce or Glaze	Red meats	Beef & veal
145053	Beef Barbeque/Sloppy Joes	Red meats	Beef & veal
146051	Lunchmeat/Bologna, Beef	Red meats	Beef & veal
148056	Beef Ribettes	Red meats	Beef & veal
149059	Beef, Organs	Red meats	Beef & veal
150053	Chicken, Whole, Raw	Poultry	Chicken
150152	Chicken, Cut up/Parts, Raw	Poultry	Chicken
150251	Chicken, Rotisserie	Poultry	Chicken
150359	Chicken, Parts, Breaded, Raw	Poultry	Chicken
150458	Chicken Roll	Poultry	Chicken
150557	Chicken, Parts, Breaded, Cooked	Poultry	Chicken
151258	Chicken, Parts, Boneless, Raw	Poultry	Chicken
151357	Chicken, Pulled or Diced	Poultry	Chicken
151456	Chicken, Ground	Poultry	Chicken
151555	Chicken,Grill Strips/Patties,Dark/White,Mixed	Poultry	Chicken
151654	Chicken,Grill Strips/Patties,White Meat	Poultry	Chicken
151757	Chicken,Grill Strips/Patties,Dark/White Mix,U	Poultry	Chicken
151858	Chicken Grill Strips/Patties,Dark Meat	Poultry	Chicken
151955	Chicken Sausage	Poultry	Chicken
152058	Chicken, Patties, Breaded, Mixed Meat	Poultry	Chicken
152157	Chicken, Patties, Breaded, White Meat	Poultry	Chicken
152256	Chicken, Patties, White/dark Meat, Unkn	Poultry	Chicken
153056	Chicken, Nuggets, Mixed Meat	Poultry	Chicken
153155	Chicken, Nuggets, White Meat	Poultry	Chicken
153254	Chicken, Nuggets, White/dark Mix,	Poultry	Chicken

Food Code	Food Description	Food Group	Food Subgroup
	Unknow		
154021	Chicken, Canned	Poultry	Chicken
156158	Hot Dogs, Chicken	Poultry	Chicken
156257	Corn Dogs/Nuggets, Chicken	Poultry	Chicken
156752	Chicken Barbeque	Poultry	Chicken
156851	Chicken, Organ Meats	Poultry	Chicken
156959	Chicken Salad	Poultry	Recipe mix
157057	Chicken Breast, Specialty	Poultry	Chicken
158058	Baby Food, Poultry	Poultry	Mixed poultry
158155	Chicken Nuggets/Patties w Sauce or Glaze	Poultry	Chicken
158253	Chicken Salad Kit	Poultry	Recipe mix
160028	Pork, Canned(Include Spam)	Red meats	Pork
160052	Pork, Ground, Uncooked	Red meats	Pork
160151	Pork, Sausage, Uncooked	Red meats	Pork
160259	Pork, Sausage, Cooked	Red meats	Pork
160358	Pork, Cuts, Boneless, Raw	Red meats	Pork
160457	Pork Roll	Red meats	Pork
161059	Ham,Boneless/Canadian Bacon	Red meats	Pork
161158	Ham Patties	Red meats	Pork
161257	Ham Shanks/Hocks	Red meats	Pork
161356	Ham Salad	Red meats	Pork
162057	Pork Ribettes	Red meats	Pork
162156	Pork Barbeque	Red meats	Pork
163055	Bacon, Uncooked	Red meats	Pork
163154	Bacon, Cooked	Red meats	Pork
164053	Pork,Shredded/Crumbles/Seasoned,Ckd	Red meats	Pork
165051	Pork, Breaded	Red meats	Pork
166058	Sausage in Batter/Blanket	Red meats	Pork
166253	Sausage and Biscuit	Red meats	Pork
167056	Pork/Ham, Cuts, Bone -in	Red meats	Pork
168353	Pork, Nuggets/Patties w/Glaze or Sauce	Red meats	Pork
170051	Turkey, Whole	Poultry	Turkey
170159	Turkey, Parts, Raw, Bone -in	Poultry	Turkey
170258	Turkey, Boneless, Parts	Poultry	Turkey
170357	Turkey Rolls	Poultry	Turkey
170456	Turkey Breasts	Poultry	Turkey
170555	Turkey, Mixed Roasts	Poultry	Turkey
170654	Turkey, Pulled/Sliced/Diced/Deli Meat	Poultry	Turkey
170753	Turkey, Ground	Poultry	Turkey
170854	Turkey, Patties/Nuggets	Poultry	Turkey
170951	Turkey Sausage	Poultry	Turkey
171058	Lunchmeat, Turkey	Poultry	Turkey
171157	Turkey Ham/Turkey Canadian Bacon	Poultry	Turkey
172056	Hot Dogs, Turkey	Poultry	Turkey
173054	Bacon, Turkey	Poultry	Turkey
174052	Corn Dogs/Nuggets, Turkey	Poultry	Turkey
175051	Turkey with Gravy	Poultry	Turkey
176057	Turkey BBQ/Sloppy Joes/Taco Filling	Poultry	Turkey
181057	Buffalo, Ground	Red meats	Buffalo
182055	Game Birds	Poultry	Game birds

Food Code	Food Description	Food Group	Food Subgroup
183053	Veal Patties, Breaded	Red meats	Beef & veal
184051	Mixed Meats,Beef and Veal	Red meats	Beef & veal
185058	Lamb, Retail Cuts	Red meats	Lamb
190058	Lunchmeat/Bologna, All Meat	Red meats	Mixed meats
190157	Hot Dogs, All Meat	Red meats	Mixed meats
190256	Smoked Sausage	Red meats	Mixed meats
190355	Smoked Sausage w/Cheese	Red meats	Mixed meats
190454	Hot Dog w/Chili	Red meats	Mixed meats
190553	Corn Dogs/Nuggets, All Meat	Red meats	Mixed meats
190652	Pepperoni	Red meats	Mixed meats
191353	Meat Mixtures, Miscellaneous	Red meats	Recipe mix
191456	Mixed Meats,Beef & Chicken, Ckd	Red meats	Mixed meats
191551	Mixed Meats, Beef & Turkey, Ckd	Red meats	Mixed meats
192054	Gyro Strips	Red meats	Mixed meats
194059	Baby Food, Meat	Red meats	Mixed meats
195156	Gravy	Soups & gravies	Gravies
200015	Apples, Fresh	Fruits/juices	Fruits
200023	Apples, Canned	Fruits/juices	Fruits
200031	Apples, Frozen	Fruits/juices	Fruits
200048	Apples, Dry	Fruits/juices	Fruits
200056	Apple Butter	Fruits/juices	Fruits
200073	Apples, Fresh, Individual	Fruits/juices	Fruits
200122	Applesauce, Unsweetened	Fruits/juices	Fruits
200171	Applesauce, Individual, Unsweetened	Fruits/juices	Fruits
200221	Pie Filling, Apple	Sugar/desserts	Puddings/pie filling
200254	Apple Juice, Single Strength, Bulk	Fruits/juices	Juices
200279	Apple Juice, Individual	Fruits/juices	Juices
200353	Apple Juice, Concentrate	Fruits/juices	Juices
200452	Apple Rings	Fruits/juices	Fruits
200529	Applesauce, Canned, Sweetened	Fruits/juices	Fruits
200574	Applesauce, Individual, Sweetened	Fruits/juices	Fruits
200659	Apple Cider	Fruits/juices	Juices
200758	Apples, Caramel	Fruits/juices	Fruits
202011	Apricots, Fresh	Fruits/juices	Fruits
202028	Apricots, Canned, Syrup Pack Unknown	Fruits/juices	Fruits
202033	Apricots, Frozen	Fruits/juices	Fruits
202044	Apricots, Dry	Fruits/juices	Fruits
202226	Apricots, Canned, Light Syrup	Fruits/juices	Fruits
202325	Apricots, Canned, Juice Pack	Fruits/juices	Fruits
203018	Avocado, Fresh	Fruits/juices	Fruits
203117	Guacamole	Fruits/juices	Fruits
204016	Bananas, Fresh	Fruits/juices	Fruits
204024	Bananas, Canned	Fruits/juices	Fruits
204032	Bananas, Frozen	Fruits/juices	Fruits
204049	Bananas, Dried/Dehydrated	Fruits/juices	Fruits
204115	Plantains, Fresh	Fruits/juices	Fruits
204131	Plantains, Frozen	Fruits/juices	Fruits
205014	Blackberries, Fresh	Fruits/juices	Fruits
205039	Blackberries, Frozen	Fruits/juices	Fruits
206012	Blueberries, Fresh	Fruits/juices	Fruits

Food Code	Food Description	Food Group	Food Subgroup
206029	Blueberries, Canned	Fruits/juices	Fruits
206037	Blueberries, Frozen	Fruits/juices	Fruits
206044	Blueberries, Dry/Dehydrated	Fruits/juices	Fruits
206128	Pie Filling, Blueberry	Sugar/desserts	Puddings/pie filling
210014	Cherries, Fresh	Fruits/juices	Fruits
210022	Cherries, Tart, Canned	Fruits/juices	Fruits
210039	Cherries, Red Tart, Frozen	Fruits/juices	Fruits
210047	Cherries, Tart, Dry	Fruits/juices	Fruits
210121	Cherries, Sweet, Canned	Fruits/juices	Fruits
210229	Cherries, Maraschino, Canned	Fruits/juices	Fruits
210237	Cherries, Sweet, Frozen	Fruits/juices	Fruits
210328	Pie Filling, Cherry	Sugar/desserts	Puddings/pie filling
211012	Coconut, Fresh	Fruits/juices	Fruits
211022	Coconut Milk	Fruits/juices	Juices
211045	Coconut, Dry	Fruits/juices	Fruits
212019	Cranberries, Fresh	Fruits/juices	Fruits
212035	Cranberries, Frozen	Fruits/juices	Fruits
212043	Cranberries, Dry	Fruits/juices	Fruits
212159	Cranberry, Juice, Single Strength Cocktl	Non-dairy drinks	Fruit drinks
212258	Cranberry Juice, Concentrate	Non-dairy drinks	Fruit drinks
212357	Cranberry Sauce	Fruits/juices	Fruits
214048	Dates	Fruits/juices	Fruits
216044	Figs	Fruits/juices	Fruits
222018	Grapefruit, Fresh	Fruits/juices	Fruits
222026	Grapefruit, Canned	Fruits/juices	Fruits
222158	Grapefruit Juice, Concentrate	Fruits/juices	Juices
222257	Grapefruit Juice, Single Strength, Bulk	Fruits/juices	Juices
222273	Grapefruit Juice, Individual	Fruits/juices	Juices
223011	Guava	Fruits/juices	Fruits
223157	Guava Nectar	Fruits/juices	Juices
224014	Grapes, Fresh	Fruits/juices	Fruits
224077	Grapes, Fresh, Individual	Fruits/juices	Fruits
224154	Grape Juice, Concentrate	Fruits/juices	Juices
224253	Grape Juice, Single Strength, Bulk	Fruits/juices	Juices
224278	Grape Juice, Individual	Fruits/juices	Juices
225012	Jicama	Fruits/juices	Fruits
226019	Kiwi	Fruits/juices	Fruits
226118	Kumquats	Fruits/juices	Fruits
227017	Lemons, Fresh	Fruits/juices	Fruits
227157	Lemon Juice	Fruits/juices	Juices
227355	Lemonade, Concentrate	Non-dairy drinks	Fruit drinks
227454	Lemonade, Single Strength Bulk	Non-dairy drinks	Fruit drinks
227479	Lemonade, Individual	Non-dairy drinks	Fruit drinks
227751	Lemon Extract	Condiments	Flavorings
227859	Pie Filling, Lemon	Sugar/desserts	Puddings/pie filling
228015	Limes, Fresh	Fruits/juices	Fruits
228155	Lime Juice, Single Strength	Fruits/juices	Juices
229013	Mangoes, Fresh	Fruits/juices	Fruits
229038	Mango, Frozen	Fruits/juices	Fruits
229047	Mangoes, Dried	Fruits/juices	Fruits

Food Code	Food Description	Food Group	Food Subgroup
230012	Melons, Watermelons	Fruits/juices	Fruits
230037	Melons, Frozen	Fruits/juices	Fruits
230111	Melons, Cantaloupes	Fruits/juices	Fruits
230219	Melons, Honeydew	Fruits/juices	Fruits
230318	Melons, Other	Fruits/juices	Fruits
231019	Mineolas, Fresh	Fruits/juices	Fruits
232017	Nectarines, Fresh	Fruits/juices	Fruits
233015	Oranges, Fresh	Fruits/juices	Fruits
233023	Oranges, Peeled/Sectioned	Fruits/juices	Fruits
233056	Orange Juice, Concentrate	Fruits/juices	Juices
233112	Oranges, Mandarin, Fresh	Fruits/juices	Fruits
233122	Oranges, Mandarin, Canned	Fruits/juices	Fruits
233155	Orange Juice, Single Strength,	Fruits/juices	Juices
233171	Orange Juice, Individual	Fruits/juices	Juices
233177	Oranges, Mandarin, Individual	Fruits/juices	Fruits
234013	Peaches, Fresh	Fruits/juices	Fruits
234021	Peaches, Canned, Syrup Pack Unknown	Fruits/juices	Fruits
234038	Peaches, Frozen	Fruits/juices	Fruits
234079	Peaches, Individual Serving	Fruits/juices	Fruits
234228	Peaches, Canned, Light Syrup	Fruits/juices	Fruits
234252	Pie Filling, Peach	Sugar/desserts	Puddings/pie filling
234327	Peaches, Canned, Juice Pack	Fruits/juices	Fruits
234521	Peaches, Canned, Water Pack	Fruits/juices	Fruits
236018	Papayas	Fruits/juices	Fruits
238014	Pears, Fresh	Fruits/juices	Fruits
238022	Pears, Canned, Syrup Pack Unknown	Fruits/juices	Fruits
238071	Pears, Canned, Individual	Fruits/juices	Fruits
238229	Pears, Canned, Light Syrup	Fruits/juices	Fruits
238328	Pears, Canned, Juice Pack	Fruits/juices	Fruits
240011	Pineapple, Fresh	Fruits/juices	Fruits
240028	Pineapple, Canned, Syrup Pack Unknown	Fruits/juices	Fruits
240037	Pineapple, Frozen	Fruits/juices	Fruits
240044	Pineapple, Dry	Fruits/juices	Fruits
240077	Pineapple, Canned, Individual	Fruits/juices	Fruits
240127	Pineapple, Canned, Heavy Syrup	Fruits/juices	Fruits
240151	Pineapple Juice, Concentrate	Fruits/juices	Juices
240226	Pineapple, Canned, Light Syrup	Fruits/juices	Fruits
240259	Pineapple Juice, Single Streng	Fruits/juices	Juices
240275	Pineapple Juice, Individual	Fruits/juices	Juices
240325	Pineapple, Canned, Juice Pack	Fruits/juices	Fruits
241016	Pluot, Fresh	Fruits/juices	Fruits
242016	Plums, Fresh	Fruits/juices	Fruits
243154	Prune Juice, Single Strength, Bulk	Fruits/juices	Juices
243179	Prune Juice, Individual	Fruits/juices	Juices
243423	Plums, Canned, Water Pack	Fruits/juices	Fruits
244012	Pomegranates, Fresh	Fruits/juices	Fruits
245043	Raisins, Bulk	Fruits/juices	Fruits
245076	Raisins, Individual Pack	Fruits/juices	Fruits
246017	Raspberries, Fresh	Fruits/juices	Fruits
246025	Raspberries, Canned	Fruits/juices	Fruits

Food Code	Food Description	Food Group	Food Subgroup
246033	Raspberries, Frozen	Fruits/juices	Fruits
247015	Rhubarb, Fresh	Fruits/juices	Fruits
247031	Rhubarb, Frozen	Fruits/juices	Fruits
250019	Starfruit	Fruits/juices	Fruits
251017	Strawberries, Fresh	Fruits/juices	Fruits
251033	Strawberries, Frozen	Fruits/juices	Fruits
251075	Strawberries, Individual Serv	Fruits/juices	Fruits
252015	Tangeloes, Fresh	Fruits/juices	Fruits
253013	Tangerines, Fresh	Fruits/juices	Fruits
260034	Fruit Juice, Bars, Frozen	Fruits/juices	Juices
260059	Fruit Juice,Mixed Fruit,Single Strength,Bulk	Fruits/juices	Juices
260075	Fruit Juice, Mixed, Individual	Fruits/juices	Juices
260158	Fruit Juice, Mixed Fruit, Concentrate	Fruits/juices	Juices
260233	Popsicles/Fruit Ices	Sugar/desserts	Sherbet/ices
260258	Fruit Drinks, Single Strength	Non-dairy drinks	Fruit drinks
260274	Fruit Drinks, Individual	Non-dairy drinks	Fruit drinks
260357	Fruit Drink, Concentrate	Non-dairy drinks	Fruit drinks
260447	Fruit Drink Mix, Dry, w/Sugar	Non-dairy drinks	Dry beverage
260458	Fruit Juice, Other	Fruits/juices	Juices
260477	Fruit Juice, Other, Individual	Fruits/juices	Juices
260546	Fruit Drink Mix, Dry, w/Artificial Sweet	Non-dairy drinks	Dry beverage
260653	Jams/Jellies, Bulk	Sugar/desserts	Jellies, jams & preserves
260678	Jams/Jellies, Individual	Sugar/desserts	Jellies, jams & preserves
260752	Fruit Rolls/Snacks	Fruits/juices	Fruits
260851	Pies or Cobblers, Fruit, Whole	Bakery products	Cakes & other bakery desserts
260876	Pies/Tarts/Turnovers, Fruit, Individual	Bakery products	Cakes & other bakery desserts
260959	Baby Food, Fruit	Fruits/juices	Fruits
261016	Mixed Fruit, Fresh	Fruits/juices	Fruits
261024	Mixed Fruit, Canned, Syrup Pack Unknown	Fruits/juices	Fruits
261032	Mixed Fruit, Frozen	Fruits/juices	Fruits
261041	Mixed Fruit,Dry/Dehydrated	Fruits/juices	Fruits
261222	Mixed Fruit, Canned, Light Syrup	Fruits/juices	Fruits
261270	Mixed Fruit, Individual	Fruits/juices	Fruits
262229	Mixed Fruit, Canned, Juice Pack	Fruits/juices	Fruits
262324	Mixed Fruit, Canned, Water Pack	Fruits/juices	Fruits
263227	Mixed Fruit, Tropical	Fruits/juices	Fruits
264059	Salad, Fruit, Specialty, Other	Fruits/juices	Fruits
265058	Fruit, Breaded	Fruits/juices	Fruits
266056	Mixed Fruit, Citrus Salad	Fruits/juices	Fruits
268019	Tropical Fruit, Fresh	Fruits/juices	Fruits
300013	Asparagus, Fresh	Vegetables	Green vegetables
300038	Asparagus, Frozen	Vegetables	Green vegetables
301011	Artichoke, Fresh	Vegetables	Green vegetables
301028	Artichokes, Canned	Vegetables	Green vegetables
302018	Bean Sprouts, Fresh	Vegetables	Green vegetables
302026	Bean Sprouts, Canned	Vegetables	Green vegetables
304014	Green Beans, Fresh	Vegetables	Green vegetables
304022	Green Beans, Canned	Vegetables	Green vegetables
304039	Green Beans, Frozen	Vegetables	Green vegetables

Food Code	Food Description	Food Group	Food Subgroup
308023	Wax Beans, Canned	Vegetables	Yellow vegetables
310012	Beets, Fresh	Vegetables	Other vegetables
310029	Beets, Canned	Vegetables	Other vegetables
314013	Broccoli, Fresh	Vegetables	Green vegetables
314038	Broccoli, Frozen	Vegetables	Green vegetables
314117	Broccoli Florettes	Vegetables	Green vegetables
314137	Broccoli w/Cheese	Vegetables	Mixtures with vegetables
316018	Brussel Sprouts, Fresh	Vegetables	Green vegetables
316034	Brussel Sprouts, Frozen	Vegetables	Green vegetables
318014	Cabbage, Head	Vegetables	Green vegetables
318022	Sauerkraut	Vegetables	Other vegetables
318113	Cabbage, Shredded	Vegetables	Green vegetables
318212	Cabbage, Shredded w/Other Veg.	Vegetables	Mixed vegetables
318352	Cole Slaw	Vegetables	Mixtures with vegetables
320011	Carrots, Fresh	Vegetables	Yellow vegetables
320028	Carrots, Canned	Vegetables	Yellow vegetables
320036	Carrots, Frozen	Vegetables	Yellow vegetables
320077	Carrots, Individual Serving, Fresh	Vegetables	Yellow vegetables
320085	Carrot Juice	Fruits/juices	Juices
320119	Carrots Sticks/Baby Carrots/Shrd,Bulk	Vegetables	Yellow vegetables
320178	Carrots w/dip, individual pack	Vegetables	Yellow vegetables
322016	Cauliflower, Heads	Vegetables	Other vegetables
322032	Cauliflower, Frozen	Vegetables	Other vegetables
322115	Cauliflower, Florettes	Vegetables	Other vegetables
324012	Celery, Fresh	Vegetables	Green vegetables
324038	Celery, Frozen	Vegetables	Green vegetables
324045	Celery, Dry/Dehydrated	Vegetables	Green vegetables
324111	Celery Sticks/Diced Celery	Vegetables	Green vegetables
326017	Chard, Fresh	Vegetables	Green vegetables
327016	Cilantro	Vegetables	Green vegetables
328013	Collards, Fresh	Vegetables	Green vegetables
328021	Collards, Canned	Vegetables	Green vegetables
328038	Collards, Frozen	Vegetables	Green vegetables
330019	Corn on the Cob, Fresh	Vegetables	Yellow vegetables
330035	Corn on the Cob, Frozen	Vegetables	Yellow vegetables
330225	Corn, Whole Kernel, Canned	Vegetables	Yellow vegetables
330233	Corn, Whole Kernel, Frozen	Vegetables	Yellow vegetables
330324	Corn, Creamed, Canned	Vegetables	Yellow vegetables
330332	Corn, Creamed, Frozen	Vegetables	Yellow vegetables
330423	Corn, Baby	Vegetables	Yellow vegetables
330654	Mixed Vegetables, Chuckwagon/Mexican	Vegetables	Mixed vegetables
334011	Cucumbers, Fresh	Vegetables	Green vegetables
334028	Pickles	Condiments	Pickles/olives
334127	Relish, Pickle	Condiments	Pickles/olives
336016	Eggplant, Fresh	Vegetables	Other vegetables
336338	Eggplant, Breaded	Vegetables	Mixtures with vegetables
338012	Kale, Fresh	Vegetables	Green vegetables
338029	Kale, Canned	Vegetables	Green vegetables
338037	Kale, Frozen	Vegetables	Green vegetables
340018	Lettuce, Heads	Vegetables	Green vegetables

Food Code	Food Description	Food Group	Food Subgroup
340117	Lettuce, Shredded/Chopped	Vegetables	Green vegetables
340216	Lettuce, Salad Mix	Vegetables	Mixed vegetables
342014	Mushrooms, Fresh	Vegetables	Other vegetables
342022	Mushrooms, Canned	Vegetables	Other vegetables
344019	Mustard Greens, Fresh	Vegetables	Green vegetables
344027	Mustard Greens, Canned	Vegetables	Green vegetables
344035	Mustard Greens, Frozen	Vegetables	Green vegetables
346015	Okra, Fresh	Vegetables	Green vegetables
346023	Okra, Canned	Vegetables	Green vegetables
346031	Okra, Frozen	Vegetables	Green vegetables
346139	Okra, Breaded	Vegetables	Mixtures with vegetables
347021	Olives	Condiments	Pickles/olives
347129	Oil, Olive	Fats/oils	Vegetable oils & shortenings
348011	Onions, Green, Fresh	Vegetables	Other vegetables
349018	Onions, Fresh	Vegetables	Other vegetables
349034	Onions, Frozen	Vegetables	Other vegetables
349042	Onions, Dried	Vegetables	Other vegetables
349158	Onion Rings	Vegetables	Mixtures with vegetables
363019	Parsley, Fresh	Vegetables	Green vegetables
364025	Peas, Green, Canned	Vegetables	Green vegetables
364033	Peas, Green, Frozen	Vegetables	Green vegetables
364157	Peas, Snow/Pods	Vegetables	Green vegetables
364256	Mixed Vegetables, Peas and Carrots	Vegetables	Mixed vegetables
364355	Mixed Vegetables, Peas and Onions	Vegetables	Mixed vegetables
366013	Peppers, Fresh	Vegetables	Green vegetables
366021	Peppers, Bell, Canned	Vegetables	Green vegetables
366038	Peppers, Frozen	Vegetables	Green vegetables
366046	Peppers, Bell, Dry	Vegetables	Green vegetables
366129	Peppers, Hot or Sweet, Canned	Condiments	Pickles/olives
366144	Peppers, Hot, Dry	Condiments	Pickles/olives
367028	Pimentos	Vegetables	Other vegetables
369057	Root Vegetable, Other	Vegetables	Other vegetables
370015	Potatoes, Fresh	Vegetables	Potato & potato products
370023	Potatoes, Canned	Vegetables	Potato & potato products
370031	Potatoes, Whole/Sliced/Diced, Frozen	Vegetables	Potato & potato products
370048	Potatoes, Dry	Vegetables	Potato & potato products
370139	Potatoes, Formed, Frozen	Vegetables	Potato & potato products
370147	Potatoes, Dry, w/Milk	Vegetables	Potato & potato products
370234	Potatoes, Fries, Battered	Vegetables	Potato & potato products
370246	Potatoes, Hash Browns, Dry	Vegetables	Potato & potato products
370278	Potato, Fries, Individual	Vegetables	Potato & potato products
370353	Potato, Pierogies	Vegetables	Potato & potato products
370436	Potatoes, Baked, Frozen	Vegetables	Potato & potato products
370535	Potatoes, French Fries	Vegetables	Potato & potato products
370633	Potatoes, Wedges, Frozen	Vegetables	Potato & potato products
370659	Chips, Potato or Potato Sticks	Bakery products	Pretzels & snack chips
370733	Potato Skins	Vegetables	Potato & potato products
370832	Potatoes w/Sauce, Prepared	Vegetables	Potato & potato products
370840	Potatoes w/ Sauce, Dry	Vegetables	Potato & potato products

Food Code	Food Description	Food Group	Food Subgroup
370931	Potatoes, Stuffed	Vegetables	Potato & potato products
370956	Potatoes, Mashed (Knish)	Vegetables	Potato & potato products
371013	Pumpkin, Fresh	Vegetables	Yellow vegetables
371021	Pumpkin, Canned	Vegetables	Yellow vegetables
371129	Pie Filling, Pumpkin	Sugar/desserts	Puddings/pie filling
371256	Pumpkin Seeds	Legumes/nuts/seeds	Seeds
372011	Radishes, Fresh	Vegetables	Other vegetables
373018	Rutabagas, Fresh	Vegetables	Other vegetables
374016	Spinach, Fresh	Vegetables	Green vegetables
374024	Spinach, Canned	Vegetables	Green vegetables
374032	Spinach, Frozen	Vegetables	Green vegetables
374131	Spinach, Creamed/Spinach Dip	Vegetables	Mixtures with vegetables
374437	Spinach Filled Pastry	Vegetables	Mixtures with vegetables
375014	Alfalfa Sprouts	Vegetables	Other vegetables
376012	Squash, Fresh	Vegetables	Other vegetables
376029	Squash, Canned	Vegetables	Yellow vegetables
376037	Squash, Frozen	Vegetables	Other vegetables
377019	Sweet Potatoes, Fresh	Vegetables	Yellow vegetables
377027	Sweet Potatoes, Canned, Pk Unk	Vegetables	Yellow vegetables
377035	Sweet Potatoes, Frozen	Vegetables	Yellow vegetables
377126	Sweet Potatoes, Canned, HS	Vegetables	Yellow vegetables
377159	Sweet Potato, Mashed	Vegetables	Yellow vegetables
377225	Sweet Potatoes, Canned, Light Syrup	Vegetables	Yellow vegetables
377357	Sweet Potato Patties	Vegetables	Yellow vegetables
377456	Sweet Potato Fries	Vegetables	Yellow vegetables
377555	Potatoes, Medley	Vegetables	Potato & potato products
378017	Tomatoes, Fresh	Vegetables	Tomatoes & tomato products
378041	Tomatoes, Dried	Vegetables	Tomatoes & tomato products
378116	Tomatoes, Cherry or Grape, Fresh	Vegetables	Tomatoes & tomato products
378124	Tomatoes, Canned	Vegetables	Tomatoes & tomato products
378157	Tomato Juice, Single Strength, Bulk	Vegetables	Tomatoes & tomato products
378173	Tomato Juice, Individual	Vegetables	Tomatoes & tomato products
378223	Tomato Paste, Canned	Vegetables	Tomatoes & tomato products
378322	Tomato Sauce, Canned	Vegetables	Tomatoes & tomato products
378421	Catsup or Chili Sauce, Bulk	Condiments	Catsup & other sauces
378470	Catsup, Individual Pack	Condiments	Catsup & other sauces
378520	Tomato, Puree	Vegetables	Tomatoes & tomato products
378553	Tomato Recipe Sauce	Vegetables	Tomatoes & tomato products
378652	Tomato Recipe Sauce w/Meat or Mushrooms	Vegetables	Tomatoes & tomato products
378850	Tomatoes, V-8 Juice	Vegetables	Tomatoes & tomato products
378958	Salsa	Condiments	Catsup & other sauces
379017	Tomatillo, Fresh	Vegetables	Tomatoes & tomato products

Food Code	Food Description	Food Group	Food Subgroup
380014	Turnips, Fresh	Vegetables	Other vegetables
381029	Turnip Greens, Canned	Vegetables	Green vegetables
381037	Turnip Greens, Frozen	Vegetables	Green vegetables
382027	Water Chestnuts	Vegetables	Other vegetables
382118	Watercress	Vegetables	Green vegetables
383132	Mixed Vegetables, Winter Blend	Vegetables	Mixed vegetables
383231	Mixed Vegetables, Stew or Soup	Vegetables	Mixed vegetables
383330	Mixed Vegetables, California/Normandy	Vegetables	Mixed vegetables
383438	Mixed Vegetables, Italian Blend	Vegetables	Mixed vegetables
383537	Mixed Vegetables, Scandinavian Blend	Vegetables	Mixed vegetables
383636	Mixed Vegetables, Succotash	Vegetables	Mixed vegetables
383735	Mixed Vegetables/w Pasta Blend	Vegetables	Mixtures with vegetables
383834	Mixed Vegetables, Oriental	Vegetables	Mixed vegetables
390013	Mixed Vegetables, Fresh	Vegetables	Mixed vegetables
390021	Mixed Vegetables, Canned	Vegetables	Mixed vegetables
390038	Mixed Vegetables, Frozen	Vegetables	Mixed vegetables
390046	Mixed Vegetables, Riviera Blend	Vegetables	Mixed vegetables
390054	Mixed Vegetables, Sicilian Blend	Vegetables	Mixed vegetables
390060	Mixed Vegetables, Key West Blend	Vegetables	Mixed vegetables
390083	Mixed Vegetables, Caribbean Blend	Vegetables	Mixed vegetables
390112	Tropical Vegetables	Vegetables	Mixed vegetables
390153	Potato Salad, Ready to Eat	Vegetables	Potato & potato products
390252	Bean Salad, Ready to Eat	Vegetables	Mixtures with vegetables
390351	Mixed Vegetables, Grilled	Vegetables	Mixed vegetables
390434	Baby Food, Vegetable	Vegetables	Other vegetables
390533	Vegetables, Breaded	Vegetables	Mixtures with vegetables
390616	Vegetable Salad, Specialty	Vegetables	Mixtures with vegetables
391077	Juice Mixed, Veg&Fruit, Individual	Fruits/juices	Juices
392042	Nori/Dried Seaweed	Vegetables	Other vegetables
410051	Corn Meal	Grain products	Flour & other milled grains
410126	Corn Hominy, Canned	Grain products	Rice, barley & other grains
410258	Corn Grits	Grain products	Flour & other milled grains
410357	Corn Syrup	Sugar/desserts	Syrups
410456	Corn Starch	Grain products	Flour & other milled grains
410555	Oil, Corn	Fats/oils	Vegetable oils & shortenings
410654	Chips, Tortilla/Corn	Bakery products	Pretzels & snack chips
410753	Taco Shells or Taco Bowls	Bakery products	Bread & rolls
420050	Rolled Oats	Grain products	Breakfast cereals
430058	Rice, Brown	Grain products	Rice, barley & other grains
430157	Rice, White	Grain products	Rice, barley & other grains
430256	Rice, Wild Mix	Grain products	Mixtures with grain
430355	Rice Recipe Mix (Pilaf, Spanish)	Grain products	Mixtures with grain
430454	Rice Cakes	Bakery products	Pretzels & snack chips
430553	Rice and Beans	Grain products	Mixtures with grain
430651	Rice, Fried	Grain products	Mixtures with grain
430751	Rice Milk	Grain products	Rice, barley & other

Food Code	Food Description	Food Group	Food Subgroup
			grains
440057	Vegetable protein product	Legumes/nuts/seeds	Soybeans & soy products
440156	Cheese Substitute	Legumes/nuts/seeds	Soybeans & soy products
440255	Oil, Soybean	Fats/oils	Vegetable oils & shortenings
440354	Shortening, Soybean	Fats/oils	Vegetable oils & shortenings
440552	Bacon Bits, Imitation	Legumes/nuts/seeds	Soybeans & soy products
440651	Tofu	Legumes/nuts/seeds	Soybeans & soy products
440759	Soy Sauce	Condiments	Flavorings
440852	Milk, Soy	Legumes/nuts/seeds	Soybeans & soy products
440955	Soybeans	Legumes/nuts/seeds	Soybeans & soy products
450056	Flour, All Purpose	Grain products	Flour & other milled grains
450155	Flour, Whole Wheat	Grain products	Flour & other milled grains
450452	Flour, Bread	Grain products	Flour & other milled grains
450551	Flour, Self-Rising	Grain products	Flour & other milled grains
450659	Stuffing Mix	Grain products	Mixtures with grain
450758	Crumbs/Breading Mix	Grain products	Mixtures with grain
450857	Cereal, Cream of Wheat/Farina	Grain products	Breakfast cereals
452052	Pasta, Dry	Grain products	Pasta & noodles
452151	Pasta, Refrigerated or Frozen	Grain products	Pasta & noodles
452259	Pasta, Chinese Noodles	Grain products	Pasta & noodles
453059	Bulgar	Grain products	Rice, barley & other grains
453158	Couscous	Grain products	Rice, barley & other grains
454453	Vinegar	Condiments	Flavorings
455055	Tortillas, Flour	Bakery products	Bread & rolls
455154	Croutons and Bread Sticks	Bakery products	Crackers
455253	Bread/Biscuit/Pastry Dough	Bakery products	Bread & rolls
455352	Bread/Biscuit Mixes	Grain products	Flour mix
455451	Cake/Brownie Mixes	Grain products	Flour mix
455559	Cookie Dough	Bakery products	Cakes & other bakery desserts
455658	Cookie Mix	Grain products	Flour mix
455757	Ice Cream Cones	Bakery products	Cakes & other bakery desserts
455851	Muffin Batter	Bakery products	Bread & rolls
455852	Cinnamon Rolls/Honey Bun	Bakery products	Biscuits, muffins, pancakes & waffles
455956	Muffin Mix	Grain products	Flour mix
456053	Bread, White	Bakery products	Bread & rolls
456152	Bread, French/Sourdough	Bakery products	Bread & rolls
456251	Bread, Whole Wheat/Whole Grain	Bakery products	Bread & rolls
456257	Bread, Wheat	Bakery products	Bread & rolls
456359	Bread, Raisin	Bakery products	Bread & rolls
456458	Bread, Pita	Bakery products	Bread & rolls
456557	Bread, Sweetened	Bakery products	Bread & rolls
456656	Bread, Type Unspecified	Bakery products	Bread & rolls
456755	Bread w/Cheese	Bakery products	Bread & rolls

Food Code	Food Description	Food Group	Food Subgroup
456854	Garlic Bread	Bakery products	Bread & rolls
456953	Bread, Other	Bakery products	Bread & rolls
457051	Bagels	Bakery products	Bread & rolls
457159	Bagels with Filling	Bakery products	Bread & rolls
457258	Biscuits	Bakery products	Biscuits, muffins, pancakes & waffles
457357	Hamburger, Hot Dog Buns, Steak, Sub & Dinner Rls	Bakery products	Bread & rolls
457456	English Muffins	Bakery products	Biscuits, muffins, pancakes & waffles
457555	Muffins	Bakery products	Biscuits, muffins, pancakes & waffles
457654	Danish	Bakery products	Biscuits, muffins, pancakes & waffles
457753	Donuts/Churros	Bakery products	Biscuits, muffins, pancakes & waffles
457852	Croissants	Bakery products	Biscuits, muffins, pancakes & waffles
457951	Croissants, Filled	Bakery products	Biscuits, muffins, pancakes & waffles
458058	Cookies Bulk	Bakery products	Cakes & other bakery desserts
458074	Cookies, Individual	Bakery products	Cakes & other bakery desserts
458157	Crackers, Bulk	Bakery products	Crackers
458173	Crackers, Individual	Bakery products	Crackers
458256	Cakes/Brownies, Prepared	Bakery products	Cakes & other bakery desserts
458272	Cakes/Brownies, Prepared, Individual	Bakery products	Cakes & other bakery desserts
458355	Granola Bars/Trail Mix	Bakery products	Cakes & other bakery desserts
458454	Pancakes	Bakery products	Biscuits, muffins, pancakes & waffles
458553	Waffles	Bakery products	Biscuits, muffins, pancakes & waffles
458652	French Toast/Sticks/French Toast Bagels	Bakery products	Biscuits, muffins, pancakes & waffles
458751	Hushpuppies	Bakery products	Biscuits, muffins, pancakes & waffles
458855	Chips, Misc. Snack (Cheetos, Sun Chips)	Bakery products	Pretzels & snack chips
458950	Pretzels, Soft	Bakery products	Pretzels & snack chips
458958	Pretzels	Bakery products	Pretzels & snack chips
459056	Shells, Pie/Tart/Edibowls	Bakery products	Cakes & other bakery desserts
459155	Pizza Shells/Pizza Dough	Bakery products	Bread & rolls
459254	Poptarts	Bakery products	Cakes & other bakery desserts
459353	Pies, Non Fruit	Bakery products	Cakes & other bakery desserts
459452	Cereals, Bulk	Grain products	Breakfast cereals
459477	Cereals, Individual	Grain products	Breakfast cereals
459576	Cereals, Assorted, Individual	Grain products	Breakfast cereals
459650	Crumb Shell/Topping Mix	Sugar/desserts	Candies/toppings
459675	Crackers and Cheese	Bakery products	Crackers
459774	Crackers and Peanut Butter	Bakery products	Crackers
459857	Crackers, Graham, Bulk	Bakery products	Crackers
459873	Crackers, Graham, Individual	Bakery products	Crackers

Food Code	Food Description	Food Group	Food Subgroup
459956	Cereals, Baby	Grain products	Breakfast cereals
460055	Peanuts in the Shell	Legumes/nuts/seeds	Peanuts/peanut butter
460154	Peanuts, Shelled	Legumes/nuts/seeds	Peanuts/peanut butter
460352	Peanut Butter	Legumes/nuts/seeds	Peanuts/peanut butter
460377	Peanut Butter, Individual Pack	Legumes/nuts/seeds	Peanuts/peanut butter
460658	Peanut Granules	Legumes/nuts/seeds	Peanuts/peanut butter
460757	Oil, Peanut	Fats/oils	Vegetable oils & shortenings
460955	Peanut Butter and Jelly	Legumes/nuts/seeds	Peanuts/peanut butter
470054	Popcorn, Unpopped	Grain products	Rice, barley & other grains
470153	Popcorn, Popped	Grain products	Rice, barley & other grains
470351	Bread, Pumpernickel/Rye	Bakery products	Bread & rolls
470459	Barley	Grain products	Rice, barley & other grains
471052	Oil, Cottonseed	Fats/oils	Vegetable oils & shortenings
471151	Oil, Canola	Fats/oils	Vegetable oils & shortenings
471259	Oil, Sunflower	Fats/oils	Vegetable oils & shortenings
471358	Oil, Vegetable	Fats/oils	Vegetable oils & shortenings
471457	Shortening, Vegetable	Fats/oils	Vegetable oils & shortenings
471556	Oil, Spray	Fats/oils	Vegetable oils & shortenings
471655	Oil, Sesame	Fats/oils	Vegetable oils & shortenings
472059	Mayonnaise, Bulk	Fats/oils	Salad dressings & mayonnaise
472075	Mayonnaise, Individual	Fats/oils	Salad dressings & mayonnaise
472158	Mayonnaise, Bulk, Lite	Fats/oils	Salad dressings & mayonnaise
472174	Mayonnaise, Individual, Lite	Fats/oils	Salad dressings & mayonnaise
472257	Salad Dressing, Bulk	Fats/oils	Salad dressings & mayonnaise
472273	Salad Dressing, Individual	Fats/oils	Salad dressings & mayonnaise
472356	Salad Dressing, Bulk, Lo Fat or Lite	Fats/oils	Salad dressings & mayonnaise
472372	Salad Dressing, Individual, Low Fat or Lite	Fats/oils	Salad dressings & mayonnaise
472455	Salad Dressing Mix	Condiments	Flavorings
472550	Mayonnaise, Bulk, Fat Free	Fats/oils	Salad dressings & mayonnaise
472751	Salad Dressing, Bulk, Fat Free	Fats/oils	Salad dressings & mayonnaise
472766	Mayonnaise, Individual, Fat Free	Fats/oils	Salad dressings & mayonnaise
472879	Salad Dressing, Individual, Fat Free	Fats/oils	Salad dressings & mayonnaise
473057	Margarine	Fats/oils	Margarine
473073	Margarine, Individual	Fats/oils	Margarine
473156	Margarine/Butter Blend	Fats/oils	Margarine
473179	Margarine/Butter Blend, Individual	Fats/oils	Margarine
474055	Tartar Sauce	Condiments	Catsup & other sauces

Food Code	Food Description	Food Group	Food Subgroup
475053	Pasta Salad	Grain products	Mixtures with grain
476159	Nuts (Not Peanuts), Shelled	Legumes/nuts/seeds	Other nuts
477256	Almond Paste	Legumes/nuts/seeds	Other nuts
478353	Sunflower Seeds	Legumes/nuts/seeds	Seeds
478455	Sesame Seeds	Legumes/nuts/seeds	Seeds
478555	Butter, Legume/nut/seed	Legumes/nuts/seeds	Seeds
479054	Flours/Starches, Miscellaneous	Grain products	Flour & other milled grains
500059	Milk, Whole	Milk & other dairy products	Milk
500158	Milk, Lo Fat, .5%	Milk & other dairy products	Milk
500257	Milk, Lo Fat, 1%	Milk & other dairy products	Milk
500455	Milk, Lo Fat, 2%	Milk & other dairy products	Milk
500554	Milk, Lo Fat, Fat Solids Unkno	Milk & other dairy products	Milk
500653	Milk, Skim/Nonfat	Milk & other dairy products	Milk
500752	Milk, Flavored, Whole	Milk & other dairy products	Milk
500851	Milk, Flavored, Lo Fat, .5%	Milk & other dairy products	Milk
500959	Milk, Flavored, Lo Fat, 1%	Milk & other dairy products	Milk
501156	Milk, Flavored, Lo Fat, 2%	Milk & other dairy products	Milk
501255	Milk, Flavored, Lo Fat, Fat Solids Unkwn	Milk & other dairy products	Milk
501354	Milk, Flavored, Skim/Nonfat	Milk & other dairy products	Milk
501453	Milk, Lactose Free	Milk & other dairy products	Milk
501552	Milk, Acidopholous	Milk & other dairy products	Milk
501651	Milk, Eggnog	Milk & other dairy products	Milk
501759	Milk, Buttermilk	Milk & other dairy products	Milk
501858	Milk, Evaporated	Milk & other dairy products	Milk
501957	Milk, Condensed Sweetened	Milk & other dairy products	Milk
502055	Milk, Dry, Non Fat	Milk & other dairy products	Milk
502154	Milk, Buttermilk, Dry	Milk & other dairy products	Milk
502253	Cream, Whipping	Milk & other dairy products	Cream
502352	Cream, Table	Milk & other dairy products	Cream
502451	Cream, Half and Half	Milk & other dairy products	Cream
502559	Cream, Whipped	Milk & other dairy products	Cream
502658	Milk, Dry, Whole	Milk & other dairy products	Milk
503053	Ice Cream	Milk & other dairy products	Ice cream & ice milk
503152	Ice Cream Novelties	Milk & other dairy products	Ice cream & ice milk

Food Code	Food Description	Food Group	Food Subgroup
503251	Ice Cream Shakes	Milk & other dairy products	Ice cream & ice milk
503359	Sherbet/Push Ups	Sugar/desserts	Sherbet/ices
503458	Sorbet	Sugar/desserts	Sherbet/ices
503532	Yogurt, Frozen	Milk & other dairy products	Yogurt
503557	Yogurt	Milk & other dairy products	Yogurt
504051	Sour Cream	Milk & other dairy products	Cream
504159	Sour Cream, Lo Fat or Lite	Milk & other dairy products	Cream
504258	Sour Cream, Imitation	Legumes/nuts/seeds	Soybeans & soy products
504351	Sour Cream, Fat Free	Milk & other dairy products	Cream
505058	Pudding Mix/ Cheesecake Mix	Sugar/desserts	Puddings/pie filling
505157	Pudding, Ready to Eat	Sugar/desserts	Puddings/pie filling
505231	Pudding, Frozen	Sugar/desserts	Puddings/pie filling
505955	Cheese, Provolone	Milk & other dairy products	Cheese
506056	Cheese, American/Processed	Milk & other dairy products	Cheese
506155	Cheese, Cheddar	Milk & other dairy products	Cheese
506254	Cheese, Cottage/Ricotta	Milk & other dairy products	Cheese
506353	Cheese, Cream	Milk & other dairy products	Cheese
506452	Cheese, Feta	Milk & other dairy products	Cheese
506551	Cheese, Monterey Jack	Milk & other dairy products	Cheese
506659	Cheese, Mozzarella/String	Milk & other dairy products	Cheese
506758	Cheese, Parmesan/Romano	Milk & other dairy products	Cheese
506857	Cheese, Swiss	Milk & other dairy products	Cheese
506956	Cheese, Miscellaneous	Milk & other dairy products	Cheese
507054	Butter	Fats/oils	Butter
507153	Butter Oil	Fats/oils	Butter
508052	Cheese/Substitute Cheese Blend	Milk & other dairy products	Cheese
508259	Cheese Food	Milk & other dairy products	Cheese
508358	Cheese Sauce or Soup, Ready to Use	Milk & other dairy products	Cheese
508457	Cheese Sauce, Mix	Milk & other dairy products	Cheese
508556	Cheese, Breaded	Milk & other dairy products	Cheese
509059	Baby Formula, Milk Based	Milk & other dairy products	Milk
509158	Baby Formula, Soy Based	Legumes/nuts/seeds	Soybeans & soy products
513033	Ice Milk	Milk & other dairy products	Ice cream & ice milk
513153	Ice Milk Novelties	Milk & other dairy products	Ice cream & ice milk
513257	Yogurt Shakes	Milk & other dairy products	Yogurt

Food Code	Food Description	Food Group	Food Subgroup
514259	Shake Mix or Ice Cream Mix	Milk & other dairy products	Ice cream & ice milk
600057	Sugar, Granulated	Sugar/desserts	Sugars
600156	Sugar, Confectioner	Sugar/desserts	Sugars
600255	Sugar, Brown	Sugar/desserts	Sugars
600453	Syrup, Real Maple	Sugar/desserts	Syrups
600552	Syrup, Imitation Flavored	Sugar/desserts	Syrups
600651	Frosting, Ready to Spread	Sugar/desserts	Candies/toppings
600759	Frosting Mix or RTW Frosting	Sugar/desserts	Candies/toppings
600858	Marshmallows	Sugar/desserts	Candies/toppings
600957	Molasses	Sugar/desserts	Syrups
601055	Marshmallow Fluff	Sugar/desserts	Candies/toppings
601113	Sugar Cane, Fresh	Sugar/desserts	Sugars
601154	Honey, Bulk	Sugar/desserts	Syrups
601179	Honey, Individual	Sugar/desserts	Syrups
601253	Cake Mix with Frosting	Bakery products	Cakes & other bakery desserts
601352	Sodas, Carbonated	Non-dairy drinks	Carbonated
601451	Sodas, Syrup	Non-dairy drinks	Carbonated
601552	Gelatin with Fruit	Sugar/desserts	Gelatins
601658	Whipped Topping	Milk & other dairy products	Milk
601757	Gelatin, Dry	Sugar/desserts	Gelatins
601856	Gelatin, Prepared	Sugar/desserts	Gelatins
601955	Candy	Sugar/desserts	Candies/toppings
602053	Baking Chips	Sugar/desserts	Candies/toppings
602152	Toppings,Ice Cream (Not Syrups)	Sugar/desserts	Candies/toppings
602251	Tea, Prepared	Non-dairy drinks	Coffee & tea
602350	Tea, Concentrate	Non-dairy drinks	Coffee & tea
602458	Flavored Dairy Drink (Yoo-Hoo, Ensure)	Milk & other dairy products	Milk
602551	Toppings,Ice Cream (Syrups)	Sugar/desserts	Candies/toppings
602658	Tea Bags/Instant	Non-dairy drinks	Coffee & tea
602753	Non Dairy Creamer	Non-dairy drinks	Coffee & tea
602854	Coffee Beans/Ground/Instant	Non-dairy drinks	Coffee & tea
602955	Coffee, Prepared	Non-dairy drinks	Coffee & tea
603051	Sweetener, Artificial	Sugar/desserts	Sugars
603157	Coffee Concentrate	Non-dairy drinks	Coffee & tea
603233	Cocoa	Condiments	Flavorings
603357	Chocolate, Baking	Condiments	Flavorings
604157	Cocoa Mix w/Artificial Sweet & NFDm	Sugar/desserts	Sugars
604256	Cocoa Mix w/Sugar and NFDm	Sugar/desserts	Sugars
700055	Soup, Condensed, Tomato	Soups & gravies	Soups
700154	Soup, Condensed, Chicken	Soups & gravies	Soups
700253	Soup, Condensed, Vegetable	Soups & gravies	Soups
700352	Soup, Condensed, Dry Bean	Soups & gravies	Soups
700451	Soup, Condensed, Cr. of Mushroom	Soups & gravies	Soups
700559	Soup, Condensed, Miscellaneous	Soups & gravies	Soups
700757	Soup,Ready to Eat	Soups & gravies	Soups
701054	Soup, Dry Mix	Soups & gravies	Soups
701152	Soup,Dry Noodle Mix	Soups & gravies	Soups
702051	Soup, Chili	Soups & gravies	Soups

Food Code	Food Description	Food Group	Food Subgroup
703059	Broth/Stock	Soups & gravies	Soups
800053	Sauce, Barbeque	Condiments	Catsup & other sauces
800152	Mustard, Bulk	Condiments	Catsup & other sauces
800177	Mustard, Individual	Condiments	Catsup & other sauces
800250	Sauce, Pesto	Condiments	Catsup & other sauces
800359	Sauce, Steak	Condiments	Catsup & other sauces
800458	Sauce, Hot (Taco, Enchilada)	Condiments	Catsup & other sauces
800557	Sauce, Sweet and Sour	Condiments	Catsup & other sauces
800656	Sauce, Horseradish/Cocktail	Condiments	Catsup & other sauces
800755	Sauce, Honey Mustard	Condiments	Catsup & other sauces
800854	Sauce, Worcestershire	Condiments	Catsup & other sauces
800953	Sauce, White	Soups & gravies	Gravies
801051	Salt and Seasoned Salt	Condiments	Flavorings
801076	Salt, Individual	Condiments	Flavorings
801159	Mix, Spaghetti,Taco,Sloppy Joe,Chili	Condiments	Flavorings
801258	Gravy Mix	Soups & gravies	Gravies
801357	Base/Boullion, Poultry	Soups & gravies	Soups
801456	Base/Boullion, Meat	Soups & gravies	Soups
801555	Base/Boullion, Vegetable	Soups & gravies	Soups
801654	Base, Cream Sauce	Soups & gravies	Gravies
801752	Juice, Clam or Clam Base	Soups & gravies	Soups
900056	Poultry Filled Pastry/Hot Pockets	Prepared foods	Meat or cheese filled pastry
900233	Vegetable Filled Pastry/Hot Pockets	Vegetables	Mixtures with vegetables
900241	Pasta and Sauce, Dry	Grain products	Mixtures with grain
900258	Pasta, Cheese, and Tomato Prod	Grain products	Mixtures with grain
900349	Pasta and Cheese, Dry	Grain products	Mixtures with grain
900357	Pasta and Cheese Products	Grain products	Mixtures with grain
900456	Pasta, Meat, Tomato, & Cheese	Red meats	Recipe mix
900555	Meat in Cream Sauce	Red meats	Recipe mix
900654	Meat Filled Pastry/Hot Pockets	Prepared foods	Meat or cheese filled pastry
900753	Poultry and Cream Sauce	Poultry	Recipe mix
900852	Cheese Filled Pastry(Includes Hot Pocket)	Prepared foods	Meat or cheese filled pastry
901058	Casserole, Poultry	Poultry	Recipe mix
901157	Stuffed Peppers or Cabbage	Red meats	Recipe mix
901256	Beef Stew	Red meats	Recipe mix
901355	Pot Pie, Poultry	Poultry	Recipe mix
901455	Pasta, Meat, and Tomato	Grain products	Mixtures with grain
901553	Pepper Steak	Red meats	Beef & veal
901652	Beef Stroganoff/Swedish Meatballs	Red meats	Beef & veal
901751	Vegetable Lasagna	Grain products	Mixtures with grain
902056	Egg Rolls	Grain products	Mixtures with grain
902155	Pasta and Tomato Sauce	Grain products	Mixtures with grain
902254	Oriental Entree	Prepared foods	Prepared meals
902353	Hash	Red meats	Beef & veal
902452	Dumplings in Gravy	Grain products	Mixtures with grain
902618	Sushi	Prepared foods	Mixtures with fish
903054	Pizza, w/Real Cheese	Prepared foods	Pizza
903153	Pizza, Cheese Blend	Prepared foods	Pizza

Food Code	Food Description	Food Group	Food Subgroup
903252	Pizza, Sausage w/Real Cheese	Prepared foods	Pizza
903351	Pizza, Sausage w/Cheese Blend	Prepared foods	Pizza
903459	Pizza, Cheese, Type Unknown	Prepared foods	Pizza
903558	Pizza, Sausage, Cheese Unknown	Prepared foods	Pizza
904151	Pizza, Pepperoni w/Real Cheese	Prepared foods	Pizza
904259	Pizza,Pepperoni w/Cheese Blend	Prepared foods	Pizza
904457	Pizza, Misc.(Veg,Sup,Fiest) w Real Chse	Prepared foods	Pizza
904556	Pizza, Misc.(Veg,Sup,Fiest)w Chse Blend	Prepared foods	Pizza
904655	Pizza, Pepperoni, Cheese Unknown	Prepared foods	Pizza
904754	Pizza, Misc.(Veg,Sup,Fiest)w Chse Unkn	Prepared foods	Pizza
905059	Burrito, Bean	Prepared foods	Burritos/tacos
905158	Burrito, Beef and Bean	Prepared foods	Burritos/tacos
905257	Burrito, Beef	Prepared foods	Burritos/tacos
905356	Burrito, Poultry	Prepared foods	Burritos/tacos
905455	Burrito, Poultry and Bean	Prepared foods	Burritos/tacos
905554	Burrito, Poultry and Beef	Prepared foods	Burritos/tacos
905653	Burrito, Miscellaneous	Prepared foods	Burritos/tacos
905757	Breakfast Burrito or Eggroll	Grain products	Mixtures with grain
906057	Enchilada, Cheese	Prepared foods	Burritos/tacos
906156	Enchilada, Beef	Prepared foods	Burritos/tacos
906255	Enchilada or Crispito, Chicken	Prepared foods	Burritos/tacos
906354	Enchilada, Miscellaneous	Prepared foods	Burritos/tacos
906453	Quesadilla, Cheese	Grain products	Mixtures with grain
906552	Taco or Chalupa, Beef	Prepared foods	Burritos/tacos
906651	Taco or Chalupa, Chicken	Prepared foods	Burritos/tacos
906858	Canapes	Grain products	Mixtures with grain
906958	Quesadilla, Meat	Grain products	Mixtures with grain
910059	Assorted Sandwiches	Prepared foods	Prepared sandwiches
910257	Bacon, Cheese Chicken Sandwich	Prepared foods	Prepared sandwiches
910752	Cheeseburger Sandwich	Prepared foods	Prepared sandwiches
910851	Chicken Sandwich	Prepared foods	Prepared sandwiches
910959	Chili Dog Sandwich	Prepared foods	Prepared sandwiches
911057	Club Sandwich	Prepared foods	Prepared sandwiches
911156	Cold Cut Sandwich	Prepared foods	Prepared sandwiches
911255	Double Cheeseburger Sandwich	Prepared foods	Prepared sandwiches
911354	Cheese Sandwich	Prepared foods	Prepared sandwiches
911552	Ham Sandwich	Prepared foods	Prepared sandwiches
911651	Ham and Cheese Sandwich	Prepared foods	Prepared sandwiches
911759	Hamburger Sandwich	Prepared foods	Prepared sandwiches
911957	Hotdog Sandwich	Prepared foods	Prepared sandwiches
912154	Peanut Butter and Jelly Sandwich	Prepared foods	Prepared sandwiches
912352	Roast Beef Sandwich	Prepared foods	Prepared sandwiches
912451	Roast Beef and Cheese Sandwich	Prepared foods	Prepared sandwiches
912757	Steak Sandwich	Prepared foods	Prepared sandwiches
912856	Tuna Sandwich	Prepared foods	Prepared sandwiches
912955	Turkey Sandwich	Prepared foods	Prepared sandwiches
913053	Turkey and Cheese Sandwich	Prepared foods	Prepared sandwiches
913250	Turkey Bologna and Cheese Sand	Prepared foods	Prepared sandwiches
913359	Turkey Ham Sandwich	Prepared foods	Prepared sandwiches
913458	Turkey Ham and Cheese Sandwich	Prepared foods	Prepared sandwiches

Food Code	Food Description	Food Group	Food Subgroup
913557	Turkey Salami and Cheese Sandwich	Prepared foods	Prepared sandwiches
913656	Prepared Sandwich, Type Unknown	Prepared foods	Prepared sandwiches
913755	Vegetable Sandwich	Prepared foods	Prepared sandwiches
925450	Meal Component Kit	Prepared foods	Prepared meals
926014	Chips & Dip	Prepared foods	Prepared meals
999933	Ice	Non-dairy drinks	Water
999968	Energy Shots/Protein Drinks (RedBull,Monster)	Non-dairy drinks	Enriched drinks
999974	Water, Flavored	Non-dairy drinks	Water
999984	Sport Drink, e.g. Gatorade	Non-dairy drinks	Enriched drinks
999999	Water	Non-dairy drinks	Water

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APPENDIX B
SUPPLEMENTARY TABLES FOR CHAPTER II

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Table B.1. Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

	Reference Standard ^a	All Foods	Purchased Foods	Donated USDA Foods	Processed Foods Containing Donated USDA Foods
Calorie Density (Calories per Gram)					
All Foods and Beverages	n.a.	1.27	1.19	1.48	2.22
Foods Only	n.a.	1.98	2.03	1.51	2.23
Sources of Calories (Percentage of Total Calories from ...)					
Total Fat	25-35	32.5	29.8	44.4	45.0
Saturated Fat	< 10	10.3	9.1	17.9	14.0
Monounsaturated Fat	n.a.	12.1	11.2	15.4	17.4
Polyunsaturated Fat	n.a.	7.6	7.3	7.9	9.6
Linoleic Acid	n.a.	6.8	6.6	6.8	8.6
Alpha-linolenic Acid	n.a.	0.7	0.7	0.9	0.8
Carbohydrate	45-65	53.3	57.6	35.6	32.4
Protein	10-30	15.7	14.2	21.7	22.9
Nutrient Density (Nutrients per 1,000 Calories)					
Vitamins					
Vitamin A (mcg RAE)	300	379	403	333	215
Vitamin C (mg)	23	37	40	36	11
Vitamin E (mg AT)	6	3.2	3.1	4.2	3.9
Vitamin B ₆ (mg)	0.5	0.8	0.7	0.8	0.8
Vitamin B ₁₂ (mcg)	0.9	2.3	2.4	2.3	1.9
Folate, DFE (mcg)	151	232	245	156	188
Niacin (mg)	6	10	9	10	15
Riboflavin (mg)	0.4	1.2	1.3	0.8	0.8
Thiamin (mg)	0.4	0.8	0.8	0.6	0.8
Minerals					
Calcium (mg)	616	640	670	609	412
Iron (mg)	5	6.9	7.0	5.5	7.2
Magnesium (mg)	124	130	134	124	105
Phosphorus (mg)	502	744	738	833	715
Potassium (mg)	2,228	1,362	1,417	1,264	976
Sodium (mg)	< 1,098	1,936	1,872	2,049	2,371
Zinc (mg)	4	5.2	4.8	7.4	6.5
Other Dietary Components					
Cholesterol (mg)	< 156	85	66	167	170
Dietary Fiber (g)	14	8.0	8.1	9.9	5.6

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aReference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; AT = alpha-tocopherol; DFE = dietary folate equivalent; DHHS = U.S. Department of Health and Human Services; DRI = Dietary Reference Intake; NSLP = National School Lunch Program; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

Table B.2. Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions, by SFPS- III Food Groups and Subgroups, by Public Unified NSLP School Districts, SY 2009- 2010

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Bakery Products	3.40	28.0	6.6	11.6	7.8	7.2	0.6	63.1	9.1
Biscuits, muffins, pancakes and waffles	3.14	36.1	8.4	14.2	10.9	9.7	1.1	56.7	7.7
Breads and rolls	2.89	18.1	4.1	7.4	5.5	5.0	0.5	68.6	12.4
Cakes and other bakery desserts	4.35	37.3	11.9	18.1	4.5	4.3	0.2	59.5	4.8
Crackers	4.43	28.6	7.0	12.8	6.9	6.4	0.4	64.7	7.1
Pretzels and snack chips	4.69	38.9	6.0	13.4	15.7	15.0	0.7	56.4	6.1
Condiments	0.82	12.4	1.7	4.6	4.9	4.2	0.7	90.1	7.0
Catsup and other sauces	0.99	11.8	1.5	4.0	5.2	4.5	0.7	91.7	6.3
Flavorings	0.70	4.7	2.5	1.4	0.5	0.5	0.0	78.9	14.5
Pickles and olives	0.25	26.2	3.9	15.6	4.0	2.8	1.2	75.5	12.0
Eggs	1.65	60.8	19.5	23.7	9.3	8.0	0.4	10.1	29.0
Eggs	1.45	62.4	19.4	23.9	8.5	7.2	0.2	2.3	34.9
Mixtures with egg	1.84	59.6	19.5	23.5	9.8	8.6	0.6	16.0	24.7
Fats and Oils	5.48	97.3	17.7	35.3	39.7	35.3	4.3	4.2	0.3
Butter	7.17	100.0	64.5	26.4	3.8	3.4	0.4	0.0	0.5
Margarine	6.98	100.0	19.5	46.9	31.5	28.8	2.7	0.3	0.2
Salad dressings and mayonnaise	3.93	91.5	14.6	28.2	43.3	38.2	5.1	9.7	0.6
Vegetable oils and shortenings	8.19	100.0	17.5	37.2	42.5	37.8	4.7	0.1	0.1
Fish	2.16	41.3	7.2	14.3	17.6	14.6	1.9	29.3	28.4
Fish	2.13	40.6	7.1	14.0	17.3	14.3	1.9	28.7	29.6
Shellfish	2.36	44.6	7.7	15.5	19.1	16.0	2.1	32.2	22.6
Fruits and Juices	0.55	2.4	0.4	0.4	0.7	0.5	0.2	100.0	3.2
Fruits	0.61	2.6	0.5	0.5	0.8	0.6	0.2	100.0	3.2
Juices	0.48	2.2	0.3	0.3	0.6	0.5	0.1	97.1	3.1
Grain Products	2.16	13.3	3.5	4.6	3.6	3.3	0.3	75.0	11.4
Breakfast cereals	3.86	10.8	1.7	3.9	3.2	3.0	0.2	83.6	7.0
Flour and other milled grains	2.88	3.1	0.5	0.4	1.3	1.3	0.1	84.3	11.5
Flour mix ^a	4.20	25.3	5.2	11.6	7.0	6.6	0.5	70.4	6.0
Mixtures with grain	1.83	35.0	12.5	12.6	7.0	6.3	0.6	48.2	17.2
Pasta and noodles	1.59	7.2	1.3	1.2	3.0	2.7	0.3	77.1	14.5
Rice, barley, and other grains	1.30	7.1	1.6	2.5	2.1	2.0	0.1	81.7	8.9

Table B.2 (continued)

Food Group/Subgroup	Calorie Density	Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
	(kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
Legumes, Nuts, and Seeds	1.92	44.0	8.9	19.5	14.0	13.4	0.4	42.4	19.5
Dry beans and peas	1.07	4.7	1.2	1.4	1.6	0.9	0.6	76.6	23.3
Other nuts	6.16	82.5	12.9	47.8	18.1	17.4	0.6	14.2	10.1
Peanuts and peanut butter	5.81	76.3	15.8	36.7	21.5	21.4	0.1	14.2	16.9
Seeds	5.97	78.7	10.1	23.4	42.0	41.7	0.2	15.2	13.1
Soybeans and soy products	2.51	52.7	20.3	10.3	18.1	15.7	2.0	22.1	26.2
Milk and Other Dairy Products	0.71	26.1	16.0	7.6	1.2	0.9	0.3	52.6	23.4
Cheese	3.03	66.7	40.2	19.6	3.3	2.5	0.8	7.6	25.8
Cream	1.93	84.8	52.8	24.5	3.1	1.9	1.2	10.6	6.6
Ice cream and ice milk	2.27	45.2	27.8	11.7	2.7	2.2	0.5	50.7	7.5
Milk	0.56	13.5	8.5	3.9	0.5	0.4	0.1	65.3	23.7
Yogurt	0.93	10.3	6.6	2.8	0.3	0.2	0.1	71.1	20.0
Non- Dairy Drinks	0.16	2.3	0.6	1.3	0.3	0.2	0.0	98.6	1.0
Carbonated	0.54	0.6	0.0	0.0	0.1	0.0	0.0	100.0	0.6
Coffee and tea	0.20	18.6	5.2	11.2	1.5	1.3	0.1	76.2	7.4
Dry beverage	3.70	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.0
Enriched drinks	0.24	0.3	0.1	0.1	0.2	0.1	0.0	99.4	0.0
Fruit drinks	0.42	0.1	0.0	0.0	0.0	0.0	0.0	100.0	0.3
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	97.8	0.0
Poultry	2.13	45.9	10.5	18.0	13.3	11.8	0.9	20.8	32.1
Chicken	2.25	47.0	10.4	19.0	13.9	12.4	1.0	21.7	30.3
Game birds	2.59	63.0	17.5	27.7	12.5	11.1	0.6	0.0	34.3
Mixed poultry	1.31	55.5	14.4	24.3	13.9	12.3	0.3	1.2	40.4
Recipe mix ^b	1.69	48.2	12.9	18.2	13.3	11.7	1.1	24.1	26.7
Turkey	1.80	42.2	11.0	14.0	11.4	9.9	0.6	17.5	38.4
Prepared Foods	2.46	35.0	13.2	12.1	7.1	6.4	0.6	47.1	18.7
Burritos and tacos	2.24	29.9	10.7	10.2	6.6	5.7	0.8	52.7	17.5
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	1.43	2.6	0.5	0.8	0.8	0.3	0.1	82.7	12.0
Pizza	2.37	34.1	13.9	10.8	6.6	5.9	0.7	46.4	19.8
Prepared meals	1.53	20.9	4.7	7.3	6.9	6.4	0.5	71.4	9.4
Prepared sandwiches	3.42	46.0	13.1	19.8	10.4	10.0	0.4	41.3	16.3

Table B.2 (continued)

Food Group/Subgroup	Calorie Density	Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
	(kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
Red Meats	2.42	59.9	21.1	25.5	5.5	4.8	0.4	8.5	30.4
Beef and veal	2.30	58.5	21.5	25.1	3.1	2.7	0.3	6.2	34.1
Lamb	2.03	42.8	15.8	17.9	3.3	2.6	0.5	0.0	53.3
Mixed meats	3.14	69.3	23.4	29.2	9.4	8.5	0.7	11.9	17.7
Pork	2.50	59.4	19.1	25.2	9.1	8.0	0.4	11.9	27.3
Recipe mix ^c	0.97	27.7	10.1	9.1	3.7	3.3	0.4	51.7	20.7
Soups and Gravies	1.25	30.1	10.8	11.9	5.5	5.0	0.4	54.7	16.2
Gravies	3.21	29.6	12.8	12.2	4.4	4.0	0.4	60.2	10.2
Soups	0.85	30.4	9.3	11.6	6.4	5.8	0.4	50.5	20.7
Sugar and Desserts	2.69	6.1	2.8	2.3	0.4	0.4	0.0	95.6	1.4
Candies and toppings	4.28	30.4	16.9	8.5	3.1	2.9	0.2	69.2	2.4
Gelatins	3.19	0.0	0.0	0.0	0.0	0.0	0.0	95.2	8.2
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.37	23.2	6.3	13.8	0.6	0.6	0.0	71.5	5.1
Sherbet and ices	1.25	10.7	5.9	2.8	0.4	0.4	0.1	86.8	2.5
Sugars	3.86	0.1	0.0	0.0	0.0	0.0	0.0	100.0	0.1
Syrups	2.66	0.3	0.1	0.1	0.2	0.2	0.0	100.0	0.0
Vegetables	1.02	26.8	4.5	11.7	9.3	7.9	1.4	68.3	8.3
Green vegetables ^d	0.25	6.7	1.1	0.4	2.8	1.4	1.4	78.0	27.0
Mixed vegetables	0.30	6.6	1.1	0.3	3.1	1.4	1.7	79.1	25.0
Mixtures with vegetables ^e	2.23	46.1	9.2	17.2	16.6	15.3	1.0	45.5	9.6
Other vegetables ^f	0.49	3.4	0.8	0.4	1.2	0.8	0.4	91.2	15.4
Potato and potato products	1.80	31.2	4.9	14.6	10.4	8.7	1.7	64.7	5.8
Tomato and tomato products	0.61	23.7	6.1	5.2	10.2	9.9	0.3	68.6	10.9
Yellow vegetables ^g	0.66	10.0	1.5	2.9	4.6	4.2	0.3	90.9	10.7

Table B.2 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Bakery Products	49	57	2	2.5	0.3	0.4	243	365	10	0.9	1.0
Biscuits, muffins, pancakes, and waffles	68	126	4	4.2	0.3	0.6	199	298	8	0.9	0.9
Breads and rolls	9	8	0	1.1	0.3	0.4	360	547	14	1.1	1.5
Cakes and other bakery desserts	179	179	2	2.7	0.4	0.3	133	207	7	0.6	0.7
Crackers	10	9	0	1.1	0.3	0.1	167	251	10	0.8	0.6
Pretzels and snack chips	18	15	6	5.2	0.5	0.4	92	111	6	0.8	0.4
Condiments	738	373	144	11.6	1.4	0.0	75	75	10	1.0	0.4
Catsup and other sauces	729	369	100	12.2	1.3	0.0	74	75	10	1.0	0.3
Flavorings	4	2	8	0.4	1.8	0.0	36	36	8	1.1	0.8
Pickles and olives	1,357	671	857	11.4	1.8	0.0	114	114	8	1.4	1.2
Eggs	824	812	0	6.0	0.8	6.4	238	250	3	2.6	0.5
Eggs	995	985	0	6.8	1.0	8.7	322	322	0	3.3	0.5
Mixtures with egg	696	683	0	5.3	0.7	4.6	175	195	4	2.1	0.5
Fats and Oils	344	325	0	9.9	0.1	0.1	3	3	0	0.0	0.0
Butter	972	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	1,245	1,173	0	12.0	0.0	0.1	2	2	0	0.1	0.0
Salad dressings and mayonnaise	61	57	0	9.8	0.3	0.2	6	6	0	0.1	0.1
Vegetable oils and shortenings	82	77	0	9.1	0.0	0.0	0	0	0	0.0	0.0
Fish	72	71	1	5.6	0.5	7.5	134	190	18	0.6	0.7
Fish	74	74	1	5.6	0.6	7.9	132	187	20	0.6	0.7
Shellfish	61	61	2	5.9	0.3	5.8	143	205	9	0.6	0.7
Fruits and Juices	276	138	314	3.2	1.1	0.0	153	153	5	0.5	0.6
Fruits	339	170	198	4.0	1.1	0.0	119	119	5	0.5	0.5
Juices	172	85	505	2.0	1.2	0.0	208	208	5	0.5	0.8
Grain Products	332	335	14	1.4	1.3	2.8	521	846	19	1.5	1.9
Breakfast cereals	1,419	1,426	59	2.4	4.7	12.9	1,195	1,997	47	4.1	3.8
Flour and other milled grains	4	2	0	0.5	0.3	0.0	422	661	16	1.2	1.9
Flour mix ^a	13	11	0	1.6	0.2	0.2	223	353	6	0.6	0.7
Mixtures with grain	310	322	16	2.7	0.5	1.4	201	294	9	1.0	1.0
Pasta and noodles	0	0	0	0.7	0.3	0.0	432	696	10	0.8	1.7
Rice, barley, and other grains	4	3	0	0.3	1.0	0.0	441	738	14	0.2	1.3

Table B.2 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	28	16	6	11.6	0.9	0.2	324	324	11	0.4	0.7
Dry beans and peas	54	26	13	1.3	1.0	0.0	531	531	4	0.5	1.1
Other nuts	1	0	1	13.6	0.3	0.0	90	90	3	0.8	0.8
Peanuts and peanut butter	0	0	0	15.0	0.9	0.0	127	127	23	0.2	0.1
Seeds	3	1	2	53.3	1.0	0.0	307	307	7	0.6	0.5
Soybeans and soy products	111	109	2	9.1	1.2	4.2	249	249	9	1.0	1.5
Milk and Other Dairy Products	907	900	6	0.6	0.6	6.3	77	78	2	2.6	0.5
Cheese	629	613	0	1.2	0.2	3.8	41	45	1	1.1	0.2
Cream	840	823	4	2.7	0.1	1.6	52	52	0	0.8	0.2
Ice cream and ice milk	432	428	3	2.7	0.2	1.5	34	38	1	1.1	0.2
Milk	1,032	1,027	7	0.3	0.7	7.4	89	89	2	3.1	0.7
Yogurt	111	108	8	0.2	0.5	5.4	108	108	1	2.0	0.4
Non- Dairy Drinks	20	19	115	4.6	2.2	4.3	54	54	19	0.3	0.3
Carbonated	3	2	3	0.2	0.0	0.0	2	2	0	0.2	0.1
Coffee and tea	1	0	0	1.5	0.3	0.2	260	260	12	1.3	0.1
Dry beverage	0	0	414	0.0	0.0	0.0	0	0	0	0.1	0.0
Enriched drinks	0	0	61	8.6	4.6	10.6	1	1	38	0.0	0.4
Fruit drinks	52	49	186	0.4	0.3	0.0	66	66	1	0.4	0.3
Water	0	0	1,556	294.9	98.4	3.1	0	0	725	0.0	0.0
Poultry	48	118	5	3.8	1.2	1.0	103	137	23	0.8	0.9
Chicken	52	139	2	3.9	1.2	0.8	111	149	25	0.7	1.0
Game birds	124	124	2	1.4	1.2	1.1	8	8	23	0.8	0.3
Mixed poultry	45	45	11	2.0	1.1	4.5	55	55	24	1.2	0.1
Recipe mix ^b	534	435	5	3.5	0.9	1.4	146	217	18	1.0	0.7
Turkey	33	41	16	3.6	1.2	1.5	74	95	15	1.1	0.6
Prepared Foods	242	349	5	3.2	0.5	1.3	258	335	12	1.1	0.9
Burritos and tacos	126	703	10	2.5	0.5	1.0	299	395	11	0.9	1.1
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	192	112	13	1.0	0.6	0.7	385	608	13	0.3	1.0
Pizza	277	327	2	2.9	0.5	1.4	256	326	11	1.2	0.9
Prepared meals	610	598	87	2.9	1.6	3.8	491	798	21	1.6	1.6
Prepared sandwiches	76	99	1	5.7	0.6	0.7	222	266	16	0.7	0.6

Table B.2 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Red Meats	23	64	3	2.3	1.0	5.5	67	77	17	0.7	0.7
Beef and veal	18	69	3	2.3	1.0	7.3	79	86	17	0.7	0.3
Lamb	0	0	0	0.9	0.8	13.0	113	113	30	1.4	0.5
Mixed meats	15	13	0	2.1	0.6	2.9	44	60	10	0.6	0.6
Pork	34	72	2	2.6	1.2	2.6	49	63	19	0.8	1.7
Recipe mix ^c	322	201	67	3.3	0.9	2.7	223	330	13	0.9	1.0
Soups and Gravies	225	124	29	3.1	0.8	1.8	119	154	10	1.1	0.7
Gravies	15	15	3	1.1	0.6	1.1	136	188	5	1.1	0.5
Soups	388	207	49	4.6	1.0	2.3	105	128	15	1.1	0.8
Sugar and Desserts	28	25	4	0.4	0.0	0.2	7	8	0	0.2	0.0
Candies and toppings	128	124	3	1.4	0.0	0.5	17	21	1	0.2	0.1
Gelatins	1	0	2	0.0	0.0	0.0	10	10	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	75	62	3	1.9	0.1	0.9	19	19	1	0.5	0.2
Sherbet and ices	71	68	15	0.1	0.1	0.7	23	23	0	0.6	0.2
Sugars	0	0	0	0.0	0.0	0.0	1	1	0	0.0	0.0
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.1	0.0
Vegetables	1,763	883	127	7.6	1.9	0.0	286	292	13	0.5	1.0
Green vegetables ^d	4,795	2,400	652	16.0	3.0	0.0	1,755	1,755	14	2.3	2.3
Mixed vegetables	15,520	7,751	504	18.2	3.0	0.0	2,642	2,642	18	3.1	2.3
Mixtures with vegetables ^e	483	291	30	4.2	0.5	0.7	247	328	7	0.9	0.9
Other vegetables ^f	251	125	377	1.8	3.5	0.0	620	620	8	1.2	1.4
Potato and potato products	5	4	86	4.4	1.8	0.0	90	96	10	0.2	0.9
Tomato and tomato products	991	496	118	30.5	2.4	0.1	213	213	43	0.9	0.5
Yellow vegetables ^g	11,504	5,751	64	6.3	1.6	0.0	402	402	14	0.8	0.6

Table B.2 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Bakery Products	297	9.3	85	384	405	1,602	2.5	22	7.5
Biscuits, muffins, pancakes, and waffles	257	8.5	61	578	386	1,564	2.3	83	6.2
Breads and rolls	418	11.9	85	381	392	1,840	2.7	12	8.4
Cakes and other bakery desserts	116	7.5	77	260	314	742	1.6	16	4.8
Crackers	132	9.0	74	303	344	1,693	2.0	4	6.5
Pretzels and snack chips	251	4.5	128	368	598	1,859	3.0	2	10.0
Condiments	304	7.0	202	378	3,196	20,116	3.0	1	10.2
Catsup and other sauces	198	5.5	181	331	3,112	10,006	2.7	1	6.5
Flavorings	577	13.5	411	1,020	3,054	213,192	6.5	0	28.1
Pickles and olives	1,605	22.9	349	606	4,466	31,732	5.3	0	50.2
Eggs	470	9.8	84	1,144	907	1,936	6.8	2,062	0.8
Eggs	365	12.1	82	1,306	924	1,088	7.6	2,924	0.0
Mixtures with egg	548	8.1	86	1,022	894	2,573	6.2	1,415	1.4
Fats and Oils	18	0.2	3	23	43	1,369	0.1	21	0.1
Butter	33	0.0	3	33	34	788	0.1	299	0.0
Margarine	11	0.1	4	12	32	1,311	0.0	5	0.0
Salad dressings and mayonnaise	32	0.5	5	45	80	2,488	0.3	34	0.2
Vegetable oils and shortenings	4	0.1	0	3	5	80	0.0	0	0.0
Fish	91	7.0	158	965	936	2,521	2.8	218	4.1
Fish	92	7.2	160	975	962	2,526	2.9	219	4.1
Shellfish	89	6.5	149	920	817	2,498	2.4	215	4.5
Fruits and Juices	168	5.6	144	214	2,513	77	1.3	0	19.0
Fruits	164	4.3	135	204	2,178	87	1.4	0	28.5
Juices	174	7.9	160	230	3,064	61	1.0	0	3.4
Grain Products	285	16.7	122	519	501	1,552	8.1	26	10.3
Breakfast cereals	648	47.2	149	506	580	1,405	27.1	0	13.1
Flour and other milled grains	46	12.1	118	393	424	120	2.8	0	11.2
Flour mix ^a	311	6.5	64	853	437	2,189	1.3	3	6.9
Mixtures with grain	557	7.8	112	722	853	2,549	5.2	145	7.2
Pasta and noodles	48	8.2	120	384	282	1,472	3.4	0	11.9
Rice, barley, and other grains	117	10.5	139	465	390	2,654	3.8	1	8.4

Table B.2 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	248	10.3	322	906	1,992	1,802	11.8	6	26.6
Dry beans and peas	384	18.3	380	1,046	3,147	2,980	19.4	13	45.9
Other nuts	178	4.3	402	723	884	481	7.4	0	9.3
Peanuts and peanut butter	75	3.2	261	610	1,097	756	5.1	0	10.2
Seeds	211	7.4	305	1,626	943	690	7.9	0	14.5
Soybeans and soy products	597	5.1	196	1,033	1,238	2,741	5.8	18	16.5
Milk and Other Dairy Products	1,947	2.9	205	1,671	2,397	1,271	7.7	95	5.1
Cheese	1,764	1.4	81	1,428	526	2,838	8.2	210	0.3
Cream	602	0.3	55	443	751	298	1.7	215	0.0
Ice cream and ice milk	533	2.0	101	490	949	308	3.2	136	5.2
Milk	2,089	3.5	248	1,819	3,024	898	7.8	60	6.6
Yogurt	1,736	0.8	169	1,369	2,238	667	8.5	46	0.2
Non- Dairy Drinks	463	2.1	123	214	1,212	758	0.6	0	0.7
Carbonated	50	1.9	11	159	103	139	0.7	0	0.4
Coffee and tea	182	2.9	360	538	6,802	649	2.2	1	6.1
Dry beverage	558	1.3	1	239	108	183	0.3	0	0.0
Enriched drinks	43	2.3	1	281	618	1,336	0.4	0	-0.0
Fruit drinks	259	1.7	55	60	516	179	0.4	0	0.0
Water	116,105	5.6	23,195	35	2,891	25,720	0.3	0	0.0
Poultry	133	7.1	97	692	911	2,754	5.9	256	3.1
Chicken	118	6.5	92	613	759	2,376	4.7	235	3.3
Game birds	50	3.5	69	560	942	873	5.7	502	0.0
Mixed poultry	420	8.2	92	765	1,015	370	9.8	454	0.0
Recipe mix ^b	334	5.2	97	659	914	1,620	5.6	210	3.0
Turkey	185	9.4	115	985	1,469	4,146	10.3	333	2.5
Prepared Foods	732	8.9	125	840	875	2,045	5.5	65	8.6
Burritos and tacos	395	9.8	129	621	863	1,916	5.1	65	12.7
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	126	9.7	112	399	664	4,399	2.9	21	2.8
Pizza	870	9.0	124	941	907	2,221	5.6	69	8.2
Prepared meals	427	21.0	108	447	959	1,325	12.3	38	7.9
Prepared sandwiches	282	5.8	143	589	742	1,697	4.8	52	7.9

Table B.2 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
Nutrient Density (Nutrients per 1,000 Calories)									
Red Meats	115	8.3	78	698	1,030	2,576	13.8	251	1.6
Beef and veal	127	10.3	83	723	1,066	2,110	18.0	268	1.9
Lamb	76	10.3	126	1,018	1,522	1,434	25.6	441	0.0
Mixed meats	93	4.7	54	439	615	3,118	6.0	197	1.2
Pork	98	5.3	77	754	1,122	3,390	7.6	237	1.3
Recipe mix ^c	222	8.8	127	628	1,495	4,079	9.0	156	8.2
Soups and Gravies	320	15.9	139	631	1,652	17,573	5.5	71	11.4
Gravies	309	19.6	84	552	972	12,296	2.9	39	9.2
Soups	328	13.1	180	691	2,177	21,638	7.5	96	13.2
Sugar and Desserts	93	1.1	22	95	217	281	0.8	2	1.1
Candies and toppings	120	1.5	50	160	295	316	1.7	13	2.9
Gelatins	10	0.4	8	374	62	1,212	0.0	0	0.3
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	341	5.2	81	346	915	1,150	1.8	6	0.7
Sherbet and ices	306	2.0	48	227	580	277	3.1	6	7.4
Sugars	45	0.4	6	4	76	19	0.1	0	0.1
Syrups	23	0.4	11	37	50	223	0.9	0	0.0
Vegetables	219	6.8	211	475	3,150	2,216	3.5	5	22.9
Green vegetables ^d	1,313	26.7	573	1,304	7,134	4,538	11.3	0	89.8
Mixed vegetables	1,367	34.9	800	1,226	8,648	3,060	13.4	0	86.5
Mixtures with vegetables ^e	309	7.1	110	434	893	1,789	2.9	114	10.6
Other vegetables ^f	889	13.7	372	1,022	4,974	1,545	9.4	0	55.4
Potato and potato products	76	3.5	147	341	2,394	1,776	1.9	2	12.9
Tomato and tomato products	341	13.2	310	572	5,483	4,081	6.8	20	35.4
Yellow vegetables ^g	262	7.3	272	778	3,597	2,828	6.0	0	37.2

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; NSLP = National School Lunch Program; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table B.3. Mean Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

	Reference Standard ^a	All Foods	Purchased Foods	Donated USDA Foods	Processed Foods Containing Donated USDA Foods
Calorie Density (Calories per Gram)					
All Foods and Beverages	n.a.	1.29	1.21	1.52	2.23
Foods Only	n.a.	2.00	2.04	1.54	2.24
Sources of Calories (Percentage of Total Calories from ...)					
Total Fat	25-35	32.7	30.0	39.1	45.9
Saturated Fat	< 10	10.4	9.2	16.1	13.8
Monounsaturated Fat	n.a.	12.2	11.2	13.5	17.7
Polyunsaturated Fat	n.a.	7.6	7.3	6.5	10.3
Linoleic acid	n.a.	6.8	6.5	5.5	9.1
Alpha-linolenic acid	n.a.	0.7	0.7	0.8	0.9
Carbohydrate	45-65	53.2	57.5	41.3	30.0
Protein	10-30	15.5	14.1	21.7	24.3
Nutrient Density (Nutrients per 1,000 Calories)					
Vitamins					
Vitamin A (mcg RAE)	300	378	406	336	205
Vitamin C (mg)	23	36	39	40	13
Vitamin E (mg AT)	6	3.2	3.0	4.0	4.0
Vitamin B ₆ (mg)	0.5	0.8	0.7	0.9	0.9
Vitamin B ₁₂ (mcg)	0.9	2.3	2.4	2.1	1.9
Folate, DFE (mcg)	151	231	244	152	165
Niacin (mg)	6	10	9	11	15
Riboflavin (mg)	0.4	1.2	1.3	0.8	0.8
Thiamin (mg)	0.4	0.8	0.8	0.7	0.8
Minerals					
Calcium (mg)	616	637	670	559	360
Iron (mg)	5	6.8	6.9	5.7	7.1
Magnesium (mg)	124	129	133	126	103
Phosphorus (mg)	502	739	734	814	713
Potassium (mg)	2,228	1,354	1,411	1,377	1,004
Sodium (mg)	< 1,098	1,952	1,882	2,075	2,523
Zinc (mg)	4	5.2	4.8	7.3	6.7
Other Dietary Components					
Cholesterol (mg)	< 156	84	67	156	191
Dietary fiber (g)	14	7.9	8.0	11.7	5.2

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aReference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Range; DHHS = U.S. Department of Health and Human Services; DRI = dietary reference intake; IOM = Institute of Medicine; NSLP = National School Lunch Program; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

Table B.4. Mean Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions, by SFPS- III Food Groups and Subgroups, by Public Unified NSLP School Districts, SY 2009- 2010

Food Group/Subgroup	Calorie Density	Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
	(kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
Bakery Products	3.40	28.0	6.6	11.5	7.9	7.3	0.6	63.0	9.1
Biscuits, muffins, pancakes, and waffles	3.12	35.3	8.2	13.9	10.6	9.5	1.0	57.3	7.9
Breads and rolls	2.89	17.8	4.1	7.1	5.5	5.0	0.5	68.9	12.4
Cakes and other bakery desserts	4.35	36.8	11.9	17.5	4.8	4.5	0.3	59.9	4.9
Crackers	4.48	29.9	7.2	14.0	6.6	6.2	0.4	62.7	7.4
Pretzels and snack chips	4.79	40.5	6.3	13.9	16.5	15.8	0.7	55.0	5.9
Condiments	0.82	11.5	1.6	4.5	4.3	3.7	0.6	90.7	7.3
Catsup and other sauces	0.98	10.6	1.3	3.7	4.6	4.0	0.6	92.6	6.7
Flavorings	0.83	4.0	2.1	1.2	0.4	0.4	0.0	69.0	15.3
Pickles and olives	0.33	21.5	3.4	11.8	3.8	2.5	1.3	79.8	12.8
Eggs	1.60	61.8	19.6	24.0	9.3	8.0	0.4	7.7	30.4
Eggs	1.47	62.2	19.3	23.8	8.5	7.1	0.2	2.4	34.7
Mixtures with egg	1.75	61.5	19.7	24.2	10.1	8.8	0.6	12.4	26.4
Fats and Oils	5.23	95.6	17.6	34.6	38.6	34.3	4.2	5.9	0.4
Butter	7.18	100.0	64.5	26.4	3.8	3.4	0.4	0.0	0.5
Margarine	6.88	100.0	19.8	45.7	32.0	29.1	2.8	0.3	0.2
Salad dressings and mayonnaise	3.93	88.5	14.5	27.5	41.3	36.3	4.9	12.7	0.7
Vegetable oils and shortenings	6.08	93.7	15.3	34.1	40.4	36.7	3.6	4.8	2.9
Fish	2.03	36.0	6.4	12.2	15.3	12.3	1.6	24.6	37.8
Fish	2.00	35.4	6.3	12.0	15.0	12.1	1.6	24.0	38.8
Shellfish	2.25	41.9	7.2	14.1	17.9	14.6	1.9	29.0	28.1
Fruits and Juices	0.56	2.5	0.4	0.4	0.7	0.6	0.2	100.0	3.2
Fruits	0.62	2.7	0.5	0.5	0.8	0.6	0.2	100.0	3.2
Juices	0.48	2.1	0.3	0.2	0.6	0.5	0.1	97.1	3.1
Grain Products	2.19	13.8	3.7	4.8	3.6	3.4	0.3	74.5	11.4
Breakfast cereals	3.90	10.6	1.7	3.9	3.1	2.9	0.2	83.8	6.9
Flour and other milled grains	3.17	2.9	0.5	0.4	1.3	1.2	0.1	85.2	10.4
Flour mix ^a	4.20	25.6	5.4	11.8	6.8	6.4	0.4	70.1	6.0
Mixtures with grain	1.85	32.9	11.0	12.1	7.0	6.3	0.6	50.9	16.7
Pasta and noodles	1.64	6.9	1.2	1.2	2.8	2.6	0.3	77.3	14.5
Rice, barley, and other grains	1.66	12.3	2.7	4.7	3.7	3.6	0.2	77.3	8.8

Table B.4 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
	(kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
Legumes, Nuts, and Seeds	2.04	33.3	7.0	13.6	11.2	10.5	0.6	51.5	20.6
Dry beans and peas	1.09	5.6	1.4	1.9	1.9	1.1	0.5	76.5	23.1
Other nuts	6.30	84.8	10.7	45.8	24.3	22.4	1.8	12.3	9.9
Peanuts and peanut butter	5.84	76.5	15.6	36.9	21.7	21.6	0.1	14.0	17.0
Seeds	5.91	77.8	10.4	20.4	43.9	43.7	0.2	15.7	13.5
Soybeans and soy products	3.00	49.7	14.1	10.6	21.4	18.3	2.3	25.0	25.6
Milk and Other Dairy Products	0.74	26.6	16.3	7.7	1.2	0.9	0.3	52.2	23.2
Cheese	2.94	66.0	39.1	19.6	3.7	2.9	0.8	8.8	25.3
Cream	1.96	82.9	51.6	24.0	3.1	1.9	1.2	12.1	6.9
Ice cream and ice milk	2.26	44.0	27.4	11.2	2.4	1.9	0.5	51.7	7.6
Milk	0.57	13.9	8.8	4.0	0.5	0.4	0.1	64.8	23.7
Yogurt	0.93	10.5	6.8	2.9	0.3	0.2	0.1	70.6	20.2
Non- Dairy Drinks	0.27	1.1	0.5	0.2	0.4	0.3	0.0	98.2	2.6
Carbonated	0.32	1.6	0.0	0.0	0.0	0.0	0.0	100.0	2.5
Coffee and tea	1.82	18.1	4.9	11.4	1.5	1.1	0.2	75.6	9.5
Dry beverage	3.23	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.3
Enriched drinks	0.26	0.3	0.1	0.1	0.2	0.1	0.0	99.4	0.0
Fruit drinks	0.43	0.2	0.0	0.0	0.1	0.0	0.0	100.0	0.4
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	97.9	0.0
Poultry	2.13	45.7	10.5	17.8	13.3	11.8	0.9	20.9	32.2
Chicken	2.24	46.6	10.3	18.9	13.8	12.3	1.0	21.7	30.7
Game birds	2.59	63.0	17.5	27.7	12.5	11.1	0.6	0.0	34.3
Mixed poultry	1.33	55.9	14.4	24.6	13.9	12.5	0.3	1.0	40.4
Recipe mix ^b	1.99	56.8	12.7	18.3	21.1	18.6	2.0	15.5	26.8
Turkey	1.81	40.7	10.6	13.5	10.9	9.4	0.5	16.7	40.5
Prepared Foods	2.47	35.0	13.2	12.0	7.1	6.4	0.6	47.0	18.8
Burritos and tacos	2.24	31.7	10.8	11.3	7.1	6.2	0.8	50.6	17.8
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	1.43	2.6	0.5	0.8	0.8	0.3	0.1	82.7	12.0
Pizza	2.37	34.2	13.7	10.9	6.7	6.0	0.7	46.4	19.7
Prepared meals	1.55	25.4	5.6	7.7	9.9	8.9	0.8	61.2	14.3
Prepared sandwiches	3.55	45.8	12.5	20.1	10.7	10.3	0.3	41.3	16.4

Table B.4 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
	(kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
Red Meats	2.44	60.2	21.2	25.7	5.4	4.7	0.4	8.1	30.5
Beef and veal	2.31	58.6	21.6	25.1	3.0	2.6	0.3	6.0	34.3
Lamb	2.06	43.0	15.9	18.0	3.3	2.6	0.5	0.0	53.1
Mixed meats	3.45	71.8	24.5	30.1	8.6	7.7	0.7	8.7	18.4
Pork	2.56	59.1	19.0	25.2	8.8	7.5	0.4	11.1	28.4
Recipe mix ^c	1.11	28.9	10.5	9.8	3.8	3.4	0.4	48.9	22.2
Soups and Gravies	1.71	31.3	11.0	12.3	6.2	5.6	0.4	53.3	16.3
Gravies	3.44	31.2	12.8	12.5	5.2	4.8	0.4	58.4	10.7
Soups	1.11	32.8	9.9	12.5	7.3	6.7	0.4	47.0	21.6
Sugar and Desserts	2.72	5.9	2.5	2.3	0.5	0.4	0.0	96.0	1.4
Candies and toppings	4.12	24.7	13.4	6.9	2.7	2.5	0.2	75.9	2.2
Gelatins	3.64	0.0	0.0	0.0	0.0	0.0	0.0	96.2	8.6
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.57	22.0	6.0	12.9	0.6	0.6	0.0	73.5	4.8
Sherbet and ices	1.22	9.6	5.2	2.5	0.4	0.3	0.1	88.2	2.2
Sugars	3.86	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.1
Syrups	2.67	0.3	0.1	0.1	0.2	0.2	0.0	100.0	0.0
Vegetables	0.99	25.8	4.4	11.0	9.1	7.7	1.3	69.2	8.8
Green vegetables ^d	0.24	7.0	1.2	0.4	2.8	1.4	1.4	78.3	26.8
Mixed vegetables	0.33	7.1	1.2	0.3	3.4	1.5	1.9	79.0	25.8
Mixtures with vegetables ^e	2.09	50.3	9.4	16.9	20.3	18.4	1.6	42.1	9.3
Other vegetables ^f	0.60	3.5	0.9	0.4	1.2	0.7	0.4	90.7	16.3
Potato and potato products	1.80	30.1	4.8	14.0	10.1	8.5	1.6	65.7	6.0
Tomato and tomato products	0.56	21.7	5.4	4.7	9.3	9.1	0.2	71.3	12.0
Yellow vegetables ^g	0.65	9.5	1.5	2.6	4.4	4.0	0.3	91.3	10.6

Table B.4 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Bakery Products	49	58	2	2.5	0.3	0.4	246	370	10	0.9	1.0
Biscuits, muffins, pancakes, and waffles	72	120	4	4.0	0.3	0.5	204	305	8	0.9	0.9
Breads and rolls	9	9	0	1.1	0.3	0.4	363	553	14	1.1	1.5
Cakes and other bakery desserts	197	197	2	2.6	0.5	0.3	136	211	8	0.7	0.7
Crackers	12	12	0	1.3	0.3	0.1	196	298	10	0.8	0.6
Pretzels and snack chips	16	13	6	5.3	0.5	0.4	83	99	5	0.8	0.4
Condiments	773	390	147	11.8	1.4	0.0	77	77	10	1.0	0.4
Catsup and other sauces	781	395	103	12.4	1.4	0.0	77	77	10	1.0	0.3
Flavorings	3	2	6	0.3	1.6	0.0	49	49	10	1.1	0.6
Pickles and olives	1,387	686	838	10.6	1.9	0.0	115	115	8	1.5	1.3
Eggs	898	885	0	6.3	0.8	6.9	248	256	2	2.8	0.5
Eggs	1,006	996	0	6.7	0.9	8.5	317	317	0	3.3	0.5
Mixtures with egg	814	797	0	5.9	0.7	5.3	183	196	3	2.3	0.5
Fats and Oils	381	359	0	10.0	0.1	0.2	4.0	4.0	0.0	0.1	0.0
Butter	973	954	0	3.2	0.0	0.2	4.0	4.0	0.0	0.0	0.0
Margarine	1,279	1,206	0	11.8	0.0	0.1	2.0	2.0	0.0	0.1	0.0
Salad dressings and mayonnaise	57	52	0	9.6	0.2	0.2	7.0	7.0	0.0	0.1	0.1
Vegetable oils and shortenings	4,189	3,945	1	31.5	0.0	0.5	10.0	10.0	0.0	0.2	0.1
Fish	89	88	1	5.2	0.9	10.3	117	164	32	0.6	0.6
Fish	90	89	1	5.2	1.0	10.6	116	162	34	0.6	0.6
Shellfish	103	103	3	6.3	0.4	5.9	129	183	10	0.5	0.6
Fruits and Juices	282	141	306	3.2	1.1	0.0	146	146	5	0.5	0.6
Fruits	344	173	199	3.9	1.1	0.0	116	116	5	0.5	0.5
Juices	168	83	500	2.0	1.2	0.0	205	205	5	0.5	0.8
Grain Products	368	370	17	1.4	1.4	3.1	532	867	19	1.5	1.9
Breakfast cereals	1,424	1,431	61	2.3	4.8	13.3	1,194	1,995	48	4.1	3.8
Flour and other milled grains	5	2	0	0.4	0.2	0.0	389	613	14	1.1	1.8
Flour mix ^a	16	14	0	1.5	0.2	0.2	218	349	6	0.6	0.7
Mixtures with grain	271	281	23	2.9	0.6	1.4	216	314	10	1.0	1.0
Pasta and noodles	0	0	0	0.7	0.3	0.0	433	699	10	0.8	1.7
Rice, barley, and other grains	10	7	0	0.5	0.9	0.0	371	615	13	0.2	1.2

Table B.4 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	43	25	9	9.3	1.0	0.5	373	373	9	0.5	0.8
Dry beans and peas	53	25	14	1.3	1.0	0.0	506	506	4	0.5	1.0
Other nuts	2	1	1	14.8	0.3	0.0	79	79	3	0.7	0.7
Peanuts and peanut butter	0	0	0	15.0	0.9	0.0	132	132	23	0.2	0.1
Seeds	4	1	2	51.2	1.0	0.0	319	319	8	0.6	0.6
Soybeans and soy products	214	212	3	9.9	1.4	6.8	250	250	12	1.5	1.5
Milk and Other Dairy Products	900	894	6	0.6	0.6	6.3	77	78	2	2.6	0.5
Cheese	634	618	0	1.3	0.2	3.8	43	48	1	1.2	0.2
Cream	838	821	4	2.6	0.1	1.7	54	54	0	0.8	0.2
Ice cream and ice milk	453	449	3	2.1	0.2	1.6	32	35	1	1.2	0.2
Milk	1,029	1,025	8	0.3	0.7	7.3	89	89	2	3.1	0.7
Yogurt	114	110	8	0.2	0.5	5.4	109	109	1	2.1	0.4
Non- Dairy Drinks	33	31	149	7.9	3.4	3.8	90	90	29	0.5	0.3
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	1.0	0.2
Coffee and tea	1	1	0	1.5	0.3	0.2	497	497	14	2.1	0.1
Dry beverage	0	0	1,053	0.0	0.0	0.0	0	0	0	0.0	0.0
Enriched drinks	0	0	104	16.8	7.2	10.3	2	2	58	0.0	0.4
Fruit drinks	207	202	273	0.6	0.5	0.0	68	68	3	0.6	0.3
Water	0	0	85	16.1	5.4	0.2	0	0	40	0.0	0.0
Poultry	46	114	5	3.9	1.2	1.0	103	136	23	0.8	0.9
Chicken	49	136	2	3.9	1.2	0.8	111	148	25	0.7	1.0
Game birds	124	124	2	1.4	1.2	1.1	8	8	23	0.8	0.3
Mixed poultry	48	48	11	2.0	1.2	4.1	54	54	24	1.2	0.1
Recipe mix ^b	380	302	5	4.0	1.0	1.1	112	154	17	0.8	0.5
Turkey	37	44	19	3.3	1.2	1.6	70	88	14	1.2	0.6
Prepared Foods	244	363	5	3.2	0.5	1.3	254	328	11	1.1	0.9
Burritos and tacos	119	858	9	2.7	0.6	1.2	279	370	11	0.9	1.0
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	192	112	13	1.0	0.6	0.7	385	608	13	0.3	1.0
Pizza	277	328	2	2.9	0.5	1.4	256	326	11	1.2	0.9
Prepared meals	447	417	87	3.6	1.5	2.7	339	537	21	1.3	1.1
Prepared sandwiches	67	91	1	5.9	0.6	0.7	219	264	16	0.7	0.6

Table B.4 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Red Meats	22	65	3	2.2	1.0	5.5	65	74	17	0.7	0.8
Beef and veal	17	71	3	2.2	1.1	7.3	79	85	17	0.7	0.3
Lamb	0	0	0	0.9	0.7	12.8	110	110	30	1.3	0.5
Mixed meats	12	11	1	1.5	0.6	3.2	34	45	11	0.6	0.6
Pork	35	72	2	2.4	1.2	2.7	46	58	20	0.8	1.9
Recipe mix ^c	294	185	66	3.2	1.0	3.1	208	303	14	0.9	0.9
Soups and Gravies	224	123	29	3.0	0.8	1.8	120	154	10	1.1	0.6
Gravies	18	18	3	1.2	0.5	1.1	124	169	4	1.0	0.5
Soups	379	202	47	4.5	0.9	2.3	114	137	16	1.2	0.7
Sugar and Desserts	29	26	5	0.4	0.0	0.2	8	8	0	0.2	0.0
Candies and toppings	111	107	3	1.1	0.0	0.4	13	15	1	0.2	0.1
Gelatins	1	0	1	0.0	0.0	0.0	9	9	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23		230	0.2	0.0
Puddings and pie filling	122	83	3	1.9	0.1	0.8	18	19	1	0.5	0.1
Sherbet and ices	62	59	15	0.0	0.1	0.6	20	20	0	0.5	0.1
Sugars	0	0	1	0.0	0.0	0.0	1	1	0	0.0	0.0
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.1	0.0
Vegetables	2,197	1,100	140	8.1	2.0	0.0	327	332	14	0.6	1.0
Green vegetables ^d	4,572	2,288	686	16.1	3.2	0.0	1,806	1,806	14	2.4	2.3
Mixed vegetables	16,693	8,337	556	19.4	3.2	0.0	2,904	2,904	18	3.2	2.4
Mixtures with vegetables ^e	692	382	54	5.2	0.7	0.6	248	305	6	0.9	0.8
Other vegetables ^f	236	118	441	1.7	3.9	0.0	744	744	10	1.4	1.4
Potato and potato products	5	4	90	4.2	1.8	0.0	94	100	10	0.2	1.0
Tomato and tomato products	1,339	672	187	30.9	2.7	0.1	278	278	42	1.0	0.7
Yellow vegetables ^g	14,346	7,171	70	7.3	1.8	0.0	414	414	14	0.9	0.7

Table B.4 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Bakery Products	304	9.4	85	387	413	1,615	2.5	21	7.5
Biscuits, muffins, pancakes, and waffles	270	8.9	60	571	386	1,595	2.3	87	6.3
Breads and rolls	423	12.0	85	376	393	1,855	2.7	11	8.4
Cakes and other bakery desserts		1297.5	76	267	324	746	1.7	17	4.8
Crackers	155	9.2	72	318	351	1,853	2.0	5	6.6
Pretzels and snack chips	252	4.2	131	364	632	1,753	3.0	2	10.0
Condiments	329	7.5	212	398	3,302	23,651	3.1	1	11.1
Catsup and other sauces	211	6.0	193	353	3,244	10,477	2.8	1	7.1
Flavorings	758	18.1	428	1,024	3,202	569,579	7.1	0	23.2
Pickles and olives	1,747	23.2	373	651	4,803	35,085	5.7	0	53.0
Eggs	467	10.2	84	1,191	931	1,908	7.0	2,276	0.5
Eggs	359	11.6	80	1,281	916	1,179	7.5	2,897	0.0
Mixtures with egg	557	8.7	86	1,099	944	2,632	6.4	1,715	0.9
Fats and Oils	23	0.3	4	30	58	1,720	0.2	27	0.1
Butter	33	0.0	3	33	33	778	0.1	300	0.0
Margarine	14	0.1	4	14	35	1,321	0.0	8	0.0
Salad dressings and mayonnaise	37	0.5	6	56	104	2,773	0.3	38	0.3
Vegetable oils and shortenings	183	0.2	19	145	241	4,014	0.7	5	0.0
Fish	96	8.0	172	1,036	1,120	2,578	3.4	232	3.5
Fish	95	8.0	173	1,045	1,145	2,568	3.4	227	3.4
Shellfish	132	7.8	165	958	864	2,714	3.2	340	4.0
Fruits and Juices	166	5.5	142	210	2,452	90	1.3	0	18.7
Fruits	162	4.3	134	202	2,143	105	1.4	0	27.5
Juices	176	7.8	159	227	3,026	61	1.0	0	3.3
Grain Products	300	17.3	122	516	499	1,650	8.7	27	10.3
Breakfast cereals	640	47.5	143	490	562	1,416	26.8	0	12.7
Flour and other milled grains	42	11.1	105	345	374	253	2.4	0	9.7
Flour mix ^a	318	6.5	63	917	429	2,198	1.4	3	7.8
Mixtures with grain	470	8.4	113	666	908	2,777	5.2	142	7.5
Pasta and noodles	48	8.1	120	384	282	1,475	3.4	0	11.9
Rice, barley, and other grains	113	9.4	159	487	399	2,519	4.1	2	10.1

Table B.4 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	314	12.9	331	978	2,249	2,204	15.0	10	31.8
Dry beans and peas	385	19.0	368	1,041	3,042	3,000	21.3	15	45.8
Other nuts	208	4.6	358	660	860	373	6.6	0	11.3
Peanuts and peanut butter	77	3.2	264	618	1,102	749	5.2	0	10.3
Seeds	188	7.9	305	1,691	907	624	8.8	0	16.2
Soybeans and soy products	699	4.9	191	869	1,221	2,529	4.9	5	16.1
Milk and Other Dairy Products	1,930	2.9	203	1,654	2,379	1,266	7.6	96	5.0
Cheese	1,716	1.5	82	1,404	580	2,896	8.0	206	0.4
Cream	632	0.3	58	463	787	332	1.8	215	0.0
Ice cream and ice milk	552	1.9	97	498	972	324	3.2	142	5.2
Milk	2,087	3.4	247	1,815	3,014	899	7.8	61	6.5
Yogurt	1,754	0.8	170	1,383	2,259	674	8.6	47	0.1
Non- Dairy Drinks	461	2.5	175	289	2,515	741	0.9	0	2.4
Carbonated	175	7.2	43	612	389	438	0.9	0	0.3
Coffee and tea	194	4.4	572	609	9,995	753	3.6	1	8.3
Dry beverage	1,817	1.0	4	1,853	754	678	0.2	0	0.1
Enriched drinks	49	2.4	2	274	688	1,363	0.4	0	0.0
Fruit drinks	328	2.0	68	120	669	174	0.4	0	0.2
Water	3,331	0.3	664	2	158	800	0.0	0	0.0
Poultry	140	7.2	98	701	933	2,812	5.9	257	3.2
Chicken	120	6.5	93	622	768	2,389	4.7	236	3.3
Game birds	50	3.5	69	560	942	873	5.7	502	0.0
Mixed poultry	423	8.3	91	746	1,002	367	9.4	450	0.0
Recipe mix ^b	218	4.5	83	546	830	1,217	5.4	219	2.7
Turkey	188	9.8	121	1,033	1,580	4,526	10.6	343	2.6
Prepared Foods	749	8.8	127	858	897	2,057	5.4	65	8.6
Burritos and tacos	375	9.7	130	613	868	1,915	5.4	70	12.2
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	126	9.7	112	399	664	4,399	2.9	21	2.8
Pizza	856	9.0	126	939	924	2,235	5.6	69	8.3
Prepared meals	322	15.0	104	499	929	1,725	9.3	97	6.4
Prepared sandwiches	270	5.9	147	581	758	1,617	4.8	50	8.2

Table B.4 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Red Meats	114	8.2	79	712	1,045	2,700	13.6	253	1.6
Beef and veal	128	10.3	84	734	1,080	2,170	18.0	269	1.9
Lamb	77	10.2	126	1,015	1,522	1,521	24.9	440	0.0
Mixed meats	83	4.4	52	434	627	3,186	6.2	207	0.8
Pork	94	5.2	79	809	1,171	3,666	7.9	243	1.2
Recipe mix ^c	214	8.8	129	654	1,586	3,870	10.2	167	8.0
Soups and Gravies	331	15.8	138	629	1,586	19,931	4.9	66	10.2
Gravies	305	19.1	82	545	989	11,961	3.3	39	9.1
Soups	346	12.6	182	714	2,088	27,243	6.3	89	10.6
Sugar and Desserts	96	1.2	22	96	222	295	0.9	2	1.2
Candies and toppings	91	1.4	42	129	241	299	1.4	11	2.5
Gelatins	18	0.4	10	475	44	1,277	0.0	0	0.1
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	322	5.0	80	327	870	1,135	1.7	7	1.4
Sherbet and ices	265	2.7	43	196	529	251	2.9	5	6.5
Sugars	63	0.6	11	10	112	34	0.3	0	0.3
Syrups	23	0.4	12	37	55	221	0.9	0	0.0
Vegetables	246	7.3	224	500	3,349	2,278	3.8	5	24.8
Green vegetables ^d	1,337	26.8	589	1,338	7,592	4,335	11.4	0	89.9
Mixed vegetables	1,484	37.5	853	1,270	9,330	2,977	14.0	0	88.7
Mixtures with vegetables ^e	294	7.2	124	424	1,140	2,118	3.6	97	16.0
Other vegetables ^f	817	13.6	379	1,049	5,512	1,566	8.8	0	57.3
Potato and potato products	76	3.6	151	350	2,485	1,769	1.9	2	13.2
Tomato and tomato products	395	14.6	349	661	6,430	3,828	7.1	17	39.0
Yellow vegetables ^g	316	7.5	270	778	3,969	2,807	5.9	0	40.2

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; NSLP = National School Lunch Program; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

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APPENDIX C
SUPPLEMENTARY TABLES FOR CHAPTER III

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Table C.1. Total MyPyramid Food Group Availability of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

	Reference Standard ^a	All Foods	Purchased Foods	Donated USDA Foods	Processed Foods Containing Donated USDA Foods
MyPyramid Equivalents per 1,000 Calories					
Total Grains (oz equiv)	≥ 3.0	3.83	4.07	1.67	3.79
Whole grains	≥ 1.5	0.30	0.31	0.29	0.25
Non-whole grains	n.a.	3.53	3.75	1.38	3.55
Total Fruit (cup equiv)	≥ 0.8	0.62	0.61	1.30	0.05
Citrus fruits, melons, and berries	n.a.	0.18	0.19	0.21	0.01
Other fruits	n.a.	0.44	0.42	1.09	0.04
Whole fruit	≥ 0.4	0.40	0.35	1.26	0.03
Fruit juice	n.a.	0.22	0.26	0.03	0.02
Total Vegetables (cup equiv)	≥ 1.1	0.74	0.72	1.09	0.51
Dark green	n.a.	0.06	0.06	0.08	0.00
Orange	n.a.	0.04	0.04	0.05	0.00
Tomato	n.a.	0.15	0.14	0.18	0.20
Legumes	n.a.	0.02	0.02	0.06	0.01
Starchy	n.a.	0.04	0.04	0.17	0.00
Potato	n.a.	0.27	0.26	0.34	0.28
Other	n.a.	0.16	0.16	0.21	0.03
Total Milk (cup equiv)	≥ 1.3	1.64	1.72	1.70	0.91
Milk	n.a.	1.18	1.44	0.04	0.04
Soy beverage	n.a.	0.00	0.00	0.00	0.00
Yogurt	n.a.	0.02	0.02	0.00	0.00
Cheese	n.a.	0.44	0.26	1.65	0.87
Total Meat (oz equiv)	≥ 2.5	1.87	1.24	4.10	5.20
Meat ^b	n.a.	0.44	0.25	1.12	1.45
Organ meats	n.a.	0.00	0.00	0.00	0.00
Frankfurters, sausages, and luncheon meats	n.a.	0.42	0.33	1.23	0.53
Poultry	n.a.	0.68	0.42	1.08	2.46
Fish and shellfish high in Omega-3	n.a.	0.00	0.00	0.02	0.00
Fish and shellfish low in Omega-3	n.a.	0.04	0.04	0.07	0.00
Eggs	n.a.	0.08	0.06	0.12	0.19
Soybean products ^c	n.a.	0.08	0.06	0.02	0.28
Nuts and seeds	n.a.	0.13	0.08	0.44	0.29
Oils (grams)	≥ 12	10.8	10.2	12.8	13.9
Solid Fats (grams)	n.a.	19.8	18.3	26.8	25.4
Added Sugars (teaspoons)	n.a.	7.5	8.6	2.4	2.3
Percent of Calories from Solid Fats and Added Sugars	≤ 20	30.4	31.0	28.1	26.6

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Includes beef, pork, veal, lamb and game.

^c Excludes soy beverages.

equiv= equivalent; NSLP = National School Lunch Program; oz = ounce; SY = school year.

n.a. = not applicable.

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[illegible]

Table C.2 (continued)

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
MyPyramid Equivalents per 1,000 Calories												
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	1.97	0.00	0.00	0.17	1.73	0.07	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.42	0.00	0.00	0.39	3.88	0.15	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.00	0.05	0.00	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.17	0.17	0.00	0.17	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.29	0.21	0.07	0.01	0.28	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.09	0.09	0.00	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.01	0.01	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.72	0.54	0.18	0.00	0.72	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	0.00	0.00	0.00	0.00	0.00	0.30	0.00	0.08	0.00	0.00	0.08	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.02	0.00	0.00	0.00
Prepared Foods	0.04	0.00	0.04	0.01	0.04	0.31	0.00	0.00	0.25	0.03	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.47	0.00	0.00	0.02	0.38	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	0.00	0.00	0.00	0.00	0.00	1.13	0.37	0.15	0.00	0.00	0.00	0.00
Pizza	0.00	0.00	0.00	0.00	0.00	0.38	0.00	0.00	0.37	0.00	0.00	0.00
Prepared meals	1.62	0.01	1.62	0.15	1.48	0.11	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.02	0.00	0.02	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table C.2 (continued)

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
MyPyramid Equivalents per 1,000 Calories												
Red Meats	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.05	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.00	0.06	0.00	0.00	0.00
Lamb	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.04	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	1.43	0.00	0.00	0.99	0.00	0.00	0.28
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	2.00	0.00	0.02	1.42	0.16	0.00	0.06
Gravies	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	3.53	0.00	0.03	2.51	0.29	0.00	0.11
Sugar and Desserts	0.06	0.04	0.02	0.05	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.11	0.00	0.11	0.11	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.06	0.00	0.06	0.06	0.00	0.01	0.00	0.01	0.00	0.00	0.00	0.00
Sherbet and ices	0.17	0.14	0.03	0.00	0.17	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	7.85	0.81	0.49	0.84	0.00	0.58	3.56
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	34.03	9.01	0.00	0.00	0.00	2.15	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	27.44	12.94	1.48	0.11	0.00	2.40	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	1.93	0.01	0.14	0.02	0.04	0.12	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	19.28	0.00	0.04	0.00	0.00	0.08	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	4.82	0.00	0.00	0.00	0.00	0.00	4.82
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	10.68	0.00	0.00	10.66	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	9.86	0.00	5.14	0.00	0.00	4.72	0.00

Table C.2 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Bakery Products	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.02	0.01	0.01
Biscuits, muffins, pancakes, and waffles	0.16	0.00	0.00	0.00	0.00	0.00	0.00	0.13	0.03	0.00
Breads and rolls	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
Cakes and other bakery desserts	0.06	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.06
Crackers	0.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
Pretzels and snack chips	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Condiments	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	10.45	0.06	0.00	0.39	0.04	0.00	0.00	9.78	0.02	0.15
Eggs	13.83	0.00	0.00	0.00	0.00	0.00	0.00	13.83	0.00	0.00
Mixtures with egg	7.91	0.11	0.00	0.68	0.07	0.00	0.00	6.75	0.04	0.27
Fats and Oils	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.09	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	9.54	0.00	0.00	0.00	0.00	0.68	8.67	0.05	0.14	0.00
Fish	9.98	0.00	0.00	0.00	0.00	0.81	8.98	0.05	0.14	0.00
Shellfish	7.53	0.00	0.00	0.00	0.00	0.07	7.26	0.05	0.16	0.00
Fruits and Juices	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Fruits	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.27	0.10	0.00	0.02	0.06	0.00	0.00	0.06	0.02	0.01
Breakfast cereals	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.05
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	1.49	0.55	0.00	0.14	0.34	0.00	0.00	0.32	0.14	0.00
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table C.2 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	5.78	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.18	5.57
Dry beans and peas	0.02	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other nuts	11.45	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.45
Peanuts and peanut butter	10.56	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.56
Seeds	11.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.42
Soybeans and soy products	5.30	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.90	0.00
Milk and Other Dairy Products	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.45	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.45
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	10.56	0.03	0.00	2.40	7.74	0.00	0.00	0.14	0.25	0.00
Chicken	9.19	0.01	0.01	0.13	8.58	0.00	0.00	0.17	0.29	0.00
Game birds	12.29	0.00	0.00	0.00	12.29	0.00	0.00	0.00	0.00	0.00
Mixed poultry	26.95	0.00	0.00	0.00	26.95	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	5.94	0.00	0.00	0.00	5.93	0.00	0.00	0.01	0.00	0.00
Turkey	15.62	0.09	0.00	10.73	4.66	0.00	0.00	0.03	0.11	0.00
Prepared Foods	1.43	0.15	0.00	0.24	0.20	0.00	0.00	0.03	0.24	0.57
Burritos and tacos	1.60	0.83	0.00	0.00	0.53	0.00	0.00	0.00	0.24	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	2.08	0.00	0.00	0.00	0.00	0.00	2.08	0.00	0.00	0.00
Pizza	0.71	0.01	0.00	0.28	0.12	0.00	0.00	0.04	0.28	0.00
Prepared meals	1.62	0.08	0.00	0.00	1.17	0.00	0.00	0.00	0.00	0.37
Prepared sandwiches	4.83	0.47	0.00	0.36	0.32	0.00	0.00	0.00	0.01	3.67

Table C.2 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Bakery Products	9.76	0.63	9.14	0.02	0.01	0.00	0.00	0.01	11	16	6.6
Biscuits, muffins, pancakes, and waffles	7.77	0.84	6.93	0.00	0.00	0.00	0.00	0.00	6	24	8.6
Breads and rolls	12.35	0.51	11.83	0.00	0.00	0.00	0.00	0.00	9	8	3.9
Cakes and other bakery desserts	6.07	0.40	5.68	0.04	0.04	0.00	0.00	0.00	3	36	15.6
Crackers	8.81	2.52	6.29	0.06	0.00	0.00	0.00	0.06	0	30	11.0
Pretzels and snack chips	8.65	0.11	8.54	0.06	0.00	0.00	0.00	0.06	37	4	0.1
Condiments	0.56	0.00	0.56	0.00	0.00	0.00	0.00	0.00	7	0	30.1
Catsup and other sauces	0.41	0.00	0.41	0.00	0.00	0.00	0.00	0.00	8	0	33.2
Flavorings	4.56	0.00	4.56	0.00	0.00	0.00	0.00	0.00	0	4	1.7
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	5.6
Eggs	1.05	0.03	1.02	0.59	0.31	0.00	0.00	0.28	1	39	0.4
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	1.84	0.04	1.79	1.03	0.54	0.00	0.00	0.49	3	43	0.7
Fats and Oils	0.13	0.00	0.13	0.01	0.01	0.00	0.00	0.00	65	42	1.2
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6	104	0.0
Salad dressings and mayonnaise	0.32	0.00	0.32	0.02	0.02	0.00	0.00	0.00	91	10	2.8
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	76	37	0.0
Fish	5.42	0.09	5.33	0.00	0.00	0.00	0.00	0.00	35	6	0.5
Fish	5.30	0.09	5.22	0.00	0.00	0.00	0.00	0.00	34	6	0.5
Shellfish	5.95	0.10	5.86	0.00	0.00	0.00	0.00	0.00	39	6	0.6
Fruits and Juices	0.15	0.00	0.15	0.00	0.00	0.00	0.00	0.00	0	0	7.5
Fruits	0.23	0.00	0.23	0.00	0.00	0.00	0.00	0.00	0	0	10.7
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	2.2
Grain Products	9.67	1.41	8.26	0.24	0.05	0.00	0.00	0.19	2	8	5.1
Breakfast cereals	5.82	2.80	3.02	0.00	0.00	0.00	0.00	0.00	1	5	17.9
Flour and other milled grains	17.24	2.02	15.22	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix ^a	5.96	0.21	5.75	0.00	0.00	0.00	0.00	0.00	0	26	18.4
Mixtures with grain	6.52	0.12	6.40	1.33	0.26	0.00	0.00	1.07	7	26	0.7
Pasta and noodles	9.20	0.58	8.62	0.00	0.00	0.00	0.00	0.00	0	2	0.0
Rice, barley, and other grains	9.19	1.93	7.26	0.02	0.00	0.00	0.00	0.02	1	2	0.2

Table C.2 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.15	0.00	0.15	0.03	0.00	0.01	0.00	0.03	30	2	3.0
Dry beans and peas	0.33	0.00	0.33	0.00	0.00	0.00	0.00	0.00	0	2	5.1
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	59	3	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	54	2	1.8
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	59	0	0.1
Soybeans and soy products	0.00	0.00	0.00	0.87	0.00	0.40	0.00	0.87	33	21	0.3
Milk and Other Dairy Products	0.14	0.01	0.13	6.56	5.33	0.00	0.08	1.15	0	27	12.7
Cheese	0.44	0.03	0.37	5.73	0.19	0.00	0.00	5.54	0	72	0.1
Cream	0.00	0.00	0.00	0.12	0.00	0.00	0.00	0.00	0	94	0.0
Ice cream and ice milk	1.29	0.00	1.29	1.18	1.17	0.00	0.00	0.00	3	46	18.7
Milk	0.00	0.00	0.00	7.19	7.19	0.00	0.00	0.00	0	14	15.6
Yogurt	0.00	0.00	0.00	4.38	0.16	0.00	4.23	0.00	0	10	28.4
Non- Dairy Drinks	0.06	0.00	0.06	0.03	0.03	0.00	0.00	0.00	0	2	45.4
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	38.2
Coffee and tea	0.21	0.00	0.21	0.24	0.24	0.00	0.00	0.00	0	20	25.2
Dry beverage	0.78	0.00	0.78	0.00	0.00	0.00	0.00	0.00	0	0	56.9
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	46.3
Fruit drinks	0.02	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0	0	50.7
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	5.5
Poultry	3.19	0.15	3.05	0.00	0.00	0.00	0.00	0.00	18	19	1.5
Chicken	3.55	0.13	3.42	0.00	0.00	0.00	0.00	0.00	21	19	0.9
Game birds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	38	0.0
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	29	0.0
Recipe mix ^b	3.00	0.00	3.00	0.93	0.93	0.00	0.00	0.00	7	32	0.0
Turkey	1.90	0.22	1.68	0.00	0.00	0.00	0.00	0.00	7	16	3.4
Prepared Foods	6.59	0.74	5.85	1.82	0.00	0.00	0.00	1.81	9	24	2.8
Burritos and tacos	8.68	0.78	7.91	0.75	0.00	0.00	0.00	0.75	8	19	0.1
Meat- or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	6.78	0.00	6.78	0.00	0.00	0.00	0.00	0.00	0	0	9.3
Pizza	6.66	0.77	5.89	2.30	0.00	0.00	0.00	2.30	8	26	2.6
Prepared meals	4.94	1.92	3.02	0.21	0.05	0.00	0.00	0.16	6	12	8.5
Prepared sandwiches	4.29	0.65	3.63	0.62	0.00	0.00	0.00	0.62	22	16	5.7

Table C.2 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.92	0.05	0.87	0.01	0.00	0.00	0.00	0.00	4	39	0.9
Beef and veal	0.64	0.00	0.64	0.00	0.00	0.00	0.00	0.00	3	35	0.5
Lamb	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	5	0.0
Mixed meats	1.44	0.20	1.24	0.01	0.00	0.00	0.00	0.00	6	56	1.6
Pork	1.28	0.08	1.20	0.01	0.00	0.00	0.00	0.01	4	40	1.7
Recipe mix ^c	3.81	0.00	3.81	0.21	0.10	0.00	0.00	0.11	2	16	2.5
Soups and Gravies	9.34	0.00	9.34	0.04	0.01	0.00	0.00	0.00	2	19	1.4
Gravies	17.84	0.00	17.84	0.01	0.00	0.00	0.00	0.00	2	23	0.1
Soups	2.80	0.00	2.80	0.07	0.01	0.00	0.00	0.00	1	16	2.5
Sugar and Desserts	0.24	0.01	0.23	0.19	0.16	0.00	0.00	0.00	3	4	46.3
Candies and toppings	0.77	0.09	0.68	0.26	0.26	0.00	0.00	0.00	15	18	31.8
Gelatins	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0	0	53.1
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.55	0.00	1.55	1.21	1.21	0.00	0.00	0.00	10	13	29.8
Sherbet and ices	0.00	0.00	0.00	0.75	0.44	0.00	0.00	0.00	2	7	35.3
Sugars	0.06	0.00	0.06	0.00	0.00	0.00	0.00	0.00	0	0	60.7
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	38.4
Vegetables	1.50	0.01	1.49	0.01	0.00	0.00	0.00	0.01	18	10	0.7
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	5.75	0.52	5.23	0.43	0.23	0.00	0.00	0.19	19	35	0.9
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	1.90	0.00	1.90	0.00	0.00	0.00	0.00	0.00	23	10	0.7
Tomato and tomato products	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.03	1	19	1.0
Yellow vegetables ^g	0.32	0.00	0.32	0.01	0.01	0.00	0.00	0.00	3	0	1.0

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

NSLP = National School Lunch Program; SY = school year.

Table C.3. Mean MyPyramid Food Group Availability of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

	Reference Standard ^a	All Foods	Purchased Foods	Donated USDA Foods	Processed Foods Containing Donated USDA Foods
MyPyramid Equivalents per 1,000 Calories					
Total Grains (oz equiv)	≥ 3.0	3.86	4.07	1.48	3.33
Whole grains	≥ 1.5	0.30	0.30	0.24	0.21
Non-whole grains	n.a.	3.57	3.77	1.25	3.12
Total Fruit (cup equiv)	≥ 0.8	0.58	0.59	1.89	0.17
Citrus fruits, melons, and berries	n.a.	0.17	0.18	0.25	0.02
Other fruits	n.a.	0.42	0.41	1.64	0.16
Whole fruit	≥ 0.4	0.38	0.35	1.85	0.15
Fruit juice	n.a.	0.20	0.24	0.03	0.02
Total Vegetables (cup equiv)	≥ 1.1	0.74	0.74	1.12	0.47
Dark green	n.a.	0.06	0.07	0.05	0.00
Orange	n.a.	0.04	0.04	0.08	0.00
Tomato	n.a.	0.15	0.14	0.22	0.20
Legumes	n.a.	0.02	0.02	0.07	0.01
Starchy	n.a.	0.04	0.03	0.22	0.00
Potato	n.a.	0.27	0.27	0.26	0.24
Other	n.a.	0.16	0.17	0.23	0.03
Total Milk (cup equiv)	≥ 1.3	1.63	1.72	1.51	0.76
Milk	n.a.	1.19	1.44	0.05	0.04
Soy beverage	n.a.	0.00	0.00	0.00	0.00
Yogurt	n.a.	0.02	0.02	0.00	0.00
Cheese	n.a.	0.42	0.25	1.46	0.72
Total Meat (oz equiv)	≥ 2.5	1.85	1.22	4.34	6.16
Meat ^b	n.a.	0.43	0.26	1.07	1.52
Organ meats	n.a.	0.00	0.00	0.00	0.00
Frankfurters, sausages, and luncheon meats	n.a.	0.45	0.34	1.46	0.92
Poultry	n.a.	0.65	0.39	1.32	3.04
Fish and shellfish high in Omega-3	n.a.	0.00	0.00	0.01	0.00
Fish and shellfish low in Omega-3	n.a.	0.04	0.04	0.04	0.00
Eggs	n.a.	0.08	0.07	0.07	0.21
Soybean products ^c	n.a.	0.07	0.05	0.02	0.29
Nuts and seeds	n.a.	0.12	0.07	0.35	0.19
Oils (grams)	≥ 12	10.9	10.2	9.1	14.8
Solid Fats (grams)	n.a.	19.9	18.6	24.2	24.4
Added Sugars (teaspoons)	n.a.	7.5	8.7	3.1	2.4
Percent of Calories from Solid Fats and Added Sugars	≤ 20	30.6	31.4	27.0	25.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Includes beef, pork, veal, lamb and game.

^cExcludes soy beverages.

equiv= equivalent; NSLP = National School Lunch Program; SY = school year.

n.a. = not applicable.

Table C.4. Mean MyPyramid Food Group Availability of Food Acquisitions, by SFPS- III Food Groups and Subgroups, by Public Unified NSLP School Districts, SY 2009-2010

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
	MyPyramid Equivalents per 1,000 Calories											
Bakery Products	0.03	0.02	0.01	0.02	0.01	0.08	0.00	0.00	0.00	0.00	0.00	0.07
Biscuits, muffins, pancakes, and waffles	0.09	0.08	0.01	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Breads and rolls	0.01	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cakes and other bakery desserts	0.06	0.02	0.04	0.02	0.04	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Crackers	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pretzels and snack chips	0.00	0.00	0.00	0.00	0.00	0.50	0.00	0.00	0.00	0.00	0.00	0.50
Condiments	0.00	0.00	0.00	0.00	0.00	6.33	0.00	0.00	3.62	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	4.85	0.00	0.00	4.12	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	1.56	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	30.30	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with egg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fats and Oils	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.01	0.00	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.03
Fish	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Shellfish	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.00	0.00	0.00	0.03
Fruits and Juices	8.85	2.47	6.39	5.90	2.96	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Fruits	9.30	1.72	7.58	9.25	0.05	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Juices	8.19	3.83	4.36	0.00	8.19	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.00	0.00	0.02	0.00	0.00	0.11	0.00	0.00	0.07	0.00	0.00	0.00
Breakfast cereals	0.02	0.00	0.02	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	0.00	0.00	0.00	0.00	0.00	0.69	0.00	0.00	0.40	0.00	0.01	0.02
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.02	0.00

Table C.4 (continued)

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
MyPyramid Equivalents per 1,000 Calories												
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	2.56	0.00	0.00	0.24	2.25	0.08	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.31	0.00	0.00	0.41	3.80	0.10	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.03	0.00	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.16	0.16	0.00	0.16	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.28	0.21	0.07	0.00	0.27	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.01	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.02	0.01	0.01	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.86	0.68	0.18	0.00	0.86	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	0.00	0.00	0.00	0.00	0.00	0.66	0.00	0.05	0.00	0.00	0.05	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.02	0.00	0.00	0.00
Prepared Foods	0.03	0.00	0.03	0.01	0.02	0.32	0.00	0.00	0.27	0.03	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00	0.02	0.31	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	0.00	0.00	0.00	0.00	0.00	1.13	0.37	0.15	0.00	0.00	0.00	0.00
Pizza	0.00	0.00	0.00	0.00	0.00	0.38	0.00	0.00	0.37	0.00	0.00	0.00
Prepared meals	1.08	0.01	1.07	0.15	0.93	0.33	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.02	0.00	0.02	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table C.4 (continued)

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
MyPyramid Equivalents per 1,000 Calories												
Red Meats	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.05	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.00	0.06	0.00	0.00	0.00
Lamb	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.04	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	1.52	0.00	0.00	0.91	0.00	0.00	0.41
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	1.83	0.00	0.02	1.39	0.12	0.00	0.07
Gravies	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	3.14	0.00	0.03	2.41	0.23	0.00	0.11
Sugar and Desserts	0.06	0.04	0.02	0.05	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.06	0.00	0.06	0.06	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.10	0.01	0.10	0.10	0.00	0.05	0.00	0.04	0.00	0.00	0.00	0.00
Sherbet and ices	0.19	0.13	0.05	0.00	0.19	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	8.61	0.97	0.63	1.01	0.00	0.64	3.44
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	36.50	9.19	0.00	0.00	0.00	1.80	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	29.63	14.33	1.42	0.10	0.00	2.17	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	3.40	0.07	0.22	0.01	0.25	0.22	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	21.28	0.00	0.07	0.00	0.00	0.09	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	5.03	0.00	0.00	0.00	0.00	0.00	5.02
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	12.81	0.00	0.00	12.79	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	10.84	0.00	6.51	0.00	0.00	4.32	0.00

Meat										
	Total	Meat	Organ Meats	Frank - furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories									
Legumes, Nuts, and Seeds	4.11	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.38	3.66
Dry beans and peas	0.04	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
Other nuts	11.21	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.21
Peanuts and peanut butter	10.65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.65
Seeds	11.65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.65
Soybeans and soy products	6.38	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.79	0.00
Milk and Other Dairy Products	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.30	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.30
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	10.72	0.03	0.00	2.69	7.61	0.00	0.00	0.13	0.25	0.00
Chicken	9.30	0.01	0.00	0.13	8.69	0.00	0.00	0.17	0.30	0.00
Game birds	12.29	0.00	0.00	0.00	12.29	0.00	0.00	0.00	0.00	0.00
Mixed poultry	26.64	0.00	0.00	0.00	26.64	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	7.12	0.00	0.00	0.00	7.06	0.00	0.00	0.06	0.00	0.00
Turkey	17.00	0.08	0.00	12.27	4.52	0.00	0.00	0.02	0.10	0.00
Prepared Foods	1.37	0.12	0.00	0.25	0.19	0.00	0.00	0.03	0.27	0.50
Burritos and tacos	2.03	1.10	0.00	0.00	0.68	0.00	0.00	0.00	0.26	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	2.08	0.00	0.00	0.00	0.00	0.00	2.08	0.00	0.00	0.00
Pizza	0.78	0.00	0.00	0.31	0.13	0.00	0.00	0.04	0.30	0.00
Prepared meals	3.89	0.08	0.00	0.00	3.43	0.00	0.00	0.00	0.00	0.37
Prepared sandwiches	5.09	0.42	0.00	0.35	0.47	0.00	0.00	0.00	0.00	3.85

[illegible]

Table C.4 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Bakery Products	9.81	0.56	9.25	0.02	0.01	0.00	0.00	0.01	11	16	6.3
Biscuits, muffins, pancakes, and waffles	7.95	0.78	7.17	0.00	0.00	0.00	0.00	0.00	6	23	8.4
Breads and rolls	12.37	0.48	11.89	0.00	0.00	0.00	0.00	0.00	9	8	3.9
Cakes and other bakery desserts	6.07	0.48	5.59	0.06	0.06	0.00	0.00	0.00	3	35	15.5
Crackers	9.30	1.94	7.36	0.08	0.00	0.00	0.00	0.08	0	31	8.2
Pretzels and snack chips	8.26	0.10	8.16	0.05	0.00	0.00	0.00	0.05	38	4	0.1
Condiments	0.58	0.00	0.58	0.00	0.00	0.00	0.00	0.00	6	0	29.5
Catsup and other sauces	0.42	0.00	0.42	0.00	0.00	0.00	0.00	0.00	6	0	32.8
Flavorings	3.44	0.00	3.44	0.00	0.00	0.00	0.00	0.00	0	4	1.3
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	6.1
Eggs	0.63	0.02	0.62	0.54	0.33	0.00	0.00	0.21	1	38	0.3
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	1.18	0.03	1.15	1.02	0.66	0.00	0.00	0.36	2	43	0.5
Fats and Oils	0.20	0.00	0.20	0.01	0.01	0.00	0.00	0.00	64	42	1.6
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	8	103	0.0
Salad dressings and mayonnaise	0.47	0.00	0.47	0.03	0.03	0.00	0.00	0.00	85	12	3.4
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	77	27	0.0
Fish	4.51	0.07	4.44	0.00	0.00	0.00	0.00	0.00	30	5	0.5
Fish	4.42	0.07	4.35	0.00	0.00	0.00	0.00	0.00	29	5	0.4
Shellfish	5.23	0.09	5.15	0.00	0.00	0.00	0.00	0.00	35	6	
Fruits and Juices	0.22	0.00	0.22	0.00	0.00	0.00	0.00	0.00	0	0	8.0
Fruits	0.34	0.00	0.34	0.00	0.00	0.00	0.00	0.00	1	0	11.0
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	2.5
Grain Products	9.07	1.34	7.73	0.25	0.04	0.00	0.00	0.20	2	8	5.6
Breakfast cereals	5.76	2.68	3.08	0.00	0.00	0.00	0.00	0.00	1	5	18.1
Flour and other milled grains	17.44	1.25	16.19	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix ^a	5.96	0.20	5.76	0.00	0.00	0.00	0.00	0.00	0	26	18.9
Mixtures with grain	6.90	0.20	6.70	1.02	0.17	0.00	0.00	0.85	8	22	1.0
Pasta and noodles	9.20	0.57	8.63	0.00	0.00	0.00	0.00	0.00	0	2	0.0
Rice, barley, and other grains	8.78	2.79	5.99	0.05	0.01	0.00	0.00	0.04	3	6	0.3

Table C.4 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.21	0.00	0.21	0.04	0.00	0.05	0.00	0.04	22	3	3.6
Dry beans and peas	0.35	0.00	0.35	0.00	0.00	0.00	0.00	0.00	0	2	5.5
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	62	4	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	54	2	1.6
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	58	0	0.1
Soybeans and soy products	0.00	0.00	0.00	0.27	0.00	1.58	0.00	0.27	39	10	0.5
Milk and Other Dairy Products	0.16	0.01	0.14	6.50	5.29	0.00	0.08	1.13	0	28	12.5
Cheese	0.53	0.03	0.45	5.58	0.27	0.00	0.00	5.31	1	72	0.1
Cream	0.00	0.00	0.00	0.22	0.00	0.00	0.00	0.00	0	92	0.0
Ice cream and ice milk	1.24	0.00	1.24	1.26	1.25	0.00	0.00	0.00	2	45	19.1
Milk	0.00	0.00	0.00	7.19	7.19	0.00	0.00	0.00	0	14	15.4
Yogurt	0.00	0.00	0.00	4.41	0.15	0.00	4.27	0.00	0	11	28.1
Non- Dairy Drinks	0.18	0.00	0.18	0.04	0.04	0.00	0.00	0.00	0	1	39.7
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	50.8
Coffee and tea	0.38	0.00	0.38	0.19	0.19	0.00	0.00	0.00	0	20	18.7
Dry beverage	6.04	0.00	6.04	0.00	0.00	0.00	0.00	0.00	0	0	40.1
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	45.1
Fruit drinks	0.10	0.00	0.10	0.00	0.00	0.00	0.00	0.00	0	0	48.8
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.4
Poultry	3.17	0.17	3.00	0.00	0.00	0.00	0.00	0.00	18	19	1.5
Chicken	3.54	0.15	3.39	0.00	0.00	0.00	0.00	0.00	21	19	0.9
Game birds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	38	0.0
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	30	0.0
Recipe mix ^b	1.87	0.00	1.87	0.49	0.49	0.00	0.00	0.00	28	19	0.0
Turkey	1.65	0.20	1.45	0.00	0.00	0.00	0.00	0.00	6	15	3.6
Prepared Foods	6.62	0.77	5.85	1.84	0.00	0.00	0.00	1.84	9	24	2.8
Burritos and tacos	8.45	0.98	7.47	0.66	0.00	0.00	0.00	0.66	9	19	0.1
Meat- or cheese- filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	6.78	0.00	6.78	0.00	0.00	0.00	0.00	0.00	0	0	9.3
Pizza	6.62	0.81	5.81	2.23	0.00	0.00	0.00	2.22	8	26	2.7
Prepared meals	3.79	1.22	2.58	0.22	0.05	0.00	0.00	0.17	12	9	7.8
Prepared sandwiches	4.30	0.67	3.63	0.57	0.00	0.00	0.00	0.57	22	14	5.8

Table C.4 (continued)

	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories										
Red Meats	0.83	0.04	0.79	0.01	0.00	0.00	0.00	0.00	3	39	0.9
Beef and veal	0.57	0.00	0.57	0.00	0.00	0.00	0.00	0.00	3	35	0.5
Lamb	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	5	0.0
Mixed meats	0.98	0.15	0.83	0.00	0.00	0.00	0.00	0.00	4	60	1.1
Pork	1.13	0.07	1.06	0.01	0.00	0.00	0.00	0.01	4	39	1.6
Recipe mix ^c	3.46	0.00	3.46	0.19	0.09	0.00	0.00	0.10	2	16	2.2
Soups and Gravies	9.36	0.00	9.36	0.04	0.01	0.00	0.00	0.00	2	18	1.5
Gravies	17.22	0.00	17.22	0.01	0.00	0.00	0.00	0.00	2	24	0.1
Soups	2.49	0.00	2.49	0.07	0.01	0.00	0.00	0.00	2	14	2.8
Sugar and Desserts	0.23	0.01	0.22	0.18	0.16	0.00	0.00	0.00	2	4	45.1
Candies and toppings	0.73	0.10	0.62	0.19	0.19	0.00	0.00	0.00	10	16	33.6
Gelatins	0.20	0.00	0.20	0.00	0.00	0.00	0.00	0.00	0	0	52.6
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.45	0.00	1.45	1.11	1.11	0.00	0.00	0.00	10	12	31.1
Sherbet and ices	0.00	0.00	0.00	0.65	0.38	0.00	0.00	0.00	2	6	35.8
Sugars	0.10	0.00	0.10	0.00	0.00	0.00	0.00	0.00	0	0	60.1
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	38.6
Vegetables	1.34	0.01	1.33	0.01	0.00	0.00	0.00	0.01	16	9	0.7
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	3.91	0.28	3.63	0.30	0.20	0.00	0.00	0.10	28	28	1.3
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	1.71	0.00	1.71	0.00	0.00	0.00	0.00	0.00	22	10	0.7
Tomato and tomato products	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.03	1	16	0.9
Yellow vegetables ^g	0.26	0.00	0.26	0.01	0.01	0.00	0.00	0.00	2	0	0.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

NSLP = National School Lunch Program; SY = school year.

APPENDIX D

SUPPLEMENTARY TABLES FOR CHAPTER IV

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Table D.1. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	All Foods	Purchased Foods	Donated USDA Foods	Processed Foods Containing Donated USDA Foods
Total Fruit	5	3.7	3.7	5.0	1.1
Whole Fruit (not juice)	5	4.8	4.4	5.0	1.9
Total Vegetables	5	3.3	3.3	5.0	2.2
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.3	2.2	0.1
Total Grains	5	5.0	5.0	2.5	5.0
Whole Grains	5	1.0	1.0	0.8	0.7
Milk ^b	10	10.0	10.0	10.0	5.8
Meat and Beans	10	7.7	5.2	10.0	10.0
Oils ^c	10	9.0	8.5	7.6	10.0
Saturated Fat	10	6.2	6.7	3.0	2.9
Sodium	10	1.0	1.6	2.3	0.4
Calories from Solid Fats and Added Sugars	20	13.4	12.9	13.9	15.6
Total Score	100	66.2	63.4	67.3	55.6

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aLegumes are counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.2. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by District Size, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	District Size				
		All	Small (fewer than 1,000)	Medium (1,000 to 4,999)	Large (5,000 to 24,999)	Very Large (25,000 or more)
Total Fruit	5	3.6	3.2	3.4	3.6	4.3
Whole Fruit (not juice)	5	4.8	4.7	4.6	4.8	5.0
Total Vegetables	5	3.3	3.6	3.4	3.2	3.0
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.3	1.2	1.2	1.2
Total Grains	5	5.0	5.0	5.0	5.0	5.0
Whole Grains	5	1.0	0.8	0.9	1.0	1.2
Milk ^b	10	10.0	10.0	10.0	10.0	10.0
Meat and Beans	10	7.7	8.3	7.8	7.6	7.7
Oils ^c	10	9.1	9.3	9.1	9.3	8.5
Saturated Fat	10	6.2	5.5	6.2	6.3	6.3
Sodium	10	1.0	1.1	0.8	1.0	1.4
Calories from Solid Fats and Added Sugars	20	13.3	12.4	13.1	13.6	13.8
Total Score	100	66.2	65.2	65.4	66.5	67.4

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aLegumes counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.3. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by Urbanicity, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	All	Urban	Rural
Total Fruit	5	3.6	3.9	3.4
Whole Fruit (not juice)	5	4.8	4.9	4.6
Total Vegetables	5	3.3	3.2	3.4
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.3	1.1
Total Grains	5	5.0	5.0	5.0
Whole Grains	5	1.0	1.1	0.9
Milk ^b	10	10.0	10.0	10.0
Meat and Beans	10	7.7	7.4	8.1
Oils ^c	10	9.1	8.9	9.2
Saturated Fat	10	6.2	6.3	6.1
Sodium	10	1.0	1.1	0.9
Calories from Solid Fats and Added Sugars	20	13.3	13.6	13.1
Total Score	100	66.2	66.7	65.8

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aLegumes counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.4. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by Poverty Level, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	All	Poverty Level		
			Low (0 – 29%)	Higher (30 - 59%)	Highest (60 – 100%)
Total Fruit	5	3.6	3.1	3.8	4.3
Whole Fruit (not juice)	5	4.8	4.0	5.0	5.0
Total Vegetables	5	3.3	3.5	3.3	3.0
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.3	1.2	1.2
Total Grains	5	5.0	5.0	5.0	5.0
Whole Grains	5	1.0	0.9	1.0	1.2
Milk ^b	10	10.0	10.0	10.0	10.0
Meat and Beans	10	7.7	7.4	7.8	8.1
Oils ^c	10	9.1	9.3	9.1	8.6
Saturated Fat	10	6.2	6.8	7.2	7.4
Sodium	10	1.0	0.8	1.0	1.2
Calories from Solid Fats and Added Sugars	20	13.3	13.2	13.2	13.9
Total Score	100	66.2	65.3	67.4	68.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aLegumes counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, and cheese, and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.5. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by Use of Food Service Management Company, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	All	Use of Food Service Management Company	
			Yes	No
Total Fruit	5	3.6	3.7	3.6
Whole Fruit (not juice)	5	4.8	5.0	4.7
Total Vegetables	5	3.3	3.3	3.3
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	1.3	1.2
Total Grains	5	5.0	5.0	5.0
Whole Grains	5	1.0	0.8	1.0
Milk ^b	10	10.0	10.0	10.0
Meat and Beans	10	7.7	7.3	7.8
Oils ^c	10	9.1	9.1	9.0
Saturated Fat	10	6.2	6.1	6.2
Sodium	10	1.0	1.0	1.0
Calories from Solid Fats and Added Sugars	20	13.3	13.7	13.3
Total Score	100	66.2	66.2	66.2

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aLegumes counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.6. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by Menu Planning System, for Public Unified NSLP School Districts, SY 2009- 2010

	Maximum Score	Menu Planning System			
		All	Traditional Food-Based	Enhanced Food-Based	Nutrient Standard ^a
Total Fruit	5	3.6	3.6	3.5	3.7
Whole Fruit (not juice)	5	4.8	4.6	4.9	5.0
Total Vegetables	5	3.3	3.4	3.3	3.2
Dark Green and Orange Vegetables and Legumes ^b	5	1.2	1.2	1.2	1.3
Total Grains	5	5.0	5.0	5.0	5.0
Whole Grains	5	1.0	0.9	1.1	1.0
Milk ^c	10	10.0	10.0	10.0	10.0
Meat and Beans	10	7.7	7.7	7.9	7.7
Oils ^d	10	9.1	9.2	9.2	8.9
Saturated Fat	10	6.2	6.2	6.3	6.2
Sodium	10	1.0	1.0	1.0	1.0
Calories from Solid Fats and Added Sugars	20	13.3	13.2	13.6	13.4
Total Score	100	66.2	65.9	66.9	66.4

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: School districts that reported using an “other” type of menu planning (n = 5) or more than one type of menu planning (n = 17) were excluded from the analysis.

^a Includes school districts that use assisted nutrient standard menu planning.

^b Legumes counted as vegetables only after meat and beans standard is met.

^c Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^d Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

APPENDIX E

SUPPLEMENTARY TABLES FOR CHAPTER V

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Table E.1. Calorie Density, Sources of Calories, and Nutrient Density of a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

	Reference Standard ^a	All Foods	A la Carte-Only Foods	Primarily Reimbursable Foods	Mixed-Use Foods
Calorie Density (Calories per Gram)					
All Foods and Beverages	n.a.	1.25	1.34	1.23	1.34
Foods Only	n.a.	1.95	2.76	1.88	2.14
Sources of Calories (Percentage of Total Calories from ...)					
Total Fat	25-35	31.0	37.2	30.3	32.3
Saturated Fat	< 10	9.6	12.3	9.4	9.9
Monounsaturated Fat	n.a.	11.6	15.1	11.2	12.7
Polyunsaturated Fat	n.a.	7.3	6.4	7.4	7.3
Linoleic acid	n.a.	6.5	5.8	6.6	6.5
Alpha-linolenic acid	n.a.	0.7	0.5	0.7	0.7
Carbohydrate	45-65	54.8	53.8	55.1	53.3
Protein	10-30	15.9	10.5	16.4	15.5
Nutrient Density (Nutrients per 1,000 Calories)					
Vitamins					
Vitamin A (mcg RAE)	300	383	143	407	332
Vitamin C (mg)	23	39	43	39	35
Vitamin E (mg AT)	6	3.2	3.6	3.2	3.2
Vitamin B ₆ (mg)	0.5	0.8	0.7	0.8	0.8
Vitamin B ₁₂ (mcg)	0.9	2.4	1.6	2.5	2.0
Folate, DFE (mcg)	151	238	172	246	217
Niacin (mg)	6	10	9	10	10
Riboflavin (mg)	0.4	1.2	0.7	1.3	1.1
Thiamin (mg)	0.4	0.8	0.6	0.8	0.8
Minerals					
Calcium (mg)	616	648	322	680	590
Iron (mg)	5	7.2	6.2	7.4	6.8
Magnesium (mg)	124	136	104	140	125
Phosphorus (mg)	502	764	457	795	700
Potassium (mg)	2,228	1,391	832	1,441	1,329
Sodium (mg)	< 1,098	1,913	1,434	1,957	1,848
Zinc (mg)	4	5.3	4.1	5.5	4.8
Other Dietary Components					
Cholesterol (mg)	< 156	82	56	85	79
Dietary Fiber (g)	14	8.4	7.1	8.7	7.5

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^aReference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; AT = alpha-tocopherol; DFE = dietary folate equivalent; DHHS = U.S. Department of Health and Human Services; DRI = Dietary Reference Intake; IOM = Institute of Medicine; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

Table E.2. Calorie Density, Sources of Calories, and Nutrient Density of a La Carte- Only Foods, by Food Subgroups, SY 2009- 2010

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							Protein
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	
Bakery Products	4.48	38.0	9.8	17.1	7.7	7.3	0.4	57.8	5.8
Biscuits, muffins, pancakes, and waffles	3.92	44.5	11.6	20.1	10.8	9.8	1.0	49.7	6.1
Breads and rolls	2.63	7.9	1.8	2.5	3.2	2.9	0.3	77.1	15.0
Cakes and other bakery desserts	4.64	41.8	13.1	21.2	4.1	3.9	0.2	55.8	4.7
Crackers	4.49	30.4	7.9	13.2	7.4	6.9	0.5	62.2	7.5
Pretzels and snack chips	4.48	34.1	5.8	12.2	12.3	11.7	0.6	60.1	6.8
Condiments	0.22	23.1	9.1	6.1	4.7	3.6	1.1	85.2	21.9
Catsup and other sauces	0.31	18.6	2.4	3.0	9.4	9.0	0.4	76.3	16.4
Flavorings	2.31	51.6	30.4	17.2	1.7	1.7	0.0	94.6	33.2
Pickles and olives	0.14	12.4	2.7	2.5	4.1	2.1	2.0	84.9	19.3
Eggs	1.55	59.6	18.6	23.1	8.7	7.4	0.3	8.2	32.1
Eggs	1.43	62.5	19.5	24.0	8.6	7.2	0.2	2.2	35.1
Mixtures with egg	2.45	46.8	14.4	19.2	9.0	8.1	0.6	34.7	18.8
Fats and Oils	6.70	100.0	46.5	27.2	19.7	17.6	2.1	1.2	0.5
Butter	7.17	100.0	64.5	26.4	3.8	3.4	0.4	0.0	0.5
Margarine	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	5.59	97.1	14.5	24.7	51.0	45.2	5.8	4.2	0.5
Vegetable oils and shortenings	8.39	100.0	25.4	41.9	28.6	26.7	1.9	0.1	0.0
Fish	2.16	39.7	6.8	13.4	17.2	14.3	1.9	35.0	24.5
Fish	1.56	17.6	3.0	4.2	8.7	6.8	0.8	47.1	33.4
Shellfish	2.36	44.7	7.7	15.5	19.1	16.1	2.1	32.3	22.5
Fruits and Juices	0.72	4.3	0.9	1.7	0.9	0.7	0.2	96.5	3.8
Fruits	0.83	5.0	1.1	2.1	1.1	0.8	0.3	96.3	4.1
Juices	0.51	1.8	0.3	0.2	0.5	0.4	0.1	97.4	3.1
Grain Products	4.30	38.2	7.5	12.7	15.0	14.4	0.7	58.2	6.9
Breakfast cereals	3.84	5.0	0.8	1.9	1.3	1.2	0.1	88.4	6.6
Flour and other milled grains	3.64	2.4	0.4	0.2	1.0	1.0	0.1	83.9	11.4
Flour mix ^a	4.12	22.9	4.5	9.3	7.7	7.1	0.5	75.1	6.1
Mixtures with grain	2.14	35.5	11.3	14.0	7.4	6.7	0.6	45.7	20.2
Pasta and noodles	1.57	5.3	1.0	0.7	1.8	1.7	0.1	78.2	14.7
Rice, barley, and other grains	5.44	59.8	11.1	17.7	26.0	25.2	1.0	37.3	5.9

Table E.2 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Legumes, Nuts, and Seeds	4.66	73.4	11.8	21.1	37.9	37.7	0.2	18.0	15.4
Dry beans and peas	1.26	2.8	0.6	0.3	1.3	0.7	0.6	72.5	27.5
Other nuts	6.17	82.6	12.9	48.8	17.3	16.8	0.4	14.2	10.1
Peanuts and peanut butter	5.88	77.1	15.9	37.1	21.8	21.7	0.1	13.3	17.1
Seeds	5.90	77.8	10.8	12.5	51.6	51.5	0.1	15.3	13.9
Soybeans and soy products	1.05	37.1	5.7	9.0	19.8	16.3	2.0	40.3	22.2
Milk and Other Dairy Products	2.10	48.1	30.8	11.8	2.5	2.0	0.5	43.0	11.4
Cheese	2.58	69.9	41.2	21.0	4.1	3.2	0.9	8.0	22.4
Cream	1.84	86.2	53.7	24.9	3.2	1.9	1.3	9.2	6.6
Ice cream and ice milk	2.33	44.8	29.6	9.8	2.2	1.8	0.4	50.8	7.4
Milk	0.64	15.7	11.8	2.7	0.4	0.3	0.1	69.0	20.3
Yogurt	1.04	12.1	7.7	3.4	0.4	0.3	0.1	74.1	18.5
Non- Dairy Drinks	0.12	0.7	0.2	0.3	0.2	0.1	0.0	100.0	0.5
Carbonated	0.26	0.8	0.0	0.0	0.0	0.0	0.0	100.0	1.3
Coffee and tea	0.16	9.3	2.7	5.6	0.9	0.7	0.1	86.7	6.9
Dry beverage	3.75	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.0
Enriched drinks	0.24	0.3	0.1	0.1	0.2	0.1	0.0	99.4	0.0
Fruit drinks	0.28	0.2	0.1	0.0	0.1	0.1	0.0	100.0	0.5
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	97.6	0.0
Poultry	2.68	51.8	12.8	20.9	13.7	12.3	0.8	17.5	29.2
Chicken	2.68	51.8	12.8	20.9	13.7	12.3	0.8	17.5	29.2
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	2.29	68.8	12.2	18.7	32.1	28.2	3.3	2.2	28.2
Turkey	2.78	45.9	12.6	15.4	14.5	13.5	0.7	39.8	14.1
Prepared Foods	2.44	34.0	14.6	10.7	6.1	5.5	0.6	46.4	20.0
Burritos and tacos	2.24	32.3	10.5	11.9	7.1	6.2	0.8	49.9	17.8
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	1.43	2.6	0.5	0.8	0.8	0.3	0.1	82.7	12.0
Pizza	2.38	34.0	14.6	10.4	6.4	5.7	0.7	45.9	20.0
Prepared meals	4.28	32.7	9.4	12.5	9.7	9.0	0.6	57.5	11.1
Prepared sandwiches	2.68	35.9	17.0	10.9	5.6	5.0	0.5	43.7	22.2

Table E.2 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories From ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Red Meats	2.11	60.6	22.7	25.0	2.8	2.3	0.3	2.8	36.2
Beef and veal	2.10	60.4	22.7	24.9	2.7	2.3	0.3	2.7	36.4
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	2.97	73.6	25.3	32.8	9.6	8.5	0.9	8.0	17.2
Pork	4.75	69.1	22.7	30.6	7.7	0.8	0.3	1.1	27.8
Recipe mix ^c	1.40	51.8	20.2	20.1	1.9	1.6	0.2	23.9	22.6
Soups and Gravies	0.92	26.0	7.2	9.6	7.6	6.8	0.6	63.0	12.0
Gravies	4.08	32.1	11.0	11.6	9.5	8.5	0.9	56.6	11.4
Soups	0.87	25.6	6.9	9.5	7.4	6.7	0.6	63.5	12.1
Sugar and Desserts	1.72	14.8	8.3	4.0	0.8	0.7	0.1	83.5	2.7
Candies and toppings	4.45	32.7	20.4	6.9	2.2	2.2	0.0	65.7	3.6
Gelatins	1.04	0.0	0.0	0.0	0.0	0.0	0.0	97.2	8.8
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.31	20.2	5.4	11.7	0.5	0.5	0.0	74.8	5.4
Sherbet and ices	1.32	11.4	6.4	3.0	0.5	0.4	0.1	85.9	2.7
Sugars	3.88	0.5	0.3	0.1	0.1	0.1	0.0	100.0	0.2
Syrups	2.83	0.6	0.0	0.0	0.0	0.0	0.0	100.0	0.0
Vegetables	1.76	35.3	5.5	18.0	10.5	8.6	1.8	61.0	5.2
Green vegetables ^d	0.15	9.8	1.3	0.4	2.8	1.1	1.7	80.0	24.2
Mixed vegetables	0.65	2.1	0.4	0.1	1.0	0.7	0.3	80.1	17.5
Mixtures with vegetables ^e	3.14	53.0	9.9	20.9	19.0	17.8	0.9	38.9	8.4
Other vegetables ^f	0.44	1.6	0.5	0.1	0.5	0.3	0.2	96.1	9.5
Potato and potato products	1.76	35.1	5.5	18.0	10.4	8.5	1.8	61.2	5.1
Tomato and tomato products	0.30	18.3	4.3	3.8	8.0	7.8	0.2	76.4	13.4
Yellow vegetables ^g	0.41	5.3	0.8	0.3	2.6	2.5	0.0	93.5	9.1

Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Bakery Products	41	41	5	4.2	0.3	0.5	141	203	7	0.6	0.6
Biscuits, muffins, pancakes, and waffles	42	45	3	4.3	0.1	0.3	207	300	6	0.5	0.7
Breads and rolls	7	7	4	0.7	0.3	0.0	531	823	15	1.0	2.2
Cakes and other bakery desserts	50	53	1	2.9	0.2	0.2	131	208	5	0.5	0.5
Crackers	25	23	1	1.3	0.3	0.1	182	278	10	0.8	0.7
Pretzels and snack chips	31	27	10	6.1	0.6	0.9	127	156	8	0.7	0.6
Condiments	1,782	885	462	7.6	2.5	0.0	121	126	9	2.0	1.5
Catsup and other sauces	3,819	1,913	125	10.9	4.6	0.0	65	87	7	2.2	1.1
Flavorings	0	0	0	0.4	0.6	0.0	134	134	9	1.0	0.4
Pickles and olives	1,670	822	818	9.4	2.5	0.0	139	139	10	2.3	2.1
Eggs	855	848	0	6.3	0.9	7.7	302	313	2	3.0	0.5
Eggs	991	981	0	6.8	1.0	9.0	328	328	0	3.3	0.5
Mixtures with egg	256	259	1	4.0	0.5	2.0	190	248	9	1.3	0.8
Fats and Oils	639	626	0	4.4	0.2	0.3	5	5	0	0.1	0.0
Butter	973	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	-	-	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	102	100	0	7.8	0.7	0.4	7	7	0	0.1	0.1
Vegetable oils and shortenings	56	53	0	1.2	0.0	0.0	0	0	0	0.0	0.0
Fish	69	63	2	5.2	0.5	6.5	149	214	13	0.6	0.7
Fish	109	79	3	2.2	1.2	9.7	170	248	33	0.9	0.7
Shellfish	60	60	2	5.9	0.3	5.8	144	206	9	0.6	0.7
Fruits and Juices	460	231	575	2.4	1.1	0.0	268	268	4	0.5	0.9
Fruits	553	279	602	2.5	1.1	0.0	277	277	4	0.5	0.9
Juices	155	73	487	1.9	1.1	0.0	238	238	4	0.5	0.8
Grain Products	97	99	5	2.4	0.4	1.0	178	275	6	0.6	0.6
Breakfast cereals	1,412	1,416	90	0.7	5.8	17.6	1,318	2,221	56	5.4	4.4
Flour and other milled grains	0	0	0	0.2	0.1	0.0	503	799	16	1.4	2.2
Flour mix ^a	2	2	0	1.8	0.1	0.2	183	290	3	0.5	0.4
Mixtures with grain	277	397	14	2.6	0.7	1.3	219	304	11	1.0	1.2
Pasta and noodles	0	0	0	0.4	0.3	0.0	465	752	11	0.9	1.7
Rice, barley, and other grains	37	25	0	3.1	0.2	0.1	42	42	3	0.1	0.2

Table E.2 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	11	10	1	40.5	1.1	0.1	310	310	11	0.4	0.5
Dry beans and peas	1	0	2	3.6	1.0	0.0	718	718	3	0.4	1.1
Other nuts	1	0	1	14.0	0.3	0.0	87	87	3	0.8	0.8
Peanuts and peanut butter	0	0	0	15.1	0.9	0.0	130	130	23	0.2	0.1
Seeds	3	1	2	59.7	1.3	0.0	388	388	7	0.5	0.5
Soybeans and soy products	526	523	11	8.5	0.6	7.3	229	229	6	2.0	0.9
Milk and Other Dairy Products	514	508	3	1.8	0.2	2.4	37	38	1	1.1	0.2
Cheese	764	751	0	2.2	0.2	4.4	42	45	2	1.1	0.2
Cream	843	826	5	2.7	0.1	1.6	38	38	0	0.8	0.2
Ice cream and ice milk	443	439	3	1.8	0.2	1.5	30	32	1	1.0	0.2
Milk	859	856	3	0.6	0.5	6.9	73	73	2	2.6	0.6
Yogurt	105	102	7	0.3	0.4	4.7	99	99	1	1.9	0.4
Non- Dairy Drinks	194	193	168	8.1	4.2	7.8	23	23	35	0.4	0.3
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	0.3	0.1
Coffee and tea	0	0	0	0.8	0.3	0.1	282	282	10	1.4	0.0
Dry beverage	0	0	371	0.0	0.0	0.0	0	0	0	0.1	0.0
Enriched drinks	0	0	60	8.4	4.5	10.7	1	1	38	0.0	0.4
Fruit drinks	1,068	1,066	610	0.3	1.6	0.0	51	51	15	1.5	0.2
Water	0	0	1,760	334.0	111.2	2.0	0	0	819	0.0	0.0
Poultry	97	155	1	2.1	1.1	0.8	93	131	22	0.6	0.5
Chicken	97	155	1	2.1	1.1	0.8	93	131	23	0.6	0.5
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	146	122	3	4.9	1.2	0.8	57	57	16	0.5	0.2
Turkey	12	10	0	6.9	0.4	0.7	142	210	9	0.7	0.9
Prepared Foods	262	397	3	2.6	0.4	1.3	242	316	10	1.1	0.9
Burritos and tacos	104	650	10	2.7	0.5	1.5	276	368	12	0.9	1.0
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	192	112	13	1.0	0.6	0.7	385	608	13	0.3	1.0
Pizza	277	324	2	2.8	0.4	1.4	257	333	11	1.2	0.9
Prepared meals	173	110	2	3.2	0.3	0.5	311	474	9	1.0	0.9
Prepared sandwiches	226	526	1	2.1	0.5	1.2	178	222	11	0.9	0.7

Table E.2 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Red Meats	2	113	2	1.6	0.9	6.5	101	101	17	0.6	0.3
Beef and veal	1	114	1	1.6	0.9	6.6	102	102	17	0.6	0.3
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	22	21	0	1.4	0.5	2.9	29	40	10	0.6	0.4
Pork	22	22	0	0.7	0.7	2.4	5	5	21	0.5	0.9
Recipe mix ^c	185	121	196	3.2	1.2	4.4	107	143	14	0.7	0.4
Soups and Gravies	617	364	33	3.1	0.9	0.4	81	100	9	0.9	0.8
Gravies	41	42	2	1.8	0.5	0.9	113	142	3	0.7	0.3
Soups	659	387	35	3.2	0.9	0.3	79	97	9	0.9	0.8
Sugar and Desserts	55	53	13	0.4	0.1	0.6	23	24	1	0.4	0.1
Candies and toppings	35	35	18	1.2	0.1	0.4	34	39	3	0.2	0.1
Gelatins	1	0	1	0.0	0.0	0.0	9	9	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	39	39	1	1.6	0.1	1.0	20	20	1	0.5	0.2
Sherbet and ices	77	74	15	0.1	0.1	0.8	25	25	0	0.6	0.2
Sugars	0	0	1	0.0	0.1	0.0	1	1	0	0.1	0.0
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.0	0.2
Vegetables	8	4	62	5.3	1.7	0.0	81	91	8	0.2	0.6
Green vegetables ^d	3,798	1,901	882	14.3	4.7	0.0	1,905	1,905	11	2.4	2.6
Mixed vegetables	6,545	3,277	49	5.8	1.1	0.0	292	292	13	1.8	1.1
Mixtures with vegetables ^e	40	30	9	4.9	0.3	1.0	155	224	6	0.9	0.7
Other vegetables ^f	4	2	165	6.4	3.4	0.0	341	341	6	0.6	0.6
Potato and potato products	3	2	62	5.2	1.7	0.0	79	89	8	0.2	0.6
Tomato and tomato products	2,210	1,115	399	27.2	3.4	0.0	522	522	40	1.0	1.2
Yellow vegetables ^g	40,746	20,366	144	16.1	3.4	0.0	463	463	24	1.4	1.6

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
Nutrient Density (Nutrients per 1,000 Calories)									
Bakery Products	179	6.8	98	330	458	1,353	2.3	13	7.5
Biscuits, muffins, pancakes, and waffles	115	7.0	41	406	270	1,090	2.3	82	4.8
Breads and rolls	326	21.8	86	348	310	1,716	6.9	9	8.7
Cakes and other bakery desserts	108	7.0	86	262	314	703	1.5	16	5.3
Crackers	183	8.8	73	368	376	1,804	2.0	3	5.8
Pretzels and snack chips	273	5.7	123	412	681	2,204	3.3	3	10.7
Condiments	1,805	36.7	896	1,445	6,807	37,077	12.9	0	82.1
Catsup and other sauces	505	29.4	429	821	5,579	22,147	6.6	0	26.4
Flavorings	556	58.1	2,095	3,099	6,476	1,257	28.6	0	139.8
Pickles and olives	2,940	30.3	569	985	7,501	59,687	8.6	0	81.2
Eggs	374	11.7	85	1,222	897	1,260	7.2	2,505	0.7
Eggs	370	12.7	84	1,331	935	994	7.7	2,954	0.0
Mixtures with egg	391	7.4	90	741	732	2,431	5.0	525	4.0
Fats and Oils	26	0.2	3	33	34	873	0.2	201	0.1
Butter	33	0.0	3	33	33	803	0.1	300	0.0
Margarine	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	16	0.4	3	40	45	1,267	0.3	50	0.2
Vegetable oils and shortenings	4	0.1	0	2	3	58	0.0	0	0.0
Fish	132	6.9	155	891	880	2,754	2.5	203	4.6
Fish	327	8.8	183	765	1,164	3,913	3.2	165	4.5
Shellfish	88	6.5	149	919	816	2,491	2.4	212	4.6
Fruits and Juices	319	3.8	135	204	2,491	414	1.1	0	17.3
Fruits	367	2.8	131	197	2,389	518	1.2	0	21.4
Juices	158	7.1	150	225	2,829	66	0.9	0	3.5
Grain Products	234	8.5	110	578	520	1,821	3.6	13	9.1
Breakfast cereals	277	69.8	86	354	386	1,994	13.0	0	5.8
Flour and other milled grains	41	12.7	60	297	294	5	1.9	0	7.4
Flour mix ^a	349	6.7	74	726	613	1,893	1.4	0	4.2
Mixtures with grain	548	9.1	139	834	989	2,315	5.1	174	8.6
Pasta and noodles	45	8.1	115	369	280	1,478	3.2	0	11.5
Rice, barley, and other grains	54	3.7	149	397	364	1,653	4.8	6	15.3

Table E.2 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	157	7.0	263	1,413	1,084	769	7.7	0	16.8
Dry beans and peas	382	24.0	404	931	4,002	1,885	9.4	1	53.9
Other nuts	181	4.2	402	720	884	482	7.4	0	9.4
Peanuts and peanut butter	76	3.2	264	621	1,107	748	5.2	0	10.3
Seeds	145	7.8	236	1,933	835	666	8.9	0	17.6
Soybeans and soy products	1,123	4.8	234	648	1,303	2,372	4.6	0	14.3
Milk and Other Dairy Products	804	2.0	96	667	931	684	4.1	137	3.7
Cheese	1,456	2.0	66	1,118	498	2,014	6.6	211	0.2
Cream	593	0.3	56	475	737	256	1.9	245	0.0
Ice cream and ice milk	530	1.8	91	461	913	291	3.1	124	4.5
Milk	1,795	4.1	258	1,563	2,729	706	7.1	41	7.7
Yogurt	1,529	3.2	221	1,306	2,342	581	8.4	44	5.0
Non- Dairy Drinks	630	2.5	122	310	932	1,140	0.5	0	0.3
Carbonated	88	4.2	12	369	147	199	0.6	0	0.0
Coffee and tea	167	2.9	377	393	6,677	473	2.3	1	6.1
Dry beverage	474	1.3	0	132	66	150	0.3	0	0.0
Enriched drinks	43	2.3	1	284	619	1,344	0.4	0	0.0
Fruit drinks	891	2.6	108	405	846	196	0.5	0	0.0
Water	72,485	6.0	14,457	0	3,200	17,057	0.0	0	0.0
Poultry	88	5.8	75	535	670	1,990	4.9	254	2.1
Chicken	88	5.8	75	535	671	1,990	4.9	254	2.1
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	83	3.4	66	424	747	690	5.3	240	1.7
Turkey	131	6.4	63	416	536	2,259	4.1	112	3.5
Prepared Foods	907	8.4	114	920	794	2,202	5.7	75	7.9
Burritos and tacos	309	9.9	123	575	855	1,879	5.8	70	11.7
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	126	9.7	112	399	664	4,399	2.9	21	2.8
Pizza	921	8.8	109	933	816	2,140	5.5	71	7.4
Prepared meals	430	9.4	91	526	643	2,694	3.6	28	5.8
Prepared sandwiches	1,026	6.1	144	1,007	593	2,953	7.5	103	8.9

Table E.2 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
Nutrient Density (Nutrients per 1,000 Calories)									
Red Meats	154	11.4	100	792	1,091	2,013	17.4	257	2.4
Beef and veal	155	11.5	100	794	1,094	1,984	17.6	257	2.5
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	104	4.4	50	441	584	3,256	5.7	209	0.6
Pork	23	2.9	62	970	1,065	4,248	6.7	212	0.0
Recipe mix ^c	179	8.4	100	636	1,450	4,721	12.4	307	7.9
Soups and Gravies	306	11.0	123	508	1,816	13,250	4.2	75	12.7
Gravies	282	23.2	74	499	757	10,134	2.8	58	9.3
Soups	308	10.1	126	509	1,893	13,476	4.3	76	13.0
Sugar and Desserts	250	1.8	52	211	523	310	2.4	6	5.5
Candies and toppings	119	1.6	70	191	375	252	1.8	11	3.5
Gelatins	30	0.4	14	548	60	1,320	0.0	0	0.2
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	351	7.2	95	377	1,105	1,147	2.0	7	1.2
Sherbet and ices	332	1.6	51	246	612	293	3.2	6	8.0
Sugars	54	0.5	13	19	114	46	0.4	0	0.6
Syrups	46	0.0	4	0	4	219	1.6	0	0.0
Vegetables	85	3.4	133	319	2,128	1,904	1.8	2	12.0
Green vegetables ^d	1,394	26.9	787	1,538	10,954	1,078	11.7	0	79.0
Mixed vegetables	385	12.6	338	785	2,585	3,662	7.5	0	67.7
Mixtures with vegetables ^e	278	5.5	57	375	679	1,482	2.1	105	5.2
Other vegetables ^f	286	13.3	174	561	3,250	187	6.6	0	49.7
Potato and potato products	83	3.4	133	318	2,136	1,905	1.8	1	12.0
Tomato and tomato products	402	12.9	422	814	8,216	4,740	7.7	12	41.5
Yellow vegetables ^g	805	7.3	293	854	7,805	1,683	5.9	0	68.3

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.3. Calorie Density, Sources of Calories, and Nutrient Density of Foods Used in Reimbursable Meals, by Food Subgroups, SY 2009- 2010

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun-saturated Fat	Polyun-saturated Fat	Linoleic Acid	Alpha-linolenic Acid	Carbohydrate	Protein
Bakery Products	3.21	25.8	5.9	10.2	7.8	7.1	0.6	64.5	9.8
Biscuits, muffins, pancakes, and waffles	3.18	36.1	8.1	12.8	12.3	11.0	1.3	57.1	7.4
Breads and rolls	2.84	17.6	4.1	7.1	5.0	4.6	0.4	69.0	12.8
Cakes and other bakery desserts	4.18	33.7	10.6	16.3	4.5	4.2	0.3	63.0	4.9
Crackers	4.38	27.0	5.6	11.9	7.8	7.3	0.5	66.4	6.9
Pretzels and snack chips	4.81	39.8	5.6	13.6	17.2	16.6	0.6	55.8	6.0
Condiments	0.79	11.7	1.6	4.4	4.6	3.9	0.7	90.8	7.2
Catsup and other sauces	0.94	11.1	1.4	3.9	4.8	4.2	0.6	92.2	6.7
Flavorings	0.54	4.2	2.2	1.3	0.5	0.4	0.0	74.1	13.3
Pickles and olives	0.26	24.0	3.6	14.2	3.7	2.5	1.2	78.8	10.8
Eggs	1.69	61.7	19.9	24.1	9.7	8.4	0.5	10.4	27.9
Eggs	1.44	62.3	19.4	23.9	8.5	7.2	0.2	2.2	35.1
Mixtures with egg	1.81	61.5	20.1	24.3	10.1	8.9	0.6	13.8	25.0
Fats and Oils	5.17	96.5	18.1	33.5	40.1	35.7	4.4	4.9	0.3
Butter	7.17	100.0	64.5	26.4	3.8	3.4	0.4	0.0	0.5
Margarine	6.98	100.0	19.1	47.4	31.5	28.7	2.7	0.4	0.1
Salad dressings and mayonnaise	3.88	91.4	14.6	27.8	43.4	38.2	5.1	9.9	0.6
Vegetable oils and shortenings	8.20	100.0	17.6	35.0	44.8	39.9	4.9	0.1	0.1
Fish	2.20	42.0	7.3	14.5	17.9	14.9	2.0	30.0	27.1
Fish	2.16	41.3	7.2	14.2	17.6	14.6	1.9	29.4	28.4
Shellfish	2.36	44.7	7.7	15.5	19.1	16.0	2.1	32.3	22.5
Fruits and Juices	0.54	2.2	0.4	0.3	0.6	0.5	0.1	100.0	3.3
Fruits	0.58	2.4	0.4	0.4	0.7	0.6	0.1	100.0	3.5
Juices	0.49	2.0	0.3	0.2	0.5	0.4	0.1	97.2	3.0
Grain Products	2.01	13.7	4.0	4.7	3.3	3.0	0.3	74.9	11.9
Breakfast cereals	3.67	9.1	1.5	3.2	2.8	2.6	0.1	86.8	7.6
Flour and other milled grains	2.94	3.3	0.5	0.4	1.4	1.3	0.1	84.5	12.1
Flour mix ^a	4.19	25.6	5.7	12.4	6.0	5.7	0.4	69.6	6.1
Mixtures with grain	1.71	34.5	12.4	12.5	6.9	6.1	0.6	49.0	16.6
Pasta and noodles	1.52	5.6	1.0	0.9	2.1	1.9	0.2	78.8	14.9
Rice, barley, and other grains	1.24	3.9	0.8	1.2	1.1	1.0	0.1	84.3	9.1

Table E.3 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun-saturated Fat	Polyun-saturated Fat	Linoleic Acid	Alpha-linolenic Acid	Carbohydrate	Protein
Legumes, Nuts, and Seeds	2.53	55.0	11.0	25.5	16.5	16.1	0.3	33.2	18.3
Dry beans and peas	1.09	5.3	1.1	1.6	1.9	1.1	0.6	76.5	22.9
Other nuts	6.18	82.9	12.5	47.0	19.7	18.6	1.0	13.8	10.2
Peanuts and peanut butter	5.72	75.4	15.7	36.2	21.2	21.1	0.1	15.4	16.7
Seeds	6.00	79.0	9.6	30.9	35.0	34.7	0.3	15.4	12.6
Soybeans and soy products	2.08	53.0	19.1	12.4	17.9	15.5	2.0	20.2	27.0
Milk and Other Dairy Products	0.64	20.3	12.4	6.0	1.0	0.8	0.2	57.7	24.7
Cheese	2.85	62.1	36.6	18.3	3.8	3.0	0.8	11.9	26.0
Cream	1.84	83.1	51.7	24.0	3.1	1.9	1.2	11.5	7.3
Ice cream and ice milk	2.09	43.0	24.1	13.1	2.9	2.4	0.5	52.4	8.0
Milk	0.54	11.4	7.2	3.3	0.4	0.3	0.1	67.2	24.8
Yogurt	0.96	9.3	6.0	2.6	0.3	0.2	0.1	73.0	18.9
Non- Dairy Drinks	0.22	6.2	1.8	3.5	0.6	0.5	0.0	94.0	2.1
Carbonated	0.27	0.8	0.0	0.0	0.0	0.0	0.0	100.0	1.3
Coffee and tea	0.54	22.7	6.6	13.0	2.0	1.8	0.1	71.1	7.0
Dry beverage	3.74	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.0
Enriched drinks	0.13	0.3	0.1	0.1	0.2	0.1	0.0	99.0	0.0
Fruit drinks	0.43	0.1	0.0	0.0	0.0	0.0	0.0	100.0	0.3
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	2.13	46.5	10.8	18.1	13.3	11.7	0.9	19.7	32.6
Chicken	2.23	47.1	10.6	19.1	13.6	12.1	0.9	20.7	31.2
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	1.34	56.2	14.5	24.9	13.9	12.7	0.3	0.8	40.3
Recipe mix ^b	1.67	50.8	12.5	18.9	15.4	13.6	1.3	19.0	29.1
Turkey	1.86	44.4	11.4	14.6	12.1	10.5	0.6	16.5	37.4
Prepared Foods	2.51	35.7	13.9	12.2	7.1	6.4	0.6	46.7	18.5
Burritos and tacos	2.23	27.3	10.5	8.8	5.9	5.1	0.8	55.6	17.1
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	1.43	2.6	0.5	0.8	0.8	0.3	0.1	82.7	12.0
Pizza	2.36	33.8	14.2	10.5	6.5	5.8	0.7	46.5	20.0
Prepared meals	1.52	21.4	4.6	7.2	7.5	6.9	0.6	69.5	10.5
Prepared sandwiches	3.53	48.0	15.3	20.0	10.1	9.6	0.4	40.2	15.5

Table E.3 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Red Meats	2.31	58.5	20.7	24.9	5.2	4.5	0.4	8.9	31.6
Beef and veal	2.18	57.0	20.9	24.3	3.2	2.7	0.3	7.0	35.0
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	2.98	66.2	22.6	27.8	9.5	8.5	0.8	13.8	19.0
Pork	2.47	59.0	18.9	25.1	9.1	7.9	0.4	12.1	27.6
Recipe mix ^c	1.07	32.8	11.3	11.9	4.5	4.0	0.5	40.3	26.2
Soups and Gravies	1.21	30.0	10.4	12.1	5.3	4.8	0.4	52.3	18.6
Gravies	2.29	33.5	13.1	13.8	5.9	5.4	0.4	56.1	10.8
Soups	0.99	28.3	9.1	11.3	5.0	4.5	0.4	50.6	22.2
Sugar and Desserts	2.83	5.2	2.1	2.0	0.6	0.5	0.0	97.1	1.2
Candies and toppings	4.43	32.6	14.9	10.6	4.7	4.4	0.3	66.4	2.6
Gelatins	3.79	0.0	0.0	0.0	0.0	0.0	0.0	95.0	8.2
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.35	22.4	6.1	13.2	0.5	0.5	0.0	71.8	5.3
Sherbet and ices	1.35	11.7	6.7	3.1	0.5	0.4	0.1	85.5	2.8
Sugars	3.86	0.0	0.0	0.0	0.0	0.0	0.0	100.0	0.0
Syrups	2.66	0.3	0.1	0.1	0.2	0.2	0.0	100.0	0.0
Vegetables	0.95	26.1	4.4	10.7	9.5	8.1	1.4	68.8	8.9
Green vegetables ^d	0.25	6.7	1.2	0.3	2.9	1.4	1.5	78.3	27.8
Mixed vegetables	0.37	5.0	0.9	0.2	2.4	1.2	1.2	79.5	22.3
Mixtures with vegetables ^e	1.98	52.1	10.8	16.4	21.2	19.2	1.9	40.1	9.7
Other vegetables ^f	0.48	3.6	0.9	0.5	1.3	0.8	0.4	91.2	15.1
Potato and potato products	1.81	30.7	4.8	14.1	10.7	8.9	1.7	65.2	5.8
Tomato and tomato products	0.63	25.5	6.7	5.9	10.5	10.3	0.3	65.9	10.8
Yellow vegetables ^g	0.66	10.4	1.5	3.1	4.7	4.3	0.4	90.4	10.5

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
	Nutrient Density (Nutrients per 1,000 Calories)										
Bakery Products	49	58	1	2.1	0.3	0.3	249	374	11	0.9	1.1
Biscuits, muffins, pancakes, and waffles	80	125	3	3.8	0.3	0.5	182	272	8	0.9	0.8
Breads and rolls	6	6	0	1.0	0.3	0.3	342	516	14	1.0	1.5
Cakes and other bakery desserts	260	259	1	2.4	0.6	0.2	130	201	8	0.7	0.7
Crackers	6	6	0	1.2	0.2	0.1	153	228	10	0.8	0.6
Pretzels and snack chips	11	7	2	4.5	0.3	0.2	66	82	3	0.9	0.3
Condiments	742	374	129	12.1	1.4	0.0	76	76	10	1.0	0.4
Catsup and other sauces	735	372	101	12.6	1.4	0.0	76	77	10	1.0	0.3
Flavorings	3	2	8	0.3	1.6	0.0	33	33	8	1.0	0.7
Pickles and olives	1,239	613	614	10.3	1.5	0.0	90	90	6	1.2	1.1
Eggs	816	803	0	5.9	0.8	6.0	215	227	3	2.5	0.5
Eggs	990	980	0	6.8	1.0	8.8	324	324	0	3.3	0.5
Mixtures with egg	744	729	0	5.5	0.7	4.8	170	187	4	2.1	0.5
Fats and Oils	326	308	0	9.8	0.2	0.2	3	3	0	0.0	0.0
Butter	973	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	1,246	1,173	0	12.2	0.0	0.1	1	1	0	0.1	0.0
Salad dressings and mayonnaise	63	58	0	9.7	0.3	0.2	5	5	0	0.1	0.1
Vegetable oils and shortenings	81	77	0	9.1	0.0	0.0	0	0	0	0.0	0.0
Fish	66	66	2	5.7	0.5	7.2	136	194	16	0.6	0.7
Fish	68	68	1	5.6	0.5	7.6	134	191	18	0.6	0.7
Shellfish	60	60	2	5.9	0.3	5.8	144	206	9	0.6	0.7
Fruits and Juices	263	131	308	3.3	1.1	0.0	157	157	5	0.5	0.6
Fruits	338	169	187	4.3	1.1	0.0	123	123	6	0.5	0.5
Juices	152	75	485	1.8	1.1	0.0	206	206	4	0.5	0.8
Grain Products	475	475	21	1.6	1.7	4.1	583	953	22	1.7	2.1
Breakfast cereals	1,603	1,608	69	2.6	5.5	15.3	1,316	2,201	54	4.6	4.3
Flour and other milled grains	3	1	0	0.7	0.4	0.0	386	597	16	1.1	1.9
Flour mix ^a	23	20	0	1.2	0.2	0.3	213	344	6	0.6	0.8
Mixtures with grain	323	318	18	2.8	0.5	1.5	198	296	9	1.0	0.9
Pasta and noodles	0	0	0	0.7	0.4	0.0	405	650	10	0.8	1.6
Rice, barley, and other grains	1	1	0	0.2	1.1	0.0	501	841	16	0.2	1.4

Table E.3 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	21	12	3	13.3	0.9	0.1	252	252	15	0.3	0.5
Dry beans and peas	56	27	11	1.4	1.0	0.0	532	532	4	0.5	1.1
Other nuts	1	0	1	14.2	0.3	0.0	90	90	3	0.8	0.8
Peanuts and peanut butter	0	0	0	14.9	0.9	0.0	124	124	22	0.2	0.1
Seeds	3	1	1	48.5	0.8	0.0	249	249	7	0.7	0.4
Soybeans and soy products	209	205	2	8.5	1.7	6.4	210	211	14	1.7	1.6
Milk and Other Dairy Products	969	963	4	0.5	0.6	7.2	86	88	2	2.9	0.6
Cheese	634	619	0	1.3	0.2	3.6	56	67	1	1.3	0.3
Cream	816	800	5	2.6	0.1	1.7	53	53	0	0.8	0.2
Ice cream and ice milk	470	467	2	3.3	0.2	1.5	34	37	1	1.5	0.2
Milk	1,067	1,064	5	0.3	0.7	8.1	92	92	2	3.3	0.7
Yogurt	101	97	8	0.3	0.4	5.1	100	100	1	1.9	0.4
Non- Dairy Drinks	9	7	156	5.0	1.7	0.6	71	71	15	0.4	0.2
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	0.3	0.1
Coffee and tea	0	0	0	1.8	0.2	0.3	124	124	13	0.8	0.1
Dry beverage	0	0	380	0.0	0.0	0.0	0	0	0	0.1	0.0
Enriched drinks	0	0	417	77.1	27.0	9.0	0	0	203	0.0	0.3
Fruit drinks	17	13	173	0.6	0.3	0.0	75	75	1	0.4	0.3
Water	0	0	0	0.0	0.0	0.0	0	0	0	0.0	0.0
Poultry	50	117	5	3.7	1.2	1.0	97	128	23	0.8	1.0
Chicken	57	142	2	3.8	1.2	0.8	106	140	25	0.7	1.1
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	51	51	11	2.1	1.3	3.8	53	53	24	1.2	0.1
Recipe mix ^b	449	414	2	4.1	1.0	1.6	118	172	19	1.1	0.6
Turkey	27	32	14	3.3	1.2	1.6	68	87	16	1.0	0.5
Prepared Foods	241	317	5	3.3	0.5	1.2	256	329	11	1.1	0.9
Burritos and tacos	131	397	11	2.3	0.5	0.8	324	426	10	1.0	1.1
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	192	112	13	1.0	0.6	0.7	385	608	13	0.3	1.0
Pizza	281	327	2	2.9	0.4	1.4	255	326	11	1.2	0.9
Prepared meals	586	569	90	2.8	1.6	3.6	464	754	22	1.6	1.5
Prepared sandwiches	121	141	1	5.5	0.5	0.6	220	258	14	0.7	0.5

Table E.3 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
	Nutrient Density (Nutrients per 1,000 Calories)										
Red Meats	30	65	4	2.5	1.0	5.8	74	84	17	0.7	0.7
Beef and veal	32	73	4	2.5	1.1	7.2	85	92	17	0.7	0.3
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	10	9	0	2.4	0.6	3.3	52	71	12	0.7	0.7
Pork	34	69	2	2.6	1.2	2.7	49	64	20	0.8	1.8
Recipe mix ^c	193	124	86	3.1	1.4	4.1	154	205	17	0.8	0.7
Soups and Gravies	271	142	26	3.3	1.0	2.1	113	142	11	1.0	0.7
Gravies	18	18	3	1.3	0.5	1.1	124	168	5	1.0	0.5
Soups	391	200	37	4.2	1.2	2.6	108	130	14	1.1	0.8
Sugar and Desserts	31	28	7	0.4	0.0	0.1	9	9	0	0.1	0.0
Candies and toppings	183	176	3	2.0	0.0	0.5	20	25	1	0.3	0.1
Gelatins	0	0	0	0.0	0.0	0.0	8	8	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	59	55	3	1.8	0.1	0.9	19	19	1	0.5	0.2
Sherbet and ices	81	77	15	0.1	0.1	0.8	26	26	0	0.6	0.2
Sugars	0	0	0	0.0	0.0	0.0	1	1	0	0.0	0.0
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.1	0.0
Vegetables	2,232	1,120	134	8.1	1.9	0.0	316	321	14	0.6	1.0
Green vegetables ^d	5,834	2,921	689	19.0	3.1	0.0	1,964	1,964	15	2.6	2.3
Mixed vegetables	12,047	6,020	346	14.0	2.3	0.0	1,769	1,769	16	2.7	1.8
Mixtures with vegetables ^e	614	415	68	4.4	0.7	0.7	255	321	6	0.8	0.8
Other vegetables ^f	307	153	358	1.8	3.5	0.0	601	601	7	1.2	1.4
Potato and potato products	4	3	90	4.4	1.8	0.0	89	94	10	0.2	1.0
Tomato and tomato products	899	450	101	28.9	2.3	0.3	206	206	43	0.9	0.5
Yellow vegetables ^g	12,436	6,216	66	6.7	1.6	0.0	401	401	14	0.8	0.6

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
Nutrient Density (Nutrients per 1,000 Calories)									
Bakery Products	326	9.8	92	428	403	1,636	2.7	24	8.5
Biscuits, muffins, pancakes, and waffles	224	7.7	60	591	387	1,506	2.5	83	6.6
Breads and rolls	455	12.2	104	416	433	1,857	3.1	7	10.1
Cakes and other bakery desserts	98	7.9	72	259	314	751	1.7	13	4.6
Crackers	112	8.8	73	294	335	1,644	2.0	2	6.6
Pretzels and snack chips	272	3.8	150	389	431	1,677	2.9	2	10.3
Condiments	306	7.0	205	383	3,277	19,779	3.1	1	10.4
Catsup and other sauces	214	5.8	190	351	3,239	10,220	2.9	1	7.4
Flavorings	600	13.7	396	966	3,095	263,569	6.3	0	25.7
Pickles and olives	1,522	21.2	313	545	3,950	31,196	4.9	0	46.9
Eggs	503	9.3	84	1,119	910	2,123	6.7	1,907	0.8
Eggs	367	12.3	83	1,316	932	1,051	7.7	2,932	0.0
Mixtures with egg	559	8.0	84	1,038	901	2,566	6.3	1,484	1.1
Fats and Oils	19	0.3	4	24	49	1,519	0.2	28	0.1
Butter	33	0.0	3	33	33	801	0.1	300	0.0
Margarine	9	0.1	4	10	29	1,323	0.0	2	0.0
Salad dressings and mayonnaise	30	0.5	6	42	84	2,474	0.3	35	0.2
Vegetable oils and shortenings	4	0.1	0	3	5	79	0.0	0	0.0
Fish	89	6.9	155	954	904	2,519	2.7	215	4.2
Fish	89	7.1	157	964	929	2,526	2.8	216	4.1
Shellfish	88	6.5	149	919	816	2,492	2.4	212	4.6
Fruits and Juices	167	5.6	147	218	2,568	56	1.3	0	19.0
Fruits	164	4.3	144	216	2,332	52	1.5	0	29.8
Juices	172	7.5	153	222	2,912	61	1.0	0	3.2
Grain Products	314	21.6	135	557	578	1,784	9.5	32	11.5
Breakfast cereals	553	58.9	173	561	689	1,522	26.1	0	16.0
Flour and other milled grains	54	12.0	153	470	519	105	3.5	0	14.3
Flour mix ^a	267	6.0	59	955	391	2,233	1.3	3	8.9
Mixtures with grain	541	7.7	104	693	839	2,688	5.4	130	6.9
Pasta and noodles	55	8.2	132	415	290	1,528	3.7	0	12.9
Rice, barley, and other grains	125	11.6	126	463	401	2,719	3.7	0	7.8

Table E.3 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	190	7.3	295	788	1,633	1,391	8.4	3	20.6
Dry beans and peas	367	16.4	365	993	2,994	2,794	16.3	6	45.8
Other nuts	188	4.3	396	713	882	464	7.2	0	9.6
Peanuts and peanut butter	72	3.1	257	597	1,084	762	4.9	0	10.1
Seeds	254	6.9	349	1,397	1,022	721	7.1	0	12.2
Soybeans and soy products	947	4.2	145	1,459	1,203	3,169	6.3	39	13.0
Milk and Other Dairy Products	2,086	3.3	235	1,828	2,693	1,284	8.2	82	5.5
Cheese	1,785	1.8	91	1,661	640	3,366	8.4	199	0.8
Cream	649	0.3	58	458	840	317	1.9	220	0.0
Ice cream and ice milk	578	2.2	108	535	1,016	354	3.5	157	6.2
Milk	2,176	3.6	269	1,891	3,162	868	8.3	57	6.6
Yogurt	1,641	0.7	160	1,289	2,106	629	8.0	41	0.0
Non- Dairy Drinks	445	2.0	140	234	1,858	438	0.6	0	1.6
Carbonated	85	4.0	13	346	149	205	0.7	0	1.0
Coffee and tea	202	2.2	251	594	5,520	700	1.5	2	5.6
Dry beverage	492	1.3	0	155	75	157	0.3	0	0.0
Enriched drinks	75	3.1	0	228	1,166	1,626	0.3	0	0.0
Fruit drinks	213	1.8	58	55	595	176	0.3	0	0.1
Water	0	0.0	0	0	0	0	0.0	0	0.0
Poultry	132	7.0	97	703	919	2,734	6.1	265	3.0
Chicken	118	6.5	93	621	772	2,357	4.9	241	3.1
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	426	8.4	90	729	990	364	9.1	446	0.0
Recipe mix ^b	371	4.6	98	705	971	1,590	6.0	227	1.9
Turkey	183	9.1	114	987	1,426	4,030	10.3	346	2.5
Prepared Foods	745	8.5	126	849	852	2,034	5.4	64	8.6
Burritos and tacos	408	10.0	127	632	860	1,912	4.7	58	13.6
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	126	9.7	112	399	664	4,399	2.9	21	2.8
Pizza	909	9.0	125	960	893	2,193	5.7	68	8.3
Prepared meals	394	20.0	106	446	951	1,428	11.8	53	7.4
Prepared sandwiches	363	5.4	140	640	707	1,785	4.7	53	7.9

Table E.3 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Red Meats	120	9.0	81	720	1,068	2,605	14.6	252	2.0
Beef and veal	133	10.9	86	745	1,119	2,205	18.2	265	2.3
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	90	5.0	57	465	665	3,118	6.8	203	1.3
Pork	94	5.3	77	780	1,122	3,583	7.6	240	1.2
Recipe mix ^c	177	8.8	143	739	2,019	3,341	13.9	201	8.1
Soups and Gravies	323	14.7	151	664	1,832	17,209	7.8	88	13.8
Gravies	292	18.7	76	527	990	11,535	4.0	40	8.6
Soups	338	12.8	186	729	2,230	19,888	9.6	110	16.2
Sugar and Desserts	78	1.2	20	83	203	272	0.7	2	1.1
Candies and toppings	113	1.8	50	166	292	425	1.7	13	3.1
Gelatins	8	0.3	5	372	18	1,224	0.0	0	0.0
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	346	5.9	90	365	998	1,165	1.9	7	0.8
Sherbet and ices	346	1.4	52	256	629	301	3.2	6	8.3
Sugars	46	0.4	5	3	75	17	0.0	0	0.0
Syrups	23	0.4	12	37	56	221	0.9	0	0.0
Vegetables	250	7.1	221	500	3,214	2,328	3.8	6	25.3
Green vegetables ^d	1,432	28.2	619	1,336	7,407	4,930	11.8	0	95.2
Mixed vegetables	999	26.6	627	1,073	6,406	3,346	11.3	0	79.6
Mixtures with vegetables ^e	405	6.4	106	456	945	1,768	2.8	95	11.3
Other vegetables ^f	894	13.4	372	1,013	4,921	1,591	9.4	0	54.9
Potato and potato products	74	3.5	148	340	2,410	1,744	1.9	1	13.0
Tomato and tomato products	324	11.8	291	545	4,975	4,164	7.0	27	33.7
Yellow vegetables ^g	279	7.2	269	775	3,699	2,747	5.9	0	38.0

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.4. Calorie Density, Sources of Calories, and Nutrient Density of Mixed- Use Foods, by Food Subgroups, SY 2009- 2010

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Bakery Products	3.59	29.3	7.4	12.7	7.1	6.5	0.6	62.6	8.4
Biscuits, muffins, pancakes, and waffles	3.28	37.5	9.0	15.4	10.5	9.4	1.0	55.7	7.4
Breads and rolls	2.86	16.9	3.9	6.2	5.9	5.3	0.6	69.2	12.9
Cakes and other bakery desserts	4.43	36.7	12.0	17.9	4.2	3.9	0.2	60.1	4.8
Crackers	4.54	32.0	7.6	15.6	6.6	6.2	0.4	60.0	7.7
Pretzels and snack chips	4.61	36.3	5.5	14.5	13.0	12.0	0.9	58.2	6.3
Condiments	0.91	12.3	1.6	4.9	4.8	4.0	0.7	91.6	6.7
Catsup and other sauces	1.05	11.3	1.4	4.1	4.8	4.1	0.7	92.8	6.3
Flavorings	0.46	12.8	7.3	4.2	0.7	0.7	0.0	78.6	20.8
Pickles and olives	0.26	32.5	4.8	20.6	4.4	3.2	1.2	69.2	11.2
Eggs	1.53	64.7	21.0	25.0	9.7	8.3	0.5	4.5	30.7
Eggs	1.43	62.1	19.3	23.8	8.5	7.1	0.2	2.3	35.0
Mixtures with egg	1.60	66.6	22.2	25.9	10.6	9.2	0.6	6.2	27.5
Fats and Oils	5.04	95.6	13.8	42.4	35.0	30.0	4.9	6.0	0.3
Butter	7.17	100.0	64.5	26.4	3.8	3.4	0.4	0.0	0.5
Margarine	6.80	100.0	18.8	46.7	32.3	29.3	2.9	0.3	0.1
Salad dressings and mayonnaise	3.14	85.7	14.1	24.8	42.0	36.7	5.3	15.6	0.7
Vegetable oils and shortenings	8.75	100.0	9.5	56.9	30.9	25.3	5.7	0.0	0.0
Fish	2.14	40.8	7.1	14.0	17.4	14.4	1.9	29.1	29.1
Fish	2.02	38.5	6.8	13.2	16.4	13.5	1.8	27.1	33.1
Shellfish	2.36	44.7	7.7	15.5	19.1	16.1	2.1	32.3	22.5
Fruits and Juices	0.54	2.4	0.4	0.4	0.7	0.5	0.1	100.0	3.3
Fruits	0.62	2.7	0.6	0.5	0.8	0.6	0.2	100.0	3.5
Juices	0.49	2.1	0.3	0.2	0.5	0.4	0.1	97.1	3.1
Grain Products	2.48	11.1	3.0	3.7	2.9	2.7	0.2	77.1	11.9
Breakfast cereals	3.97	11.9	1.8	4.4	3.7	3.5	0.2	83.6	5.9
Flour and other milled grains	3.57	3.2	0.5	0.3	1.3	1.3	0.1	84.6	12.6
Flour mix ^a	4.26	29.8	6.2	12.9	8.8	8.2	0.6	68.7	5.5
Mixtures with grain	1.92	36.0	13.0	13.2	7.0	6.3	0.6	46.7	17.8
Pasta and noodles	1.56	5.6	1.0	0.9	2.1	1.9	0.2	78.3	14.7
Rice, barley, and other grains	1.36	6.9	1.7	2.8	1.7	1.6	0.1	82.1	8.4

Table E.4 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun-saturated Fat	Polyun-saturated Fat	Linoleic Acid	Alpha-linolenic Acid	Carbohydrate	Protein
Legumes, Nuts, and Seeds	1.66	36.1	8.0	15.3	11.5	11.0	0.4	48.9	20.5
Dry beans and peas	1.08	4.2	1.1	1.2	1.4	0.7	0.5	76.6	23.4
Other nuts	6.07	81.8	6.2	51.6	20.0	20.0	0.0	11.7	14.0
Peanuts and peanut butter	5.88	77.1	16.0	37.1	21.7	21.6	0.1	13.3	17.1
Seeds	5.82	78.0	10.8	23.1	41.0	40.7	0.3	14.3	14.9
Soybeans and soy products	1.79	66.6	45.0	7.8	9.8	8.4	1.1	17.4	16.8
Milk and Other Dairy Products	0.68	25.2	15.6	7.3	1.1	0.8	0.3	53.3	22.8
Cheese	2.99	67.7	40.6	20.0	3.3	2.5	0.7	7.2	25.2
Cream	1.98	86.7	54.0	25.0	3.2	2.0	1.3	8.8	6.5
Ice cream and ice milk	2.08	41.6	25.6	11.0	2.1	1.4	0.6	53.9	7.9
Milk	0.56	15.9	10.0	4.5	0.6	0.4	0.1	62.2	23.4
Yogurt	0.93	10.8	7.0	3.0	0.3	0.2	0.1	70.5	20.0
Non- Dairy Drinks	0.09	2.8	0.7	1.5	0.3	0.2	0.0	97.6	1.0
Carbonated	0.23	0.9	0.0	0.0	0.0	0.0	0.0	100.0	1.5
Coffee and tea	0.24	24.4	6.9	14.4	2.0	1.8	0.1	69.5	6.0
Dry beverage	3.82	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.0
Enriched drinks	0.27	0.3	0.1	0.1	0.2	0.1	0.0	99.4	0.0
Fruit drinks	0.46	0.0	0.0	0.0	0.0	0.0	0.0	100.0	0.4
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	2.27	47.2	10.3	18.3	14.8	13.2	1.0	25.2	27.0
Chicken	2.30	47.6	9.9	19.1	15.1	13.5	1.1	24.6	27.4
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	2.34	52.9	9.6	14.2	24.4	21.4	2.5	21.6	24.4
Turkey	2.14	45.5	11.7	15.0	13.1	12.0	0.7	27.7	25.7
Prepared Foods	2.47	35.2	13.7	11.9	6.9	6.3	0.6	46.3	19.1
Burritos and tacos	2.25	33.3	11.2	12.0	7.7	6.8	0.8	49.4	17.4
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	-	-	-	-	-	-	-	-	-
Pizza	2.38	34.3	14.1	10.8	6.5	5.8	0.7	46.1	19.8
Prepared meals	1.70	31.5	6.5	8.7	14.0	12.2	1.4	46.6	21.1
Prepared sandwiches	3.58	47.1	12.5	21.0	11.2	10.9	0.3	41.3	15.5

Table E.4 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Red Meats	2.43	59.7	21.1	25.3	5.0	4.4	0.4	8.8	30.5
Beef and veal	2.35	59.0	21.2	25.0	3.8	3.3	0.4	7.7	32.2
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	3.17	68.6	23.0	28.9	9.5	8.6	0.7	12.9	17.4
Pork	2.51	57.9	19.0	24.7	8.4	7.3	0.4	12.0	28.6
Recipe mix ^c	1.41	45.1	17.0	16.1	3.3	2.8	0.5	22.1	31.5
Soups and Gravies	1.16	33.4	11.8	13.4	6.1	5.5	0.5	47.6	19.5
Gravies	3.40	30.2	12.0	11.6	6.2	5.6	0.6	59.1	10.8
Soups	0.81	35.4	11.7	14.6	6.1	5.5	0.4	40.3	25.1
Sugar and Desserts	2.18	7.9	3.6	3.1	0.4	0.4	0.0	92.6	1.9
Candies and toppings	3.75	20.6	11.1	5.9	2.0	1.8	0.2	80.9	1.9
Gelatins	3.74	0.0	0.0	0.0	0.0	0.0	0.0	95.0	8.2
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.43	26.0	7.2	15.5	0.6	0.6	0.0	69.5	5.0
Sherbet and ices	1.30	11.3	6.4	3.0	0.5	0.4	0.1	86.1	2.7
Sugars	3.86	0.1	0.0	0.0	0.0	0.0	0.0	100.0	0.0
Syrups	2.66	0.3	0.1	0.1	0.2	0.2	0.0	100.0	0.0
Vegetables	1.40	31.4	5.0	14.8	10.3	8.6	1.7	64.3	6.4
Green vegetables ^d	0.22	7.4	1.3	0.4	3.1	1.6	1.5	78.5	27.3
Mixed vegetables	0.32	6.1	1.0	0.3	2.9	1.3	1.6	79.0	24.6
Mixtures with vegetables ^e	3.09	53.8	10.0	20.9	19.7	18.4	1.0	38.3	8.2
Other vegetables ^f	1.17	3.0	0.6	0.5	1.0	0.7	0.2	92.3	13.6
Potato and potato products	1.76	33.2	5.2	16.0	10.7	8.9	1.8	62.9	5.5
Tomato and tomato products	0.64	25.2	6.6	5.8	10.5	10.2	0.3	66.4	10.8
Yellow vegetables ^g	0.73	10.6	1.6	3.5	4.7	4.1	0.5	88.8	9.9

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Bakery Products	70	79	4	2.7	0.4	0.5	222	334	10	0.8	1.0
Biscuits, muffins, pancakes, and waffles	49	140	16	4.2	0.3	0.6	196	288	8	0.8	0.9
Breads and rolls	5	4	0	0.8	0.3	0.5	363	551	14	1.1	1.4
Cakes and other bakery desserts	189	184	3	2.5	0.4	0.4	136	216	8	0.7	0.7
Crackers	18	17	0	1.7	0.4	0.2	228	351	10	0.9	0.7
Pretzels and snack chips	25	20	6	6.2	0.5	0.6	91	107	7	0.6	0.5
Condiments	729	368	132	12.1	1.2	0.0	78	79	10	1.0	0.3
Catsup and other sauces	715	361	107	12.3	1.2	0.0	78	78	11	1.0	0.3
Flavorings	3	2	6	0.3	1.6	0.0	75	75	12	1.2	0.7
Pickles and olives	1,195	591	677	12.0	1.6	0.0	96	96	6	1.2	1.1
Eggs	982	965	0	6.5	0.8	7.1	233	234	1	2.9	0.4
Eggs	1,005	995	0	6.7	1.0	8.7	320	320	0	3.4	0.5
Mixtures with egg	966	944	0	6.3	0.7	5.9	170	170	1	2.5	0.4
Fats and Oils	267	251	0	12.4	0.1	0.1	2	2	0	0.0	0.0
Butter	973	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	1,279	1,205	0	12.1	0.0	0.1	1	1	0	0.1	0.0
Salad dressings and mayonnaise	45	42	0	9.3	0.2	0.2	5	5	0	0.1	0.0
Vegetable oils and shortenings	11	11	0	15.7	0.0	0.0	0	0	0	0.0	0.0
Fish	69	68	1	5.6	0.6	7.8	133	189	19	0.6	0.7
Fish	74	74	1	5.4	0.7	9.1	126	178	26	0.6	0.6
Shellfish	60	60	2	5.9	0.3	5.8	144	206	9	0.6	0.7
Fruits and Juices	262	131	347	3.0	1.3	0.0	172	172	5	0.5	0.7
Fruits	357	179	195	3.9	1.4	0.0	130	130	6	0.6	0.5
Juices	170	84	494	2.0	1.2	0.0	212	212	4	0.5	0.8
Grain Products	322	327	13	1.4	1.1	2.3	482	772	19	1.5	1.9
Breakfast cereals	1,684	1,691	64	2.8	4.7	12.9	1,148	1,919	51	4.3	4.0
Flour and other milled grains	1	0	0	0.8	0.4	0.0	384	589	17	1.1	1.9
Flour mix ^a	12	10	0	2.0	0.1	0.1	178	281	5	0.5	0.5
Mixtures with grain	321	349	14	2.7	0.5	1.4	199	288	9	1.0	1.0
Pasta and noodles	0	0	0	0.6	0.3	0.0	439	708	10	0.8	1.7
Rice, barley, and other grains	6	4	0	0.4	0.8	0.0	413	691	12	0.1	1.2

Table E.4 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Legumes, Nuts, and Seeds	42	23	8	9.2	0.9	0.1	384	384	11	0.4	0.7
Dry beans and peas	66	32	14	1.3	0.9	0.0	566	566	4	0.5	1.1
Other nuts	0	0	0	42.8	0.2	0.0	44	44	6	1.3	0.2
Peanuts and peanut butter	0	0	0	15.2	0.9	0.0	128	128	23	0.2	0.1
Seeds	15	7	2	42.1	0.8	0.0	273	273	6	0.6	0.6
Soybeans and soy products	162	160	1	5.6	1.5	5.3	120	120	12	1.4	1.1
Milk and Other Dairy Products	932	925	8	0.5	0.6	6.2	78	79	2	2.7	0.6
Cheese	650	633	0	1.3	0.2	3.7	39	42	1	1.2	0.2
Cream	831	814	5	2.8	0.1	1.5	48	48	0	0.8	0.2
Ice cream and ice milk	500	496	3	1.3	0.2	1.8	36	40	1	1.1	0.2
Milk	1,029	1,024	9	0.3	0.7	7.0	88	88	2	3.1	0.6
Yogurt	118	114	8	0.2	0.5	5.4	107	107	1	2.0	0.4
Non- Dairy Drinks	3	0	67	0.6	0.6	2.9	71	71	6	0.4	0.4
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	0.4	0.1
Coffee and tea	1	0	0	2.0	0.2	0.3	182	182	12	1.2	0.2
Dry beverage	0	0	319	0.0	0.0	0.0	0	0	0	0.1	0.0
Enriched drinks	0	0	17	0.0	1.8	10.9	2	2	18	0.0	0.4
Fruit drinks	5	1	124	0.7	0.3	0.0	104	104	1	0.5	0.5
Water	0	0	0	0.0	0.0	0.0	0	0	0	0.0	0.0
Poultry	32	125	4	4.4	1.0	0.8	119	159	20	0.7	0.7
Chicken	35	149	3	4.3	1.1	0.7	123	164	22	0.6	0.7
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	108	90	3	3.8	1.0	0.6	152	213	16	0.7	0.6
Turkey	19	20	9	4.9	0.7	1.3	100	140	11	0.9	0.7
Prepared Foods	244	423	3	3.1	0.5	1.2	248	322	11	1.1	0.9
Burritos and tacos	129	1,748	9	2.7	0.6	0.6	270	363	12	0.9	1.0
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	-	-	-	-	-	-	-	-	-	-	-
Pizza	274	326	2	2.8	0.4	1.4	254	326	11	1.2	0.9
Prepared meals	196	129	79	3.6	1.1	1.0	136	191	20	0.7	0.6
Prepared sandwiches	56	75	1	6.4	0.6	0.6	216	257	16	0.6	0.5

Table E.4 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Red Meats	11	70	1	2.4	0.9	5.7	76	88	16	0.7	0.6
Beef and veal	7	72	1	2.4	0.9	6.7	85	96	17	0.6	0.4
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	11	11	0	2.3	0.6	2.8	49	69	10	0.6	0.6
Pork	29	92	2	2.4	1.1	2.5	43	55	19	0.9	1.8
Recipe mix ^c	169	164	21	1.9	1.2	5.7	83	97	18	1.1	0.7
Soups and Gravies	267	147	21	3.5	0.8	3.0	136	172	11	1.1	0.7
Gravies	25	26	3	1.4	0.5	1.0	124	166	4	0.9	0.4
Soups	422	225	33	4.9	1.0	4.2	144	176	16	1.2	0.8
Sugar and Desserts	37	35	5	0.3	0.1	0.3	10	10	0	0.3	0.1
Candies and toppings	104	101	1	0.8	0.0	0.4	7	7	0	0.2	0.1
Gelatins	0	0	0	0.0	0.0	0.0	8	8	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	55	55	2	2.1	0.1	0.8	18	18	1	0.5	0.1
Sherbet and ices	76	73	15	0.1	0.1	0.8	24	24	0	0.6	0.2
Sugars	0	0	0	0.0	0.0	0.0	0	0	0	0.0	0.0
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.1	0.0
Vegetables	749	375	88	6.0	1.8	0.0	157	165	10	0.3	0.8
Green vegetables ^d	6,350	3,177	696	20.2	3.2	0.0	2,156	2,156	14	2.6	2.3
Mixed vegetables	14,165	7,076	459	17.8	2.8	0.0	2,398	2,398	18	3.0	2.2
Mixtures with vegetables ^e	78	50	14	4.9	0.3	0.9	156	225	6	0.8	0.7
Other vegetables ^f	118	59	187	1.4	2.6	0.0	391	391	3	0.6	1.4
Potato and potato products	4	3	73	4.8	1.7	0.0	86	94	9	0.2	0.8
Tomato and tomato products	873	437	99	29.3	2.3	0.2	199	199	43	0.9	0.5
Yellow vegetables ^g	12,784	6,393	87	6.9	1.7	0.0	325	325	11	0.8	0.7

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
Nutrient Density (Nutrients per 1,000 Calories)									
Bakery Products	287	9.0	84	338	401	1,438	2.2	16	7.1
Biscuits, muffins, pancakes, and waffles	232	8.5	58	576	389	1,527	2.2	80	5.6
Breads and rolls	461	11.9	89	303	392	1,671	2.7	8	8.6
Cakes and other bakery desserts	144	7.9	71	254	301	759	1.5	11	4.4
Crackers	185	9.7	69	353	351	1,952	2.0	5	5.9
Pretzels and snack chips	236	4.7	118	396	628	1,973	2.7	3	9.9
Condiments	261	6.3	195	353	3,146	16,703	2.8	0	8.1
Catsup and other sauces	189	5.2	182	328	3,093	9,958	2.6	0	5.6
Flavorings	748	26.5	765	1,518	3,860	482,309	11.6	0	47.0
Pickles and olives	1,599	23.0	320	548	4,040	31,206	5.0	0	49.0
Eggs	526	9.9	82	1,226	951	2,060	7.1	2,334	0.0
Eggs	361	11.8	81	1,290	927	1,140	7.6	2,904	0.0
Mixtures with egg	646	8.4	83	1,180	968	2,734	6.8	1,915	0.1
Fats and Oils	13	0.2	3	20	40	1,212	0.1	26	0.0
Butter	33	0.0	3	33	33	803	0.1	300	0.0
Margarine	10	0.1	4	10	30	1,342	0.0	0	0.0
Salad dressings and mayonnaise	28	0.4	5	45	88	2,503	0.4	55	0.1
Vegetable oils and shortenings	1	0.0	0	0	1	11	0.0	0	0.0
Fish	89	7.1	157	968	940	2,538	2.8	217	4.1
Fish	89	7.5	163	998	1,015	2,567	3.1	220	3.8
Shellfish	88	6.5	149	919	816	2,491	2.4	212	4.6
Fruits and Juices	153	6.0	155	221	2,703	76	1.2	0	15.6
Fruits	147	4.2	153	215	2,423	92	1.5	0	28.3
Juices	160	7.8	156	227	2,975	61	1.0	0	3.2
Grain Products	271	16.7	135	506	532	1,162	8.3	22	12.0
Breakfast cereals	807	50.1	109	390	445	1,519	31.0	0	12.0
Flour and other milled grains	58	12.2	162	506	555	9	3.9	0	15.8
Flour mix ^a	309	8.3	84	764	570	2,014	1.6	2	7.0
Mixtures with grain	587	7.5	118	751	870	2,474	5.2	137	7.1
Pasta and noodles	49	8.1	122	388	284	1,495	3.4	0	12.1
Rice, barley, and other grains	92	9.2	115	388	320	2,702	3.9	1	5.7

Table E.4 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	278	11.8	342	931	2,259	1,844	12.3	6	30.5
Dry beans and peas	397	17.5	388	1,012	3,171	2,694	17.3	10	46.0
Other nuts	479	6.1	451	768	1,152	558	5.1	0	17.3
Peanuts and peanut butter	75	3.2	263	614	1,105	765	5.1	0	10.2
Seeds	192	11.5	442	1,747	1,018	459	9.7	0	14.5
Soybeans and soy products	619	3.7	84	1,012	1,280	1,646	6.1	21	6.6
Milk and Other Dairy Products	1,943	2.8	198	1,663	2,463	1,194	7.4	93	5.0
Cheese	1,748	1.4	80	1,406	545	2,808	8.2	214	0.2
Cream	579	0.3	55	439	723	259	1.6	215	0.0
Ice cream and ice milk	598	1.6	89	523	1,027	352	3.4	170	4.7
Milk	2,074	3.1	228	1,794	2,939	944	7.5	65	6.1
Yogurt	1,733	0.8	167	1,363	2,223	665	8.4	47	0.0
Non- Dairy Drinks	878	2.4	213	226	1,101	698	0.5	0	0.4
Carbonated	105	4.8	18	419	193	245	0.7	0	0.0
Coffee and tea	193	2.3	267	591	5,266	753	1.6	2	3.9
Dry beverage	372	1.3	0	0	13	110	0.3	0	0.0
Enriched drinks	40	2.2	1	292	559	1,312	0.4	0	0.0
Fruit drinks	168	1.8	65	65	761	188	0.2	0	0.1
Water	0	0.0	0	0	0	0	0.0	0	0.0
Poultry	146	7.1	93	619	796	2,639	4.8	207	4.1
Chicken	131	6.8	93	595	722	2,413	4.3	202	4.3
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	212	6.2	72	420	667	1,324	4.8	182	3.6
Turkey	212	8.0	92	726	1,119	3,631	7.2	230	3.1
Prepared Foods	782	8.6	121	862	857	2,057	5.3	68	8.3
Burritos and tacos	418	9.0	129	601	824	1,853	4.4	73	11.7
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	-	-	-	-	-	-	-	-	-
Pizza	870	8.9	119	927	870	2,216	5.5	71	8.0
Prepared meals	156	6.3	94	535	825	2,563	4.4	178	3.8
Prepared sandwiches	239	5.5	152	559	759	1,409	4.6	40	8.4

Table E.4 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Red Meats	121	8.9	77	673	969	2,242	14.5	245	1.7
Beef and veal	128	10.0	80	688	978	2,018	16.6	250	1.9
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	101	4.7	52	430	591	3,167	5.6	196	1.1
Pork	98	5.3	76	734	1,141	2,895	8.4	247	1.2
Recipe mix ^c	282	8.6	126	893	1,832	2,725	16.2	348	3.6
Soups and Gravies	319	16.8	145	688	1,576	18,219	7.2	104	11.5
Gravies	301	20.9	82	537	900	11,564	2.8	45	9.3
Soups	331	14.3	185	784	2,008	22,474	10.0	141	12.9
Sugar and Desserts	149	1.3	29	139	306	310	1.3	4	2.5
Candies and toppings	96	1.1	37	122	218	255	1.5	14	2.3
Gelatins	8	0.3	6	370	24	1,221	0.0	0	0.0
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	351	5.0	89	348	888	1,072	1.9	7	0.9
Sherbet and ices	328	1.7	50	243	606	290	3.2	6	7.9
Sugars	25	0.2	3	2	42	9	0.0	0	0.0
Syrups	23	0.4	11	37	49	225	0.9	0	0.0
Vegetables	135	4.7	164	377	2,565	2,015	2.5	3	16.0
Green vegetables ^d	1,552	29.5	615	1,362	8,336	4,321	12.3	0	97.5
Mixed vegetables	1,244	32.7	747	1,206	8,006	3,324	13.0	0	84.8
Mixtures with vegetables ^e	278	5.3	57	362	658	1,478	2.0	104	5.4
Other vegetables ^f	1,091	14.3	364	981	3,776	656	11.4	0	49.4
Potato and potato products	80	3.5	141	332	2,289	1,864	1.9	2	12.5
Tomato and tomato products	332	12.3	293	544	5,023	4,209	6.9	26	33.8
Yellow vegetables ^g	289	7.7	229	624	3,480	2,919	4.4	0	33.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.5. Calorie Density, Sources of Calories, and Nutrient Density of All Food Acquisitions, by Food Subgroups, SY 2009-2010

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun-saturated Fat	Polyun-saturated Fat	Linoleic Acid	Alpha-linolenic Acid	Carbohydrate	Protein
Bakery Products	3.38	27.8	6.6	11.4	7.7	7.1	0.6	63.4	9.1
Biscuits, muffins, pancakes, and waffles	3.20	36.4	8.3	13.2	12.2	10.8	1.3	56.8	7.4
Breads and rolls	2.84	17.4	4.1	7.0	5.1	4.7	0.5	69.0	12.9
Cakes and other bakery desserts	4.40	37.4	11.8	18.5	4.3	4.0	0.2	59.6	4.8
Crackers	4.40	27.6	5.9	12.2	7.7	7.1	0.5	65.7	7.0
Pretzels and snack chips	4.64	36.9	5.6	13.1	14.6	13.9	0.6	57.9	6.4
Condiments	0.80	11.8	1.6	4.5	4.6	3.9	0.7	90.9	7.1
Catsup and other sauces	0.95	11.2	1.4	3.9	4.8	4.2	0.6	92.3	6.6
Flavorings	0.54	5.1	2.7	1.6	0.5	0.5	0.0	74.6	13.9
Pickles and olives	0.26	24.6	3.7	14.6	3.8	2.6	1.2	78.0	10.9
Eggs	1.68	61.8	19.9	24.2	9.7	8.4	0.5	10.2	28.0
Eggs	1.44	62.3	19.4	23.9	8.5	7.2	0.2	2.2	35.1
Mixtures with egg	1.81	61.6	20.2	24.3	10.1	8.9	0.6	13.6	25.0
Fats and Oils	5.16	96.5	17.8	34.1	39.7	35.2	4.5	5.0	0.3
Butter	7.17	100.0	64.5	26.4	3.8	3.4	0.4	0.0	0.5
Margarine	6.96	100.0	19.1	47.4	31.6	28.8	2.7	0.4	0.1
Salad dressings and mayonnaise	3.83	91.1	14.6	27.6	43.3	38.1	5.1	10.2	0.6
Vegetable oils and shortenings	8.25	100.0	16.7	37.2	43.4	38.4	5.0	0.1	0.1
Fish	2.20	42.0	7.3	14.5	17.9	14.9	2.0	30.0	27.1
Fish	2.16	41.2	7.2	14.2	17.6	14.6	1.9	29.3	28.6
Shellfish	2.36	44.7	7.7	15.5	19.1	16.0	2.1	32.3	22.5
Fruits and Juices	0.55	2.3	0.4	0.4	0.6	0.5	0.1	100.0	3.3
Fruits	0.60	2.6	0.5	0.5	0.7	0.6	0.2	100.0	3.5
Juices	0.49	2.0	0.3	0.2	0.5	0.4	0.1	97.2	3.0
Grain Products	2.07	14.0	4.0	4.8	3.5	3.3	0.3	74.8	11.8
Breakfast cereals	3.69	9.2	1.5	3.2	2.9	2.7	0.1	86.6	7.4
Flour and other milled grains	3.06	3.3	0.5	0.4	1.4	1.3	0.1	84.5	12.2
Flour mix ^a	4.18	25.2	5.4	11.7	6.5	6.1	0.4	70.8	6.0
Mixtures with grain	1.73	34.6	12.4	12.6	6.9	6.2	0.6	48.9	16.7
Pasta and noodles	1.53	5.6	1.0	0.9	2.1	1.9	0.2	78.8	14.9
Rice, barley, and other grains	1.31	7.6	1.5	2.3	2.7	2.5	0.2	81.2	8.8

Table E.5 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Legumes, Nuts, and Seeds	2.46	54.0	10.9	24.8	16.3	16.0	0.3	34.0	18.4
Dry beans and peas	1.09	5.2	1.1	1.5	1.8	1.1	0.6	76.5	23.0
Other nuts	6.18	82.8	12.5	47.1	19.6	18.5	1.0	13.8	10.2
Peanuts and peanut butter	5.73	75.5	15.7	36.3	21.2	21.1	0.1	15.3	16.7
Seeds	5.98	78.8	9.8	29.4	36.3	35.9	0.3	15.3	12.8
Soybeans and soy products	2.04	53.9	21.0	12.0	17.3	14.9	2.0	20.2	26.2
Milk and Other Dairy Products	0.66	21.6	13.2	6.3	1.0	0.8	0.2	56.8	24.1
Cheese	2.85	62.9	37.2	18.5	3.7	2.9	0.8	11.3	25.8
Cream	1.86	83.4	51.9	24.1	3.1	1.9	1.2	11.2	7.2
Ice cream and ice milk	2.25	44.0	28.2	10.4	2.3	1.8	0.5	51.5	7.6
Milk	0.54	11.8	7.5	3.5	0.4	0.3	0.1	66.7	24.6
Yogurt	0.96	9.5	6.1	2.6	0.3	0.2	0.1	72.9	19.0
Non- Dairy Drinks	0.14	3.0	0.8	1.6	0.3	0.3	0.0	97.5	1.1
Carbonated	0.26	0.8	0.0	0.0	0.0	0.0	0.0	100.0	1.3
Coffee and tea	0.36	20.4	5.9	11.8	1.8	1.6	0.1	73.9	7.0
Dry beverage	3.74	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.0
Enriched drinks	0.24	0.3	0.1	0.1	0.2	0.1	0.0	99.4	0.0
Fruit drinks	0.37	0.1	0.0	0.0	0.0	0.0	0.0	100.0	0.4
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	97.6	0.0
Poultry	2.17	46.7	10.7	18.2	13.5	12.0	0.9	20.7	31.5
Chicken	2.25	47.3	10.5	19.1	13.9	12.4	1.0	21.4	30.4
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	1.34	56.2	14.5	24.9	13.9	12.7	0.3	0.8	40.3
Recipe mix ^b	1.74	51.1	12.1	18.2	16.7	14.7	1.5	19.3	28.5
Turkey	1.90	44.5	11.5	14.7	12.2	10.7	0.6	18.3	35.5
Prepared Foods	2.50	35.6	13.9	12.1	7.0	6.4	0.6	46.7	18.6
Burritos and tacos	2.24	27.9	10.6	9.1	6.0	5.2	0.8	55.0	17.1
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	1.43	2.6	0.5	0.8	0.8	0.3	0.1	82.7	12.0
Pizza	2.36	33.9	14.2	10.5	6.5	5.8	0.7	46.4	19.9
Prepared meals	1.52	21.5	4.7	7.2	7.6	6.9	0.6	69.2	10.7
Prepared sandwiches	3.49	47.5	15.3	19.7	10.0	9.5	0.4	40.4	15.8

Table E.5 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Red Meats	2.30	58.8	20.9	24.9	4.9	4.3	0.4	8.3	31.9
Beef and veal	2.19	57.7	21.2	24.5	3.2	2.7	0.3	6.6	34.9
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	3.00	66.5	22.6	28.0	9.5	8.5	0.8	13.6	18.8
Pork	2.47	59.0	18.9	25.0	9.1	7.9	0.4	12.0	27.7
Recipe mix ^c	1.12	36.2	12.9	13.4	4.0	3.5	0.5	37.3	25.6
Soups and Gravies	1.20	30.1	10.4	12.1	5.4	4.9	0.4	52.3	18.5
Gravies	2.35	33.3	13.0	13.6	6.0	5.5	0.5	56.3	10.8
Soups	0.97	28.6	9.2	11.4	5.2	4.7	0.4	50.4	22.1
Sugar and Desserts	2.68	5.8	2.5	2.2	0.6	0.5	0.0	96.1	1.4
Candies and toppings	4.36	31.6	15.0	9.9	4.3	4.0	0.2	67.6	2.6
Gelatins	3.78	0.0	0.0	0.0	0.0	0.0	0.0	95.0	8.2
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.36	22.9	6.2	13.5	0.5	0.5	0.0	71.5	5.3
Sherbet and ices	1.32	11.5	6.5	3.0	0.5	0.4	0.1	85.8	2.7
Sugars	3.86	0.1	0.0	0.0	0.0	0.0	0.0	100.0	0.0
Syrups	2.67	0.3	0.1	0.1	0.2	0.2	0.0	100.0	0.0
Vegetables	1.03	27.4	4.6	11.8	9.7	8.2	1.4	67.6	8.3
Green vegetables ^d	0.25	6.8	1.2	0.4	2.9	1.4	1.5	78.3	27.7
Mixed vegetables	0.37	5.1	0.9	0.2	2.4	1.2	1.2	79.5	22.5
Mixtures with vegetables ^e	2.03	52.2	10.8	16.7	21.1	19.1	1.8	40.0	9.6
Other vegetables ^f	0.51	3.5	0.9	0.5	1.2	0.8	0.4	91.3	14.9
Potato and potato products	1.80	31.5	4.9	14.8	10.7	8.9	1.7	64.4	5.7
Tomato and tomato products	0.63	25.5	6.7	5.9	10.5	10.3	0.3	65.9	10.8
Yellow vegetables ^g	0.66	10.4	1.5	3.1	4.7	4.3	0.4	90.3	10.5

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Bakery Products	50	58	2	2.4	0.3	0.3	231	346	10	0.9	1.0
Biscuits, muffins, pancakes, and waffles	76	124	4	3.9	0.3	0.5	184	274	8	0.9	0.8
Breads and rolls	6	6	0	1.0	0.3	0.3	345	521	14	1.0	1.5
Cakes and other bakery desserts	164	164	1	2.6	0.4	0.2	132	207	7	0.6	0.7
Crackers	8	8	0	1.2	0.2	0.1	160	240	10	0.8	0.6
Pretzels and snack chips	21	17	6	5.4	0.5	0.5	95	116	6	0.8	0.5
Condiments	742	374	130	12.1	1.4	0.0	76	77	10	1.0	0.4
Catsup and other sauces	734	371	101	12.6	1.4	0.0	76	77	10	1.0	0.3
Flavorings	3	2	8	0.3	1.6	0.0	36	36	8	1.0	0.7
Pickles and olives	1,240	613	622	10.5	1.5	0.0	91	91	6	1.2	1.1
Eggs	823	809	0	5.9	0.8	6.0	216	227	3	2.5	0.5
Eggs	991	981	0	6.8	1.0	8.8	324	324	0	3.3	0.5
Mixtures with egg	751	736	0	5.6	0.7	4.8	170	186	4	2.1	0.5
Fats and Oils	322	304	0	10.0	0.1	0.1	3	3	0	0.0	0.0
Butter	973	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	1,248	1,175	0	12.2	0.0	0.1	1	1	0	0.1	0.0
Salad dressings and mayonnaise	62	57	0	9.7	0.3	0.2	5	5	0	0.1	0.1
Vegetable oils and shortenings	74	70	0	9.8	0.0	0.0	0	0	0	0.0	0.0
Fish	66	66	2	5.7	0.5	7.2	136	194	16	0.6	0.7
Fish	68	68	1	5.6	0.6	7.7	134	190	18	0.6	0.7
Shellfish	60	60	2	5.9	0.3	5.8	144	206	9	0.6	0.7
Fruits and Juices	270	135	322	3.2	1.1	0.0	163	163	5	0.5	0.6
Fruits	351	175	209	4.2	1.1	0.0	131	131	5	0.5	0.5
Juices	154	76	486	1.9	1.1	0.0	208	208	4	0.5	0.8
Grain Products	453	452	20	1.6	1.7	3.9	564	921	22	1.7	2.0
Breakfast cereals	1,608	1,613	69	2.6	5.4	15.2	1,305	2,183	53	4.6	4.3
Flour and other milled grains	3	1	0	0.7	0.4	0.0	386	595	16	1.1	1.9
Flour mix ^a	18	16	0	1.3	0.2	0.2	205	329	5	0.6	0.7
Mixtures with grain	323	320	17	2.8	0.5	1.4	198	295	9	1.0	0.9
Pasta and noodles	0	0	0	0.7	0.4	0.0	407	654	10	0.8	1.6
Rice, barley, and other grains	4	2	0	0.4	1.0	0.0	466	780	15	0.1	1.3

Table E.5 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	22	13	4	13.2	0.9	0.1	261	261	15	0.4	0.5
Dry beans and peas	57	28	11	1.4	1.0	0.0	536	536	4	0.5	1.1
Other nuts	1	0	1	14.4	0.3	0.0	89	89	3	0.8	0.8
Peanuts and peanut butter	0	0	0	14.9	0.9	0.0	124	124	22	0.2	0.1
Seeds	3	1	2	48.7	0.8	0.0	258	258	7	0.6	0.4
Soybeans and soy products	207	203	2	8.3	1.7	6.4	203	204	13	1.6	1.5
Milk and Other Dairy Products	952	946	5	0.5	0.6	6.9	84	85	2	2.8	0.6
Cheese	640	625	0	1.3	0.2	3.6	54	63	1	1.2	0.3
Cream	818	801	5	2.7	0.1	1.7	53	53	0	0.8	0.2
Ice cream and ice milk	456	452	3	1.9	0.2	1.6	32	34	1	1.1	0.2
Milk	1,063	1,059	6	0.3	0.7	7.9	92	92	2	3.2	0.7
Yogurt	102	99	8	0.3	0.4	5.1	100	100	1	1.9	0.4
Non- Dairy Drinks	108	107	156	6.4	3.0	4.6	45	45	25	0.4	0.3
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	0.3	0.1
Coffee and tea	0	0	0	1.6	0.2	0.3	156	156	12	0.9	0.1
Dry beverage	0	0	379	0.0	0.0	0.0	0	0	0	0.1	0.0
Enriched drinks	0	0	75	11.4	5.5	10.6	1	1	45	0.0	0.4
Fruit drinks	327	323	297	0.5	0.7	0.0	71	71	5	0.7	0.3
Water	0	0	1,760	334.0	111.2	2.0	0	0	819	0.0	0.0
Poultry	48	119	5	3.8	1.2	1.0	101	134	22	0.7	0.9
Chicken	54	143	2	3.9	1.2	0.8	109	145	24	0.7	1.0
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	51	51	11	2.1	1.3	3.8	53	53	24	1.2	0.1
Recipe mix ^b	399	368	2	4.0	1.0	1.5	123	178	19	1.0	0.6
Turkey	26	30	13	3.6	1.1	1.6	73	95	15	1.0	0.6
Prepared Foods	242	330	5	3.3	0.5	1.2	254	327	11	1.1	0.9
Burritos and tacos	130	505	10	2.3	0.5	0.8	319	420	10	1.0	1.1
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	192	112	13	1.0	0.6	0.7	385	608	13	0.3	1.0
Pizza	280	327	2	2.9	0.4	1.4	255	326	11	1.2	0.9
Prepared meals	581	563	89	2.8	1.6	3.6	460	747	21	1.6	1.5
Prepared sandwiches	122	153	1	5.4	0.5	0.6	218	257	14	0.7	0.6

Table E.5 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Red Meats	25	70	3	2.4	1.0	5.9	76	86	17	0.7	0.6
Beef and veal	25	78	4	2.4	1.0	7.1	87	94	17	0.7	0.3
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	10	9	0	2.4	0.6	3.3	52	71	11	0.7	0.7
Pork	34	71	2	2.6	1.2	2.7	49	64	20	0.8	1.8
Recipe mix ^c	192	124	104	3.1	1.4	4.2	145	194	16	0.8	0.7
Soups and Gravies	279	147	26	3.3	1.0	2.1	114	143	11	1.0	0.7
Gravies	19	19	3	1.3	0.5	1.0	124	168	5	1.0	0.5
Soups	401	207	37	4.2	1.2	2.6	109	131	14	1.1	0.8
Sugar and Desserts	33	30	7	0.4	0.0	0.2	9	10	0	0.2	0.0
Candies and toppings	165	158	4	1.8	0.0	0.5	20	24	1	0.3	0.1
Gelatins	0	0	0	0.0	0.0	0.0	8	8	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	57	54	2	1.8	0.1	0.9	19	19	1	0.5	0.2
Sherbet and ices	78	74	15	0.1	0.1	0.8	25	25	0	0.6	0.2
Sugars	0	0	0	0.0	0.0	0.0	1	1	0	0.0	0.0
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.1	0.0
Vegetables	1,871	938	123	7.6	1.9	0.0	277	283	13	0.5	0.9
Green vegetables ^d	5,857	2,932	689	19.1	3.1	0.0	1,973	1,973	15	2.6	2.3
Mixed vegetables	12,173	6,083	352	14.2	2.4	0.0	1,807	1,807	16	2.7	1.9
Mixtures with vegetables ^e	579	392	64	4.4	0.7	0.7	249	315	6	0.8	0.8
Other vegetables ^f	287	143	339	1.8	3.4	0.0	579	579	7	1.1	1.4
Potato and potato products	4	3	84	4.5	1.8	0.0	87	94	10	0.2	0.9
Tomato and tomato products	899	450	101	28.9	2.3	0.3	206	206	43	0.9	0.5
Yellow vegetables ^g	12,458	6,227	67	6.8	1.7	0.0	396	396	14	0.8	0.6

Table E.5 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Bakery Products	302	9.3	92	404	410	1,575	2.6	22	8.2
Biscuits, muffins, pancakes, and waffles	221	7.7	60	584	383	1,496	2.4	83	6.5
Breads and rolls	455	12.2	102	404	428	1,838	3.1	7	10.0
Cakes and other bakery desserts	111	7.6	77	259	311	734	1.6	14	4.8
Crackers	122	8.9	73	303	338	1,677	2.0	2	6.5
Pretzels and snack chips	267	4.7	134	399	563	1,936	3.0	2	10.4
Condiments	303	7.0	204	381	3,266	19,435	3.1	1	10.2
Catsup and other sauces	211	5.8	189	349	3,222	10,192	2.8	1	7.2
Flavorings	606	14.8	431	1,015	3,167	271,260	6.8	0	27.9
Pickles and olives	1,547	21.5	317	551	4,001	31,545	5.0	0	47.5
Eggs	503	9.3	84	1,124	912	2,119	6.7	1,925	0.8
Eggs	366	12.3	83	1,314	932	1,056	7.7	2,931	0.0
Mixtures with egg	562	8.0	84	1,043	903	2,571	6.3	1,497	1.1
Fats and Oils	18	0.3	4	24	49	1,496	0.2	28	0.1
Butter	33	0.0	3	33	33	801	0.1	300	0.0
Margarine	9	0.1	4	10	30	1,324	0.0	1	0.0
Salad dressings and mayonnaise	30	0.5	5	42	84	2,475	0.3	36	0.2
Vegetable oils and shortenings	4	0.1	0	3	4	72	0.0	0	0.0
Fish	89	6.9	155	954	905	2,520	2.7	215	4.2
Fish	89	7.1	157	965	932	2,529	2.8	216	4.1
Shellfish	88	6.5	149	919	816	2,492	2.4	212	4.6
Fruits and Juices	172	5.6	147	218	2,577	72	1.3	0	18.6
Fruits	173	4.2	144	215	2,342	79	1.5	0	29.2
Juices	170	7.6	153	222	2,917	61	1.0	0	3.2
Grain Products	308	20.8	134	552	572	1,725	9.3	30	11.5
Breakfast cereals	569	58.4	169	549	672	1,524	26.4	0	15.7
Flour and other milled grains	55	12.1	155	479	527	83	3.6	0	14.7
Flour mix ^a	287	6.2	64	898	446	2,151	1.3	2	7.8
Mixtures with grain	544	7.7	105	698	842	2,672	5.4	131	7.0
Pasta and noodles	55	8.2	131	414	290	1,526	3.7	0	12.9
Rice, barley, and other grains	118	10.9	126	453	392	2,652	3.7	1	8.1

Table E.5 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	195	7.6	297	801	1,668	1,415	8.6	3	21.2
Dry beans and peas	371	16.5	367	995	3,015	2,782	16.4	7	45.8
Other nuts	190	4.3	397	714	884	465	7.2	0	9.7
Peanuts and peanut butter	72	3.1	257	598	1,085	762	4.9	0	10.1
Seeds	244	7.2	349	1,447	1,012	702	7.3	0	12.6
Soybeans and soy products	923	4.1	141	1,420	1,210	3,047	6.2	37	12.5
Milk and Other Dairy Products	2,033	3.2	227	1,777	2,617	1,257	8.0	84	5.4
Cheese	1,769	1.8	89	1,616	626	3,262	8.3	201	0.7
Cream	642	0.3	57	456	828	311	1.9	220	0.0
Ice cream and ice milk	547	1.8	93	480	945	309	3.2	136	4.8
Milk	2,164	3.6	264	1,881	3,138	876	8.2	58	6.6
Yogurt	1,642	0.9	163	1,295	2,124	629	8.0	42	0.3
Non- Dairy Drinks	577	2.3	136	275	1,301	837	0.5	0	0.8
Carbonated	90	4.2	13	370	157	211	0.7	0	0.4
Coffee and tea	195	2.4	275	557	5,717	662	1.6	1	5.6
Dry beverage	490	1.3	0	152	74	157	0.3	0	0.0
Enriched drinks	44	2.3	1	282	643	1,357	0.4	0	0.0
Fruit drinks	409	2.0	73	159	688	183	0.4	0	0.1
Water	116,305	6.0	23,225	0	3,200	25,851	0.1	0	0.0
Poultry	134	7.0	96	685	892	2,704	5.9	254	3.2
Chicken	120	6.5	92	614	760	2,360	4.8	234	3.3
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	426	8.4	90	729	990	364	9.1	446	0.0
Recipe mix ^b	348	4.9	95	664	927	1,551	5.8	221	2.1
Turkey	187	8.9	110	945	1,376	3,966	9.8	327	2.6
Prepared Foods	756	8.5	125	854	849	2,044	5.4	65	8.6
Burritos and tacos	406	9.9	127	628	857	1,906	4.7	59	13.4
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	126	9.7	112	399	664	4,399	2.9	21	2.8
Pizza	905	9.0	124	955	887	2,193	5.7	68	8.2
Prepared meals	392	19.9	106	447	949	1,443	11.7	54	7.4
Prepared sandwiches	383	5.4	140	651	705	1,814	4.8	54	7.9

Table E.5 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Red Meats	123	9.2	82	722	1,060	2,512	14.9	252	2.0
Beef and veal	135	10.8	87	745	1,100	2,155	18.0	262	2.3
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	91	5.0	56	462	658	3,123	6.7	202	1.2
Pork	94	5.3	77	777	1,123	3,529	7.7	240	1.2
Recipe mix ^c	178	8.7	135	723	1,918	3,576	13.7	221	8.0
Soups and Gravies	323	14.8	150	662	1,816	17,181	7.7	89	13.6
Gravies	293	18.9	76	527	982	11,530	3.9	41	8.7
Soups	336	12.8	184	725	2,207	19,832	9.4	111	15.9
Sugar and Desserts	91	1.2	22	93	226	277	0.8	2	1.4
Candies and toppings	112	1.7	51	164	292	396	1.7	13	3.0
Gelatins	8	0.3	5	372	19	1,224	0.0	0	0.0
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	347	5.8	90	363	985	1,150	1.9	7	0.9
Sherbet and ices	335	1.6	51	248	616	295	3.2	6	8.1
Sugars	43	0.4	5	3	72	17	0.0	0	0.0
Syrups	23	0.4	12	37	56	221	0.9	0	0.0
Vegetables	222	6.5	207	471	3,049	2,254	3.5	5	23.1
Green vegetables ^d	1,437	28.3	619	1,337	7,449	4,903	11.8	0	95.3
Mixed vegetables	1,014	27.0	634	1,081	6,501	3,344	11.4	0	79.9
Mixtures with vegetables ^e	397	6.3	103	451	928	1,750	2.8	95	10.9
Other vegetables ^f	915	13.5	371	1,010	4,799	1,492	9.6	0	54.3
Potato and potato products	76	3.5	145	337	2,365	1,780	1.9	1	12.8
Tomato and tomato products	325	11.8	292	545	4,980	4,167	7.0	27	33.7
Yellow vegetables ^g	279	7.2	267	766	3,686	2,758	5.8	0	37.8

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.6 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Legumes, Nuts, and Seeds	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Dry beans and peas	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other nuts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peanuts and peanut butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Seeds	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soybeans and soy products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Milk and Other Dairy Products	0.6	0.9	1.9	0.4	0.7	0.0	0.7	0.2	0.4	0.2	1.0	0.3
Cheese	0.1	0.3	0.5	0.2	0.2	0.0	0.3	0.0	0.0	0.1	0.3	0.0
Cream	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Ice cream and ice milk	0.4	0.6	1.3	0.2	0.4	0.0	0.4	0.1	0.3	0.1	0.6	0.2
Milk	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Yogurt	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Non- Dairy Drinks	0.3	0.0	0.0	0.0	0.1	1.2	0.3	0.1	0.2	0.2	0.0	0.0
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Coffee and tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Enriched drinks	0.2	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.1	0.1	0.0	0.0
Fruit drinks	0.1	0.0	0.0	0.0	0.1	0.8	0.1	0.0	0.0	0.0	0.0	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0
Poultry	0.2	0.3	0.2	0.3	0.0	0.0	0.0	0.1	0.1	0.2	0.5	0.0
Chicken	0.2	0.3	0.2	0.3	0.0	0.0	0.0	0.1	0.1	0.2	0.5	0.0
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Prepared Foods	0.5	0.6	0.8	0.7	0.3	0.0	0.7	0.6	0.3	0.6	0.5	0.5
Burritos and tacos	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Meat- or cheese-filled pastry	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1
Mixtures with fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pizza	0.3	0.4	0.5	0.4	0.2	0.0	0.5	0.4	0.2	0.4	0.3	0.3
Prepared meals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Prepared sandwiches	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.1

Table E.6 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Red Meats	0.5	1.0	1.3	1.2	0.0	0.0	0.1	0.8	0.4	0.6	1.7	0.2
Beef and veal	0.5	1.0	1.2	1.2	0.0	0.0	0.1	0.8	0.4	0.5	1.6	0.2
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pork	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Gravies	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugar and Desserts	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Candies and toppings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Gelatins	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Jellies, jams, and preserves	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Puddings and pie filling	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sherbet and ices	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Sugars	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Syrups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vegetables	0.4	0.5	0.2	0.1	0.0	0.7	0.1	0.2	0.6	0.4	0.0	0.6
Green vegetables ^d	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixed vegetables	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixtures with vegetables ^e	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other vegetables ^f	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Potato and potato products	0.4	0.5	0.2	0.1	0.0	0.7	0.1	0.2	0.6	0.4	0.0	0.6
Tomato and tomato products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Yellow vegetables ^g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.7. Contribution of SFPS- III Food Groups and Subgroups for Foods Used in Reimbursable Meals to Available Calories and Nutrients, SY 2009- 2010

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Bakery Products	17.0	14.1	10.4	10.5	1.9	0.5	8.6	23.1	4.9	14.5	4.9	17.2
Biscuits, muffins, pancakes, and waffles	3.8	4.4	3.2	1.8	0.7	0.3	1.3	4.0	1.1	3.0	3.9	3.0
Breads and rolls	8.8	5.0	3.8	7.1	0.1	0.1	6.2	14.9	2.7	8.6	0.7	10.6
Cakes and other bakery desserts	1.7	1.9	1.9	0.5	1.0	0.1	0.3	1.9	0.4	0.7	0.3	0.9
Crackers	1.3	1.1	0.8	0.6	0.0	0.0	0.2	1.6	0.3	1.1	0.0	1.0
Pretzels and snack chips	1.3	1.7	0.8	0.5	0.0	0.1	0.5	0.7	0.4	1.1	0.0	1.6
Condiments	1.2	0.4	0.2	0.5	1.9	3.9	0.5	1.1	2.7	12.0	0.0	1.4
Catsup and other sauces	1.1	0.4	0.2	0.4	1.7	2.7	0.3	0.8	2.4	5.6	0.0	0.9
Flavorings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	5.2	0.0	0.1
Pickles and olives	0.1	0.1	0.0	0.0	0.2	1.1	0.2	0.2	0.2	1.1	0.0	0.4
Eggs	0.6	1.1	1.1	1.0	1.0	0.0	0.4	0.7	0.4	0.6	12.8	0.1
Eggs	0.2	0.3	0.3	0.4	0.4	0.0	0.1	0.3	0.1	0.1	5.7	0.0
Mixtures with egg	0.4	0.8	0.8	0.6	0.7	0.0	0.3	0.4	0.3	0.5	7.0	0.1
Fats and Oils	4.0	12.6	7.6	0.1	3.0	0.0	0.1	0.2	0.1	3.2	1.4	0.1
Butter	0.1	0.5	1.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.5	0.0
Margarine	0.8	2.5	1.5	0.0	2.2	0.0	0.0	0.0	0.0	0.5	0.0	0.0
Salad dressings and mayonnaise	2.0	5.9	3.0	0.1	0.3	0.0	0.1	0.1	0.1	2.6	0.9	0.1
Vegetable oils and shortenings	1.1	3.7	2.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.5	0.7	0.4	0.9	0.1	0.0	0.1	0.5	0.3	0.7	1.4	0.3
Fish	0.4	0.5	0.3	0.7	0.1	0.0	0.1	0.4	0.3	0.5	1.1	0.2
Shellfish	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.3	0.1
Fruits and Juices	6.4	0.5	0.3	1.3	3.8	50.8	1.6	5.0	11.8	0.2	0.0	14.3
Fruits	3.8	0.3	0.2	0.8	2.9	18.3	1.0	2.3	6.3	0.1	0.0	13.4
Juices	2.6	0.2	0.1	0.5	0.9	32.5	0.7	2.7	5.4	0.1	0.0	1.0
Grain Products	4.7	2.1	1.9	3.5	5.0	2.6	2.3	14.1	2.0	4.4	1.8	6.5
Breakfast cereals	1.2	0.3	0.2	0.6	4.2	2.1	1.0	9.5	0.6	0.9	0.0	2.2
Flour and other milled grains	0.7	0.1	0.0	0.6	0.0	0.0	0.1	1.2	0.3	0.0	0.0	1.3
Flour mix ^a	0.2	0.2	0.1	0.1	0.0	0.0	0.1	0.2	0.1	0.2	0.0	0.2
Mixtures with grain	1.1	1.3	1.5	1.2	0.8	0.5	1.0	1.2	0.7	1.6	1.8	0.9
Pasta and noodles	0.8	0.1	0.1	0.7	0.0	0.0	0.1	0.9	0.2	0.6	0.0	1.2
Rice, barley, and other grains	0.7	0.1	0.1	0.4	0.0	0.0	0.1	1.1	0.2	1.0	0.0	0.6

Table E.7 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Legumes, Nuts, and Seeds	1.2	2.1	1.4	1.4	0.1	0.1	0.4	1.2	1.4	0.9	0.0	3.0
Dry beans and peas	0.4	0.1	0.0	0.5	0.0	0.1	0.2	0.8	0.8	0.5	0.0	1.9
Other nuts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peanuts and peanut butter	0.7	1.8	1.2	0.8	0.0	0.0	0.1	0.3	0.6	0.3	0.0	0.9
Seeds	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1
Soybeans and soy products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Milk and Other Dairy Products	17.6	11.6	22.6	27.4	38.4	2.0	56.8	7.9	34.2	11.8	17.5	11.5
Cheese	3.0	6.0	11.4	4.9	4.3	0.0	8.3	0.7	1.4	5.3	7.3	0.3
Cream	0.1	0.2	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.2	0.0
Ice cream and ice milk	0.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
Milk	14.1	5.2	10.5	22.0	33.8	1.9	47.4	7.1	32.1	6.4	9.7	11.1
Yogurt	0.4	0.1	0.2	0.5	0.1	0.1	1.0	0.0	0.6	0.1	0.2	0.0
Non- Dairy Drinks	0.2	0.0	0.0	0.0	0.0	0.8	0.1	0.1	0.3	0.0	0.0	0.0
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Coffee and tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
Enriched drinks	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Fruit drinks	0.1	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Poultry	7.1	10.7	8.0	14.6	0.8	0.9	1.5	7.0	4.7	10.2	23.0	2.5
Chicken	5.5	8.4	6.1	10.8	0.7	0.3	1.0	4.9	3.1	6.8	16.2	2.1
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	1.6	2.3	1.9	3.8	0.1	0.6	0.5	2.0	1.6	3.4	6.8	0.5
Prepared Foods	9.5	11.0	13.7	11.1	5.1	1.2	11.0	11.2	5.8	10.1	7.4	9.8
Burritos and tacos	0.8	0.7	0.9	0.9	0.2	0.2	0.5	1.2	0.5	0.8	0.6	1.4
Meat- or cheese-filled pastry	1.1	1.2	1.6	1.3	0.7	0.2	1.5	1.3	0.7	1.1	0.9	1.1
Mixtures with fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pizza	5.5	6.0	8.1	6.9	3.5	0.3	7.7	6.9	3.5	6.3	4.5	5.4
Prepared meals	0.2	0.1	0.1	0.1	0.2	0.4	0.1	0.5	0.1	0.1	0.1	0.1
Prepared sandwiches	1.9	3.0	3.0	1.9	0.5	0.0	1.1	1.4	1.0	1.8	1.2	1.8

Table E.7 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Red Meats	4.6	8.7	9.9	9.1	0.3	0.4	0.8	5.7	3.5	6.3	14.1	1.1
Beef and veal	3.1	5.7	6.7	6.8	0.2	0.4	0.6	4.6	2.5	3.6	9.9	0.8
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.5	1.1	1.3	0.6	0.0	0.0	0.1	0.4	0.3	0.9	1.3	0.1
Pork	1.0	1.9	1.9	1.7	0.1	0.0	0.1	0.7	0.8	1.8	2.8	0.1
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.3	0.3	0.3	0.3	0.2	0.2	0.1	0.6	0.4	2.6	0.3	0.5
Gravies	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.2	0.1	0.6	0.0	0.1
Soups	0.2	0.2	0.2	0.3	0.2	0.2	0.1	0.3	0.3	2.0	0.3	0.4
Sugar and Desserts	2.2	0.4	0.5	0.2	0.2	0.4	0.3	0.4	0.3	0.3	0.0	0.3
Candies and toppings	0.2	0.2	0.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.1
Gelatins	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Jellies, jams, and preserves	0.4	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.1	0.0	0.0	0.1
Puddings and pie filling	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0
Sherbet and ices	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Sugars	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Vegetables	5.5	4.7	2.5	3.1	27.8	19.3	2.1	5.5	12.8	6.7	0.4	16.6
Green vegetables ^d	0.3	0.1	0.0	0.6	4.3	5.8	0.7	1.3	1.7	0.8	0.0	3.7
Mixed vegetables	0.2	0.0	0.0	0.3	5.7	1.9	0.3	0.8	1.0	0.4	0.0	2.0
Mixtures with vegetables ^e	0.2	0.3	0.2	0.1	0.2	0.3	0.1	0.1	0.1	0.1	0.2	0.2
Other vegetables ^f	0.0	0.0	0.0	0.0	0.0	0.4	0.1	0.1	0.1	0.0	0.0	0.3
Potato and potato products	3.7	3.7	1.8	1.4	0.0	8.6	0.4	1.8	6.4	3.4	0.1	5.7
Tomato and tomato products	0.5	0.4	0.4	0.4	1.1	1.4	0.3	0.9	1.9	1.1	0.2	2.1
Yellow vegetables ^g	0.6	0.2	0.1	0.4	16.5	1.0	0.3	0.6	1.6	0.8	0.0	2.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.8. Contribution of SFPS- III Food Groups and Subgroups for Mixed- Use Foods to Available Calories and Nutrients, SY 2009- 2010

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Bakery Products	2.6	2.5	2.0	1.4	0.4	0.3	1.2	3.2	0.8	2.0	0.5	2.2
Biscuits, muffins, pancakes, and waffles	0.3	0.4	0.3	0.1	0.0	0.1	0.1	0.4	0.1	0.2	0.3	0.2
Breads and rolls	0.9	0.5	0.4	0.8	0.0	0.0	0.7	1.6	0.3	0.8	0.1	1.0
Cakes and other bakery desserts	0.8	0.9	1.0	0.2	0.3	0.1	0.2	0.9	0.2	0.3	0.1	0.4
Crackers	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.1
Pretzels and snack chips	0.4	0.5	0.2	0.2	0.0	0.1	0.2	0.3	0.2	0.4	0.0	0.5
Condiments	0.2	0.1	0.0	0.1	0.3	0.5	0.1	0.1	0.4	1.4	0.0	0.2
Catsup and other sauces	0.1	0.1	0.0	0.1	0.2	0.4	0.0	0.1	0.3	0.8	0.0	0.1
Flavorings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0
Pickles and olives	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0
Eggs	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.6	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Mixtures with egg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Fats and Oils	0.3	1.0	0.4	0.0	0.2	0.0	0.0	0.0	0.0	0.2	0.1	0.0
Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Margarine	0.1	0.2	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Salad dressings and mayonnaise	0.1	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0
Vegetable oils and shortenings	0.1	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Shellfish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fruits and Juices	0.7	0.0	0.0	0.1	0.4	5.9	0.2	0.5	1.3	0.0	0.0	1.2
Fruits	0.3	0.0	0.0	0.1	0.3	1.6	0.1	0.2	0.6	0.0	0.0	1.1
Juices	0.3	0.0	0.0	0.1	0.1	4.3	0.1	0.4	0.7	0.0	0.0	0.1
Grain Products	0.5	0.2	0.2	0.4	0.4	0.2	0.2	1.2	0.2	0.3	0.1	0.7
Breakfast cereals	0.1	0.0	0.0	0.0	0.3	0.1	0.1	0.6	0.0	0.1	0.0	0.1
Flour and other milled grains	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.4	0.1	0.0	0.0	0.4
Flour mix ^a	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixtures with grain	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.1	0.1
Pasta and noodles	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1
Rice, barley, and other grains	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0

Table E.8 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Legumes, Nuts, and Seeds	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.3
Dry beans and peas	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.2
Other nuts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peanuts and peanut butter	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Seeds	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soybeans and soy products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Milk and Other Dairy Products	2.2	1.8	3.5	3.1	4.5	0.4	6.5	0.8	3.8	1.4	2.5	1.3
Cheese	0.3	0.7	1.4	0.5	0.5	0.0	0.9	0.1	0.1	0.5	0.9	0.0
Cream	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Ice cream and ice milk	0.1	0.1	0.3	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.2	0.1
Milk	1.7	0.9	1.8	2.5	3.9	0.4	5.4	0.7	3.6	0.8	1.3	1.2
Yogurt	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Non- Dairy Drinks	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Coffee and tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Enriched drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fruit drinks	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	1.6	2.5	1.8	2.8	0.1	0.2	0.4	1.6	0.9	2.3	4.1	0.8
Chicken	1.3	2.1	1.4	2.3	0.1	0.1	0.3	1.3	0.7	1.7	3.3	0.7
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	0.3	0.4	0.4	0.5	0.0	0.1	0.1	0.3	0.2	0.6	0.9	0.1
Prepared Foods	1.0	1.2	1.4	1.2	0.6	0.1	1.2	1.2	0.6	1.1	0.8	1.0
Burritos and tacos	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1
Meat- or cheese-filled pastry	0.2	0.2	0.2	0.2	0.1	0.0	0.2	0.2	0.1	0.2	0.1	0.2
Mixtures with fish	-	-	-	-	-	-	-	-	-	-	-	-
Pizza	0.7	0.8	1.0	0.9	0.4	0.0	0.9	0.8	0.4	0.8	0.6	0.6
Prepared meals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Prepared sandwiches	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1

Table E.8 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Red Meats	0.6	1.2	1.3	1.2	0.0	0.0	0.1	0.7	0.4	0.7	1.8	0.1
Beef and veal	0.5	0.9	1.0	0.9	0.0	0.0	0.1	0.6	0.3	0.5	1.4	0.1
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Pork	0.1	0.2	0.2	0.2	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.0
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
Gravies	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Sugar and Desserts	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1
Candies and toppings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Gelatins	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Jellies, jams, and preserves	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Puddings and pie filling	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sherbet and ices	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Sugars	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Syrups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vegetables	1.1	1.1	0.6	0.4	1.8	2.5	0.2	0.7	2.0	1.2	0.0	2.1
Green vegetables ^d	0.0	0.0	0.0	0.0	0.2	0.3	0.0	0.1	0.1	0.0	0.0	0.2
Mixed vegetables	0.0	0.0	0.0	0.0	0.4	0.2	0.0	0.1	0.1	0.0	0.0	0.1
Mixtures with vegetables ^e	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other vegetables ^f	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Potato and potato products	1.0	1.1	0.5	0.3	0.0	1.9	0.1	0.5	1.6	1.0	0.0	1.5
Tomato and tomato products	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.1
Yellow vegetables ^g	0.0	0.0	0.0	0.0	1.1	0.1	0.0	0.0	0.1	0.1	0.0	0.2

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.9. Contribution of SFPS- III Food Groups and Subgroups for All Food Acquisitions to Available Calories and Nutrients, SY 2009- 2010

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Bakery Products	22.7	20.4	15.5	13.0	2.6	1.1	10.6	29.3	6.7	18.7	5.9	22.1
Biscuits, muffins, pancakes, and waffles	4.2	5.0	3.6	2.0	0.7	0.4	1.4	4.5	1.2	3.3	4.3	3.3
Breads and rolls	9.8	5.5	4.1	8.0	0.1	0.1	6.9	16.6	3.0	9.5	0.8	11.6
Cakes and other bakery desserts	4.1	5.0	5.1	1.2	1.5	0.1	0.7	4.3	0.9	1.6	0.7	2.4
Crackers	1.5	1.3	0.9	0.7	0.0	0.0	0.3	1.9	0.4	1.3	0.0	1.2
Pretzels and snack chips	2.9	3.5	1.7	1.2	0.1	0.5	1.2	1.9	1.2	3.0	0.1	3.6
Condiments	1.3	0.5	0.2	0.6	2.2	4.4	0.6	1.3	3.1	13.4	0.0	1.6
Catsup and other sauces	1.2	0.4	0.2	0.5	2.0	3.2	0.4	1.0	2.8	6.4	0.0	1.0
Flavorings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	5.7	0.0	0.1
Pickles and olives	0.1	0.1	0.0	0.1	0.2	1.3	0.2	0.2	0.2	1.3	0.0	0.4
Eggs	0.6	1.1	1.2	1.0	1.1	0.0	0.4	0.7	0.4	0.6	13.4	0.1
Eggs	0.2	0.3	0.3	0.4	0.4	0.0	0.1	0.3	0.1	0.1	6.1	0.0
Mixtures with egg	0.4	0.8	0.8	0.6	0.7	0.0	0.3	0.4	0.3	0.5	7.3	0.1
Fats and Oils	4.4	13.6	8.0	0.1	3.2	0.0	0.1	0.2	0.2	3.4	1.5	0.1
Butter	0.2	0.5	1.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.6	0.0
Margarine	0.8	2.7	1.6	0.0	2.3	0.0	0.0	0.0	0.0	0.6	0.0	0.0
Salad dressings and mayonnaise	2.1	6.2	3.2	0.1	0.3	0.0	0.1	0.1	0.1	2.7	0.9	0.1
Vegetable oils and shortenings	1.3	4.2	2.2	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.5	0.7	0.4	0.9	0.1	0.0	0.1	0.5	0.4	0.7	1.4	0.3
Fish	0.4	0.6	0.3	0.7	0.1	0.0	0.1	0.4	0.3	0.6	1.1	0.2
Shellfish	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.3	0.1
Fruits and Juices	7.3	0.6	0.3	1.5	4.4	61.0	1.9	5.7	13.6	0.3	0.0	16.1
Fruits	4.3	0.4	0.2	1.0	3.4	23.4	1.2	2.5	7.3	0.2	0.0	15.0
Juices	3.0	0.2	0.1	0.6	1.0	37.6	0.8	3.1	6.3	0.1	0.0	1.1
Grain Products	5.3	2.4	2.2	3.9	5.4	2.8	2.5	15.4	2.2	4.8	2.0	7.3
Breakfast cereals	1.2	0.4	0.2	0.6	4.5	2.2	1.1	10.1	0.6	1.0	0.0	2.3
Flour and other milled grains	1.0	0.1	0.1	0.7	0.0	0.0	0.1	1.6	0.4	0.0	0.0	1.7
Flour mix ^a	0.3	0.2	0.1	0.1	0.0	0.0	0.1	0.2	0.1	0.3	0.0	0.2
Mixtures with grain	1.2	1.4	1.6	1.3	0.9	0.6	1.0	1.3	0.7	1.7	1.9	1.0
Pasta and noodles	0.8	0.1	0.1	0.8	0.0	0.0	0.1	0.9	0.2	0.7	0.0	1.3
Rice, barley, and other grains	0.8	0.2	0.1	0.4	0.0	0.0	0.1	1.2	0.2	1.1	0.0	0.8

Table E.9 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Legumes, Nuts, and Seeds	1.3	2.3	1.5	1.5	0.1	0.1	0.4	1.4	1.6	1.0	0.0	3.3
Dry beans and peas	0.4	0.1	0.0	0.6	0.1	0.1	0.2	0.9	0.9	0.6	0.0	2.2
Other nuts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peanuts and peanut butter	0.8	1.9	1.2	0.8	0.0	0.0	0.1	0.3	0.6	0.3	0.0	0.9
Seeds	0.1	0.3	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1
Soybeans and soy products	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Milk and Other Dairy Products	20.4	14.3	28.0	31.0	43.6	2.4	64.0	8.9	38.4	13.4	20.9	13.0
Cheese	3.5	7.0	13.3	5.6	5.0	0.0	9.4	0.8	1.6	5.9	8.5	0.3
Cream	0.1	0.2	0.4	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.2	0.0
Ice cream and ice milk	0.6	0.9	1.8	0.3	0.6	0.0	0.5	0.2	0.4	0.1	1.0	0.3
Milk	15.8	6.1	12.3	24.5	37.8	2.3	52.9	7.9	35.7	7.3	11.1	12.3
Yogurt	0.4	0.1	0.3	0.5	0.1	0.1	1.1	0.1	0.7	0.1	0.2	0.0
Non- Dairy Drinks	0.5	0.0	0.0	0.0	0.1	2.1	0.5	0.2	0.5	0.2	0.0	0.0
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Coffee and tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
Enriched drinks	0.2	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.1	0.2	0.0	0.0
Fruit drinks	0.2	0.0	0.0	0.0	0.1	1.3	0.1	0.0	0.1	0.0	0.0	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0
Poultry	8.9	13.5	9.9	17.7	1.0	1.0	1.9	8.7	5.7	12.6	27.6	3.4
Chicken	7.0	10.7	7.7	13.4	0.8	0.4	1.3	6.3	3.8	8.7	20.0	2.8
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	1.9	2.8	2.3	4.3	0.1	0.6	0.6	2.4	1.9	4.0	7.6	0.6
Prepared Foods	11.1	12.7	15.9	13.0	6.0	1.3	12.9	13.1	6.8	11.8	8.7	11.3
Burritos and tacos	0.9	0.8	1.0	1.0	0.3	0.3	0.6	1.3	0.6	0.9	0.7	1.5
Meat- or cheese-filled pastry	1.4	1.4	1.9	1.6	0.8	0.3	1.9	1.6	0.9	1.3	1.1	1.3
Mixtures with fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pizza	6.5	7.1	9.6	8.2	4.1	0.3	9.1	8.1	4.2	7.5	5.4	6.3
Prepared meals	0.2	0.1	0.1	0.1	0.2	0.4	0.1	0.5	0.1	0.1	0.1	0.2
Prepared sandwiches	2.1	3.2	3.3	2.1	0.6	0.0	1.2	1.6	1.1	2.0	1.4	2.0

Table E.9 (continued)

Food Group/Subgroup	Calories	Total Fat	Saturated Fat	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Sodium	Cholesterol	Dietary Fiber
Percentage Contribution to Total Amount Available												
Red Meats	5.7	10.9	12.4	11.5	0.3	0.5	1.1	7.3	4.4	7.5	17.6	1.3
Beef and veal	4.1	7.6	8.9	8.9	0.2	0.4	0.8	6.1	3.2	4.6	13.0	1.1
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.6	1.3	1.4	0.7	0.0	0.0	0.1	0.4	0.3	1.0	1.5	0.1
Pork	1.1	2.0	2.1	1.9	0.1	0.1	0.2	0.8	0.9	2.0	3.1	0.2
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.3	0.3	0.3	0.4	0.2	0.2	0.2	0.6	0.4	2.8	0.3	0.5
Gravies	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.3	0.1	0.6	0.0	0.1
Soups	0.2	0.2	0.2	0.3	0.2	0.2	0.1	0.4	0.3	2.2	0.3	0.4
Sugar and Desserts	2.5	0.5	0.6	0.2	0.2	0.5	0.4	0.4	0.4	0.4	0.1	0.4
Candies and toppings	0.3	0.3	0.4	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.1
Gelatins	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Jellies, jams, and preserves	0.4	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.1	0.0	0.0	0.1
Puddings and pie filling	0.2	0.1	0.1	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0
Sherbet and ices	0.2	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.2
Sugars	0.8	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Vegetables	7.1	6.2	3.3	3.7	29.6	22.5	2.4	6.4	15.5	8.3	0.5	19.3
Green vegetables ^d	0.3	0.1	0.0	0.6	4.5	6.1	0.8	1.3	1.8	0.9	0.0	3.8
Mixed vegetables	0.2	0.0	0.0	0.3	6.2	2.1	0.4	0.8	1.1	0.4	0.0	2.1
Mixtures with vegetables ^e	0.2	0.3	0.2	0.1	0.2	0.3	0.1	0.1	0.1	0.2	0.2	0.2
Other vegetables ^f	0.0	0.0	0.0	0.0	0.0	0.4	0.1	0.1	0.2	0.0	0.0	0.3
Potato and potato products	5.1	5.2	2.6	1.8	0.0	11.1	0.6	2.4	8.7	4.7	0.1	7.7
Tomato and tomato products	0.6	0.5	0.4	0.4	1.1	1.5	0.3	0.9	2.0	1.2	0.2	2.2
Yellow vegetables ^g	0.6	0.2	0.1	0.4	17.6	1.1	0.3	0.6	1.7	0.9	0.0	2.8

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.10. Total MyPyramid Food Group Availability of a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

	Reference Standard ^a	All Foods	A la Carte-Only Foods	Foods Used in Reimbursable Meals	Mixed-Use Foods
MyPyramid Equivalents per 1,000 Calories					
Total Grains (oz equiv)	≥ 3.0	4.02	4.76	3.94	4.24
Whole grains	≥ 1.5	0.46	0.20	0.49	0.35
Non-whole grains	n.a.	3.56	4.55	3.45	3.89
Total Fruit (cup equiv)	≥ 0.8	0.67	0.33	0.72	0.52
Citrus fruits, melons, and berries	n.a.	0.20	0.25	0.20	0.17
Other fruits	n.a.	0.47	0.08	0.52	0.35
Whole fruit	≥ 0.4	0.43	0.23	0.46	0.28
Fruit juice	n.a.	0.24	0.11	0.25	0.24
Total Vegetables (cup equiv)	≥ 1.1	0.70	0.40	0.73	0.70
Dark green	n.a.	0.06	0.00	0.07	0.03
Orange	n.a.	0.04	0.00	0.04	0.02
Tomato	n.a.	0.15	0.03	0.16	0.11
Legumes	n.a.	0.02	0.00	0.02	0.02
Starchy	n.a.	0.04	0.00	0.05	0.02
Potato	n.a.	0.25	0.36	0.22	0.41
Other	n.a.	0.14	0.01	0.16	0.08
Total Milk (cup equiv)	≥ 1.3	1.65	0.49	1.76	1.48
Milk	n.a.	1.20	0.15	1.29	1.12
Soy beverage	n.a.	0.00	0.00	0.00	0.00
Yogurt	n.a.	0.02	0.00	0.02	0.01
Cheese	n.a.	0.43	0.33	0.44	0.35
Total Meat (oz equiv)	≥ 2.5	1.90	1.35	1.92	2.00
Meat ^b	n.a.	0.45	0.92	0.42	0.44
Organ meats	n.a.	0.00	0.00	0.00	0.00
Frankfurters, sausages, and luncheon meats	n.a.	0.36	0.04	0.39	0.34
Poultry	n.a.	0.71	0.21	0.71	0.97
Fish and shellfish high in Omega-3	n.a.	0.00	0.00	0.00	0.00
Fish and shellfish low in Omega-3	n.a.	0.05	0.00	0.05	0.02
Eggs	n.a.	0.08	0.01	0.09	0.06
Soybean products ^c	n.a.	0.08	0.12	0.08	0.10
Nuts and seeds	n.a.	0.17	0.06	0.19	0.07
Oils (grams)	≥ 12	10.2	9.7	10.0	11.6
Solid Fats (grams)	n.a.	18.2	26.7	17.4	19.2
Added Sugars (teaspoons)	n.a.	7.6	10.1	7.5	7.0
Percent of Calories from Solid Fats and Added Sugars	≤ 20	29.2	40.9	28.3	29.1

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Includes beef, pork, veal, lamb, and game.

^c Excludes soy beverages.

equiv = equivalent; oz = ounce; SY = school year.

n.a. = not applicable.

[illegible]

Table E.11 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	0.23	0.00	0.00	0.00	0.23	0.00	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.52	0.00	0.00	0.00	4.52	0.00	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.07	0.07	0.00	0.07	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.14	0.12	0.03	0.00	0.14	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.01	0.01	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.75	0.62	0.13	0.00	0.75	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^a	0.00	0.00	0.00	0.00	0.00	1.10	0.00	0.00	0.00	0.00	0.00	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Prepared Foods	0.00	0.00	0.00	0.00	0.00	0.30	0.00	0.00	0.26	0.01	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.37	0.00	0.00	0.03	0.28	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	0.00	0.00	0.00	0.00	0.00	1.13	0.37	0.15	0.00	0.00	0.00	0.00
Pizza	0.00	0.00	0.00	0.00	0.00	0.38	0.00	0.00	0.38	0.00	0.00	0.00
Prepared meals	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.02	0.00	0.00	0.00

Table E.11 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	2.19	0.00	0.00	0.13	0.00	0.00	0.00
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	2.97	0.00	0.12	1.41	0.02	0.00	0.49
Gravies	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	3.18	0.00	0.13	1.51	0.02	0.00	0.53
Sugar and Desserts	0.09	0.09	0.00	0.00	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.01	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.09	0.00	0.09	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.15	0.15	0.00	0.00	0.15	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	3.92	0.00	0.00	0.02	0.00	0.00	3.88
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	56.76	6.22	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	8.46	0.00	2.42	0.00	0.00	4.32	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	0.85	0.00	0.01	0.00	0.00	0.01	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	14.93	0.00	0.00	0.00	0.00	7.75	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	3.93	0.00	0.00	0.00	0.00	0.00	3.93
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	18.43	0.00	0.00	18.41	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	19.05	0.00	19.05	0.00	0.00	0.00	0.00

Table E.11 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	10.87	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.06	10.75
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other nuts	11.43	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.43
Peanuts and peanut butter	10.69	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.69
Seeds	11.96	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.96
Soybeans and soy products	6.66	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.16	0.00
Milk and Other Dairy Products	0.18	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.18
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.25	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.25
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	8.01	0.00	0.00	0.00	7.73	0.00	0.00	0.13	0.14	0.00
Chicken	8.01	0.00	0.00	0.00	7.74	0.00	0.00	0.13	0.14	0.00
Game birds	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	9.07	0.00	0.00	0.00	8.94	0.00	0.00	0.13	0.00	0.00
Turkey	3.21	0.32	0.00	2.65	0.00	0.00	0.00	0.09	0.16	0.00
Prepared Foods	0.79	0.09	0.00	0.21	0.16	0.00	0.00	0.03	0.21	0.09
Burritos and tacos	2.32	1.61	0.00	0.00	0.44	0.00	0.00	0.00	0.28	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	2.08	0.00	0.00	0.00	0.00	0.00	2.08	0.00	0.00	0.00
Pizza	0.47	0.00	0.00	0.16	0.09	0.00	0.00	0.03	0.19	0.00
Prepared meals	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	1.81	0.14	0.00	0.55	0.52	0.01	0.02	0.00	0.00	0.57

Table E.11 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Red Meats	11.71	10.41	0.00	0.22	0.00	0.00	0.00	0.00	1.08	0.00
Beef and veal	11.78	10.55	0.00	0.14	0.00	0.00	0.00	0.00	1.09	0.00
Lamb	-	-	-	-	-	-	-	-	-	-
Mixed meats	8.76	0.04	0.00	8.70	0.00	0.00	0.00	0.01	0.02	0.00
Pork	5.17	3.73	0.00	1.44	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^c	7.91	7.34	0.00	0.00	0.00	0.00	0.00	0.56	0.00	0.00
Soups and Gravies	0.70	0.09	0.00	0.00	0.25	0.00	0.00	0.13	0.24	0.00
Gravies	0.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.10	0.00
Soups	0.75	0.10	0.00	0.00	0.27	0.00	0.00	0.13	0.25	0.00
Sugar and Desserts	0.16	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.14
Candies and toppings	0.76	0.00	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.69
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with vegetables ^e	0.46	0.00	0.00	0.00	0.00	0.00	0.00	0.46	0.00	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
	MyPyramid Equivalents per 1,000 Calories										
Bakery Products	7.05	0.18	6.87	0.06	0.01	0.00	0.00	0.04	13	27	9.7
Biscuits, muffins, pancakes, and waffles	5.09	0.03	5.06	0.00	0.00	0.00	0.00	0.00	0	44	12.8
Breads and rolls	14.26	0.19	14.07	0.00	0.00	0.00	0.00	0.00	0	2	4.9
Cakes and other bakery desserts	5.38	0.16	5.22	0.02	0.02	0.00	0.00	0.00	2	43	16.8
Crackers	9.09	1.85	7.24	0.07	0.00	0.00	0.00	0.07	0	32	8.7
Pretzels and snack chips	9.04	0.12	8.92	0.11	0.00	0.00	0.00	0.11	30	5	0.1
Condiments	0.24	0.00	0.24	0.00	0.00	0.00	0.00	0.00	0	14	1.6
Catsup and other sauces	0.77	0.00	0.77	0.00	0.00	0.00	0.00	0.00	0	0	6.9
Flavorings	0.27	0.00	0.27	0.00	0.00	0.00	0.00	0.00	0	57	0.1
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Eggs	0.96	0.02	0.94	0.09	0.04	0.00	0.00	0.05	1	32	0.4
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	5.18	0.13	5.06	0.50	0.20	0.00	0.00	0.29	7	31	2.1
Fats and Oils	0.04	0.00	0.04	0.00	0.00	0.00	0.00	0.00	31	80	0.3
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	-	-	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	0.14	0.00	0.14	0.00	0.00	0.00	0.00	0.00	105	1	0.9
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Fish	5.85	0.08	5.77	0.00	0.00	0.00	0.00	0.00	35	5	1.0
Fish	5.28	0.00	5.28	0.00	0.00	0.00	0.00	0.00	15	0	3.1
Shellfish	5.98	0.10	5.88	0.00	0.00	0.00	0.00	0.00	39	6	0.6
Fruits and Juices	2.18	0.00	2.18	0.00	0.00	0.00	0.00	0.00	3	0	12.5
Fruits	2.83	0.00	2.83	0.00	0.00	0.00	0.00	0.00	4	0	13.9
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	7.7
Grain Products	5.44	2.18	3.26	0.12	0.01	0.00	0.00	0.11	15	23	12.5
Breakfast cereals	6.94	0.92	6.02	0.00	0.00	0.00	0.00	0.00	0	2	11.1
Flour and other milled grains	17.17	0.00	17.17	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix ^a	5.42	0.00	5.41	0.00	0.00	0.00	0.00	0.00	0	33	23.2
Mixtures with grain	6.78	0.16	6.61	1.14	0.01	0.00	0.00	1.13	14	17	0.1
Pasta and noodles	9.10	0.00	9.10	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Rice, barley, and other grains	5.10	5.10	0.00	0.13	0.01	0.00	0.00	0.11	33	15	2.2

Table E.11 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	0.06	0.00	0.00	54	1	0.5
Dry beans and peas	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0	0	0.1
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	59	3	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	54	2	1.4
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	58	0	0.0
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	3.50	0.00	0.00	33	1	5.2
Milk and Other Dairy Products	0.98	0.00	0.98	2.32	1.39	0.00	0.04	0.87	1	51	14.7
Cheese	0.33	0.00	0.33	4.53	0.50	0.00	0.00	4.04	0	76	0.5
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	96	0.1
Ice cream and ice milk	1.26	0.00	1.26	1.41	1.39	0.00	0.00	0.00	2	47	18.1
Milk	0.00	0.00	0.00	5.89	5.87	0.00	0.00	0.00	0	14	20.9
Yogurt	0.00	0.00	0.00	4.08	2.76	0.00	1.32	0.00	0	13	28.8
Non- Dairy Drinks	0.11	0.00	0.11	0.01	0.01	0.00	0.00	0.00	0	0	45.4
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	56.4
Coffee and tea	0.32	0.00	0.32	0.12	0.12	0.00	0.00	0.00	0	10	26.5
Dry beverage	0.43	0.00	0.43	0.00	0.00	0.00	0.00	0.00	0	0	58.0
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	46.3
Fruit drinks	0.51	0.00	0.51	0.00	0.00	0.00	0.00	0.00	0	0	45.3
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Poultry	3.25	0.02	3.23	0.02	0.02	0.00	0.00	0.00	9	32	0.2
Chicken	3.24	0.02	3.23	0.02	0.02	0.00	0.00	0.00	9	32	0.2
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	58	0	0.0
Turkey	5.87	0.43	5.44	0.01	0.01	0.00	0.00	0.00	21	21	6.0
Prepared Foods	7.04	0.81	6.23	2.53	0.00	0.00	0.00	2.53	7	27	2.2
Burritos and tacos	8.52	0.84	7.68	0.50	0.00	0.00	0.00	0.50	9	19	0.0
Meat- or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	6.78	0.00	6.78	0.00	0.00	0.00	0.00	0.00	0	0	9.3
Pizza	6.76	0.36	6.40	2.58	0.00	0.00	0.00	2.58	8	26	2.4
Prepared meals	9.24	0.00	9.24	0.85	0.00	0.00	0.00	0.85	0	35	0.0
Prepared sandwiches	6.60	3.01	3.59	3.60	0.00	0.00	0.00	3.60	8	26	3.7

Table E.11 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories										
Red Meats	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	1	37	0.3
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	37	0.3
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.68	0.05	0.63	0.00	0.00	0.00	0.00	0.00	3	66	0.8
Pork	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	64	0.0
Recipe mix ^c	1.69	0.00	1.69	0.19	0.00	0.00	0.00	0.19	0	36	0.4
Soups and Gravies	4.84	0.00	4.84	0.18	0.01	0.00	0.00	0.00	0	21	1.3
Gravies	17.36	0.00	17.36	0.00	0.00	0.00	0.00	0.00	2	20	0.0
Soups	3.93	0.00	3.93	0.20	0.01	0.00	0.00	0.00	0	21	1.4
Sugar and Desserts	0.24	0.00	0.24	0.63	0.44	0.00	0.00	0.00	6	9	36.4
Candies and toppings	0.55	0.00	0.54	0.28	0.28	0.00	0.00	0.00	18	15	29.5
Gelatins	0.33	0.00	0.33	0.00	0.00	0.00	0.00	0.00	0	0	51.8
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.75	0.00	1.75	1.47	1.47	0.00	0.00	0.00	10	11	30.7
Sherbet and ices	0.00	0.00	0.00	0.81	0.48	0.00	0.00	0.00	2	8	35.1
Sugars	0.13	0.00	0.13	0.01	0.00	0.00	0.00	0.00	0	0	58.7
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	0	22.5
Vegetables	2.89	0.00	2.89	0.00	0.00	0.00	0.00	0.00	24	14	0.9
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	6.18	0.02	6.17	0.44	0.44	0.00	0.00	0.00	0	56	0.0
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	2.86	0.00	2.86	0.00	0.00	0.00	0.00	0.00	25	13	0.9
Tomato and tomato products	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.02	1	12	0.7
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Bakery Products	0.04	0.03	0.01	0.03	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.01
Biscuits, muffins, pancakes, and waffles	0.13	0.13	0.01	0.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Breads and rolls	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cakes and other bakery desserts	0.07	0.03	0.04	0.02	0.06	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Crackers	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pretzels and snack chips	0.00	0.00	0.00	0.00	0.00	0.16	0.00	0.00	0.00	0.00	0.00	0.16
Condiments	0.00	0.00	0.00	0.00	0.00	6.14	0.00	0.00	3.81	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	4.94	0.00	0.00	4.20	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	1.91	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	26.21	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with egg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fats and Oils	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.01	0.00	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.04
Fish	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Shellfish	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.04
Fruits and Juices	9.07	2.45	6.61	5.88	3.19	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Fruits	9.91	1.63	8.29	9.91	0.01	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Juices	7.83	3.66	4.18	0.00	7.83	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.00	0.00	0.02	0.00	0.00	0.13	0.00	0.00	0.08	0.00	0.00	0.00
Breakfast cereals	0.01	0.00	0.01	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.34	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	0.00	0.00	0.00	0.00	0.00	0.55	0.00	0.00	0.33	0.01	0.01	0.01
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.12 (continued)

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
MyPyramid Equivalents per 1,000 Calories												
Legumes, Nuts, and Seeds	0.01	0.00	0.01	0.00	0.01	1.30	0.00	0.00	0.14	1.11	0.04	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.48	0.00	0.00	0.49	3.84	0.15	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.01	0.00	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.01	0.00	0.00
Milk and Other Dairy Products	0.01	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.24	0.24	0.00	0.24	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.42	0.31	0.11	0.00	0.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.01	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.82	0.61	0.21	0.00	0.82	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^a	0.00	0.00	0.00	0.00	0.00	0.25	0.00	0.01	0.00	0.00	0.01	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.02	0.00	0.00	0.00
Prepared Foods	0.03	0.00	0.03	0.01	0.02	0.30	0.00	0.00	0.24	0.04	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.55	0.00	0.00	0.01	0.46	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	0.00	0.00	0.00	0.00	0.00	1.13	0.37	0.15	0.00	0.00	0.00	0.00
Pizza	0.00	0.00	0.00	0.00	0.00	0.39	0.00	0.00	0.38	0.00	0.00	0.00
Prepared meals	1.49	0.00	1.49	0.11	1.38	0.17	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.02	0.00	0.02	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.12 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.00	0.00	0.00	0.00	0.00	0.10	0.00	0.00	0.07	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.13	0.00	0.00	0.10	0.00	0.00	0.00
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.03	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	2.20	0.00	0.00	0.61	0.00	0.00	1.02
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	2.20	0.00	0.03	1.14	0.28	0.00	0.14
Gravies	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	3.23	0.00	0.05	1.68	0.42	0.00	0.20
Sugar and Desserts	0.10	0.08	0.02	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.05	0.00	0.05	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.16	0.15	0.00	0.00	0.16	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	8.37	1.01	0.67	1.00	0.00	0.71	3.29
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	34.14	11.91	0.00	0.00	0.00	1.80	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	20.47	8.23	1.82	0.06	0.00	3.12	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	2.78	0.00	0.19	0.04	0.00	0.06	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	19.20	0.00	0.03	0.00	0.00	0.03	0.01
Potato and potato products	0.00	0.00	0.00	0.00	0.00	4.94	0.00	0.00	0.00	0.00	0.00	4.93
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	10.52	0.00	0.00	10.49	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	10.10	0.00	5.58	0.00	0.00	4.52	0.00

Table E.12 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	7.36	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.09	7.25
Dry beans and peas	0.05	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03
Other nuts	11.41	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.41
Peanuts and peanut butter	10.40	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.40
Seeds	11.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.03
Soybeans and soy products	5.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.36	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.54	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.54
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	10.76	0.03	0.00	2.39	7.99	0.00	0.00	0.12	0.24	0.00
Chicken	9.52	0.01	0.00	0.12	8.96	0.00	0.00	0.15	0.28	0.00
Game birds	-	-	-	-	-	-	-	-	-	-
Mixed poultry	26.35	0.00	0.00	0.00	26.35	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	6.93	0.00	0.00	0.00	6.90	0.00	0.00	0.02	0.00	0.00
Turkey	15.02	0.08	0.00	10.18	4.65	0.00	0.00	0.02	0.09	0.00
Prepared Foods	1.34	0.10	0.00	0.17	0.12	0.00	0.00	0.02	0.21	0.71
Burritos and tacos	1.06	0.60	0.00	0.00	0.22	0.00	0.00	0.00	0.23	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	2.08	0.00	0.00	0.00	0.00	0.00	2.08	0.00	0.00	0.00
Pizza	0.56	0.01	0.00	0.20	0.09	0.00	0.00	0.03	0.24	0.00
Prepared meals	2.18	0.06	0.00	0.00	1.83	0.00	0.00	0.00	0.00	0.29
Prepared sandwiches	4.02	0.20	0.00	0.21	0.09	0.00	0.00	0.00	0.01	3.51

Table E.12 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
	MyPyramid Equivalents per 1,000 Calories									
Red Meats	10.24	6.95	0.00	2.79	0.01	0.00	0.00	0.03	0.47	0.01
Beef and veal	10.70	9.73	0.00	0.28	0.01	0.00	0.00	0.03	0.65	0.00
Lamb	-	-	-	-	-	-	-	-	-	-
Mixed meats	7.67	0.87	0.00	6.73	0.00	0.00	0.00	0.02	0.04	0.00
Pork	10.22	1.50	0.00	8.54	0.01	0.00	0.00	0.03	0.11	0.03
Recipe mix ^c	7.83	7.62	0.00	0.00	0.00	0.00	0.00	0.20	0.00	0.00
Soups and Gravies	2.19	1.64	0.00	0.00	0.38	0.00	0.00	0.00	0.17	0.00
Gravies	0.37	0.10	0.00	0.00	0.16	0.00	0.00	0.00	0.11	0.00
Soups	3.05	2.36	0.00	0.00	0.49	0.00	0.00	0.01	0.20	0.00
Sugar and Desserts	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Candies and toppings	0.15	0.00	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.12
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.04	0.03	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with vegetables ^e	0.34	0.00	0.00	0.03	0.00	0.00	0.00	0.20	0.11	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomato and tomato products	0.30	0.30	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.12 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	0.08	0.00	0.08	0.04	0.00	0.01	0.00	0.04	38	2	2.9
Dry beans and peas	0.29	0.00	0.29	0.00	0.00	0.00	0.00	0.00	1	1	5.2
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60	3	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53	2	2.3
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60	0	0.1
Soybeans and soy products	0.00	0.00	0.00	1.90	0.00	0.67	0.00	1.90	34	21	0.0
Milk and Other Dairy Products	0.18	0.01	0.16	7.05	6.00	0.00	0.09	0.96	0	21	13.7
Cheese	1.02	0.08	0.92	5.82	0.18	0.00	0.00	5.63	2	66	0.1
Cream	0.00	0.00	0.00	0.09	0.00	0.00	0.00	0.00	0	92	0.0
Ice cream and ice milk	1.31	0.00	1.31	1.25	1.25	0.00	0.00	0.00	5	41	19.2
Milk	0.00	0.00	0.00	7.45	7.45	0.00	0.00	0.00	0	11	16.2
Yogurt	0.00	0.00	0.00	4.25	0.02	0.00	4.22	0.00	0	9	30.1
Non- Dairy Drinks	0.09	0.00	0.09	0.09	0.09	0.00	0.00	0.00	0	7	43.5
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	53.0
Coffee and tea	0.10	0.00	0.10	0.34	0.34	0.00	0.00	0.00	0	25	24.7
Dry beverage	0.50	0.00	0.50	0.00	0.00	0.00	0.00	0.00	0	0	57.8
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	36.5
Fruit drinks	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0	0	49.9
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Poultry	2.97	0.18	2.79	0.00	0.00	0.00	0.00	0.00	17	18	1.4
Chicken	3.31	0.12	3.18	0.00	0.00	0.00	0.00	0.00	20	19	1.0
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	31	0.0
Recipe mix ^b	2.10	0.00	2.10	1.10	1.10	0.00	0.00	0.00	11	29	0.0
Turkey	1.82	0.37	1.45	0.00	0.00	0.00	0.00	0.00	6	17	3.1
Prepared Foods	6.50	0.78	5.72	1.91	0.00	0.00	0.00	1.91	10	24	2.9
Burritos and tacos	9.06	0.56	8.50	0.85	0.00	0.00	0.00	0.85	8	18	0.1
Meat- or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	6.78	0.00	6.78	0.00	0.00	0.00	0.00	0.00	0	0	9.3
Pizza	6.74	0.85	5.89	2.46	0.00	0.00	0.00	2.45	8	26	2.5
Prepared meals	4.71	1.79	2.93	0.16	0.04	0.00	0.00	0.13	7	11	8.4
Prepared sandwiches	4.02	0.78	3.24	0.93	0.00	0.00	0.00	0.93	20	20	5.5

Table E.12 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.95	0.04	0.91	0.01	0.00	0.00	0.00	0.00	4	36	0.9
Beef and veal	0.69	0.00	0.69	0.00	0.00	0.00	0.00	0.00	3	33	0.5
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	1.70	0.21	1.48	0.00	0.00	0.00	0.00	0.00	7	49	1.8
Pork	1.36	0.09	1.27	0.02	0.00	0.00	0.00	0.01	4	39	1.7
Recipe mix ^c	2.16	0.00	2.16	0.12	0.05	0.00	0.00	0.08	6	14	1.2
Soups and Gravies	7.01	0.00	7.01	0.02	0.00	0.00	0.00	0.00	1	18	1.4
Gravies	16.50	0.00	16.50	0.02	0.00	0.00	0.00	0.00	2	26	0.1
Soups	2.53	0.00	2.53	0.03	0.00	0.00	0.00	0.00	1	14	2.0
Sugar and Desserts	0.24	0.03	0.21	0.13	0.12	0.00	0.00	0.00	2	3	44.8
Candies and toppings	1.21	0.33	0.88	0.24	0.24	0.00	0.00	0.00	13	22	31.7
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	53.8
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.74	0.00	1.74	1.30	1.30	0.00	0.00	0.00	8	14	29.2
Sherbet and ices	0.00	0.00	0.00	0.84	0.50	0.00	0.00	0.00	2	8	34.8
Sugars	0.04	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0	0	60.9
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	38.8
Vegetables	1.33	0.01	1.32	0.02	0.00	0.00	0.00	0.02	17	9	0.7
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	4.49	0.43	4.06	0.61	0.10	0.00	0.00	0.51	38	22	1.7
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	1.75	0.00	1.75	0.00	0.00	0.00	0.00	0.00	24	9	0.7
Tomato and tomato products	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.03	1	20	1.1
Yellow vegetables ^g	0.40	0.00	0.40	0.00	0.00	0.00	0.00	0.00	4	0	0.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.13. Total MyPyramid Food Group Availability of Mixed- Use Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Bakery Products	0.02	0.01	0.00	0.01	0.01	0.09	0.00	0.00	0.00	0.00	0.00	0.09
Biscuits, muffins, pancakes, and waffles	0.09	0.07	0.02	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Breads and rolls	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cakes and other bakery desserts	0.03	0.02	0.01	0.01	0.02	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Crackers	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pretzels and snack chips	0.00	0.00	0.00	0.00	0.00	0.54	0.00	0.00	0.00	0.00	0.00	0.54
Condiments	0.00	0.00	0.00	0.00	0.00	5.38	0.00	0.00	3.85	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	4.39	0.00	0.00	4.08	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	1.48	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	26.64	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with egg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fats and Oils	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.01	0.01	0.00	0.00	0.01	0.05	0.00	0.00	0.00	0.00	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Fish	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Shellfish	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.04
Fruits and Juices	8.75	2.80	5.95	4.70	4.05	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruits	9.58	1.61	7.97	9.54	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Juices	7.94	3.95	3.99	0.00	7.94	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.00	0.00	0.01	0.00	0.00	0.07	0.00	0.00	0.03	0.00	0.00	0.00
Breakfast cereals	0.01	0.00	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.24	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	0.00	0.00	0.00	0.00	0.00	0.42	0.00	0.00	0.19	0.00	0.01	0.03
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.13 (continued)

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
MyPyramid Equivalents per 1,000 Calories												
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	2.57	0.00	0.00	0.20	2.21	0.17	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.60	0.00	0.00	0.36	3.94	0.30	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.18	0.18	0.00	0.18	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.48	0.33	0.15	0.00	0.48	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.02	0.01	0.01	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.96	0.66	0.30	0.00	0.96	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^a	0.00	0.00	0.00	0.00	0.00	0.83	0.00	0.00	0.00	0.00	0.00	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Prepared Foods	0.00	0.00	0.00	0.00	0.00	0.32	0.00	0.00	0.27	0.02	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.39	0.00	0.00	0.01	0.31	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	-	-	-	-	-	-	-	-	-	-	-	-
Pizza	0.00	0.00	0.00	0.00	0.00	0.38	0.00	0.00	0.37	0.00	0.00	0.00
Prepared meals	0.02	0.00	0.02	0.00	0.02	0.63	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.03	0.00	0.03	0.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.13 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.02	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.02	0.00	0.00	0.00
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.05	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	0.97	0.00	0.00	0.12	0.00	0.00	0.59
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	1.51	0.00	0.02	0.89	0.28	0.01	0.04
Gravies	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	2.47	0.00	0.03	1.45	0.46	0.01	0.07
Sugar and Desserts	0.04	0.04	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.01	0.00	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.15	0.15	0.00	0.00	0.15	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	5.51	0.33	0.20	0.31	0.00	0.17	3.97
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	39.49	13.06	0.00	0.00	0.00	1.26	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	25.22	11.85	1.47	0.00	0.00	2.66	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	0.96	0.01	0.02	0.00	0.00	0.02	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	15.01	0.00	0.03	0.00	0.00	0.00	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	4.42	0.00	0.00	0.00	0.00	0.00	4.42
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	10.34	0.00	0.00	10.32	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	8.49	0.00	5.06	0.00	0.00	3.43	0.00

Table E.13 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	4.60	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.06	4.52
Dry beans and peas	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other nuts	11.62	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.62
Peanuts and peanut butter	10.66	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.66
Seeds	11.88	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.88
Soybeans and soy products	2.92	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.22	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	8.59	0.03	0.00	1.66	6.41	0.00	0.00	0.15	0.32	0.00
Chicken	8.22	0.00	0.00	0.08	7.58	0.00	0.00	0.18	0.38	0.00
Game birds	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	6.88	0.00	0.00	0.00	6.79	0.00	0.00	0.09	0.00	0.00
Turkey	10.20	0.17	0.00	8.57	1.30	0.00	0.00	0.05	0.10	0.00
Prepared Foods	1.20	0.07	0.00	0.21	0.23	0.00	0.00	0.03	0.25	0.41
Burritos and tacos	2.01	0.30	0.00	0.00	1.52	0.00	0.00	0.00	0.18	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	-	-	-	-	-	-	-	-	-	-
Pizza	0.69	0.01	0.00	0.27	0.12	0.00	0.00	0.04	0.25	0.00
Prepared meals	6.65	0.00	0.00	0.00	6.65	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	5.11	0.43	0.00	0.07	0.34	0.00	0.00	0.00	0.01	4.26

Table E.13 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Red Meats	9.88	7.93	0.00	1.44	0.00	0.00	0.00	0.02	0.49	0.00
Beef and veal	10.27	9.41	0.00	0.23	0.00	0.00	0.00	0.02	0.60	0.00
Lamb	-	-	-	-	-	-	-	-	-	-
Mixed meats	6.91	0.09	0.00	6.76	0.00	0.00	0.00	0.02	0.04	0.00
Pork	9.54	4.59	0.00	4.80	0.00	0.00	0.00	0.02	0.13	0.00
Recipe mix ^c	10.67	10.19	0.00	0.00	0.00	0.00	0.00	0.46	0.01	0.00
Soups and Gravies	2.31	1.70	0.00	0.00	0.29	0.00	0.02	0.01	0.28	0.00
Gravies	0.14	0.03	0.00	0.00	0.00	0.00	0.00	0.00	0.10	0.00
Soups	3.69	2.77	0.00	0.00	0.48	0.00	0.03	0.02	0.40	0.00
Sugar and Desserts	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Candies and toppings	0.11	0.00	0.00	0.00	0.00	0.00	0.00	0.11	0.00	0.00
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with vegetables ^e	0.45	0.00	0.00	0.00	0.00	0.00	0.00	0.45	0.00	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomato and tomato products	0.26	0.26	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.13 (continued)

	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories										
Bakery Products	9.23	0.42	8.81	0.04	0.03	0.00	0.00	0.01	10	19	7.8
Biscuits, muffins, pancakes, and waffles	7.26	0.66	6.60	0.00	0.00	0.00	0.00	0.00	5	28	9.8
Breads and rolls	12.61	0.62	11.99	0.00	0.00	0.00	0.00	0.00	11	5	4.0
Cakes and other bakery desserts	6.19	0.14	6.05	0.09	0.09	0.00	0.00	0.00	1	38	15.9
Crackers	9.76	1.19	8.57	0.06	0.00	0.00	0.00	0.06	1	33	5.2
Pretzels and snack chips	8.73	0.11	8.62	0.07	0.00	0.00	0.00	0.07	32	5	0.1
Condiments	0.28	0.00	0.28	0.00	0.00	0.00	0.00	0.00	7	0	34.0
Catsup and other sauces	0.26	0.00	0.26	0.00	0.00	0.00	0.00	0.00	7	0	35.8
Flavorings	3.26	0.00	3.26	0.00	0.00	0.00	0.00	0.00	0	14	1.2
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	4.8
Eggs	0.04	0.00	0.04	0.78	0.42	0.00	0.00	0.35	0	43	0.0
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	0.07	0.00	0.07	1.35	0.73	0.00	0.00	0.61	0	50	0.0
Fats and Oils	0.40	0.00	0.40	0.01	0.01	0.00	0.00	0.00	78	27	1.4
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	110	0.0
Salad dressings and mayonnaise	1.04	0.00	1.04	0.03	0.02	0.00	0.00	0.00	86	9	3.8
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	107	6	0.0
Fish	5.37	0.09	5.29	0.00	0.00	0.00	0.00	0.00	35	6	0.5
Fish	5.01	0.08	4.92	0.00	0.00	0.00	0.00	0.00	33	5	0.5
Shellfish	5.98	0.10	5.88	0.00	0.00	0.00	0.00	0.00	39	6	0.6
Fruits and Juices	0.13	0.00	0.13	0.00	0.00	0.00	0.00	0.00	0	0	7.4
Fruits	0.26	0.00	0.26	0.00	0.00	0.00	0.00	0.00	1	0	10.3
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	4.5
Grain Products	11.78	2.91	8.87	0.23	0.05	0.00	0.00	0.19	2	6	3.5
Breakfast cereals	5.77	2.16	3.61	0.00	0.00	0.00	0.00	0.00	1	8	18.1
Flour and other milled grains	17.59	5.41	12.18	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix ^a	5.07	0.02	5.05	0.00	0.00	0.00	0.00	0.00	0	26	21.8
Mixtures with grain	6.28	0.09	6.19	1.45	0.29	0.00	0.00	1.16	8	26	0.6
Pasta and noodles	9.23	0.64	8.59	0.00	0.00	0.00	0.00	0.00	0	1	0.0
Rice, barley, and other grains	9.36	0.98	8.38	0.03	0.00	0.00	0.00	0.03	1	4	0.0

Table E.13 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.14	0.00	0.14	0.03	0.00	0.02	0.00	0.03	23	3	2.9
Dry beans and peas	0.25	0.00	0.25	0.00	0.00	0.00	0.00	0.00	0	1	4.3
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53	10	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	54	2	1.4
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	57	0	0.0
Soybeans and soy products	0.00	0.00	0.00	1.03	0.00	0.70	0.00	1.03	18	54	0.6
Milk and Other Dairy Products	0.12	0.00	0.11	6.58	5.69	0.00	0.06	0.83	0	26	12.3
Cheese	0.32	0.01	0.27	5.67	0.23	0.00	0.00	5.44	0	74	0.1
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	96	0.0
Ice cream and ice milk	1.46	0.00	1.46	1.21	1.21	0.00	0.00	0.00	0	45	20.2
Milk	0.00	0.00	0.00	7.16	7.16	0.00	0.00	0.00	0	16	14.0
Yogurt	0.00	0.00	0.00	4.38	0.02	0.00	4.36	0.00	0	11	28.5
Non- Dairy Drinks	0.10	0.00	0.10	0.03	0.03	0.00	0.00	0.00	0	3	46.3
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	55.8
Coffee and tea	0.99	0.00	0.99	0.33	0.33	0.00	0.00	0.00	0	26	22.8
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	59.4
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	47.5
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	48.0
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Poultry	4.07	0.43	3.64	0.00	0.00	0.00	0.00	0.00	23	20	1.4
Chicken	4.17	0.41	3.76	0.00	0.00	0.00	0.00	0.00	25	19	0.7
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	3.94	0.00	3.94	0.00	0.00	0.00	0.00	0.00	44	0	1.0
Turkey	3.64	0.50	3.14	0.00	0.00	0.00	0.00	0.00	13	23	4.6
Prepared Foods	6.77	0.65	6.13	1.99	0.00	0.00	0.00	1.99	9	25	2.4
Burritos and tacos	8.21	0.95	7.26	0.71	0.00	0.00	0.00	0.71	9	22	0.0
Meat - or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	-	-	-	-	-	-	-	-	-	-	-
Pizza	6.74	0.67	6.08	2.33	0.00	0.00	0.00	2.33	8	26	2.4
Prepared meals	3.31	0.03	3.29	0.19	0.00	0.00	0.00	0.19	20	8	5.4
Prepared sandwiches	4.04	0.65	3.39	0.49	0.00	0.00	0.00	0.49	24	13	6.2

Table E.13 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Red Meats	1.08	0.02	1.06	0.00	0.00	0.00	0.00	0.00	5	37	0.8
Beef and veal	1.02	0.00	1.02	0.01	0.01	0.00	0.00	0.00	5	35	0.5
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	1.60	0.12	1.48	0.00	0.00	0.00	0.00	0.00	7	57	1.8
Pork	1.08	0.07	1.01	0.00	0.00	0.00	0.00	0.00	4	39	1.9
Recipe mix ^c	1.49	0.00	1.49	0.11	0.11	0.00	0.00	0.00	3	23	1.1
Soups and Gravies	8.00	0.00	8.00	0.06	0.03	0.00	0.00	0.00	2	19	1.5
Gravies	17.67	0.00	17.67	0.01	0.00	0.00	0.00	0.00	2	22	0.0
Soups	1.81	0.00	1.81	0.09	0.05	0.00	0.00	0.00	2	17	2.4
Sugar and Desserts	0.21	0.00	0.21	0.36	0.27	0.00	0.00	0.00	3	5	45.2
Candies and toppings	0.52	0.01	0.51	0.20	0.20	0.00	0.00	0.00	10	13	34.2
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	53.7
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.36	0.00	1.36	1.11	1.11	0.00	0.00	0.00	12	14	29.5
Sherbet and ices	0.00	0.00	0.00	0.80	0.47	0.00	0.00	0.00	2	8	35.1
Sugars	0.03	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0	0	61.0
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	38.0
Vegetables	2.13	0.00	2.13	0.01	0.01	0.00	0.00	0.01	22	11	0.8
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	5.98	0.00	5.98	0.43	0.43	0.00	0.00	0.00	2	55	0.1
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	2.31	0.00	2.31	0.01	0.00	0.00	0.00	0.00	25	11	0.8
Tomato and tomato products	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.03	1	20	1.0
Yellow vegetables ^g	0.54	0.00	0.54	0.02	0.02	0.00	0.00	0.00	5	1	1.6

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Bakery Products	0.03	0.03	0.01	0.03	0.01	0.05	0.00	0.00	0.00	0.00	0.00	0.05
Biscuits, muffins, pancakes, and waffles	0.13	0.12	0.01	0.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Breads and rolls	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cakes and other bakery desserts	0.04	0.02	0.02	0.01	0.03	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Crackers	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pretzels and snack chips	0.00	0.00	0.00	0.00	0.00	0.36	0.00	0.00	0.00	0.00	0.00	0.36
Condiments	0.00	0.00	0.00	0.00	0.00	6.08	0.00	0.00	3.81	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	4.88	0.00	0.00	4.19	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	1.87	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	26.54	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with egg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fats and Oils	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.01	0.00	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.04
Fish	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.03
Shellfish	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.04
Fruits and Juices	8.94	2.59	6.36	5.72	3.22	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Fruits	9.71	1.82	7.89	9.68	0.03	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Juices	7.84	3.69	4.14	0.00	7.84	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.00	0.00	0.02	0.00	0.00	0.13	0.00	0.00	0.07	0.00	0.00	0.00
Breakfast cereals	0.01	0.00	0.01	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.26	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	0.00	0.00	0.00	0.00	0.00	0.54	0.00	0.00	0.32	0.01	0.01	0.02
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.14 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.01	0.00	0.01	0.00	0.01	1.37	0.00	0.00	0.15	1.17	0.05	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.50	0.00	0.00	0.48	3.85	0.16	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.01	0.00	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.01	0.00	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.23	0.23	0.00	0.23	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.27	0.21	0.07	0.00	0.27	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.01	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.01	0.01	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.81	0.62	0.20	0.00	0.81	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^o	0.00	0.00	0.00	0.00	0.00	0.34	0.00	0.01	0.00	0.00	0.01	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.01	0.00	0.00	0.00
Prepared Foods	0.03	0.00	0.03	0.01	0.02	0.30	0.00	0.00	0.24	0.04	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.53	0.00	0.00	0.01	0.45	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	0.00	0.00	0.00	0.00	0.00	1.13	0.37	0.15	0.00	0.00	0.00	0.00
Pizza	0.00	0.00	0.00	0.00	0.00	0.39	0.00	0.00	0.38	0.00	0.00	0.00
Prepared meals	1.47	0.00	1.47	0.11	1.36	0.18	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.02	0.00	0.02	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.14 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.00	0.06	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.10	0.00	0.00	0.08	0.00	0.00	0.00
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.03	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	2.19	0.00	0.00	0.52	0.00	0.00	0.83
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	2.17	0.00	0.03	1.13	0.28	0.00	0.14
Gravies	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	3.19	0.00	0.05	1.67	0.41	0.00	0.20
Sugar and Desserts	0.09	0.07	0.02	0.08	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.04	0.00	0.04	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.15	0.15	0.00	0.00	0.15	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	7.66	0.85	0.56	0.83	0.00	0.58	3.43
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	34.39	11.96	0.00	0.00	0.00	1.78	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	20.75	8.45	1.80	0.05	0.00	3.09	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	2.67	0.00	0.18	0.04	0.00	0.06	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	18.75	0.00	0.03	0.00	0.00	0.03	0.01
Potato and potato products	0.00	0.00	0.00	0.00	0.00	4.76	0.00	0.00	0.00	0.00	0.00	4.75
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	10.51	0.00	0.00	10.49	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	10.00	0.00	5.55	0.00	0.00	4.45	0.00

Table E.14 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	7.21	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.08	7.11
Dry beans and peas	0.05	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03
Other nuts	11.41	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.41
Peanuts and peanut butter	10.41	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.41
Seeds	11.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.13
Soybeans and soy products	4.88	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.19	0.00
Milk and Other Dairy Products	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.25	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.25
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	10.31	0.03	0.00	2.21	7.69	0.00	0.00	0.13	0.25	0.00
Chicken	9.24	0.01	0.00	0.11	8.67	0.00	0.00	0.16	0.29	0.00
Game birds	-	-	-	-	-	-	-	-	-	-
Mixed poultry	26.35	0.00	0.00	0.00	26.35	0.00	0.00	0.00	0.00	0.00
Recipe mix ^a	6.92	0.00	0.00	0.00	6.89	0.00	0.00	0.03	0.00	0.00
Turkey	14.25	0.09	0.00	9.93	4.11	0.00	0.00	0.03	0.09	0.00
Prepared Foods	1.30	0.10	0.00	0.18	0.13	0.00	0.00	0.02	0.21	0.65
Burritos and tacos	1.16	0.61	0.00	0.00	0.33	0.00	0.00	0.00	0.23	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	2.08	0.00	0.00	0.00	0.00	0.00	2.08	0.00	0.00	0.00
Pizza	0.57	0.01	0.00	0.21	0.09	0.00	0.00	0.03	0.24	0.00
Prepared meals	2.22	0.06	0.00	0.00	1.87	0.00	0.00	0.00	0.00	0.28
Prepared sandwiches	3.98	0.21	0.00	0.22	0.12	0.00	0.00	0.00	0.01	3.43

Table E.14 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Red Meats	10.34	7.37	0.00	2.41	0.01	0.00	0.00	0.02	0.53	0.01
Beef and veal	10.79	9.80	0.00	0.25	0.01	0.00	0.00	0.02	0.70	0.00
Lamb	-	-	-	-	-	-	-	-	-	-
Mixed meats	7.61	0.79	0.00	6.75	0.00	0.00	0.00	0.02	0.04	0.00
Pork	10.15	1.76	0.00	8.21	0.01	0.00	0.00	0.03	0.11	0.03
Recipe mix ^c	7.87	7.60	0.00	0.00	0.00	0.00	0.00	0.27	0.00	0.00
Soups and Gravies	2.17	1.60	0.00	0.00	0.38	0.00	0.00	0.01	0.18	0.00
Gravies	0.35	0.10	0.00	0.00	0.15	0.00	0.00	0.00	0.11	0.00
Soups	3.02	2.31	0.00	0.00	0.48	0.00	0.00	0.01	0.21	0.00
Sugar and Desserts	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
Candies and toppings	0.19	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.15
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.03	0.02	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with vegetables ^e	0.35	0.00	0.00	0.03	0.00	0.00	0.00	0.21	0.11	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomato and tomato products	0.30	0.30	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Bakery Products	9.83	1.06	8.77	0.02	0.01	0.00	0.00	0.01	9	17	7.0
Biscuits, muffins, pancakes, and waffles	7.68	1.11	6.57	0.00	0.00	0.00	0.00	0.00	5	22	8.8
Breads and rolls	12.73	1.38	11.35	0.00	0.00	0.00	0.00	0.00	7	9	3.8
Cakes and other bakery desserts	6.03	0.28	5.75	0.04	0.04	0.00	0.00	0.00	2	38	16.1
Crackers	8.92	2.79	6.13	0.05	0.00	0.00	0.00	0.05	0	29	11.4
Pretzels and snack chips	9.04	0.14	8.90	0.06	0.00	0.00	0.00	0.06	34	4	0.1
Condiments	0.52	0.00	0.52	0.00	0.00	0.00	0.00	0.00	6	0	31.5
Catsup and other sauces	0.43	0.00	0.43	0.00	0.00	0.00	0.00	0.00	7	0	34.1
Flavorings	4.13	0.00	4.13	0.00	0.00	0.00	0.00	0.00	0	5	1.5
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	7.5
Eggs	1.00	0.02	0.97	0.76	0.40	0.00	0.00	0.36	1	42	0.4
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	1.42	0.03	1.39	1.08	0.57	0.00	0.00	0.51	2	45	0.6
Fats and Oils	0.18	0.00	0.18	0.01	0.01	0.00	0.00	0.00	68	38	1.5
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2	108	0.0
Salad dressings and mayonnaise	0.37	0.00	0.37	0.02	0.02	0.00	0.00	0.00	91	9	3.0
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	82	31	0.0
Fish	5.55	0.09	5.46	0.00	0.00	0.00	0.00	0.00	36	6	0.5
Fish	5.42	0.09	5.33	0.00	0.00	0.00	0.00	0.00	35	6	0.5
Shellfish	5.97	0.10	5.88	0.00	0.00	0.00	0.00	0.00	39	6	0.6
Fruits and Juices	0.12	0.00	0.12	0.00	0.00	0.00	0.00	0.00	0	0	7.7
Fruits	0.20	0.00	0.20	0.00	0.00	0.00	0.00	0.00	0	0	9.8
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	4.7
Grain Products	9.26	1.96	7.30	0.29	0.06	0.00	0.00	0.23	2	9	4.9
Breakfast cereals	6.45	2.69	3.76	0.00	0.00	0.00	0.00	0.00	1	4	16.0
Flour and other milled grains	17.47	4.46	13.01	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix ^a	5.50	0.05	5.46	0.00	0.00	0.00	0.00	0.00	0	27	20.3
Mixtures with grain	6.37	0.18	6.19	1.25	0.27	0.00	0.00	0.98	6	26	0.7
Pasta and noodles	9.42	1.51	7.91	0.00	0.00	0.00	0.00	0.00	0	1	0.0
Rice, barley, and other grains	9.15	1.61	7.55	0.01	0.00	0.00	0.00	0.01	2	2	0.2

Table E.14 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.09	0.00	0.09	0.04	0.00	0.01	0.00	0.04	37	2	2.9
Dry beans and peas	0.29	0.00	0.29	0.00	0.00	0.00	0.00	0.00	1	1	5.1
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	59	4	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53	2	2.3
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60	0	0.1
Soybeans and soy products	0.00	0.00	0.00	1.83	0.00	0.69	0.00	1.83	33	24	0.1
Milk and Other Dairy Products	0.20	0.01	0.18	6.86	5.83	0.00	0.09	0.94	0	22	13.6
Cheese	0.93	0.07	0.84	5.75	0.20	0.00	0.00	5.55	1	67	0.1
Cream	0.00	0.00	0.00	0.08	0.00	0.00	0.00	0.00	0	93	0.0
Ice cream and ice milk	1.30	0.00	1.30	1.35	1.34	0.00	0.00	0.00	2	46	18.6
Milk	0.00	0.00	0.00	7.42	7.42	0.00	0.00	0.00	0	12	16.0
Yogurt	0.00	0.00	0.00	4.25	0.15	0.00	4.10	0.00	0	10	30.0
Non- Dairy Drinks	0.10	0.00	0.10	0.04	0.04	0.00	0.00	0.00	0	3	44.7
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	54.9
Coffee and tea	0.19	0.00	0.19	0.30	0.30	0.00	0.00	0.00	0	22	24.9
Dry beverage	0.50	0.00	0.50	0.00	0.00	0.00	0.00	0.00	0	0	57.8
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	45.9
Fruit drinks	0.15	0.00	0.15	0.00	0.00	0.00	0.00	0.00	0	0	48.3
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Poultry	3.18	0.22	2.96	0.00	0.00	0.00	0.00	0.00	18	19	1.4
Chicken	3.47	0.18	3.29	0.00	0.00	0.00	0.00	0.00	20	19	0.9
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	31	0.0
Recipe mix ^b	2.37	0.00	2.37	0.94	0.94	0.00	0.00	0.00	16	24	0.1
Turkey	2.11	0.39	1.72	0.00	0.00	0.00	0.00	0.00	7	18	3.3
Prepared Foods	6.55	0.77	5.79	1.95	0.00	0.00	0.00	1.95	10	24	2.8
Burritos and tacos	8.98	0.60	8.39	0.83	0.00	0.00	0.00	0.83	8	18	0.0
Meat- or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	6.78	0.00	6.78	0.00	0.00	0.00	0.00	0.00	0	0	9.3
Pizza	6.74	0.80	5.94	2.45	0.00	0.00	0.00	2.45	8	26	2.5
Prepared meals	4.71	1.76	2.95	0.16	0.03	0.00	0.00	0.13	7	11	8.3
Prepared sandwiches	4.13	0.87	3.26	1.01	0.00	0.00	0.00	1.01	20	20	5.4

Table E.14 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.88	0.04	0.84	0.01	0.00	0.00	0.00	0.00	4	36	0.8
Beef and veal	0.64	0.00	0.64	0.00	0.00	0.00	0.00	0.00	3	34	0.5
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	1.68	0.20	1.48	0.00	0.00	0.00	0.00	0.00	7	50	1.8
Pork	1.33	0.08	1.24	0.02	0.00	0.00	0.00	0.01	4	39	1.7
Recipe mix ^c	2.07	0.00	2.07	0.13	0.04	0.00	0.00	0.09	5	18	1.0
Soups and Gravies	7.02	0.00	7.02	0.03	0.00	0.00	0.00	0.00	1	18	1.4
Gravies	16.60	0.00	16.60	0.01	0.00	0.00	0.00	0.00	2	26	0.1
Soups	2.54	0.00	2.54	0.04	0.00	0.00	0.00	0.00	1	14	2.0
Sugar and Desserts	0.24	0.03	0.21	0.17	0.15	0.00	0.00	0.00	2	4	44.5
Candies and toppings	1.10	0.28	0.82	0.24	0.24	0.00	0.00	0.00	14	21	31.8
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	53.8
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.68	0.00	1.68	1.28	1.28	0.00	0.00	0.00	9	14	29.3
Sherbet and ices	0.00	0.00	0.00	0.82	0.48	0.00	0.00	0.00	2	8	35.0
Sugars	0.04	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0	0	60.8
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	38.7
Vegetables	1.55	0.01	1.54	0.02	0.00	0.00	0.00	0.02	19	9	0.7
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	4.59	0.40	4.19	0.60	0.12	0.00	0.00	0.48	36	24	1.6
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	1.95	0.00	1.95	0.00	0.00	0.00	0.00	0.00	24	10	0.8
Tomato and tomato products	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.03	1	20	1.0
Yellow vegetables ^g	0.41	0.00	0.41	0.00	0.00	0.00	0.00	0.00	4	0	0.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.15. Contribution of SFPS- III Food Groups and Subgroups for a la Carte- Only Foods to Available MyPyramid Food Groups, SY 2009- 2010

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Bakery Products	5.4	1.2	0.0	0.9	0.1	0.0	3.9	4.6	3.9
Biscuits, muffins, pancakes, and waffles	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.2
Breads and rolls	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cakes and other bakery desserts	2.2	0.6	0.0	0.0	0.0	0.0	0.2	3.8	3.6
Crackers	0.2	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1
Pretzels and snack chips	2.7	0.3	0.0	0.9	0.1	0.0	3.6	0.3	0.0
Condiments	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Catsup and other sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavorings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pickles and olives	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixtures with egg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fats and Oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Margarine	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vegetable oils and shortenings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Shellfish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fruits and Juices	0.2	0.0	2.9	0.0	0.0	0.0	0.1	0.0	0.5
Fruits	0.2	0.0	2.2	0.0	0.0	0.0	0.1	0.0	0.4
Juices	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.1
Grain Products	0.2	0.6	0.0	0.0	0.0	0.0	0.2	0.2	0.2
Breakfast cereals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flour and other milled grains	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flour mix ^a	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2
Mixtures with grain	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pasta and noodles	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Rice, barley, and other grains	0.1	0.6	0.0	0.0	0.0	0.0	0.2	0.0	0.0

Table E.15 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Legumes, Nuts, and Seeds	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
Dry beans and peas	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other nuts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peanuts and peanut butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Seeds	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soybeans and soy products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Milk and Other Dairy Products	0.1	0.0	0.0	0.0	0.8	0.1	0.1	1.7	1.2
Cheese	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.5	0.0
Cream	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Ice cream and ice milk	0.1	0.0	0.0	0.0	0.4	0.1	0.1	1.1	1.0
Milk	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1
Yogurt	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Non- Dairy Drinks	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	1.6
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Coffee and tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Enriched drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
Fruit drinks	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.3
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	0.1	0.0	0.0	0.0	0.0	0.6	0.1	0.3	0.0
Chicken	0.1	0.0	0.0	0.0	0.0	0.6	0.1	0.3	0.0
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Prepared Foods	0.9	0.9	0.0	0.2	0.8	0.2	0.4	0.8	0.2
Burritos and tacos	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Meat- or cheese-filled pastry	0.2	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0
Mixtures with fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pizza	0.5	0.3	0.0	0.2	0.5	0.1	0.2	0.5	0.1
Prepared meals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Prepared sandwiches	0.1	0.5	0.0	0.0	0.2	0.1	0.1	0.1	0.0

Table E.15 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Red Meats	0.0	0.0	0.0	0.0	0.0	3.3	0.1	1.1	0.0
Beef and veal	0.0	0.0	0.0	0.0	0.0	3.3	0.1	1.1	0.0
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pork	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Gravies	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugar and Desserts	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5
Candies and toppings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Gelatins	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Jellies, jams, and preserves	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Puddings and pie filling	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sherbet and ices	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
Sugars	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Syrups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vegetables	0.3	0.0	0.0	2.3	0.0	0.0	1.0	0.3	0.0
Green vegetables ^d	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixed vegetables	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixtures with vegetables ^e	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other vegetables ^f	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Potato and potato products	0.3	0.0	0.0	2.3	0.0	0.0	1.0	0.3	0.0
Tomato and tomato products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Yellow vegetables ^g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.16. Contribution of SFPS- III Food Groups and Subgroups for Foods Used in Reimbursable Meals to Available MyPyramid Food Groups, SY 2009- 2010

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Bakery Products	44.0	49.1	1.0	0.3	0.1	0.3	13.5	14.1	14.2
Biscuits, muffins, pancakes, and waffles	7.4	9.8	0.8	0.0	0.0	0.2	2.0	4.3	4.3
Breads and rolls	28.0	28.4	0.1	0.0	0.0	0.0	6.0	4.7	4.3
Cakes and other bakery desserts	2.8	1.7	0.2	0.0	0.0	0.0	0.5	3.0	3.5
Crackers	2.9	8.6	0.0	0.0	0.0	0.0	0.0	2.0	2.1
Pretzels and snack chips	3.0	0.5	0.0	0.3	0.0	0.0	5.0	0.1	0.0
Condiments	0.2	0.0	0.0	10.1	0.0	0.0	0.7	0.0	4.8
Catsup and other sauces	0.1	0.0	0.0	7.4	0.0	0.0	0.7	0.0	4.7
Flavorings	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Pickles and olives	0.0	0.0	0.0	2.6	0.0	0.0	0.0	0.0	0.1
Eggs	0.1	0.0	0.0	0.0	0.3	2.8	0.1	1.3	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	1.2	0.0	0.3	0.0
Mixtures with egg	0.1	0.0	0.0	0.0	0.3	1.7	0.1	1.0	0.0
Fats and Oils	0.2	0.0	0.0	0.1	0.0	0.1	26.8	8.6	0.8
Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0
Margarine	0.0	0.0	0.0	0.0	0.0	0.0	0.2	4.6	0.0
Salad dressings and mayonnaise	0.2	0.0	0.0	0.1	0.0	0.1	17.8	1.0	0.8
Vegetable oils and shortenings	0.0	0.0	0.0	0.0	0.0	0.0	8.9	2.1	0.0
Fish	0.7	0.1	0.0	0.0	0.0	2.5	1.9	0.2	0.0
Fish	0.5	0.1	0.0	0.0	0.0	2.0	1.4	0.1	0.0
Shellfish	0.2	0.0	0.0	0.0	0.0	0.5	0.5	0.0	0.0
Fruits and Juices	0.0	0.0	86.2	0.1	0.0	0.0	0.1	0.0	6.3
Fruits	0.0	0.0	55.9	0.1	0.0	0.0	0.1	0.0	4.7
Juices	0.0	0.0	30.3	0.0	0.0	0.0	0.0	0.0	1.6
Grain Products	10.6	19.1	0.0	0.9	0.9	0.8	0.7	2.2	3.0
Breakfast cereals	1.9	7.0	0.0	0.0	0.0	0.0	0.1	0.2	2.4
Flour and other milled grains	3.2	6.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flour mix ^a	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.5
Mixtures with grain	1.8	0.5	0.0	0.9	0.9	0.8	0.7	1.7	0.1
Pasta and noodles	1.8	2.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Rice, barley, and other grains	1.6	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Table E.16 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/ Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Legumes, Nuts, and Seeds	0.0	0.0	0.0	2.2	0.0	4.7	4.5	0.1	0.5
Dry beans and peas	0.0	0.0	0.0	2.2	0.0	0.0	0.0	0.0	0.2
Other nuts	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0
Peanuts and peanut butter	0.0	0.0	0.0	0.0	0.0	4.0	3.8	0.1	0.2
Seeds	0.0	0.0	0.0	0.0	0.0	0.5	0.5	0.0	0.0
Soybeans and soy products	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0
Milk and Other Dairy Products	0.8	0.5	0.1	0.0	75.5	0.0	0.5	20.2	31.8
Cheese	0.8	0.5	0.0	0.0	10.6	0.0	0.5	10.9	0.0
Cream	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Ice cream and ice milk	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.2
Milk	0.0	0.0	0.0	0.0	63.9	0.0	0.0	8.7	30.1
Yogurt	0.0	0.0	0.1	0.0	1.0	0.0	0.0	0.2	1.5
Non- Dairy Drinks	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	1.1
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Coffee and tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Enriched drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Fruit drinks	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.7
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	5.3	2.8	0.0	0.2	0.0	40.5	11.6	7.2	1.4
Chicken	4.5	1.5	0.0	0.1	0.0	27.8	10.6	5.8	0.7
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	0.7	1.3	0.0	0.1	0.0	12.7	1.0	1.5	0.7
Prepared Foods	15.4	16.2	0.4	4.1	11.1	6.7	9.2	12.7	3.6
Burritos and tacos	1.9	1.0	0.0	0.7	0.4	0.5	0.6	0.8	0.0
Meat- or cheese-filled pastry	2.2	1.1	0.0	0.4	1.3	0.4	0.3	1.8	0.2
Mixtures with fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pizza	9.2	10.2	0.0	3.0	8.2	1.6	4.2	7.8	1.8
Prepared meals	0.2	0.7	0.4	0.0	0.0	0.2	0.1	0.1	0.2
Prepared sandwiches	1.9	3.3	0.1	0.0	1.1	4.1	3.8	2.1	1.4

Table E.16 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/ Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Red Meats	1.1	0.4	0.0	0.7	0.0	24.8	1.7	9.1	0.5
Beef and veal	0.5	0.0	0.0	0.6	0.0	17.4	1.0	5.6	0.2
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	0.2	0.3	0.0	0.0	0.0	2.2	0.3	1.4	0.1
Pork	0.3	0.2	0.0	0.1	0.0	5.3	0.4	2.1	0.2
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.5	0.0	0.0	0.9	0.0	0.3	0.0	0.3	0.1
Gravies	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Soups	0.1	0.0	0.0	0.9	0.0	0.3	0.0	0.1	0.1
Sugar and Desserts	0.1	0.2	0.3	0.0	0.2	0.0	0.4	0.4	12.9
Candies and toppings	0.1	0.2	0.0	0.0	0.0	0.0	0.3	0.3	0.9
Gelatins	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7
Jellies, jams, and preserves	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	2.0
Puddings and pie filling	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.5
Sherbet and ices	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
Sugars	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.5
Syrups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0
Vegetables	1.8	0.1	0.0	65.8	0.1	0.1	9.5	2.7	0.5
Green vegetables ^d	0.0	0.0	0.0	15.7	0.0	0.0	0.0	0.0	0.0
Mixed vegetables	0.0	0.0	0.0	6.1	0.0	0.0	0.0	0.0	0.0
Mixtures with vegetables ^e	0.2	0.1	0.0	0.6	0.1	0.0	0.6	0.2	0.0
Other vegetables ^f	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0
Potato and potato products	1.6	0.0	0.0	25.9	0.0	0.0	8.7	1.9	0.4
Tomato and tomato products	0.0	0.0	0.0	7.9	0.0	0.1	0.1	0.6	0.1
Yellow vegetables ^g	0.1	0.0	0.0	8.5	0.0	0.0	0.2	0.0	0.1

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.17. Contribution of SFPS- III Food Groups and Subgroups for Mixed- Use Foods to Available MyPyramid Food Groups, SY 2009- 2010

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Bakery Products	6.0	2.4	0.1	0.3	0.1	0.1	2.6	2.8	2.7
Biscuits, muffins, pancakes, and waffles	0.6	0.4	0.0	0.0	0.0	0.0	0.2	0.5	0.4
Breads and rolls	3.0	1.3	0.0	0.0	0.0	0.0	1.0	0.3	0.5
Cakes and other bakery desserts	1.2	0.2	0.0	0.0	0.0	0.0	0.1	1.7	1.7
Crackers	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0.2	0.1
Pretzels and snack chips	0.9	0.1	0.0	0.3	0.0	0.0	1.4	0.1	0.0
Condiments	0.0	0.0	0.0	1.2	0.0	0.0	0.1	0.0	0.7
Catsup and other sauces	0.0	0.0	0.0	0.9	0.0	0.0	0.1	0.0	0.7
Flavorings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pickles and olives	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
Mixtures with egg	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
Fats and Oils	0.0	0.0	0.0	0.0	0.0	0.0	2.4	0.5	0.1
Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Margarine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Salad dressings and mayonnaise	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.1	0.1
Vegetable oils and shortenings	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.0	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
Shellfish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fruits and Juices	0.0	0.0	8.6	0.0	0.0	0.0	0.0	0.0	0.6
Fruits	0.0	0.0	4.6	0.0	0.0	0.0	0.0	0.0	0.4
Juices	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	0.2
Grain Products	1.5	3.2	0.0	0.0	0.1	0.1	0.1	0.2	0.2
Breakfast cereals	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Flour and other milled grains	1.0	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flour mix ^a	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixtures with grain	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0
Pasta and noodles	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Rice, barley, and other grains	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Table E.17 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Legumes, Nuts, and Seeds	0.0	0.0	0.0	0.3	0.0	0.2	0.2	0.0	0.0
Dry beans and peas	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0
Other nuts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peanuts and peanut butter	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.0
Seeds	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soybeans and soy products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Milk and Other Dairy Products	0.1	0.0	0.0	0.0	8.6	0.0	0.0	3.1	3.5
Cheese	0.0	0.0	0.0	0.0	1.1	0.0	0.0	1.3	0.0
Cream	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Ice cream and ice milk	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.3
Milk	0.0	0.0	0.0	0.0	7.3	0.0	0.0	1.5	3.1
Yogurt	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1
Non- Dairy Drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Coffee and tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Enriched drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Fruit drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	1.7	1.5	0.0	0.0	0.0	7.5	3.7	1.8	0.3
Chicken	1.4	1.2	0.0	0.0	0.0	5.8	3.3	1.4	0.1
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	0.3	0.3	0.0	0.0	0.0	1.6	0.4	0.4	0.2
Prepared Foods	1.7	1.4	0.0	0.5	1.2	0.6	0.9	1.4	0.3
Burritos and tacos	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.0
Meat- or cheese-filled pastry	0.3	0.2	0.0	0.1	0.2	0.1	0.0	0.3	0.0
Mixtures with fish	-	-	-	-	-	-	-	-	-
Pizza	1.2	1.0	0.0	0.4	1.0	0.2	0.5	1.0	0.2
Prepared meals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Prepared sandwiches	0.1	0.1	0.0	0.0	0.0	0.3	0.2	0.1	0.1

Table E.17 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Red Meats	0.2	0.0	0.0	0.0	0.0	3.1	0.3	1.2	0.1
Beef and veal	0.1	0.0	0.0	0.0	0.0	2.5	0.2	0.9	0.0
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2	0.0
Pork	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.2	0.0
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Gravies	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugar and Desserts	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	1.5
Candies and toppings	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Gelatins	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Jellies, jams, and preserves	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Puddings and pie filling	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Sherbet and ices	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
Sugars	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7
Syrups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Vegetables	0.6	0.0	0.0	8.6	0.0	0.0	2.4	0.7	0.1
Green vegetables ^d	0.0	0.0	0.0	0.9	0.0	0.0	0.0	0.0	0.0
Mixed vegetables	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0
Mixtures with vegetables ^e	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other vegetables ^f	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Potato and potato products	0.6	0.0	0.0	6.2	0.0	0.0	2.4	0.6	0.1
Tomato and tomato products	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0
Yellow vegetables ^g	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.18. Contribution of SFPS- III Food Groups and Subgroups for All Foods to Available MyPyramid Food Groups, SY 2009- 2010

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Bakery Products	55.4	52.7	1.1	1.5	0.3	0.4	20.0	21.5	20.8
Biscuits, muffins, pancakes, and waffles	8.1	10.3	0.8	0.0	0.0	0.3	2.1	5.1	4.9
Breads and rolls	31.1	29.7	0.1	0.0	0.0	0.0	7.0	4.9	4.9
Cakes and other bakery desserts	6.2	2.5	0.2	0.0	0.1	0.1	0.8	8.5	8.7
Crackers	3.4	9.3	0.0	0.0	0.0	0.0	0.0	2.4	2.3
Pretzels and snack chips	6.6	0.9	0.0	1.5	0.1	0.0	10.0	0.6	0.0
Condiments	0.2	0.0	0.0	11.4	0.0	0.0	0.8	0.0	5.5
Catsup and other sauces	0.1	0.0	0.0	8.3	0.0	0.0	0.8	0.0	5.4
Flavorings	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Pickles and olives	0.0	0.0	0.0	3.0	0.0	0.0	0.0	0.0	0.1
Eggs	0.1	0.0	0.0	0.0	0.3	3.0	0.1	1.3	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	1.3	0.0	0.3	0.0
Mixtures with egg	0.1	0.0	0.0	0.0	0.3	1.7	0.1	1.0	0.0
Fats and Oils	0.2	0.0	0.0	0.2	0.0	0.1	29.3	9.1	0.8
Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0
Margarine	0.0	0.0	0.0	0.0	0.0	0.0	0.2	4.9	0.0
Salad dressings and mayonnaise	0.2	0.0	0.0	0.2	0.0	0.1	18.8	1.1	0.8
Vegetable oils and shortenings	0.0	0.0	0.0	0.0	0.0	0.0	10.3	2.2	0.0
Fish	0.8	0.1	0.0	0.0	0.0	2.6	1.9	0.2	0.0
Fish	0.6	0.1	0.0	0.0	0.0	2.1	1.5	0.1	0.0
Shellfish	0.2	0.0	0.0	0.0	0.0	0.5	0.5	0.0	0.0
Fruits and Juices	0.2	0.0	97.7	0.1	0.0	0.0	0.2	0.0	7.4
Fruits	0.2	0.0	62.7	0.1	0.0	0.0	0.2	0.0	5.6
Juices	0.0	0.0	35.0	0.0	0.0	0.0	0.0	0.0	1.9
Grain Products	12.3	22.9	0.0	0.9	0.9	0.9	1.0	2.6	3.5
Breakfast cereals	2.0	7.4	0.0	0.0	0.0	0.0	0.1	0.3	2.6
Flour and other milled grains	4.2	9.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flour mix ^a	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.7
Mixtures with grain	1.9	0.5	0.0	0.9	0.9	0.9	0.7	1.8	0.1
Pasta and noodles	1.9	2.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Rice, barley, and other grains	1.8	2.8	0.0	0.0	0.0	0.0	0.2	0.1	0.0

Table E.18 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Legumes, Nuts, and Seeds	0.0	0.0	0.0	2.5	0.0	4.9	4.8	0.1	0.5
Dry beans and peas	0.0	0.0	0.0	2.5	0.0	0.0	0.0	0.0	0.3
Other nuts	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0
Peanuts and peanut butter	0.0	0.0	0.0	0.0	0.0	4.2	4.0	0.1	0.2
Seeds	0.0	0.0	0.0	0.0	0.0	0.6	0.6	0.0	0.0
Soybeans and soy products	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0
Milk and Other Dairy Products	1.0	0.5	0.2	0.0	85.0	0.1	0.6	25.0	36.5
Cheese	0.8	0.5	0.0	0.0	12.1	0.0	0.5	12.7	0.0
Cream	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Ice cream and ice milk	0.2	0.0	0.0	0.0	0.5	0.1	0.1	1.5	1.5
Milk	0.0	0.0	0.0	0.0	71.3	0.0	0.0	10.2	33.2
Yogurt	0.0	0.0	0.2	0.0	1.1	0.0	0.0	0.2	1.7
Non- Dairy Drinks	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	3.0
Carbonated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Coffee and tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2
Dry beverage	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Enriched drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3
Fruit drinks	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	1.1
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	7.1	4.3	0.0	0.2	0.0	48.6	15.4	9.3	1.7
Chicken	6.1	2.7	0.0	0.2	0.0	34.2	14.0	7.4	0.8
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Recipe mix ^b	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turkey	1.0	1.6	0.0	0.1	0.0	14.4	1.4	1.9	0.8
Prepared Foods	18.1	18.6	0.4	4.8	13.1	7.6	10.4	14.9	4.1
Burritos and tacos	2.1	1.2	0.0	0.7	0.5	0.6	0.7	0.9	0.0
Meat- or cheese-filled pastry	2.7	1.3	0.0	0.5	1.6	0.4	0.4	2.3	0.2
Mixtures with fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pizza	10.9	11.5	0.0	3.6	9.7	2.0	5.0	9.2	2.2
Prepared meals	0.2	0.7	0.4	0.0	0.0	0.2	0.1	0.1	0.2
Prepared sandwiches	2.2	4.0	0.1	0.0	1.3	4.4	4.1	2.3	1.5

Table E.18 (continued)

Food Group/Subgroup	Total Grains	Whole Grains	Total Fruit	Total Vegetables	Milk/Dairy	Total Meat	Oils	Solid Fats	Added Sugars
Percentage Contribution to Total Amount Available									
Red Meats	1.3	0.5	0.0	0.7	0.0	31.3	2.1	11.5	0.6
Beef and veal	0.6	0.0	0.0	0.6	0.0	23.2	1.2	7.6	0.3
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	0.2	0.3	0.0	0.0	0.0	2.4	0.4	1.6	0.1
Pork	0.4	0.2	0.0	0.1	0.0	5.7	0.4	2.3	0.2
Recipe mix ^c	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soups and Gravies	0.5	0.0	0.0	1.0	0.0	0.4	0.0	0.3	0.1
Gravies	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Soups	0.1	0.0	0.0	1.0	0.0	0.3	0.0	0.2	0.1
Sugar and Desserts	0.2	0.2	0.4	0.0	0.3	0.0	0.5	0.5	14.8
Candies and toppings	0.1	0.2	0.0	0.0	0.0	0.0	0.3	0.3	1.1
Gelatins	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8
Jellies, jams, and preserves	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	2.0
Puddings and pie filling	0.1	0.0	0.0	0.0	0.1	0.0	0.2	0.1	0.7
Sherbet and ices	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.8
Sugars	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.3
Syrups	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1
Vegetables	2.7	0.1	0.0	76.7	0.1	0.1	12.9	3.6	0.7
Green vegetables ^d	0.0	0.0	0.0	16.6	0.0	0.0	0.0	0.0	0.0
Mixed vegetables	0.0	0.0	0.0	6.6	0.0	0.0	0.0	0.0	0.0
Mixtures with vegetables ^e	0.2	0.1	0.0	0.6	0.1	0.0	0.6	0.2	0.0
Other vegetables ^f	0.0	0.0	0.0	1.2	0.0	0.0	0.0	0.0	0.0
Potato and potato products	2.5	0.0	0.0	34.4	0.0	0.0	12.1	2.8	0.5
Tomato and tomato products	0.0	0.0	0.0	8.3	0.0	0.1	0.1	0.6	0.1
Yellow vegetables ^g	0.1	0.0	0.0	8.9	0.0	0.0	0.2	0.0	0.1

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.19. Mean Calorie Density, Sources of Calories, and Nutrient Density of a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

	Reference Standard ^a	All Foods	A La Carte- Only Foods	Foods Used in Reimbursable Meals	Mixed-Use Foods
Calorie Density (Calories per Gram)					
All Foods and Beverages	n.a.	1.27	1.32	1.36	2.35
Foods Only	n.a.	1.99	3.38	1.93	2.83
Sources of Calories (Percentage of Total Calories from ...)					
Total Fat	25-35	32.0	32.7	32.6	33.6
Saturated Fat	< 10	10.1	11.7	10.2	10.4
Monounsaturated Fat	n.a.	11.9	11.8	12.0	12.8
Polyunsaturated Fat	n.a.	7.5	6.6	7.9	7.8
Linoleic Acid	n.a.	6.7	6.1	7.1	7.1
Alpha-linolenic Acid	n.a.	0.7	0.5	0.8	0.6
Carbohydrate	45-65	53.9	59.6	53.2	54.0
Protein	10-30	15.6	7.6	15.8	13.6
Nutrient Density (Nutrients per 1,000 Calories)					
Vitamins					
Vitamin A (mcg RAE)	300	377	160	389	259
Vitamin C (mg)	23	36	40	37	31
Vitamin E (mg AT)	6	3.2	4.2	3.3	3.3
Vitamin B ₆ (mg)	0.5	0.8	0.9	0.8	0.7
Vitamin B ₁₂ (mcg)	0.9	2.3	1.6	2.3	1.9
Folate, DFE (mcg)	151	229	145	230	195
Niacin (mg)	6	10	9	10	9
Riboflavin (mg)	0.4	1.2	0.7	1.2	1.1
Thiamin (mg)	0.4	0.8	0.5	0.8	0.7
Minerals					
Calcium (mg)	616	641	404	622	555
Iron (mg)	5	6.9	5.4	6.9	6.5
Magnesium (mg)	124	131	122	130	123
Phosphorus (mg)	502	741	436	735	649
Potassium (mg)	2,228	1,363	820	1,366	1,115
Sodium (mg)	< 1,098	1,930	1,383	1,977	1,661
Zinc (mg)	4	5.2	3.1	5.3	4.5
Other Dietary Components					
Cholesterol (mg)	< 156	83	43	89	69
Dietary Fiber (g)	14	8.0	6.2	8.4	7.1

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; AT = Alpha-tocopherol; DHHS = U.S. Department of Health and Human Services; DFE = dietary folate equivalent; DRI = Dietary Reference Intake; IOM = Institute of Medicine; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

Table E.20. Mean Calorie Density, Sources of Calories, and Nutrient Density of a la Carte- Only Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories From...)							
		Total Fat	Saturated Fat	Monoun-saturated Fat	Polyun-saturated Fat	Linoleic Acid	Alpha-linolenic Acid	Carbohydrate	Protein
Bakery Products	4.37	35.1	8.4	14.3	9.5	8.9	0.5	59.8	6.2
Biscuits, muffins, pancakes, and waffles	3.74	41.1	10.7	15.3	12.6	11.4	1.2	52.5	6.8
Breads and rolls	2.84	14.0	3.0	4.6	5.4	5.0	0.4	72.5	13.3
Cakes and other bakery desserts	4.34	35.3	12.4	15.4	5.0	4.7	0.3	61.1	5.2
Crackers	4.56	32.4	8.4	16.4	5.5	5.1	0.3	59.1	8.1
Pretzels and snack chips	4.53	34.4	6.0	12.8	12.3	11.6	0.7	59.8	6.8
Condiments	0.93	26.6	9.4	9.8	4.8	3.6	1.2	82.6	21.1
Catsup and other sauces	0.81	19.8	2.0	7.3	7.7	6.4	1.2	76.2	16.0
Flavorings	2.42	43.3	25.4	14.4	1.5	1.5	0.0	93.6	29.4
Pickles and olives	0.26	20.3	3.6	9.2	4.4	2.6	1.7	78.0	17.6
Eggs	1.93	56.1	17.3	22.2	9.1	8.0	0.4	16.9	27.1
Eggs	1.47	62.3	19.3	23.9	8.5	7.1	0.2	2.4	34.3
Mixtures with egg	2.38	50.7	15.5	20.7	9.5	8.5	0.6	29.0	20.7
Fats and Oils	6.42	99.4	31.6	27.5	33.5	29.9	3.6	2.2	0.4
Butter	7.17	100.0	64.5	26.4	3.8	3.4	0.4	0.0	0.5
Margarine	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	5.38	95.8	14.3	24.6	49.8	44.1	5.7	5.5	0.6
Vegetable oils and shortenings	8.39	100.0	25.4	41.9	28.6	26.7	1.9	0.1	0.0
Fish	1.86	27.2	4.8	8.5	12.1	9.6	1.2	34.5	36.4
Fish	1.49	14.2	2.6	3.3	6.9	4.7	0.6	36.1	46.8
Shellfish	2.36	44.7	7.7	15.5	19.1	16.1	2.1	32.3	22.5
Fruits and Juices	1.65	5.6	1.1	2.7	1.1	0.9	0.2	94.0	1.9
Fruits	3.30	8.4	1.8	4.6	1.5	1.2	0.3	91.4	1.0
Juices	0.53	1.8	0.3	0.2	0.5	0.4	0.1	97.6	3.0
Grain Products	4.31	43.2	10.4	18.1	11.3	11.1	0.5	49.6	9.4
Breakfast cereals	3.81	5.3	0.9	1.7	1.7	1.6	0.1	87.5	7.8
Flour and other milled grains	3.64	2.4	0.4	0.2	1.0	1.0	0.1	83.9	11.4
Flour mix ^a	4.13	23.3	4.9	10.0	6.8	6.4	0.5	73.1	6.8
Mixtures with grain	2.15	39.2	11.2	16.5	8.4	7.6	0.6	43.3	17.5
Pasta and noodles	1.57	5.3	1.0	0.7	1.8	1.7	0.1	78.2	14.7
Rice, barley, and other grains	5.12	51.6	11.7	20.7	15.2	15.2	0.6	44.1	7.2

Table E20 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Legumes, Nuts, and Seeds	5.30	70.0	10.3	22.4	34.4	33.9	0.3	20.0	16.3
Dry beans and peas	1.26	2.8	0.6	0.3	1.3	0.7	0.6	72.5	27.5
Other nuts	6.38	85.9	9.2	51.1	21.7	21.1	0.5	11.4	9.8
Peanuts and peanut butter	5.85	76.8	13.9	37.4	22.7	22.6	0.1	13.2	17.5
Seeds	5.85	77.5	11.0	13.3	50.2	50.1	0.1	14.9	14.7
Soybeans and soy products	3.36	40.7	6.3	9.9	21.6	18.3	2.3	35.4	23.6
Milk and Other Dairy Products	2.17	44.8	27.2	11.9	2.9	2.3	0.5	46.8	11.1
Cheese	2.46	62.3	34.0	19.5	5.5	4.6	0.9	13.4	24.3
Cream	1.83	85.4	53.2	24.7	3.2	1.9	1.2	9.7	6.9
Ice cream and ice milk	2.34	43.8	27.2	11.0	2.6	2.1	0.5	52.0	7.5
Milk	1.02	25.6	18.7	4.5	0.8	0.5	0.2	60.6	16.3
Yogurt	0.97	11.1	7.1	3.1	0.3	0.2	0.1	71.5	19.6
Non- Dairy Drinks	0.13	1.2	0.3	0.7	0.2	0.1	0.0	86.8	1.2
Carbonated	0.24	1.0	0.0	0.0	0.0	0.0	0.0	100.0	1.6
Coffee and tea	1.16	12.9	3.7	8.2	1.4	0.9	0.3	83.7	7.9
Dry beverage	3.14	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.3
Enriched drinks	0.25	0.3	0.1	0.1	0.2	0.1	0.0	99.4	0.0
Fruit drinks	0.43	0.1	0.0	0.0	0.0	0.0	0.0	100.0	0.4
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	7.1	0.0
Poultry	2.30	46.0	11.0	18.4	12.8	11.4	0.8	18.6	34.0
Chicken	2.25	45.9	10.8	18.7	12.6	11.1	0.8	16.2	36.3
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	2.29	68.8	12.2	18.7	32.1	28.2	3.3	2.2	28.2
Turkey	2.78	45.9	12.6	15.4	14.5	13.5	0.7	39.8	14.1
Prepared Foods	2.55	33.4	12.9	11.4	6.5	5.8	0.6	48.6	18.5
Burritos and tacos	2.24	33.6	11.1	12.2	7.5	6.6	0.8	48.3	18.2
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	1.43	2.6	0.5	0.8	0.8	0.3	0.1	82.7	12.0
Pizza	2.40	34.8	13.7	11.3	6.7	6.0	0.7	45.6	19.6
Prepared meals	4.28	32.7	9.4	12.5	9.7	9.0	0.6	57.5	11.1
Prepared sandwiches	2.79	39.9	14.8	14.4	7.6	6.8	0.6	38.5	22.0

Table E.20 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Red Meats	3.43	58.1	22.8	25.5	3.5	2.5	0.4	8.4	32.3
Beef and veal	3.30	54.9	22.2	24.0	2.4	2.0	0.3	9.2	34.7
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	3.00	72.9	24.8	31.9	10.2	9.1	0.8	9.4	16.6
Pork	4.41	70.0	22.9	30.9	8.1	2.4	0.3	1.0	27.1
Recipe mix ^c	1.40	51.8	20.2	20.1	1.9	1.6	0.2	23.9	22.6
Soups and Gravies	1.16	24.5	7.0	9.4	6.8	6.1	0.6	62.2	14.3
Gravies	4.08	32.1	11.0	11.6	9.5	8.5	0.9	56.6	11.4
Soups	1.06	22.5	6.3	8.6	6.3	5.6	0.6	65.0	14.3
Sugar and Desserts	2.18	15.3	8.5	4.4	0.6	0.6	0.1	82.3	3.0
Candies and toppings	4.53	31.5	21.6	5.8	1.5	1.5	0.0	68.0	2.8
Gelatins	1.50	0.4	0.1	0.0	0.1	0.1	0.0	100.0	16.3
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.49	23.4	6.3	13.8	0.6	0.5	0.0	71.8	5.1
Sherbet and ices	1.31	10.9	6.1	2.9	0.4	0.4	0.1	86.6	2.6
Sugars	3.93	4.5	3.2	1.0	0.1	0.1	0.0	92.3	3.6
Syrups	2.83	0.6	0.0	0.0	0.0	0.0	0.0	100.0	0.0
Vegetables	1.51	34.3	7.0	14.1	11.4	9.9	1.4	60.5	7.6
Green vegetables ^d	0.17	10.1	1.3	0.4	2.4	1.1	1.3	77.6	24.2
Mixed vegetables	0.65	2.1	0.4	0.1	1.0	0.7	0.3	80.1	17.5
Mixtures with vegetables ^e	2.54	49.1	9.1	18.8	18.0	16.8	0.9	43.6	9.3
Other vegetables ^f	0.39	2.3	0.7	0.2	0.7	0.3	0.4	92.5	15.2
Potato and potato products	1.70	34.1	7.1	14.6	10.8	9.2	1.6	61.5	6.3
Tomato and tomato products	0.31	11.1	2.2	2.1	4.8	4.7	0.1	86.6	16.7
Yellow vegetables ^g	0.41	5.3	0.8	0.3	2.6	2.5	0.0	93.5	9.1

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Bakery Products	67	69	6	4.5	0.5	0.5	135	184	8	0.7	0.7
Biscuits, muffins, pancakes, and waffles	93	100	3	3.8	0.2	0.3	191	280	6	0.6	0.7
Breads and rolls	25	24	3	1.3	0.3	0.2	437	667	14	1.0	1.8
Cakes and other bakery desserts	160	168	4	2.5	0.5	0.6	150	223	8	0.7	0.7
Crackers	28	27	0	1.2	0.3	0.2	234	362	10	1.0	0.8
Pretzels and snack chips	32	28	9	6.0	0.6	0.8	121	146	9	0.7	0.7
Condiments	1,379	688	289	9.2	2.3	0.0	113	117	9	1.6	1.4
Catsup and other sauces	2,420	1,215	109	12.5	3.4	0.0	82	94	9	1.7	1.5
Flavorings	1	1	2	0.4	0.8	0.0	112	112	9	1.0	0.5
Pickles and olives	1,573	775	926	10.9	2.4	0.0	140	140	10	2.0	1.9
Eggs	677	671	0	5.6	0.8	5.5	249	274	4	2.4	0.6
Eggs	1,027	1,016	0	6.8	0.9	8.4	314	314	0	3.3	0.5
Mixtures with egg	407	405	1	4.6	0.6	2.8	190	237	8	1.5	0.7
Fats and Oils	369	361	0	5.6	0.4	0.3	5	5	0	0.1	0.0
Butter	973	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	-	-	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	98	94	0	8.1	0.6	0.4	7	7	0	0.1	0.1
Vegetable oils and shortenings	56	53	0	1.2	0.0	0.0	0	0	0	0.0	0.0
Fish	91	79	2	3.8	1.1	10.5	135	193	33	0.7	0.6
Fish	114	93	2	2.3	1.6	14.0	128	182	51	0.8	0.6
Shellfish	60	60	2	5.9	0.3	5.8	144	206	9	0.6	0.7
Fruits and Juices	320	163	383	3.6	0.9	0.0	118	118	2	0.3	0.5
Fruits	60	38	253	1.9	0.9	0.0	36	36	1	0.2	0.2
Juices	449	221	512	4.1	1.0	0.0	211	211	4	0.5	0.7
Grain Products	156	174	6	2.0	0.6	1.2	156	228	7	0.6	0.6
Breakfast cereals	1,386	1,383	72	0.9	6.1	18.4	1,279	2,146	53	5.2	4.4
Flour and other milled grains	0	0	0	0.2	0.1	0.0	503	799	16	1.4	2.2
Flour mix ^a	9	8	0	1.7	0.2	0.1	216	327	6	0.6	0.7
Mixtures with grain	313	448	20	3.5	0.7	0.9	232	326	11	1.0	1.1
Pasta and noodles	0	0	0	0.4	0.3	0.0	465	752	11	0.9	1.7
Rice, barley, and other grains	50	38	0	2.0	0.2	0.1	42	42	3	0.2	0.2

Table E.20 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	66	63	2	34.0	0.9	0.8	286	286	10	0.6	0.5
Dry beans and peas	1	0	2	3.6	1.0	0.0	718	718	3	0.4	1.1
Other nuts	3	1	1	19.4	0.3	0.0	56	56	4	0.8	0.6
Peanuts and peanut butter	0	0	0	13.9	0.7	0.0	162	162	24	0.2	0.2
Seeds	9	4	2	55.2	1.2	0.0	367	367	7	0.5	0.5
Soybeans and soy products	366	364	9	10.3	0.5	5.9	241	241	5	1.4	1.0
Milk and Other Dairy Products	470	464	3	2.1	0.2	2.2	41	45	1	1.2	0.2
Cheese	652	635	0	2.2	0.3	4.3	62	74	2	1.2	0.3
Cream	827	811	5	2.7	0.2	1.7	38	38	0	0.8	0.2
Ice cream and ice milk	441	437	3	2.2	0.2	1.5	33	35	1	1.1	0.2
Milk	694	687	11	0.9	0.5	4.6	58	58	2	2.1	0.5
Yogurt	113	110	8	0.2	0.4	5.2	105	105	1	2.0	0.4
Non- Dairy Drinks	83	83	179	16.4	6.5	6.0	42	42	52	0.3	0.3
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	0.4	0.1
Coffee and tea	1	0	0	1.1	0.3	0.1	733	733	12	2.7	0.0
Dry beverage	0	0	1,239	0.0	0.0	0.0	0	0	0	0.0	0.0
Enriched drinks	0	0	114	18.7	7.9	10.3	2	2	62	0.0	0.4
Fruit drinks	305	301	284	0.6	0.7	0.0	78	78	5	0.7	0.4
Water	0	0	128	24.4	8.1	0.1	0	0	60	0.0	0.0
Poultry	70	141	2	3.5	1.4	0.9	95	128	29	0.7	1.1
Chicken	76	156	2	3.1	1.5	0.9	90	118	31	0.7	1.2
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	146	122	3	4.9	1.2	0.8	57	57	16	0.5	0.2
Turkey	12	10	0	6.9	0.4	0.7	142	210	9	0.7	0.9
Prepared Foods	241	423	5	2.8	0.4	1.2	249	336	10	1.1	0.9
Burritos and tacos	122	1,067	9	2.7	0.6	1.3	259	348	12	0.9	1.0
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	192	112	13	1.0	0.6	0.7	385	608	13	0.3	1.0
Pizza	265	327	2	2.8	0.4	1.4	251	325	11	1.2	0.9
Prepared meals	173	110	2	3.2	0.3	0.5	311	474	9	1.0	0.9
Prepared sandwiches	159	203	2	2.5	0.8	1.7	212	287	16	0.9	1.0

Table E.20 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Red Meats	13	15	3	1.5	0.8	4.4	192	194	11	0.5	0.4
Beef and veal	10	14	2	1.6	0.8	5.1	216	218	11	0.6	0.3
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	26	24	0	1.6	0.5	2.6	33	46	10	0.5	0.5
Pork	25	25	1	0.9	0.8	2.7	6	6	21	0.5	0.9
Recipe mix ^c	185	121	196	3.2	1.2	4.4	107	143	14	0.7	0.4
Soups and Gravies	699	384	30	2.6	1.0	0.7	111	146	11	1.0	0.9
Gravies	41	42	2	1.8	0.5	0.9	113	142	3	0.7	0.3
Soups	755	410	48	3.0	1.1	0.6	102	135	12	1.0	1.0
Sugar and Desserts	53	51	12	0.4	0.2	0.6	21	22	1	0.5	0.1
Candies and toppings	37	37	6	0.7	0.1	0.4	25	31	2	0.2	0.1
Gelatins	12	5	17	0.3	0.4	0.0	23	23	1	0.2	0.1
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	43	43	2	1.9	0.1	0.9	18	18	1	0.5	0.1
Sherbet and ices	73	70	15	0.1	0.1	0.8	23	23	0	0.6	0.2
Sugars	1	1	18	0.4	0.7	0.2	10	10	1	0.4	0.1
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.0	0.2
Vegetables	443	252	104	6.5	1.8	0.3	201	219	11	0.5	0.7
Green vegetables ^d	3,967	1,989	795	14.4	4.6	0.0	1,976	1,976	11	2.6	2.5
Mixed vegetables	6,545	3,277	49	5.8	1.1	0.0	292	292	13	1.8	1.1
Mixtures with vegetables ^e	394	227	18	5.7	0.7	1.3	189	250	15	1.3	0.8
Other vegetables ^f	15	10	563	3.6	4.5	0.0	838	838	9	1.1	1.2
Potato and potato products	101	92	67	4.4	1.9	0.2	115	126	9	0.3	0.7
Tomato and tomato products	3,141	1,590	694	25.8	4.7	0.0	812	812	38	1.2	1.9
Yellow vegetables ^g	40,746	20,366	144	16.1	3.4	0.0	463	463	24	1.4	1.6

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
Nutrient Density (Nutrients per 1,000 Calories)									
Bakery Products	196	6.6	93	343	534	1,611	2.5	14	7.7
Biscuits, muffins, pancakes, and waffles	162	6.4	43	332	297	1,142	2.3	103	5.3
Breads and rolls	322	16.0	87	355	370	1,751	4.8	26	9.5
Cakes and other bakery desserts	177	7.8	89	306	380	730	2.0	18	5.2
Crackers	283	8.7	70	481	508	2,287	1.9	5	5.5
Pretzels and snack chips	238	5.9	107	385	707	2,257	3.1	3	9.9
Condiments	1,252	32.5	876	1,439	5,968	26,276	12.6	0	71.3
Catsup and other sauces	514	22.1	428	844	4,891	18,824	6.5	0	26.5
Flavorings	545	49.3	1,784	2,708	5,816	5,555	24.6	0	120.5
Pickles and olives	2,573	29.3	514	886	6,729	51,359	7.8	0	73.2
Eggs	396	9.8	85	1,046	850	1,847	6.4	1,786	1.7
Eggs	355	11.1	78	1,261	897	1,254	7.4	2,885	0.0
Mixtures with egg	415	7.8	88	825	783	2,463	5.3	847	3.2
Fats and Oils	19	0.2	2	32	34	954	0.2	122	0.1
Butter	33	0.0	3	33	33	803	0.1	300	0.0
Margarine	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	20	0.5	4	47	60	1,442	0.3	47	0.4
Vegetable oils and shortenings	4	0.1	0	2	3	58	0.0	0	0.0
Fish	196	8.1	184	938	1,170	3,323	3.3	208	3.8
Fish	277	9.4	211	953	1,435	3,947	3.9	205	3.2
Shellfish	88	6.5	149	919	816	2,491	2.4	212	4.6
Fruits and Juices	126	4.6	97	150	1,718	532	0.8	0	2.9
Fruits	85	2.6	56	92	815	910	0.7	0	2.7
Juices	164	6.8	148	216	2,745	92	0.9	0	3.1
Grain Products	180	8.3	151	533	538	1,687	4.7	56	14.3
Breakfast cereals	223	69.6	114	426	454	1,875	10.4	0	8.3
Flour and other milled grains	41	12.7	60	297	294	5	1.9	0	7.4
Flour mix ^a	303	7.8	84	716	602	2,327	1.6	1	6.7
Mixtures with grain	320	9.1	109	596	921	2,409	4.3	249	7.0
Pasta and noodles	45	8.1	115	369	280	1,478	3.2	0	11.5
Rice, barley, and other grains	104	4.2	172	479	439	1,480	4.5	11	17.5

Table E.20 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	278	7.9	311	1,341	1,180	764	8.2	0	16.6
Dry beans and peas	382	24.0	404	931	4,002	1,885	9.4	1	53.9
Other nuts	251	4.6	345	633	876	352	6.4	0	13.4
Peanuts and peanut butter	104	3.2	285	721	1,132	472	7.5	0	10.9
Seeds	141	9.4	295	1,956	889	573	9.3	0	16.9
Soybeans and soy products	846	3.8	224	590	1,000	2,781	4.4	0	16.4
Milk and Other Dairy Products	794	2.0	104	677	999	627	4.2	134	4.3
Cheese	1,525	2.1	80	1,218	629	2,131	7.0	171	0.8
Cream	623	0.4	59	507	773	265	2.1	245	0.0
Ice cream and ice milk	521	2.1	100	481	944	301	3.2	133	5.2
Milk	1,620	3.4	198	1,249	2,214	945	5.5	58	6.9
Yogurt	1,682	1.3	177	1,345	2,237	645	8.4	46	1.1
Non- Dairy Drinks	4,262	2.4	877	310	1,541	1,745	0.6	0	1.1
Carbonated	110	5.0	19	434	207	259	0.7	0	0.0
Coffee and tea	153	5.2	712	552	10,904	832	4.6	1	6.6
Dry beverage	2,184	0.9	6	2,323	941	823	0.2	0	0.2
Enriched drinks	49	2.4	1	273	703	1,374	0.4	0	0.0
Fruit drinks	382	2.1	75	157	741	183	0.3	0	0.1
Water	1,191	0.4	235	0	233	425	0.0	0	0.0
Poultry	108	6.3	95	658	814	2,264	5.0	258	2.5
Chicken	105	6.3	98	686	846	2,267	5.1	275	2.4
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	83	3.4	66	424	747	690	5.3	240	1.7
Turkey	131	6.4	63	416	536	2,259	4.1	112	3.5
Prepared Foods	757	8.9	114	827	841	2,139	5.2	68	8.1
Burritos and tacos	389	9.4	126	607	847	1,959	5.6	76	11.0
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	126	9.7	112	399	664	4,399	2.9	21	2.8
Pizza	809	9.2	115	896	863	2,274	5.4	77	7.8
Prepared meals	430	9.4	91	526	643	2,694	3.6	28	5.8
Prepared sandwiches	539	7.5	108	709	723	2,569	6.2	125	6.2

Table E.20 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Red Meats	66	10.8	104	905	1,316	4,509	17.6	189	2.8
Beef and veal	69	12.2	111	945	1,386	4,658	20.1	193	3.1
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	94	4.1	49	428	576	3,108	5.3	197	0.7
Pork	26	3.1	61	884	1,039	3,899	6.6	220	0.0
Recipe mix ^c	179	8.4	100	636	1,450	4,721	12.4	307	7.9
Soups and Gravies	303	13.8	141	569	1,846	13,272	5.7	87	14.1
Gravies	282	23.2	74	499	757	10,134	2.8	58	9.3
Soups	297	13.4	155	568	2,111	13,191	5.9	82	15.0
Sugar and Desserts	288	2.5	68	254	678	395	2.9	6	6.0
Candies and toppings	105	2.1	64	171	367	195	1.6	10	3.6
Gelatins	278	0.7	121	2,564	587	2,404	0.2	0	3.1
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	351	5.2	80	350	914	1,131	1.8	7	0.7
Sherbet and ices	314	1.9	49	232	589	282	3.1	6	7.5
Sugars	424	3.9	163	321	1,189	581	6.5	0	8.9
Syrups	46	0.0	4	0	4	219	1.6	0	0.0
Vegetables	186	6.1	175	438	2,816	2,159	2.9	35	16.4
Green vegetables ^d	1,516	26.9	875	1,598	11,419	1,426	12.3	0	77.7
Mixed vegetables	385	12.6	338	785	2,585	3,662	7.5	0	67.7
Mixtures with vegetables ^e	236	8.8	85	505	1,335	2,167	3.6	76	10.6
Other vegetables ^f	528	11.4	300	898	5,445	390	6.8	0	58.8
Potato and potato products	102	4.5	153	381	2,555	2,060	2.1	31	12.6
Tomato and tomato products	506	17.1	549	1,057	11,362	6,396	8.6	5	44.8
Yellow vegetables ^g	805	7.3	293	854	7,805	1,683	5.9	0	68.3

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.21. Mean Calorie Density, Sources of Calories, and Nutrient Density of Foods Used in Reimbursable Meals, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

Food Group/Subgroup	Energy Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Bakery Products	3.26	25.8	5.9	10.2	7.7	7.1	0.6	64.5	9.8
Biscuits, muffins, pancakes, and waffles	3.02	34.1	7.7	13.2	10.4	9.4	1.0	58.4	8.1
Breads and rolls	2.87	17.4	4.1	6.8	5.4	4.9	0.5	69.2	12.6
Cakes and other bakery desserts	4.15	35.8	11.6	16.5	5.2	4.9	0.3	61.0	4.9
Crackers	4.46	29.5	7.1	13.6	6.8	6.4	0.4	63.3	7.4
Pretzels and snack chips	4.83	40.5	6.0	12.9	17.7	17.2	0.5	55.4	5.9
Condiments	0.80	11.6	1.6	4.6	4.4	3.8	0.6	89.9	7.8
Catsup and other sauces	0.95	10.6	1.3	3.6	4.7	4.1	0.6	92.4	7.4
Flavorings	0.80	3.8	2.0	1.2	0.4	0.4	0.0	62.4	14.3
Pickles and olives	0.33	22.8	3.6	12.7	3.9	2.6	1.3	78.4	12.7
Eggs	1.61	61.6	19.5	24.0	9.3	8.0	0.4	7.9	30.4
Eggs	1.47	61.9	19.2	23.7	8.4	7.1	0.2	2.4	35.0
Mixtures with egg	1.77	61.1	19.4	24.2	10.2	8.9	0.6	13.1	26.1
Fats and Oils	5.01	94.5	17.5	34.1	38.2	34.0	4.2	6.8	0.5
Butter	7.21	100.0	64.4	26.5	3.8	3.4	0.4	0.0	0.5
Margarine	6.80	100.0	20.0	45.8	31.8	29.0	2.7	0.3	0.2
Salad dressings and mayonnaise	3.84	86.9	14.2	26.7	40.8	35.9	4.9	14.3	0.8
Vegetable oils and shortenings	5.77	92.9	15.5	33.7	40.0	36.5	3.4	5.3	3.2
Fish	2.03	35.8	6.3	12.1	15.2	12.2	1.6	24.5	38.0
Fish	2.02	35.5	6.3	12.1	15.1	12.2	1.6	24.4	38.4
Shellfish	2.25	42.6	7.3	14.3	18.4	15.1	2.0	29.3	27.2
Fruits and Juices	0.56	2.3	0.4	0.3	0.7	0.5	0.1	100.0	3.2
Fruits	0.60	2.4	0.4	0.4	0.7	0.6	0.2	100.0	3.3
Juices	0.49	2.2	0.3	0.2	0.6	0.5	0.1	97.3	3.2
Grain Products	2.23	14.6	4.0	5.1	3.8	3.5	0.3	73.7	11.6
Breakfast cereals	3.90	11.2	1.9	4.0	3.2	3.0	0.2	83.0	7.2
Flour and other milled grains	3.24	2.8	0.4	0.4	1.2	1.2	0.1	85.3	10.3
Flour mix ^a	4.22	26.5	5.7	12.5	6.8	6.4	0.4	69.3	5.8
Mixtures with grain	1.91	32.8	11.3	12.0	6.9	6.2	0.6	50.9	17.0
Pasta and noodles	1.62	6.6	1.2	1.1	2.7	2.4	0.2	77.6	14.6
Rice, barley, and other grains	1.37	7.5	1.6	2.6	2.4	2.3	0.1	81.6	9.1

Table E.21 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun-saturated Fat	Polyun-saturated Fat	Linoleic Acid	Alpha-linolenic Acid	Carbohydrate	Protein
Legumes, Nuts, and Seeds	2.19	34.5	7.1	13.7	12.2	11.5	0.5	50.3	20.6
Dry beans and peas	1.11	5.6	1.3	1.9	1.9	1.2	0.5	76.1	23.3
Other nuts	6.36	85.8	10.5	45.9	25.4	23.2	2.2	11.7	9.6
Peanuts and peanut butter	5.78	75.7	15.5	36.4	21.4	21.3	0.1	15.0	16.8
Seeds	5.91	77.9	10.3	22.6	41.7	41.4	0.2	15.5	13.7
Soybeans and soy products	2.63	48.0	12.8	10.5	21.5	18.0	2.3	26.5	25.7
Milk and Other Dairy Products	0.92	28.4	17.4	8.2	1.3	1.0	0.3	49.2	24.3
Cheese	2.91	65.1	38.5	19.3	3.7	2.9	0.8	9.3	25.7
Cream	1.99	83.0	51.7	24.0	3.1	1.9	1.2	12.1	6.8
Ice cream and ice milk	2.11	44.3	27.8	11.4	2.1	1.5	0.6	51.2	7.6
Milk	0.63	15.6	10.1	4.1	0.6	0.4	0.1	62.7	24.3
Yogurt	0.93	10.4	6.7	2.9	0.3	0.2	0.1	70.7	20.2
Non- Dairy Drinks	0.85	6.2	1.8	3.5	0.6	0.5	0.1	91.2	3.7
Carbonated	0.33	1.3	0.0	0.0	0.0	0.0	0.0	100.0	2.1
Coffee and tea	2.02	19.0	5.2	11.8	1.6	1.3	0.3	75.5	8.8
Dry beverage	3.11	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.3
Enriched drinks	0.24	0.3	0.1	0.1	0.2	0.1	0.0	99.2	0.0
Fruit drinks	0.43	0.2	0.1	0.0	0.1	0.1	0.0	100.0	0.5
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	2.11	45.3	10.4	17.6	13.2	11.7	0.9	20.8	32.6
Chicken	2.23	46.7	10.4	19.0	13.7	12.2	1.0	21.5	30.8
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	1.32	55.8	14.4	24.6	13.9	12.5	0.3	1.0	40.4
Recipe mix ^b	1.91	55.0	12.3	18.0	20.2	17.8	1.9	16.3	27.7
Turkey	1.80	40.3	10.4	13.3	10.8	9.4	0.5	16.6	41.1
Prepared Foods	2.49	35.1	13.3	12.1	6.9	6.3	0.6	46.9	18.8
Burritos and tacos	2.24	31.8	10.8	11.2	7.1	6.2	0.8	50.6	17.8
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	1.43	2.6	0.5	0.8	0.8	0.3	0.1	82.7	12.0
Pizza	2.37	34.2	13.8	10.9	6.6	5.9	0.7	46.3	19.8
Prepared meals	1.55	27.5	6.3	8.0	10.9	9.8	0.9	57.2	16.0
Prepared sandwiches	3.53	45.6	12.6	19.9	10.6	10.2	0.4	41.3	16.6

Table E.21 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Red Meats	2.44	60.1	21.1	25.7	5.6	4.8	0.4	8.2	30.5
Beef and veal	2.28	58.0	21.5	24.9	2.9	2.5	0.3	6.0	34.8
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	3.37	70.0	23.8	29.2	8.8	7.8	0.7	10.2	18.7
Pork	2.58	59.3	19.1	25.3	8.9	7.6	0.4	11.1	28.2
Recipe mix ^c	1.02	25.7	9.4	8.2	3.7	3.4	0.3	55.3	19.3
Soups and Gravies	1.66	31.5	10.8	12.3	6.4	5.9	0.4	53.3	16.5
Gravies	3.32	32.9	12.9	13.0	5.9	5.5	0.4	56.6	10.8
Soups	1.17	32.4	9.6	12.3	7.5	6.9	0.4	48.2	21.1
Sugar and Desserts	2.87	5.7	2.4	2.1	0.5	0.5	0.0	96.6	1.2
Candies and toppings	4.11	24.6	12.3	7.2	3.3	3.1	0.2	76.5	1.8
Gelatins	3.72	0.0	0.0	0.0	0.0	0.0	0.0	96.0	8.5
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.66	20.3	5.6	11.9	0.6	0.6	0.0	75.3	4.6
Sherbet and ices	1.15	8.3	4.2	2.1	0.4	0.3	0.1	89.9	1.9
Sugars	3.86	0.1	0.1	0.0	0.0	0.0	0.0	100.0	0.1
Syrups	2.67	0.3	0.1	0.1	0.2	0.2	0.0	100.0	0.0
Vegetables	1.00	25.0	4.4	10.3	8.9	7.6	1.2	69.8	9.1
Green vegetables ^d	0.25	7.0	1.2	0.4	2.8	1.4	1.4	78.1	27.0
Mixed vegetables	0.34	7.2	1.2	0.3	3.4	1.5	1.9	79.0	26.0
Mixtures with vegetables ^e	2.20	51.0	9.7	17.5	20.1	18.3	1.5	41.4	9.2
Other vegetables ^f	0.61	3.7	0.9	0.4	1.3	0.8	0.5	90.3	16.8
Potato and potato products	1.88	29.4	4.8	13.5	9.9	8.3	1.5	66.3	6.1
Tomato and tomato products	0.61	22.8	5.7	5.0	9.8	9.5	0.2	69.9	11.5
Yellow vegetables ^g	0.65	10.3	1.5	2.9	4.7	4.3	0.4	90.3	10.4

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Bakery Products	39	51	2	2.1	0.3	0.4	263	398	11	1.0	1.1
Biscuits, muffins, pancakes, and waffles	80	127	3	3.9	0.3	0.5	208	310	8	1.0	1.0
Breads and rolls	9	8	0	1.0	0.3	0.3	360	549	14	1.1	1.5
Cakes and other bakery desserts	212	213	3	2.8	0.5	0.3	133	203	7	0.7	0.7
Crackers	12	11	0	1.2	0.3	0.1	186	280	10	0.8	0.6
Pretzels and snack chips	7	5	3	4.2	0.4	0.1	75	94	4	0.9	0.3
Condiments	771	389	144	12.9	1.6	0.0	78	79	9	1.0	0.4
Catsup and other sauces	818	414	100	13.7	1.6	0.0	78	79	10	1.0	0.4
Flavorings	2	2	6	0.2	1.4	0.0	49	49	9	1.0	0.6
Pickles and olives	1,351	667	774	10.6	1.8	0.0	110	110	7	1.5	1.3
Eggs	887	874	0	6.2	0.8	6.8	246	253	2	2.8	0.5
Eggs	999	989	0	6.7	0.9	8.5	317	317	0	3.4	0.5
Mixtures with egg	795	780	0	5.9	0.7	5.2	183	198	3	2.3	0.5
Fats and Oils	550	518	0	10.9	0.1	0.2	4	4	0	0.1	0.0
Butter	973	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	1,317	1,242	0	11.9	0.0	0.1	2	2	0	0.1	0.0
Salad dressings and mayonnaise	56	51	0	9.4	0.2	0.2	8	8	0	0.1	0.1
Vegetable oils and shortenings	4,625	4,355	2	33.7	0.1	0.6	11	11	0	0.2	0.1
Fish	87	86	1	5.3	0.9	10.2	117	164	32	0.6	0.6
Fish	83	83	1	5.2	1.0	10.5	117	164	34	0.6	0.6
Shellfish	98	97	3	6.3	0.4	5.9	129	184	9	0.5	0.6
Fruits and Juices	290	145	308	3.6	1.1	0.0	149	149	5	0.5	0.6
Fruits	355	178	206	4.3	1.0	0.0	119	119	5	0.5	0.5
Juices	167	83	504	2.0	1.2	0.0	212	212	4	0.5	0.8
Grain Products	383	384	17	1.5	1.4	3.2	521	849	19	1.6	1.9
Breakfast cereals	1,381	1,389	58	2.3	4.6	12.7	1,159	1,934	46	3.9	3.7
Flour and other milled grains	4	2	0	0.4	0.2	0.0	390	615	14	1.1	1.8
Flour mix ^a	20	17	0	1.4	0.2	0.2	209	336	6	0.6	0.7
Mixtures with grain	279	288	20	2.8	0.6	1.4	208	302	10	1.0	1.0
Pasta and noodles	0	0	0	0.7	0.3	0.0	429	692	10	0.8	1.7
Rice, barley, and other grains	4	3	0	0.3	1.1	0.0	353	585	14	0.2	1.2

Table E.21 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	34	19	8	10.4	1.0	0.4	382	382	9	0.5	0.8
Dry beans and peas	46	22	13	1.3	1.0	0.0	522	522	4	0.5	1.0
Other nuts	2	1	1	14.5	0.4	0.0	78	78	3	0.7	0.7
Peanuts and peanut butter	0	0	0	14.8	0.9	0.0	130	130	22	0.2	0.1
Seeds	6	2	2	48.8	0.9	0.0	298	298	7	0.6	0.5
Soybeans and soy products	305	303	3	9.1	1.6	8.7	252	253	14	1.9	1.6
Milk and Other Dairy Products	900	893	5	0.6	0.6	6.5	78	80	2	2.6	0.5
Cheese	626	610	0	1.3	0.2	3.8	45	51	1	1.2	0.2
Cream	842	826	4	2.6	0.1	1.6	54	54	0	0.8	0.2
Ice cream and ice milk	528	524	3	1.5	0.2	1.7	30	31	1	1.3	0.2
Milk	1,017	1,013	7	0.4	0.7	7.6	90	90	2	3.2	0.7
Yogurt	113	109	8	0.3	0.5	5.4	109	109	1	2.1	0.4
Non- Dairy Drinks	59	56	191	2.2	0.9	0.7	179	179	11	0.9	0.2
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	0.7	0.2
Coffee and tea	1	1	0	1.6	0.3	0.2	547	547	13	2.2	0.1
Dry beverage	0	0	1,252	0.0	0.0	0.0	0	0	0	0.0	0.0
Enriched drinks	0	0	248	44.5	16.4	9.9	0	0	125	0.0	0.4
Fruit drinks	223	217	303	0.7	0.5	0.0	65	65	3	0.6	0.3
Water	0	0	0	0.0	0.0	0.0	0	0	0	0.0	0.0
Poultry	46	112	6	3.8	1.2	1.0	102	135	22	0.8	0.9
Chicken	50	133	2	3.9	1.2	0.8	110	146	25	0.7	1.1
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	48	48	11	2.0	1.2	4.2	55	55	24	1.2	0.1
Recipe mix ^b	358	304	3	4.0	1.0	1.2	119	169	17	0.9	0.5
Turkey	40	49	19	3.2	1.2	1.5	69	86	14	1.3	0.6
Prepared Foods	244	353	5	3.1	0.5	1.3	251	326	11	1.1	0.9
Burritos and tacos	119	920	9	2.7	0.6	1.1	277	367	11	0.9	1.0
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	192	112	13	1.0	0.6	0.7	385	608	13	0.3	1.0
Pizza	273	327	2	2.9	0.5	1.4	254	324	11	1.2	0.9
Prepared meals	378	343	84	4.2	1.4	2.3	278	430	20	1.1	1.0
Prepared sandwiches	64	98	1	5.7	0.6	0.8	216	262	16	0.7	0.6

Table E.21 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Nutrient Density (Nutrients per 1,000 Calories)											
Red Meats	25	65	3	2.3	1.0	5.5	64	73	17	0.7	0.8
Beef and veal	22	74	3	2.2	1.1	7.4	77	83	17	0.7	0.3
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	11	10	1	1.8	0.7	3.3	38	51	11	0.6	0.6
Pork	35	73	2	2.4	1.2	2.7	46	59	20	0.8	1.8
Recipe mix ^c	342	209	73	3.5	0.9	2.3	240	357	13	0.9	1.0
Soups and Gravies	258	139	34	3.1	0.8	1.6	115	148	10	1.1	0.6
Gravies	21	21	3	1.4	0.5	1.1	117	158	4	1.0	0.5
Soups	396	208	51	4.4	0.9	2.1	111	133	14	1.2	0.7
Sugar and Desserts	30	27	4	0.4	0.0	0.1	7	8	0	0.1	0.0
Candies and toppings	134	129	2	1.4	0.0	0.3	12	15	1	0.2	0.1
Gelatins	0	0	0	0.0	0.0	0.0	8	8	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	66	56	3	1.7	0.1	0.8	18	18	1	0.5	0.1
Sherbet and ices	50	48	15	0.0	0.1	0.5	18	18	0	0.4	0.1
Sugars	0	0	0	0.0	0.0	0.0	1	1	0	0.0	0.0
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.1	0.0
Vegetables	2,587	1,295	142	8.8	2.0	0.0	340	345	15	0.6	1.0
Green vegetables ^d	4,675	2,340	693	16.5	3.1	0.0	1,833	1,833	14	2.4	2.3
Mixed vegetables	16,611	8,296	568	19.8	3.2	0.0	2,925	2,925	18	3.3	2.4
Mixtures with vegetables ^e	669	372	49	5.0	0.7	0.6	245	305	6	0.8	0.8
Other vegetables ^f	234	116	461	1.6	3.9	0.0	777	777	11	1.6	1.4
Potato and potato products	7	5	96	4.1	1.8	0.0	94	99	10	0.2	1.1
Tomato and tomato products	1,197	601	161	30.4	2.6	0.1	257	257	42	1.0	0.7
Yellow vegetables ^g	15,425	7,710	71	7.9	1.8	0.0	408	408	14	0.9	0.7

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
Nutrient Density (Nutrients per 1,000 Calories)									
Bakery Products	332	9.9	88	398	400	1,674	2.5	21	7.9
Biscuits, muffins, pancakes, and waffles	278	9.0	62	587	396	1,627	2.3	90	6.6
Breads and rolls	437	12.1	89	384	405	1,884	2.8	9	8.8
Cakes and other bakery desserts	129	7.3	74	269	338	791	1.7	19	4.9
Crackers	146	9.1	74	310	346	1,822	2.0	4	6.8
Pretzels and snack chips	262	4.1	146	365	534	1,696	3.0	2	10.0
Condiments	358	8.0	224	424	3,586	19,247	3.5	1	13.1
Catsup and other sauces	248	6.7	209	389	3,590	11,054	3.3	1	9.6
Flavorings	990	21.8	443	1,009	3,367	955,715	8.0	0	21.8
Pickles and olives	1,786	23.3	371	645	4,764	35,819	5.7	0	53.6
Eggs	465	10.1	84	1,184	937	1,917	7.0	2,244	0.5
Eggs	359	11.6	81	1,278	930	1,182	7.5	2,884	0.0
Mixtures with egg	538	8.6	86	1,080	935	2,602	6.4	1,677	1.0
Fats and Oils	30	0.3	5	36	69	1,964	0.2	29	0.1
Butter	33	0.0	3	33	33	779	0.1	299	0.0
Margarine	12	0.1	4	14	34	1,359	0.0	9	0.0
Salad dressings and mayonnaise	40	0.6	7	64	120	2,853	0.4	39	0.3
Vegetable oils and shortenings	202	0.2	21	160	266	4,431	0.7	5	0.0
Fish	98	8.1	175	1,039	1,122	2,586	3.4	236	3.5
Fish	94	8.0	174	1,043	1,135	2,567	3.4	224	3.4
Shellfish	128	7.5	163	945	862	2,716	3.1	320	4.1
Fruits and Juices	169	5.6	143	215	2,472	64	1.3	0	19.6
Fruits	163	4.5	136	208	2,197	65	1.5	0	28.4
Juices	186	7.7	160	228	3,013	68	1.0	0	3.3
Grain Products	313	17.3	126	536	500	1,647	8.8	28	10.5
Breakfast cereals	614	45.3	154	519	586	1,337	26.2	0	13.4
Flour and other milled grains	42	11.1	101	339	367	218	2.4	0	9.6
Flour mix ^a	286	6.3	62	911	407	2,156	1.3	3	8.2
Mixtures with grain	529	8.4	122	721	920	2,629	5.3	134	7.8
Pasta and noodles	49	8.1	122	389	284	1,485	3.4	0	12.1
Rice, barley, and other grains	112	9.2	194	533	401	2,615	4.4	1	10.9

Table E.21 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	290	12.7	327	990	2,188	2,078	13.9	8	31.6
Dry beans and peas	375	18.8	364	1,027	3,016	2,849	20.0	14	46.2
Other nuts	210	4.5	342	632	837	350	6.3	0	11.6
Peanuts and peanut butter	76	3.1	261	612	1,092	735	5.2	0	10.2
Seeds	198	8.3	337	1,644	949	623	8.6	0	15.2
Soybeans and soy products	865	5.9	199	928	1,478	2,203	4.9	3	15.2
Milk and Other Dairy Products	1,996	2.8	204	1,702	2,338	1,416	8.0	103	4.5
Cheese	1,735	1.6	83	1,450	590	2,989	8.1	204	0.4
Cream	624	0.3	57	458	774	331	1.8	214	0.0
Ice cream and ice milk	600	1.7	90	520	1,017	364	3.3	166	4.6
Milk	2,134	3.2	250	1,835	3,049	909	8.0	65	5.7
Yogurt	1,753	0.8	170	1,381	2,254	673	8.5	46	0.1
Non- Dairy Drinks	1,125	2.7	378	405	3,800	645	1.4	0	3.2
Carbonated	142	6.1	32	518	301	353	0.8	0	0.5
Coffee and tea	188	4.5	591	624	9,982	824	3.8	1	7.5
Dry beverage	2,209	0.9	6	2,355	954	833	0.2	0	0.2
Enriched drinks	59	2.7	0	257	908	1,502	0.3	0	0.0
Fruit drinks	337	2.1	70	126	698	168	0.4	0	0.3
Water	0	0.0	0	0	0	0	0.0	0	0.0
Poultry	134	7.3	99	713	956	2,880	6.1	263	3.2
Chicken	119	6.5	93	618	768	2,394	4.7	239	3.3
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	423	8.3	91	748	1,003	367	9.5	451	0.0
Recipe mix ^b	250	4.6	88	584	855	1,312	5.6	226	2.5
Turkey	173	9.8	124	1,041	1,589	4,543	10.7	353	2.8
Prepared Foods	760	8.8	124	857	884	2,051	5.4	66	8.5
Burritos and tacos	379	9.6	132	617	870	1,911	5.4	70	12.3
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	126	9.7	112	399	664	4,399	2.9	21	2.8
Pizza	858	9.1	126	939	912	2,232	5.6	70	8.4
Prepared meals	295	12.5	104	532	925	1,831	8.2	115	6.0
Prepared sandwiches	282	5.9	146	581	748	1,612	4.9	51	8.1

Table E.21 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Red Meats	114	8.2	79	706	1,047	2,653	13.6	252	1.6
Beef and veal	129	10.5	85	744	1,106	2,208	18.4	271	1.9
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	88	4.7	56	451	642	3,155	6.5	206	1.1
Pork	94	5.3	79	797	1,158	3,634	7.8	242	1.2
Recipe mix ^c	219	8.8	127	600	1,459	4,265	8.1	135	8.8
Soups and Gravies	326	15.4	142	617	1,663	20,024	5.2	67	10.5
Gravies	297	18.7	79	534	994	11,639	3.7	39	8.8
Soups	356	12.7	185	678	2,074	27,021	6.3	88	11.1
Sugar and Desserts	83	1.1	20	85	197	288	0.8	2	1.0
Candies and toppings	74	1.4	35	108	204	352	1.2	9	2.1
Gelatins	9	0.3	5	462	19	1,270	0.0	0	0.0
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	303	5.3	81	315	873	1,156	1.7	9	1.6
Sherbet and ices	216	3.4	38	160	472	220	2.7	4	5.4
Sugars	61	0.5	8	6	103	27	0.1	0	0.1
Syrups	22	0.4	11	37	50	221	0.9	0	0.0
Vegetables	272	7.7	230	518	3,421	2,364	4.1	7	26.5
Green vegetables ^d	1,341	27.2	597	1,341	7,557	4,402	11.5	0	90.1
Mixed vegetables	1,489	37.7	855	1,282	9,368	3,030	14.1	0	88.9
Mixtures with vegetables ^e	301	6.9	122	416	1,080	1,938	3.3	107	15.1
Other vegetables ^f	837	14.1	384	1,070	5,721	2,003	8.9	0	59.6
Potato and potato products	74	3.5	151	349	2,481	1,697	1.9	3	13.3
Tomato and tomato products	383	13.9	332	624	5,977	3,972	7.0	19	37.6
Yellow vegetables ^g	337	7.5	265	767	4,047	2,765	5.8	0	40.9

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.22. Mean Calorie Density, Sources of Calories, and Nutrient Density of Mixed- Use Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

Food Group/Subgroup	Calorie Density	Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
	(kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
Bakery Products	3.87	29.6	6.9	11.9	8.7	8.1	0.6	62.6	8.2
Biscuits, muffins, pancakes, and waffles	3.43	37.8	8.7	14.2	12.6	11.3	1.3	55.5	7.3
Breads and rolls	2.81	14.7	3.2	5.7	5.0	4.4	0.5	71.2	13.4
Cakes and other bakery desserts	4.31	34.7	12.2	15.3	4.8	4.5	0.3	61.4	5.2
Crackers	4.58	33.0	8.6	16.2	6.1	5.7	0.3	59.2	7.8
Pretzels and snack chips	4.58	34.5	5.4	12.6	13.3	12.6	0.7	59.8	6.7
Condiments	0.78	12.8	1.4	5.8	4.5	3.6	0.9	89.0	11.4
Catsup and other sauces	0.89	12.4	1.3	5.4	4.6	3.6	0.9	89.7	11.0
Flavorings	0.93	3.9	2.0	1.2	0.5	0.4	0.0	72.1	15.7
Pickles and olives	0.29	17.4	3.0	7.9	3.7	2.3	1.5	82.1	14.8
Eggs	1.54	64.2	20.5	24.8	9.5	8.1	0.4	4.2	30.9
Eggs	1.46	61.6	19.1	23.6	8.3	7.0	0.2	2.5	34.5
Mixtures with egg	1.61	66.9	22.0	26.1	10.7	9.3	0.6	5.9	27.5
Fats and Oils	5.02	92.4	18.5	32.9	36.0	31.5	4.4	8.8	0.7
Butter	7.17	100.0	64.5	26.4	3.8	3.4	0.4	0.0	0.5
Margarine	6.18	100.0	18.1	41.8	36.4	32.5	3.5	0.2	0.3
Salad dressings and mayonnaise	4.04	86.2	14.0	26.3	40.7	35.8	4.8	14.7	0.9
Vegetable oils and shortenings	8.67	100.0	10.1	55.3	32.2	26.8	5.4	0.0	0.0
Fish	1.85	28.8	5.3	9.6	12.3	9.4	1.2	19.1	49.5
Fish	1.83	28.5	5.2	9.5	12.1	9.3	1.2	18.8	50.0
Shellfish	2.36	44.7	7.7	15.5	19.1	16.1	2.1	32.3	22.5
Fruits and Juices	0.79	2.8	0.5	0.5	0.8	0.6	0.2	100.0	3.2
Fruits	0.86	3.3	0.7	0.7	0.9	0.7	0.2	100.0	3.4
Juices	0.52	2.0	0.3	0.2	0.5	0.4	0.1	97.1	3.1
Grain Products	2.89	24.1	6.4	9.7	5.6	5.2	0.4	65.3	12.0
Breakfast cereals	3.91	11.4	1.6	4.3	3.2	3.1	0.2	83.0	7.5
Flour and other milled grains	3.68	2.4	0.4	0.4	1.0	1.0	0.0	88.3	7.5
Flour mix ^a	4.25	28.8	5.9	12.5	8.7	8.1	0.6	69.4	5.4
Mixtures with grain	1.98	32.9	11.1	12.7	6.4	5.7	0.5	49.3	18.5
Pasta and noodles	1.54	5.3	1.0	0.8	1.9	1.7	0.1	78.9	14.9
Rice, barley, and other grains	2.22	19.4	4.6	8.6	4.6	4.6	0.2	70.9	8.7

Table E.22 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Legumes, Nuts, and Seeds	2.64	39.1	8.5	12.8	15.9	14.7	0.9	42.4	22.7
Dry beans and peas	1.11	5.4	1.3	2.0	1.6	1.0	0.5	75.8	23.4
Other nuts	6.07	81.8	6.2	51.6	20.0	20.0	0.0	11.7	14.0
Peanuts and peanut butter	5.87	77.0	15.2	37.2	22.1	22.0	0.1	13.3	17.2
Seeds	5.84	78.1	10.8	26.0	38.1	37.8	0.3	13.8	15.4
Soybeans and soy products	2.39	53.3	20.5	11.2	18.1	15.4	2.0	21.4	25.5
Milk and Other Dairy Products	1.48	34.2	20.8	9.7	1.8	1.4	0.4	46.6	20.6
Cheese	3.06	66.6	39.4	19.5	4.0	3.1	0.8	11.6	22.2
Cream	1.85	84.4	52.5	24.4	3.1	1.9	1.2	10.1	7.5
Ice cream and ice milk	2.12	44.2	27.4	11.6	2.1	1.5	0.6	51.7	7.5
Milk	0.56	14.5	9.1	4.2	0.5	0.4	0.1	64.2	23.1
Yogurt	0.96	9.7	6.3	2.7	0.3	0.2	0.1	72.5	19.2
Non- Dairy Drinks	0.61	6.8	1.3	5.0	0.1	0.1	0.0	67.9	2.7
Carbonated	0.23	1.6	0.0	0.0	0.0	0.0	0.0	99.6	2.5
Coffee and tea	1.55	23.4	5.2	16.8	0.8	0.6	0.2	66.8	11.6
Dry beverage	3.82	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.0
Enriched drinks	0.27	0.3	0.1	0.1	0.2	0.1	0.0	99.4	0.0
Fruit drinks	0.46	0.2	0.0	0.0	0.1	0.0	0.0	100.0	0.3
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Poultry	2.15	45.0	9.9	17.6	13.4	11.9	0.9	21.9	32.1
Chicken	2.25	46.5	10.0	18.9	14.2	12.7	1.0	23.5	29.3
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	2.33	56.3	10.1	15.1	26.0	22.9	2.7	17.5	25.2
Turkey	1.82	41.4	10.2	13.5	10.6	9.4	0.5	15.5	40.9
Prepared Foods	2.61	36.2	13.1	12.9	7.5	6.9	0.6	46.4	18.4
Burritos and tacos	2.24	30.4	10.7	10.5	6.8	5.9	0.8	52.4	17.2
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	-	-	-	-	-	-	-	-	-
Pizza	2.38	34.3	14.1	10.8	6.5	5.8	0.7	46.0	19.8
Prepared meals	1.78	31.5	6.5	8.6	14.1	12.3	1.4	46.3	21.3
Prepared sandwiches	3.70	47.4	12.3	21.3	11.3	11.0	0.3	42.2	14.7

Table E.22 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Red Meats	2.61	61.1	21.8	26.0	5.2	4.5	0.4	7.7	29.9
Beef and veal	2.37	58.9	21.9	25.3	2.8	2.4	0.3	4.7	35.1
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	3.44	72.6	24.8	31.0	8.7	7.8	0.7	8.1	18.1
Pork	2.63	56.5	18.2	23.7	8.9	7.3	0.4	14.2	28.0
Recipe mix ^c	1.41	45.1	17.0	16.1	3.3	2.8	0.5	22.1	31.5
Soups and Gravies	1.67	35.6	11.8	14.7	7.5	6.9	0.5	50.6	15.2
Gravies	2.72	37.6	13.8	15.6	7.1	6.6	0.5	51.2	12.1
Soups	1.31	32.7	11.1	13.1	6.3	5.7	0.4	46.1	22.5
Sugar and Desserts	2.15	10.6	3.8	4.6	0.9	0.8	0.1	89.8	1.7
Candies and toppings	3.81	18.9	9.0	5.9	2.6	2.4	0.2	83.1	1.2
Gelatins	3.67	0.0	0.0	0.0	0.0	0.0	0.0	95.1	8.2
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.38	27.4	7.5	16.3	0.6	0.6	0.0	67.6	5.2
Sherbet and ices	1.09	7.4	3.5	1.9	0.3	0.3	0.0	91.2	1.5
Sugars	3.86	0.7	0.5	0.1	0.0	0.0	0.0	100.0	0.5
Syrups	2.72	0.3	0.0	0.1	0.1	0.1	0.0	100.0	0.1
Vegetables	1.33	30.8	4.8	14.1	10.5	8.7	1.8	64.9	7.6
Green vegetables ^d	0.21	8.5	1.4	0.5	3.4	1.7	1.7	79.6	25.8
Mixed vegetables	0.29	9.0	1.4	0.3	4.3	1.6	2.6	77.7	29.3
Mixtures with vegetables ^e	2.78	56.4	10.4	22.2	20.5	19.1	1.0	36.7	7.8
Other vegetables ^f	0.55	3.8	0.9	0.5	1.5	0.7	0.8	89.3	19.2
Potato and potato products	1.75	34.5	5.3	16.3	11.7	9.7	1.9	61.8	5.3
Tomato and tomato products	0.44	17.9	4.1	3.7	7.5	7.3	0.2	76.4	14.8
Yellow vegetables ^g	0.66	10.3	1.5	3.1	4.6	4.1	0.4	89.1	9.4

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Bakery Products	69	79	4	3.0	0.5	0.5	204	297	10	0.9	0.9
Biscuits, muffins, pancakes, and waffles	48	77	10	3.7	0.2	0.3	197	284	7	0.7	0.8
Breads and rolls	7	6	1	1.0	0.3	0.3	408	622	15	1.1	1.7
Cakes and other bakery desserts	239	254	3	2.5	0.6	0.6	137	205	8	0.7	0.7
Crackers	19	19	0	1.2	0.4	0.2	217	332	10	0.9	0.8
Pretzels and snack chips	21	17	7	5.4	0.5	0.6	103	123	7	0.8	0.6
Condiments	954	482	286	16.6	2.3	0.0	109	109	11	1.2	0.8
Catsup and other sauces	896	453	109	16.7	2.1	0.0	96	97	10	1.1	0.8
Flavorings	3	2	7	0.3	1.7	0.0	50	50	10	1.1	0.7
Pickles and olives	1,490	736	911	10.0	2.1	0.0	129	129	9	1.7	1.6
Eggs	1,004	988	0	6.5	0.8	7.0	238	238	1	3.0	0.4
Eggs	1,031	1,021	0	6.7	0.9	8.1	306	306	0	3.4	0.5
Mixtures with egg	970	947	0	6.4	0.7	6.0	170	170	1	2.5	0.4
Fats and Oils	280	267	0	10.3	0.2	0.2	6	6	0	0.1	0.1
Butter	973	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	1,434	1,350	0	11.0	0.0	0.1	2	2	0	0.1	0.0
Salad dressings and mayonnaise	53	49	0	9.8	0.2	0.2	9	9	0	0.1	0.1
Vegetable oils and shortenings	22	20	0	15.7	0.0	0.0	0	0	0	0.0	0.0
Fish	96	95	1	4.6	1.4	14.1	98	135	52	0.6	0.5
Fish	96	96	1	4.6	1.4	14.2	98	134	53	0.6	0.5
Shellfish	60	60	2	5.9	0.3	5.8	144	206	9	0.6	0.7
Fruits and Juices	251	126	329	2.7	1.2	0.0	162	162	4	0.5	0.6
Fruits	335	169	241	3.3	1.4	0.0	145	145	4	0.6	0.5
Juices	161	79	486	1.9	1.2	0.0	205	205	4	0.5	0.8
Grain Products	447	471	20	2.0	1.6	4.2	512	829	20	1.7	1.8
Breakfast cereals	1,272	1,276	56	2.7	4.6	12.9	1,167	1,948	45	3.9	3.6
Flour and other milled grains	5	3	0	0.3	0.2	0.0	261	407	10	0.8	1.2
Flour mix ^a	9	8	0	2.0	0.1	0.1	183	290	5	0.5	0.6
Mixtures with grain	278	338	21	2.6	0.6	1.4	222	316	11	1.0	1.1
Pasta and noodles	0	0	0	0.6	0.3	0.0	418	673	10	0.8	1.6
Rice, barley, and other grains	20	15	0	0.6	0.8	0.1	329	541	11	0.2	1.0

Table E.22 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	104	90	6	10.1	1.6	3.4	361	361	14	1.1	1.2
Dry beans and peas	49	23	14	1.4	1.0	0.0	545	545	4	0.5	1.1
Other nuts	0	0	0	42.8	0.2	0.0	44	44	6	1.3	0.2
Peanuts and peanut butter	0	0	0	14.7	0.8	0.0	141	141	23	0.2	0.2
Seeds	19	9	2	38.9	0.7	0.0	243	243	6	0.6	0.5
Soybeans and soy products	268	264	1	7.7	2.4	9.1	218	218	19	2.2	1.9
Milk and Other Dairy Products	701	695	5	0.9	0.4	4.9	73	77	2	2.0	0.4
Cheese	663	652	0	1.5	0.2	3.3	52	62	2	1.1	0.3
Cream	808	792	5	2.7	0.1	1.8	43	43	0	0.9	0.2
Ice cream and ice milk	499	494	3	1.6	0.2	1.7	35	37	1	1.2	0.2
Milk	1,049	1,044	10	0.3	0.7	7.1	87	87	2	3.1	0.6
Yogurt	105	101	8	0.3	0.4	5.1	102	102	1	2.0	0.4
Non- Dairy Drinks	2	1	51	0.7	0.4	1.7	66	66	6	0.5	0.2
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	0.9	0.2
Coffee and tea	3	2	0	2.1	0.4	0.1	476	476	15	2.3	0.0
Dry beverage	0	0	319	0.0	0.0	0.0	0	0	0	0.1	0.0
Enriched drinks	0	0	16	0.0	1.8	11.0	1	1	18	0.0	0.4
Fruit drinks	4	1	109	0.4	0.2	0.0	71	71	1	0.4	0.3
Water	0	0	0	0.0	0.0	0.0	0	0	0	0.0	0.0
Poultry	36	125	6	4.0	1.2	0.9	105	138	21	0.8	0.9
Chicken	37	152	2	4.2	1.2	0.7	117	154	24	0.7	1.1
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	116	97	3	4.0	1.0	0.6	132	180	16	0.7	0.5
Turkey	34	36	21	2.7	1.1	1.7	58	73	13	1.4	0.6
Prepared Foods	216	391	3	3.6	0.5	1.1	246	316	12	1.0	0.9
Burritos and tacos	124	1,020	10	2.5	0.5	0.8	296	393	11	0.9	1.1
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	-	-	-	-	-	-	-	-	-	-	-
Pizza	273	326	2	2.8	0.4	1.4	253	326	11	1.2	0.9
Prepared meals	196	129	81	3.6	1.2	1.0	131	183	20	0.7	0.5
Prepared sandwiches	64	100	1	6.6	0.6	0.5	207	246	15	0.6	0.5

Table E.22 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Red Meats	12	62	2	2.1	1.0	5.7	64	73	16	0.7	0.6
Beef and veal	12	64	2	2.1	1.1	7.7	73	77	17	0.6	0.3
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	12	11	0	1.4	0.6	3.1	32	43	10	0.6	0.6
Pork	30	83	2	2.7	1.1	2.3	55	71	18	0.8	1.8
Recipe mix ^c	169	164	21	1.9	1.2	5.7	83	97	18	1.1	0.7
Soups and Gravies	308	170	29	2.9	0.7	2.5	117	153	10	1.0	0.6
Gravies	18	19	2	1.3	0.4	1.2	102	136	5	0.9	0.4
Soups	437	235	40	5.1	0.9	3.8	133	159	16	1.2	0.7
Sugar and Desserts	54	52	6	0.6	0.1	0.3	9	9	0	0.2	0.1
Candies and toppings	125	120	19	1.2	0.0	0.3	5	5	0	0.1	0.1
Gelatins	0	0	1	0.0	0.0	0.0	8	8	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	60	60	2	2.2	0.1	0.9	18	18	1	0.5	0.2
Sherbet and ices	42	40	12	0.0	0.1	0.4	13	13	0	0.3	0.1
Sugars	0	0	3	0.1	0.1	0.0	2	2	0	0.1	0.0
Syrups	0	0	0	0.0	0.0	0.0	1	1	0	0.1	0.0
Vegetables	1,486	742	174	7.0	2.1	0.0	324	331	11	0.5	0.8
Green vegetables ^d	5,404	2,699	914	20.3	3.9	0.0	2,176	2,176	15	2.6	2.4
Mixed vegetables	20,998	10,481	678	25.2	3.8	0.0	4,114	4,114	20	3.9	3.0
Mixtures with vegetables ^e	40	28	10	4.5	0.3	0.8	158	220	6	0.8	0.7
Other vegetables ^f	298	150	772	2.5	5.0	0.0	1,191	1,191	11	1.8	1.5
Potato and potato products	4	2	70	5.0	1.7	0.0	82	90	9	0.2	0.7
Tomato and tomato products	2,590	1,305	379	29.9	3.3	0.1	490	490	39	1.0	1.2
Yellow vegetables ^g	22,790	11,394	99	10.6	2.3	0.0	384	384	16	1.0	1.0

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Bakery Products	277	8.6	94	361	437	1,575	2.7	18	8.1
Biscuits, muffins, pancakes, and waffles	210	7.5	52	455	339	1,287	2.5	87	6.0
Breads and rolls	397	14.6	90	336	387	1,711	3.9	11	8.9
Cakes and other bakery desserts	165	8.1	80	292	342	792	1.7	19	4.8
Crackers	195	8.9	75	373	369	1,961	2.0	8	6.3
Pretzels and snack chips	253	5.1	122	398	614	2,084	3.0	3	10.4
Condiments	417	10.4	309	600	4,546	15,303	5.1	0	18.9
Catsup and other sauces	371	9.3	295	574	4,406	13,102	4.9	0	16.9
Flavorings	1,007	21.3	445	1,066	3,325	940,452	8.3	0	24.6
Pickles and olives	2,097	25.0	436	763	5,694	41,404	6.6	0	60.7
Eggs	486	9.3	79	1,191	932	2,057	7.0	2,377	0.0
Eggs	347	10.3	77	1,220	908	1,388	7.2	2,826	0.0
Mixtures with egg	632	8.5	83	1,175	970	2,703	6.8	1,930	0.0
Fats and Oils	40	0.4	6	66	116	2,179	0.3	47	0.0
Butter	33	0.0	3	33	33	803	0.1	300	0.0
Margarine	22	0.0	4	19	41	1,404	0.0	1	0.0
Salad dressings and mayonnaise	54	0.6	8	91	165	3,060	0.4	33	0.0
Vegetable oils and shortenings	1	0.1	0	1	1	21	0.0	0	0.0
Fish	92	9.2	184	1,120	1,324	2,682	4.1	232	2.7
Fish	92	9.3	185	1,124	1,334	2,685	4.2	232	2.6
Shellfish	88	6.5	149	919	816	2,491	2.4	212	4.6
Fruits and Juices	167	4.9	144	214	2,525	131	1.1	0	19.8
Fruits	175	3.4	146	216	2,440	157	1.3	0	30.5
Juices	158	7.6	155	223	2,905	61	1.0	0	3.2
Grain Products	484	19.4	132	615	661	1,867	11.2	62	10.6
Breakfast cereals	680	46.6	163	528	625	1,359	27.4	0	14.7
Flour and other milled grains	30	8.3	91	285	298	21	2.0	0	8.7
Flour mix ^a	333	8.0	78	763	553	1,963	1.5	1	6.4
Mixtures with grain	488	8.8	122	725	954	2,698	5.3	154	7.7
Pasta and noodles	53	8.1	129	407	289	1,522	3.6	0	12.7
Rice, barley, and other grains	118	8.6	154	483	406	2,413	4.1	4	10.8

Table E.22 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	450	12.6	321	1,178	2,230	1,842	12.0	9	27.1
Dry beans and peas	383	18.4	374	1,006	3,078	2,652	18.3	12	45.7
Other nuts	479	6.1	451	768	1,152	558	5.1	0	17.3
Peanuts and peanut butter	86	3.2	271	656	1,115	652	6.0	0	10.5
Seeds	204	12.5	496	1,711	1,090	630	9.5	0	12.7
Soybeans and soy products	967	5.1	139	1,390	1,601	2,356	5.9	26	12.4
Milk and Other Dairy Products	1,643	2.5	154	1,363	1,780	1,372	7.0	118	3.5
Cheese	1,472	2.3	74	1,209	551	2,941	6.9	208	0.9
Cream	639	0.4	60	506	805	277	2.1	230	0.0
Ice cream and ice milk	579	1.7	90	511	1,001	351	3.3	168	4.7
Milk	2,104	3.4	238	1,773	2,948	963	7.5	61	6.4
Yogurt	1,662	0.8	163	1,309	2,142	637	8.1	43	0.2
Non- Dairy Drinks	382	1.8	161	187	2,238	409	0.7	0	2.4
Carbonated	173	7.3	41	620	380	430	0.9	0	0.0
Coffee and tea	196	4.7	604	615	11,128	660	3.9	0	10.4
Dry beverage	372	1.3	0	0	13	110	0.3	0	0.0
Enriched drinks	39	2.2	1	293	558	1,319	0.4	0	0.0
Fruit drinks	127	1.8	57	49	569	147	0.3	0	0.1
Water	0	0.0	0	0	0	0	0.0	0	0.0
Poultry	149	7.4	103	725	974	2,979	5.7	243	3.7
Chicken	131	6.8	96	624	757	2,404	4.5	216	4.0
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-
Recipe mix ^b	185	5.6	71	421	683	1,191	4.9	194	3.2
Turkey	228	9.7	122	1,045	1,748	5,151	10.4	360	2.5
Prepared Foods	714	8.4	127	819	857	1,949	5.1	61	8.7
Burritos and tacos	389	9.6	128	606	843	1,862	4.7	65	12.7
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	-	-	-	-	-	-	-	-	-
Pizza	871	9.0	118	927	863	2,214	5.5	72	7.9
Prepared meals	149	6.2	94	535	829	2,562	4.4	182	3.7
Prepared sandwiches	296	5.5	158	562	756	1,446	4.5	30	8.9

Table E.22 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
Nutrient Density (Nutrients per 1,000 Calories)									
Red Meats	116	8.1	76	667	974	2,393	14.1	250	1.4
Beef and veal	124	10.2	84	732	1,081	2,015	18.7	276	1.6
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	88	4.3	50	429	609	3,312	5.8	209	0.7
Pork	106	5.4	81	796	1,151	3,416	8.0	230	1.5
Recipe mix ^c	282	8.6	126	893	1,832	2,725	16.2	348	3.6
Soups and Gravies	297	15.5	121	616	1,584	15,867	6.0	70	9.7
Gravies	276	16.8	68	512	1,077	10,931	5.8	40	8.2
Soups	344	12.1	192	841	1,991	35,172	5.4	93	8.7
Sugar and Desserts	143	2.4	29	128	324	369	1.5	5	1.8
Candies and toppings	68	0.7	23	78	139	302	1.1	10	1.3
Gelatins	9	0.4	6	370	33	1,218	0.0	0	0.1
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	363	5.2	84	356	924	1,078	1.9	7	0.2
Sherbet and ices	179	4.0	33	132	417	199	2.6	3	4.3
Sugars	92	0.8	25	33	191	87	1.0	0	1.2
Syrups	22	0.5	11	33	69	191	0.9	0	0.1
Vegetables	254	6.0	206	467	3,504	1,940	3.4	2	22.7
Green vegetables ^d	1,512	26.5	608	1,440	9,801	2,853	11.7	0	92.5
Mixed vegetables	1,947	48.2	1,090	1,463	11,977	2,504	17.0	0	99.0
Mixtures with vegetables ^e	260	5.1	67	354	857	1,196	1.9	106	9.0
Other vegetables ^f	1,005	16.7	471	1,208	8,051	1,515	10.4	0	71.3
Potato and potato products	77	3.4	140	325	2,263	1,923	1.9	1	12.2
Tomato and tomato products	445	14.0	442	909	8,830	2,441	8.0	13	49.2
Yellow vegetables ^g	476	7.3	253	726	4,981	2,344	5.2	0	46.6

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.23. Mean Calorie Density, Sources of Calories, and Nutrient Density of All Food Acquisitions, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

	Calorie Density	Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Food Group/Subgroup	(kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
Bakery Products	3.40	27.6	6.5	11.1	7.9	7.3	0.6	63.4	9.2
Biscuits, muffins, pancakes, and waffles	3.09	34.7	8.0	13.5	10.7	9.6	1.0	57.8	7.9
Breads and rolls	2.87	17.4	4.0	6.7	5.5	5.0	0.5	69.2	12.6
Cakes and other bakery desserts	4.34	36.8	12.0	17.4	4.7	4.5	0.3	59.9	4.9
Crackers	4.48	29.9	7.3	13.9	6.7	6.2	0.4	62.7	7.4
Pretzels and snack chips	4.73	39.3	6.3	13.4	15.9	15.2	0.6	56.0	6.1
Condiments	0.83	11.7	1.6	4.6	4.3	3.7	0.6	90.7	7.4
Catsup and other sauces	0.97	10.5	1.3	3.6	4.6	3.9	0.6	92.7	6.8
Flavorings	0.82	4.6	2.5	1.4	0.4	0.4	0.0	64.2	14.8
Pickles and olives	0.31	22.3	3.5	12.2	3.9	2.5	1.3	78.7	13.1
Eggs	1.61	61.7	19.5	24.0	9.4	8.1	0.4	8.0	30.2
Eggs	1.47	61.8	19.2	23.7	8.4	7.1	0.2	2.4	35.0
Mixtures with egg	1.78	61.2	19.4	24.2	10.2	9.0	0.6	13.1	26.0
Fats and Oils	5.00	94.5	17.5	34.1	38.2	33.9	4.2	6.9	0.4
Butter	7.20	100.0	64.4	26.5	3.8	3.4	0.4	0.0	0.5
Margarine	6.78	100.0	19.9	45.7	31.9	29.0	2.8	0.3	0.2
Salad dressings and mayonnaise	3.81	87.0	14.2	26.7	40.8	35.9	4.9	14.2	0.8
Vegetable oils and shortenings	5.96	93.5	15.4	34.7	39.6	36.0	3.5	4.9	3.0
Fish	2.03	35.7	6.3	12.1	15.2	12.3	1.6	24.6	38.0
Fish	2.00	35.0	6.2	11.9	14.9	11.9	1.6	24.0	39.2
Shellfish	2.30	43.8	7.5	14.9	18.9	15.7	2.1	30.6	24.9
Fruits and Juices	0.56	2.4	0.4	0.4	0.7	0.5	0.2	100.0	3.2
Fruits	0.62	2.7	0.5	0.5	0.8	0.6	0.2	100.0	3.2
Juices	0.49	2.1	0.3	0.2	0.6	0.5	0.1	97.1	3.1
Grain Products	2.18	15.0	4.1	5.3	3.9	3.6	0.3	73.5	11.6
Breakfast cereals	3.90	10.8	1.8	3.9	3.1	2.9	0.2	83.5	7.0
Flour and other milled grains	3.27	2.8	0.4	0.4	1.2	1.1	0.1	85.5	10.2
Flour mix ^a	4.22	26.4	5.6	12.2	7.1	6.6	0.5	69.7	5.8
Mixtures with grain	1.88	33.0	11.3	12.1	6.9	6.2	0.6	50.6	17.2
Pasta and noodles	1.61	6.5	1.2	1.1	2.6	2.4	0.2	77.7	14.6
Rice, barley, and other grains	1.75	15.1	3.3	5.7	4.6	4.5	0.2	75.2	8.7

Table E.23 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun-saturated Fat	Polyun-saturated Fat	Linoleic Acid	Alpha-linolenic Acid	Carbohydrate	Protein
Legumes, Nuts, and Seeds	2.13	35.1	7.3	13.8	12.4	11.8	0.5	49.9	20.5
Dry beans and peas	1.11	5.7	1.4	1.9	1.9	1.2	0.5	76.2	23.2
Other nuts	6.34	85.5	10.1	46.8	24.7	22.8	1.9	11.6	9.9
Peanuts and peanut butter	5.80	75.9	15.4	36.5	21.5	21.4	0.1	14.8	16.9
Seeds	5.91	77.9	10.4	21.0	43.3	43.1	0.2	15.5	13.7
Soybeans and soy products	2.63	48.7	13.8	10.6	21.1	17.8	2.2	26.0	25.5
Milk and Other Dairy Products	0.72	25.0	15.3	7.3	1.2	0.9	0.3	53.8	23.4
Cheese	2.90	66.0	38.8	19.7	3.9	3.0	0.8	9.3	24.8
Cream	1.99	83.3	51.9	24.1	3.1	1.9	1.2	11.8	6.8
Ice cream and ice milk	2.28	44.3	27.6	11.2	2.4	1.9	0.5	51.5	7.5
Milk	0.56	12.9	8.2	3.8	0.5	0.4	0.1	65.8	24.0
Yogurt	0.94	10.3	6.6	2.8	0.3	0.2	0.1	71.2	19.9
Non- Dairy Drinks	0.16	3.2	0.9	1.9	0.3	0.2	0.0	91.0	2.2
Carbonated	0.27	1.3	0.0	0.0	0.0	0.0	0.0	100.0	2.0
Coffee and tea	1.66	18.0	5.0	11.3	1.5	1.2	0.2	76.4	8.8
Dry beverage	3.16	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.3
Enriched drinks	0.25	0.3	0.1	0.1	0.2	0.1	0.0	99.3	0.0
Fruit drinks	0.43	0.2	0.0	0.0	0.1	0.0	0.0	100.0	0.4
Water	0.00	0.0	0.0	0.0	0.0	0.0	0.0	5.5	0.0
Poultry	2.14	45.8	10.4	17.9	13.4	12.0	0.9	21.6	31.5
Chicken	2.25	46.9	10.2	19.1	14.0	12.5	1.0	22.5	29.7
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	1.32	55.8	14.4	24.6	13.9	12.5	0.3	1.0	40.4
Recipe mix ^b	1.98	57.3	12.3	18.1	22.2	19.6	2.2	14.2	27.6
Turkey	1.79	39.9	10.2	13.1	10.7	9.4	0.5	17.3	40.7
Prepared Foods	2.49	35.2	13.4	12.1	7.0	6.3	0.6	46.7	18.9
Burritos and tacos	2.24	31.8	10.8	11.3	7.2	6.3	0.8	50.5	17.8
Meat- or cheese-filled pastry	2.52	32.7	13.7	11.0	5.6	5.1	0.5	49.2	18.7
Mixtures with fish	1.43	2.6	0.5	0.8	0.8	0.3	0.1	82.7	12.0
Pizza	2.37	34.1	13.8	10.8	6.6	5.9	0.7	46.3	19.8
Prepared meals	1.61	28.0	6.4	8.2	11.2	10.0	1.0	56.2	16.4
Prepared sandwiches	3.53	45.7	12.6	20.0	10.6	10.2	0.3	41.3	16.5

Table E.23 (continued)

Food Group/Subgroup	Calorie Density (kcal/g)	Sources of Calories (Percentage of Total Calories from ...)							
		Total Fat	Saturated Fat	Monoun- saturated Fat	Polyun- saturated Fat	Linoleic Acid	Alpha- linolenic Acid	Carbohydrate	Protein
Red Meats	2.43	60.0	21.1	25.6	5.4	4.7	0.4	8.2	30.6
Beef and veal	2.28	58.2	21.5	24.9	3.0	2.5	0.3	6.0	34.6
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	3.38	70.9	24.1	29.8	8.7	7.8	0.7	9.5	18.6
Pork	2.55	58.8	18.9	25.0	8.9	7.6	0.4	11.7	28.2
Recipe mix ^c	1.06	28.4	10.5	9.4	3.6	3.2	0.4	51.3	20.4
Soups and Gravies	1.63	30.6	10.5	11.9	6.2	5.7	0.4	54.2	16.4
Gravies	3.35	32.5	12.8	12.8	5.9	5.4	0.4	57.1	10.7
Soups	1.10	31.7	9.5	12.0	7.2	6.6	0.4	49.2	20.8
Sugar and Desserts	2.68	6.5	2.9	2.4	0.5	0.5	0.0	95.4	1.3
Candies and toppings	4.11	24.5	12.9	6.9	2.9	2.7	0.2	76.4	2.0
Gelatins	3.66	0.0	0.0	0.0	0.0	0.0	0.0	96.9	8.8
Jellies, jams, and preserves	2.60	0.5	0.0	0.1	0.0	0.0	0.0	100.0	0.8
Puddings and pie filling	1.59	21.7	5.9	12.7	0.6	0.6	0.0	73.8	4.8
Sherbet and ices	1.26	10.1	5.5	2.6	0.4	0.3	0.1	87.6	2.4
Sugars	3.86	0.2	0.1	0.0	0.0	0.0	0.0	100.0	0.1
Syrups	2.66	0.3	0.1	0.1	0.2	0.2	0.0	100.0	0.0
Vegetables	1.02	26.8	4.6	11.5	9.3	7.9	1.3	68.1	8.5
Green vegetables ^d	0.24	7.0	1.2	0.4	2.9	1.4	1.4	78.2	27.0
Mixed vegetables	0.33	7.1	1.2	0.3	3.4	1.5	1.9	79.0	25.9
Mixtures with vegetables ^e	2.26	51.3	9.7	17.9	20.0	18.3	1.5	41.0	9.1
Other vegetables ^f	0.61	3.6	0.9	0.4	1.3	0.7	0.5	90.5	16.7
Potato and potato products	1.82	30.8	5.0	14.4	10.2	8.6	1.6	65.1	5.9
Tomato and tomato products	0.62	23.2	5.9	5.1	9.9	9.7	0.2	69.4	11.3
Yellow vegetables ^g	0.65	10.4	1.6	3.0	4.7	4.3	0.4	90.2	10.3

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Bakery Products	49	55	2	2.4	0.3	0.4	243	365	10	0.9	1.0
Biscuits, muffins, pancakes, and waffles	71	113	4	3.9	0.3	0.5	205	304	8	0.9	0.9
Breads and rolls	9	8	0	1.0	0.3	0.4	363	553	14	1.1	1.5
Cakes and other bakery desserts	187	187	2	2.6	0.4	0.4	136	209	7	0.7	0.7
Crackers	13	13	0	1.3	0.3	0.2	194	294	10	0.8	0.7
Pretzels and snack chips	17	14	6	5.3	0.5	0.4	89	106	6	0.8	0.4
Condiments	768	387	134	12.1	1.4	0.0	76	77	10	1.0	0.4
Catsup and other sauces	802	405	103	12.6	1.4	0.0	77	78	10	1.0	0.3
Flavorings	3	2	6	0.3	1.4	0.0	51	51	10	1.0	0.6
Pickles and olives	1,373	678	798	10.6	1.9	0.0	113	113	8	1.5	1.4
Eggs	887	873	0	6.2	0.8	6.7	243	251	2	2.8	0.5
Eggs	1,000	990	0	6.7	0.9	8.5	316	316	0	3.4	0.5
Mixtures with egg	796	780	0	5.9	0.7	5.2	183	197	3	2.3	0.5
Fats and Oils	370	349	0	10.1	0.1	0.2	4	4	0	0.1	0.0
Butter	973	954	0	3.2	0.0	0.2	4	4	0	0.0	0.0
Margarine	1,320	1,245	0	11.9	0.0	0.1	2	2	0	0.1	0.0
Salad dressings and mayonnaise	55	50	0	9.5	0.2	0.2	8	8	0	0.1	0.1
Vegetable oils and shortenings	4,279	4,029	1	32.1	0.0	0.5	10	10	0	0.2	0.1
Fish	83	83	1	5.2	0.9	10.4	118	165	33	0.6	0.6
Fish	84	84	1	5.1	1.0	10.8	116	162	35	0.6	0.6
Shellfish	81	79	2	6.1	0.4	5.9	135	193	9	0.6	0.7
Fruits and Juices	283	142	314	3.2	1.1	0.0	150	150	5	0.5	0.6
Fruits	347	174	207	3.9	1.1	0.0	119	119	5	0.5	0.5
Juices	170	84	500	2.0	1.2	0.0	209	209	4	0.5	0.8
Grain Products	386	388	17	1.5	1.4	3.2	518	843	19	1.5	1.9
Breakfast cereals	1,421	1,428	60	2.3	4.7	13.0	1,187	1,982	47	4.1	3.8
Flour and other milled grains	4	2	0	0.4	0.2	0.0	384	605	14	1.1	1.7
Flour mix ^a	17	15	0	1.5	0.2	0.2	208	333	6	0.5	0.7
Mixtures with grain	282	296	20	2.9	0.6	1.4	209	303	10	1.0	1.0
Pasta and noodles	0	0	0	0.7	0.3	0.0	428	690	10	0.8	1.7
Rice, barley, and other grains	12	9	0	0.6	0.9	0.0	312	512	12	0.2	1.1

Table E.23 (continued)

Food Group/Subgroup	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
	Nutrient Density (Nutrients per 1,000 Calories)										
Legumes, Nuts, and Seeds	37	22	8	10.9	1.0	0.4	377	377	9	0.5	0.8
Dry beans and peas	48	23	13	1.3	1.0	0.0	515	515	4	0.5	1.0
Other nuts	2	1	1	16.9	0.3	0.0	73	73	3	0.7	0.6
Peanuts and peanut butter	0	0	0	14.8	0.9	0.0	131	131	23	0.2	0.1
Seeds	5	2	2	50.5	1.0	0.0	312	312	7	0.6	0.5
Soybeans and soy products	288	286	4	9.1	1.6	8.4	247	248	14	1.9	1.6
Milk and Other Dairy Products	917	910	5	0.6	0.6	6.5	79	80	2	2.6	0.6
Cheese	644	628	0	1.4	0.2	3.7	44	50	1	1.2	0.2
Cream	841	824	4	2.6	0.1	1.6	53	53	0	0.8	0.2
Ice cream and ice milk	463	460	3	2.0	0.2	1.5	33	35	1	1.1	0.2
Milk	1,041	1,037	7	0.3	0.7	7.5	90	90	2	3.1	0.7
Yogurt	111	107	8	0.3	0.5	5.3	107	107	1	2.0	0.4
Non- Dairy Drinks	77	76	175	10.6	4.3	4.0	66	66	36	0.5	0.3
Carbonated	0	0	0	0.0	0.0	0.0	0	0	0	0.7	0.2
Coffee and tea	1	1	0	1.5	0.3	0.2	526	526	13	2.2	0.1
Dry beverage	0	0	1,198	0.0	0.0	0.0	0	0	0	0.0	0.0
Enriched drinks	0	0	127	21.3	8.7	10.3	2	2	69	0.0	0.4
Fruit drinks	274	270	289	0.6	0.6	0.0	71	71	4	0.7	0.3
Water	0	0	99	18.7	6.2	0.1	0	0	46	0.0	0.0
Poultry	42	116	5	3.9	1.2	0.9	106	141	22	0.8	0.9
Chicken	44	135	2	4.0	1.2	0.8	114	153	24	0.7	0.9
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	48	48	11	2.0	1.2	4.2	55	55	24	1.2	0.1
Recipe mix ^b	322	272	4	4.2	1.0	1.1	109	149	17	0.8	0.4
Turkey	40	48	19	3.3	1.2	1.5	70	88	14	1.3	0.6
Prepared Foods	243	366	4	3.2	0.5	1.2	250	323	11	1.1	0.9
Burritos and tacos	120	969	9	2.7	0.6	1.1	277	368	11	0.9	1.0
Meat- or cheese-filled pastry	278	468	8	2.4	0.3	1.1	237	325	9	1.2	1.0
Mixtures with fish	192	112	13	1.0	0.6	0.7	385	608	13	0.3	1.0
Pizza	274	327	2	2.9	0.5	1.4	254	324	11	1.2	0.9
Prepared meals	356	317	82	4.2	1.3	2.1	265	408	20	1.1	0.9
Prepared sandwiches	67	101	1	5.8	0.6	0.7	216	261	16	0.7	0.6

Table E.23 (continued)

	Vitamin A (mcg RE)	Vitamin A (mcg RAE)	Vitamin C (mg)	Vitamin E (mg AT)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (mcg)	Total Folate (mcg)	Folate, DFE (mcg)	Niacin (mg)	Riboflavin (mg)	Thiamin (mg)
Food Group/Subgroup	Nutrient Density (Nutrients per 1,000 Calories)										
Red Meats	23	66	3	2.3	1.0	5.5	67	76	17	0.7	0.8
Beef and veal	19	73	3	2.2	1.1	7.3	81	86	17	0.7	0.3
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	11	11	1	1.6	0.6	3.3	36	48	11	0.6	0.6
Pork	34	72	2	2.5	1.2	2.7	47	61	20	0.8	1.8
Recipe mix ^c	321	201	76	3.4	0.9	2.6	222	327	13	0.9	1.0
Soups and Gravies	282	152	34	3.1	0.8	1.7	119	153	11	1.1	0.7
Gravies	21	21	3	1.4	0.5	1.1	118	161	4	1.0	0.5
Soups	423	223	51	4.4	0.9	2.1	112	136	15	1.2	0.8
Sugar and Desserts	32	29	5	0.4	0.0	0.2	8	9	0	0.2	0.0
Candies and toppings	116	112	5	1.2	0.0	0.3	13	17	1	0.2	0.1
Gelatins	0	0	0	0.0	0.0	0.0	8	8	0	0.1	0.0
Jellies, jams, and preserves	39	27	34	0.5	0.1	0.0	23	23	0	0.2	0.0
Puddings and pie filling	64	56	3	1.8	0.1	0.8	18	18	1	0.5	0.1
Sherbet and ices	66	63	15	0.1	0.1	0.7	22	22	0	0.5	0.1
Sugars	0	0	1	0.0	0.0	0.0	1	1	0	0.0	0.0
Syrups	0	0	0	0.0	0.0	0.0	0	0	0	0.1	0.0
Vegetables	2,156	1,080	130	8.3	1.9	0.0	308	314	14	0.6	1.0
Green vegetables ^d	4,755	2,380	686	16.7	3.2	0.0	1,867	1,867	14	2.4	2.3
Mixed vegetables	16,497	8,239	563	19.7	3.2	0.0	2,899	2,899	18	3.3	2.4
Mixtures with vegetables ^e	594	333	44	5.0	0.6	0.7	236	296	7	0.9	0.8
Other vegetables ^f	247	124	485	1.7	4.0	0.0	801	801	10	1.5	1.4
Potato and potato products	7	6	89	4.3	1.8	0.0	91	98	10	0.2	1.0
Tomato and tomato products	1,119	561	147	30.3	2.5	0.1	244	244	43	1.0	0.6
Yellow vegetables ^g	15,343	7,669	72	7.8	1.8	0.0	405	405	14	0.9	0.7

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Bakery Products	308	9.4	88	385	416	1,627	2.5	21	7.7
Biscuits, muffins, pancakes, and waffles	264	8.8	60	558	385	1,568	2.3	89	6.4
Breads and rolls	435	12.2	88	373	401	1,848	2.9	10	8.7
Cakes and other bakery desserts	135	7.5	77	272	330	751	1.7	18	4.8
Crackers	155	9.2	73	318	349	1,850	2.0	5	6.6
Pretzels and snack chips	254	4.5	130	373	630	1,851	3.0	2	10.0
Condiments	328	7.5	213	397	3,355	18,899	3.2	1	11.2
Catsup and other sauces	219	6.2	197	361	3,325	10,646	2.9	1	7.6
Flavorings	1,008	22.7	472	1,052	3,439	972,736	8.5	0	24.1
Pickles and olives	1,841	23.7	382	665	4,923	36,814	5.8	0	54.9
Eggs	467	10.0	84	1,178	936	1,947	6.9	2,224	0.5
Eggs	358	11.5	81	1,275	930	1,192	7.5	2,880	0.0
Mixtures with egg	539	8.6	85	1,077	932	2,601	6.3	1,669	1.0
Fats and Oils	25	0.3	5	34	66	1,851	0.2	29	0.1
Butter	33	0.0	3	33	33	782	0.1	299	0.0
Margarine	12	0.1	4	14	34	1,361	0.0	9	0.0
Salad dressings and mayonnaise	40	0.5	7	64	119	2,857	0.4	40	0.3
Vegetable oils and shortenings	187	0.2	20	148	246	4,099	0.7	5	0.0
Fish	94	8.0	173	1,039	1,126	2,576	3.4	225	3.5
Fish	94	8.1	175	1,049	1,149	2,578	3.5	225	3.4
Shellfish	109	7.0	156	928	842	2,628	2.7	267	4.3
Fruits and Juices	167	5.6	143	211	2,470	92	1.3	0	18.4
Fruits	161	4.3	135	202	2,161	111	1.4	0	27.5
Juices	184	7.7	158	228	3,020	60	1.0	0	3.3
Grain Products	321	17.3	127	536	510	1,673	8.8	29	10.5
Breakfast cereals	636	47.3	147	498	569	1,396	26.8	0	13.1
Flour and other milled grains	41	11.0	100	337	363	191	2.4	0	9.6
Flour mix ^a	297	6.6	64	873	435	2,137	1.4	2	7.7
Mixtures with grain	526	8.4	122	724	924	2,637	5.3	137	7.8
Pasta and noodles	50	8.1	123	391	284	1,488	3.5	0	12.1
Rice, barley, and other grains	111	8.4	184	514	404	2,454	4.3	3	11.4

Table E.23 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Legumes, Nuts, and Seeds	294	12.4	326	989	2,166	2,049	13.7	8	31.2
Dry beans and peas	377	18.8	363	1,022	3,013	2,850	20.2	14	46.1
Other nuts	232	4.6	350	641	862	364	6.2	0	12.1
Peanuts and peanut butter	77	3.1	262	617	1,095	725	5.3	0	10.3
Seeds	189	8.3	321	1,692	930	597	8.7	0	15.6
Soybeans and soy products	843	5.7	191	957	1,436	2,274	5.0	6	15.1
Milk and Other Dairy Products	1,956	3.0	211	1,683	2,452	1,248	7.7	92	5.2
Cheese	1,705	1.6	82	1,410	589	2,893	8.0	204	0.4
Cream	619	0.3	57	455	769	324	1.7	213	0.0
Ice cream and ice milk	539	1.9	97	491	962	320	3.2	143	5.0
Milk	2,112	3.5	253	1,838	3,058	892	7.9	59	6.6
Yogurt	1,727	0.8	169	1,361	2,226	663	8.4	46	0.2
Non- Dairy Drinks	2,370	2.4	530	314	2,179	1,168	0.8	0	2.0
Carbonated	139	6.0	30	514	289	340	0.8	0	0.2
Coffee and tea	186	4.4	578	603	9,829	784	3.7	1	7.6
Dry beverage	2,103	0.9	5	2,220	900	791	0.2	0	0.2
Enriched drinks	50	2.5	1	272	723	1,389	0.3	0	0.0
Fruit drinks	369	2.1	72	144	701	178	0.4	0	0.2
Water	3,234	0.3	645	0	179	791	0.0	0	0.0
Poultry	135	7.2	97	685	906	2,771	5.7	250	3.3
Chicken	121	6.6	92	607	752	2,401	4.5	228	3.5
Game birds	-	-	-	-	-	-	-	-	-
Mixed poultry	423	8.3	91	748	1,003	367	9.5	451	0.0
Recipe mix ^b	224	4.4	83	553	834	1,211	5.5	226	2.4
Turkey	179	9.8	124	1,029	1,600	4,621	10.5	344	2.9
Prepared Foods	768	8.7	125	863	882	2,051	5.4	66	8.5
Burritos and tacos	381	9.6	131	615	866	1,906	5.3	70	12.2
Meat- or cheese-filled pastry	905	8.7	105	887	874	1,856	4.9	67	8.2
Mixtures with fish	126	9.7	112	399	664	4,399	2.9	21	2.8
Pizza	864	9.1	125	940	907	2,227	5.6	70	8.3
Prepared meals	285	11.9	103	532	908	1,922	7.7	119	5.8
Prepared sandwiches	290	5.9	147	584	753	1,623	4.9	51	8.2

Table E.23 (continued)

Food Group/Subgroup	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Cholesterol (mg)	Dietary Fiber (g)
	Nutrient Density (Nutrients per 1,000 Calories)								
Red Meats	115	8.3	79	708	1,046	2,651	13.8	252	1.6
Beef and veal	129	10.5	86	743	1,102	2,208	18.2	268	1.9
Lamb	-	-	-	-	-	-	-	-	-
Mixed meats	86	4.6	54	442	633	3,199	6.3	207	1.0
Pork	95	5.3	79	797	1,155	3,611	7.8	241	1.2
Recipe mix ^c	221	8.7	126	623	1,488	4,173	8.9	159	8.4
Soups and Gravies	326	15.7	144	625	1,668	19,880	5.1	68	10.7
Gravies	299	18.9	80	535	986	11,682	3.5	39	8.8
Soups	345	12.9	184	687	2,089	26,190	6.4	89	11.4
Sugar and Desserts	99	1.2	23	97	228	292	0.9	2	1.4
Candies and toppings	82	1.4	39	118	223	320	1.3	10	2.3
Gelatins	19	0.3	9	539	24	1,317	0.0	0	0.0
Jellies, jams, and preserves	77	1.9	15	42	296	138	0.2	0	2.7
Puddings and pie filling	319	5.4	83	328	903	1,136	1.8	9	1.4
Sherbet and ices	283	2.4	45	210	553	262	3.0	5	6.9
Sugars	65	0.6	10	9	114	33	0.2	0	0.3
Syrups	22	0.4	11	37	49	223	0.9	0	0.0
Vegetables	239	7.1	216	483	3,240	2,296	3.7	6	24.0
Green vegetables ^d	1,351	27.2	596	1,346	7,693	4,336	11.6	0	90.6
Mixed vegetables	1,478	37.4	850	1,278	9,302	3,036	14.0	0	88.7
Mixtures with vegetables ^e	297	7.0	116	422	1,098	1,895	3.3	106	14.5
Other vegetables ^f	852	14.1	388	1,061	5,740	1,965	8.9	0	60.2
Potato and potato products	75	3.5	148	343	2,422	1,755	1.9	3	13.0
Tomato and tomato products	373	13.6	324	605	5,782	4,060	6.9	20	36.8
Yellow vegetables ^g	335	7.4	263	760	4,031	2,736	5.7	0	40.6

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.24. Mean MyPyramid Food Group Availability of a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

	Reference Standard ^a	All Foods	A La Carte- Only Foods	Foods Used in Reimbursable Meals	Mixed-Use Foods
MyPyramid Equivalents per 1,000 Calories					
Total Grains (oz equiv)	≥ 3.0	3.94	4.42	3.74	4.82
Whole grains	≥ 1.5	0.33	0.24	0.37	0.20
Nonwhole grains	n.a.	3.61	4.18	3.37	4.62
Total Fruit (cup equiv)	≥ 0.8	0.59	0.32	0.69	0.56
Citrus fruits, melons, and berries	n.a.	0.17	0.18	0.18	0.16
Other fruits	n.a.	0.42	0.14	0.51	0.40
Whole fruit	≥ 0.4	0.38	0.02	0.49	0.29
Fruit juice	n.a.	0.21	0.30	0.20	0.27
Total Vegetables (cup equiv)	≥ 1.1	0.73	0.24	0.81	0.47
Dark green	n.a.	0.05	0.00	0.06	0.01
Orange	n.a.	0.04	0.00	0.05	0.01
Tomato	n.a.	0.16	0.03	0.18	0.08
Legumes	n.a.	0.02	0.00	0.02	0.01
Starchy	n.a.	0.04	0.00	0.06	0.00
Potato	n.a.	0.27	0.17	0.26	0.30
Other	n.a.	0.15	0.04	0.17	0.06
Total Milk (cup equiv)	≥ 1.3	1.63	0.51	1.57	1.26
Milk	n.a.	1.19	0.24	1.12	0.72
Soy beverage	n.a.	0.00	0.00	0.00	0.09
Yogurt	n.a.	0.02	0.01	0.02	0.07
Cheese	n.a.	0.42	0.26	0.43	0.46
Total Meat (oz equiv)	≥ 2.5	1.83	0.60	2.00	1.64
Meat ^b	n.a.	0.43	0.15	0.46	0.40
Organ meats	n.a.	0.00	0.00	0.00	0.00
Frankfurters, sausages, and luncheon meats	n.a.	0.43	0.06	0.48	0.20
Poultry	n.a.	0.66	0.07	0.71	0.50
Fish and shellfish high in Omega-3	n.a.	0.00	0.00	0.01	0.00
Fish and shellfish low in Omega-3	n.a.	0.04	0.00	0.05	0.02
Eggs	n.a.	0.08	0.01	0.09	0.06
Soybean products ^c	n.a.	0.07	0.04	0.07	0.06
Nuts and seeds	n.a.	0.11	0.26	0.13	0.31
Oils (grams)	≥ 12	10.7	10.9	11.0	12.6
Solid Fats (grams)	n.a.	19.3	22.3	19.2	19.3
Added Sugars (teaspoons)	n.a.	7.7	13.6	7.5	6.8
Percent of Calories from Solid Fats and Added Sugars	≤ 20	30.3	42.9	29.9	28.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^bIncludes beef, pork, veal, lamb, and game.

^cExcludes soy beverages.

equiv = equivalent; oz = ounce; SY = school year.

n.a. = not applicable.

Table E.25. Mean MyPyramid Food Group Availability of a la Carte- Only Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

[illegible]

Table E.25 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.00	0.24	0.00	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.52	0.00	0.00	0.00	4.52	0.00	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk and Other Dairy Products	0.01	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.11	0.11	0.00	0.11	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.12	0.09	0.03	0.00	0.12	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.02	0.01	0.01	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.87	0.65	0.22	0.00	0.87	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	0.00	0.00	0.00	0.00	0.00	1.10	0.00	0.00	0.00	0.00	0.00	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Prepared Foods	0.00	0.00	0.00	0.00	0.00	0.29	0.01	0.00	0.20	0.02	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.34	0.00	0.00	0.03	0.25	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	0.00	0.00	0.00	0.00	0.00	1.13	0.37	0.15	0.00	0.00	0.00	0.00
Pizza	0.00	0.00	0.00	0.00	0.00	0.37	0.00	0.00	0.36	0.00	0.00	0.00
Prepared meals	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.01	0.00	0.01	0.01	0.00	0.09	0.00	0.00	0.02	0.00	0.00	0.00

Table E.25 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.00	0.00	0.00	0.00	0.00	0.09	0.00	0.00	0.04	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.09	0.00	0.00	0.06	0.00	0.00	0.00
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	2.19	0.00	0.00	0.13	0.00	0.00	0.00
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	2.80	0.00	0.14	1.26	0.09	0.02	0.40
Gravies	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	3.87	0.00	0.14	2.33	0.09	0.02	0.40
Sugar and Desserts	0.09	0.08	0.01	0.01	0.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	1.24	0.00	1.24	1.24	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.14	0.14	0.00	0.00	0.14	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	6.42	0.29	0.06	0.97	0.00	0.19	3.28
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	56.12	8.06	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	8.46	0.00	2.42	0.00	0.00	4.32	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	2.22	0.00	0.12	0.00	0.00	0.11	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	20.98	0.00	0.00	0.00	0.00	3.17	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	4.52	0.00	0.00	0.00	0.00	0.00	4.44
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	24.22	0.00	0.00	24.22	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	19.05	0.00	19.05	0.00	0.00	0.00	0.00

Table E.25 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	10.67	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.26	10.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other nuts	11.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.10
Peanuts and peanut butter	11.23	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.23
Seeds	12.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12.08
Soybeans and soy products	6.48	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.04	0.00
Milk and Other Dairy Products	0.28	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.27
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.36	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.36
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	10.18	0.03	0.00	0.27	9.55	0.00	0.00	0.11	0.22	0.00
Chicken	10.97	0.00	0.00	0.00	10.63	0.00	0.00	0.11	0.23	0.00
Game birds	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	9.07	0.00	0.00	0.00	8.94	0.00	0.00	0.13	0.00	0.00
Turkey	3.21	0.32	0.00	2.65	0.00	0.00	0.00	0.09	0.16	0.00
Prepared Foods	1.11	0.17	0.00	0.20	0.18	0.00	0.05	0.04	0.29	0.17
Burritos and tacos	2.38	1.19	0.00	0.00	0.92	0.00	0.00	0.00	0.27	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	2.08	0.00	0.00	0.00	0.00	0.00	2.08	0.00	0.00	0.00
Pizza	0.92	0.00	0.00	0.37	0.21	0.00	0.00	0.06	0.27	0.00
Prepared meals	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	4.58	0.96	0.00	1.44	1.28	0.00	0.01	0.01	0.00	0.89

Table E.25 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Red Meats	9.11	6.83	0.00	2.21	0.00	0.00	0.00	0.01	0.06	0.00
Beef and veal	9.96	8.41	0.00	1.47	0.00	0.00	0.00	0.00	0.08	0.00
Lamb	-	-	-	-	-	-	-	-	-	-
Mixed meats	8.34	0.05	0.00	8.25	0.00	0.00	0.00	0.01	0.02	0.00
Pork	5.97	2.98	0.00	2.99	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^c	7.91	7.34	0.00	0.00	0.00	0.00	0.00	0.56	0.00	0.00
Soups and Gravies	1.21	0.44	0.00	0.00	0.51	0.00	0.00	0.06	0.19	0.00
Gravies	0.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.10	0.00
Soups	1.21	0.44	0.00	0.00	0.52	0.00	0.00	0.06	0.18	0.00
Sugar and Desserts	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.08
Candies and toppings	0.37	0.00	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.32
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.13	0.00	0.00	0.00	0.01	0.00	0.00	0.13	0.00	0.00
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with vegetables ^e	0.34	0.00	0.00	0.00	0.00	0.00	0.00	0.33	0.01	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Potato and potato products	0.11	0.00	0.00	0.00	0.01	0.00	0.00	0.10	0.00	0.00
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Bakery Products	7.74	0.31	7.43	0.08	0.02	0.00	0.00	0.06	17	19	7.2
Biscuits, muffins, pancakes, and waffles	5.99	0.04	5.95	0.00	0.00	0.00	0.00	0.00	1	34	11.8
Breads and rolls	12.46	0.67	11.79	0.00	0.00	0.00	0.00	0.00	2	9	5.5
Cakes and other bakery desserts	5.59	0.74	4.85	0.10	0.10	0.00	0.00	0.00	3	33	16.8
Crackers	9.98	0.81	9.17	0.09	0.00	0.00	0.00	0.09	1	33	3.8
Pretzels and snack chips	8.97	0.15	8.82	0.10	0.00	0.00	0.00	0.10	30	6	0.1
Condiments	0.33	0.00	0.33	0.00	0.00	0.00	0.00	0.00	0	14	6.4
Catsup and other sauces	0.47	0.00	0.47	0.00	0.00	0.00	0.00	0.00	0	0	13.2
Flavorings	1.25	0.00	1.25	0.00	0.00	0.00	0.00	0.00	0	48	0.5
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Eggs	2.27	0.06	2.21	0.32	0.19	0.00	0.00	0.13	3	34	0.9
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	4.17	0.10	4.06	0.56	0.33	0.00	0.00	0.24	6	34	1.7
Fats and Oils	0.07	0.00	0.07	0.00	0.00	0.00	0.00	0.00	59	50	0.5
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	-	-	-	-	-	-	-	-	-	-	-
Salad dressings and mayonnaise	0.19	0.00	0.19	0.00	0.00	0.00	0.00	0.00	103	2	1.5
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Fish	4.66	0.04	4.62	0.00	0.00	0.00	0.00	0.00	23	3	1.5
Fish	3.68	0.00	3.68	0.00	0.00	0.00	0.00	0.00	10	0	2.2
Shellfish	5.98	0.10	5.88	0.00	0.00	0.00	0.00	0.00	39	6	0.6
Fruits and Juices	2.79	0.00	2.79	0.00	0.00	0.00	0.00	0.00	4	0	16.9
Fruits	5.27	0.00	5.27	0.00	0.00	0.00	0.00	0.00	7	0	26.3
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	6.7
Grain Products	5.70	3.60	2.10	0.29	0.02	0.00	0.00	0.26	10	29	5.0
Breakfast cereals	7.85	1.63	6.22	0.00	0.00	0.00	0.00	0.00	0	1	8.1
Flour and other milled grains	17.17	0.00	17.17	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix ^a	5.90	0.39	5.51	0.00	0.00	0.00	0.00	0.00	0	28	19.4
Mixtures with grain	6.45	0.03	6.42	0.49	0.01	0.00	0.00	0.48	13	22	0.1
Pasta and noodles	9.10	0.00	9.10	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Rice, barley, and other grains	5.25	5.25	0.00	0.27	0.03	0.00	0.00	0.23	15	31	3.6

Table E.25 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	0.41	0.00	0.00	50	1	0.8
Dry beans and peas	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0	0	0.1
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	63	4	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53	2	0.9
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	57	0	0.0
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	2.44	0.00	0.00	39	1	3.6
Milk and Other Dairy Products	1.27	0.01	1.26	2.16	1.22	0.00	0.21	0.72	2	46	16.1
Cheese	1.16	0.07	1.09	4.89	0.70	0.00	0.00	4.18	1	66	0.2
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	95	0.0
Ice cream and ice milk	1.47	0.00	1.47	1.24	1.22	0.00	0.00	0.00	3	45	18.7
Milk	0.00	0.00	0.00	4.79	4.71	0.00	0.00	0.00	0	26	15.7
Yogurt	0.00	0.00	0.00	4.36	1.51	0.00	2.85	0.00	0	11	28.4
Non- Dairy Drinks	0.24	0.00	0.24	0.01	0.01	0.00	0.00	0.00	0	1	37.0
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	55.5
Coffee and tea	1.08	0.00	1.08	0.14	0.14	0.00	0.00	0.00	0	14	19.6
Dry beverage	7.57	0.00	7.57	0.00	0.00	0.00	0.00	0.00	0	0	35.2
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	44.9
Fruit drinks	0.14	0.00	0.14	0.00	0.00	0.00	0.00	0.00	0	0	47.8
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Poultry	2.92	0.06	2.86	0.00	0.00	0.00	0.00	0.00	16	18	1.2
Chicken	2.59	0.02	2.57	0.00	0.00	0.00	0.00	0.00	15	18	0.6
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	58	0	0.0
Turkey	5.87	0.43	5.44	0.01	0.01	0.00	0.00	0.00	21	21	6.0
Prepared Foods	7.38	0.62	6.76	1.82	0.00	0.00	0.00	1.82	6	26	1.9
Burritos and tacos	8.12	0.94	7.18	0.65	0.00	0.00	0.00	0.65	9	20	0.1
Meat- or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	6.78	0.00	6.78	0.00	0.00	0.00	0.00	0.00	0	0	9.3
Pizza	6.71	0.54	6.17	2.15	0.01	0.00	0.00	2.14	8	26	2.3
Prepared meals	9.24	0.00	9.24	0.85	0.00	0.00	0.00	0.85	0	35	0.0
Prepared sandwiches	6.18	0.65	5.53	1.21	0.00	0.00	0.00	1.21	11	22	3.0

Table E.25 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.15	0.01	0.14	0.00	0.00	0.00	0.00	0.00	1	46	3.1
Beef and veal	0.21	0.00	0.21	0.00	0.00	0.00	0.00	0.00	1	41	3.4
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.93	0.07	0.87	0.00	0.00	0.00	0.00	0.00	4	64	1.1
Pork	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	63	0.0
Recipe mix ^c	1.69	0.00	1.69	0.19	0.00	0.00	0.00	0.19	0	36	0.4
Soups and Gravies	5.38	0.00	5.38	0.11	0.00	0.00	0.00	0.00	0	18	1.5
Gravies	17.36	0.00	17.36	0.00	0.00	0.00	0.00	0.00	2	20	0.0
Soups	4.28	0.00	4.28	0.11	0.00	0.00	0.00	0.00	0	17	2.1
Sugar and Desserts	0.45	0.00	0.45	0.66	0.44	0.00	0.00	0.00	5	10	33.9
Candies and toppings	1.08	0.00	1.08	0.23	0.23	0.00	0.00	0.00	13	20	30.1
Gelatins	4.08	0.00	4.08	0.00	0.00	0.00	0.00	0.00	0	0	28.2
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.45	0.00	1.45	1.27	1.27	0.00	0.00	0.00	13	11	30.4
Sherbet and ices	0.00	0.00	0.00	0.77	0.45	0.00	0.00	0.00	2	8	35.4
Sugars	0.83	0.00	0.83	0.16	0.00	0.00	0.00	0.00	2	3	41.3
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	0	22.5
Vegetables	2.41	0.02	2.40	0.06	0.06	0.00	0.00	0.00	16	20	0.6
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	6.15	0.31	5.84	0.32	0.32	0.00	0.00	0.00	0	52	0.1
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	2.08	0.00	2.08	0.00	0.00	0.00	0.00	0.00	21	15	0.6
Tomato and tomato products	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.01	0	5	0.3
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.26. Mean MyPyramid Food Group Availability of Foods Used in Reimbursable Meals, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
	MyPyramid Equivalents per 1,000 Calories											
Bakery Products	0.03	0.02	0.01	0.02	0.01	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Biscuits, muffins, pancakes, and waffles	0.08	0.07	0.01	0.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Breads and rolls	0.01	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cakes and other bakery desserts	0.11	0.02	0.09	0.02	0.09	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Crackers	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pretzels and snack chips	0.00	0.00	0.00	0.00	0.00	0.35	0.00	0.00	0.00	0.00	0.00	0.35
Condiments	0.00	0.00	0.00	0.00	0.00	7.16	0.00	0.00	4.02	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	5.87	0.00	0.00	4.58	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	1.37	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	30.67	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with egg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fats and Oils	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.00	0.01	0.00	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Fish	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Shellfish	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.00	0.00	0.00	0.03
Fruits and Juices	8.92	2.53	6.40	6.12	2.81	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Fruits	9.46	1.81	7.65	9.45	0.01	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Juices	8.16	4.00	4.16	0.00	8.16	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.00	0.00	0.02	0.00	0.00	0.10	0.00	0.00	0.06	0.00	0.00	0.00
Breakfast cereals	0.02	0.00	0.02	0.02	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.22	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	0.00	0.00	0.00	0.00	0.00	0.61	0.00	0.00	0.36	0.00	0.01	0.02
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.00	0.00	0.00	0.08	0.00

Table E.26 (continued)

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
MyPyramid Equivalents per 1,000 Calories												
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	2.51	0.00	0.00	0.23	2.24	0.05	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.33	0.00	0.00	0.40	3.88	0.06	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.01	0.00	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.04	0.00	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.17	0.17	0.00	0.17	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.35	0.28	0.08	0.00	0.35	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.01	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.88	0.71	0.16	0.00	0.88	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.01	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	0.00	0.00	0.00	0.00	0.00	0.57	0.00	0.03	0.00	0.00	0.03	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.03	0.00	0.00	0.00
Prepared Foods	0.02	0.00	0.02	0.00	0.02	0.31	0.00	0.00	0.26	0.02	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00	0.02	0.31	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	0.00	0.00	0.00	0.00	0.00	1.13	0.37	0.15	0.00	0.00	0.00	0.00
Pizza	0.00	0.00	0.00	0.00	0.00	0.38	0.00	0.00	0.37	0.00	0.00	0.00
Prepared meals	0.92	0.01	0.91	0.19	0.73	0.39	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.02	0.00	0.02	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.26 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.05	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.10	0.00	0.00	0.07	0.00	0.00	0.00
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.04	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	1.49	0.00	0.00	1.09	0.00	0.00	0.24
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	2.20	0.00	0.02	1.73	0.13	0.00	0.09
Gravies	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	3.43	0.00	0.04	2.67	0.23	0.00	0.13
Sugar and Desserts	0.06	0.05	0.01	0.05	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.15	0.02	0.13	0.15	0.00	0.01	0.00	0.01	0.00	0.00	0.01	0.00
Sherbet and ices	0.29	0.14	0.15	0.00	0.29	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	9.01	1.04	0.81	1.23	0.00	0.70	3.19
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	36.21	9.62	0.00	0.00	0.00	1.79	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	29.80	14.54	1.39	0.05	0.00	2.16	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	3.18	0.08	0.21	0.01	0.19	0.22	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	21.98	0.00	0.10	0.00	0.00	0.02	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	5.17	0.00	0.00	0.00	0.00	0.00	5.16
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	12.17	0.00	0.00	12.14	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	11.01	0.00	6.97	0.00	0.00	4.04	0.00

Table E.26 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Bakery Products	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.02	0.01	0.01
Biscuits, muffins, pancakes, and waffles	0.20	0.00	0.00	0.00	0.00	0.00	0.00	0.18	0.02	0.00
Breads and rolls	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
Cakes and other bakery desserts	0.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.08
Crackers	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pretzels and snack chips	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Condiments	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	11.27	0.04	0.00	0.23	0.03	0.00	0.00	10.87	0.01	0.10
Eggs	13.93	0.00	0.00	0.00	0.00	0.00	0.00	13.93	0.00	0.00
Mixtures with egg	8.99	0.08	0.00	0.44	0.05	0.00	0.00	8.21	0.03	0.19
Fats and Oils	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.09	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	12.92	0.00	0.00	0.00	0.00	1.94	10.82	0.04	0.12	0.00
Fish	13.04	0.00	0.00	0.00	0.00	1.78	11.11	0.04	0.12	0.00
Shellfish	9.26	0.00	0.00	0.00	0.00	2.28	6.79	0.05	0.14	0.00
Fruits and Juices	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Fruits	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.29	0.11	0.00	0.02	0.07	0.00	0.00	0.06	0.03	0.01
Breakfast cereals	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.09
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	1.52	0.59	0.00	0.13	0.36	0.00	0.00	0.29	0.15	0.00
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.26 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	4.28	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.36	3.89
Dry beans and peas	0.04	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03
Other nuts	11.11	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.11
Peanuts and peanut butter	10.53	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.53
Seeds	11.58	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.58
Soybeans and soy products	6.79	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.35	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.09
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	11.00	0.03	0.00	3.03	7.56	0.00	0.00	0.13	0.25	0.00
Chicken	9.38	0.01	0.00	0.13	8.78	0.00	0.00	0.17	0.29	0.00
Game birds	-	-	-	-	-	-	-	-	-	-
Mixed poultry	26.68	0.00	0.00	0.00	26.68	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	7.20	0.00	0.00	0.00	7.15	0.00	0.00	0.06	0.00	0.00
Turkey	17.20	0.07	0.00	12.44	4.55	0.00	0.00	0.02	0.11	0.00
Prepared Foods	1.33	0.12	0.00	0.27	0.16	0.00	0.00	0.03	0.27	0.48
Burritos and tacos	2.03	1.04	0.00	0.00	0.74	0.00	0.00	0.00	0.26	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	2.08	0.00	0.00	0.00	0.00	0.00	2.08	0.00	0.00	0.00
Pizza	0.77	0.00	0.00	0.30	0.13	0.00	0.00	0.04	0.28	0.00
Prepared meals	4.66	0.11	0.00	0.00	4.07	0.00	0.00	0.00	0.00	0.49
Prepared sandwiches	5.04	0.47	0.00	0.35	0.51	0.00	0.00	0.00	0.01	3.71

Table E.26 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Red Meats	10.13	6.27	0.00	3.44	0.01	0.00	0.00	0.03	0.38	0.00
Beef and veal	10.99	9.70	0.00	0.67	0.01	0.00	0.00	0.03	0.58	0.00
Lamb	-	-	-	-	-	-	-	-	-	-
Mixed meats	7.29	0.71	0.00	6.54	0.00	0.00	0.00	0.02	0.03	0.00
Pork	10.30	2.01	0.00	8.11	0.01	0.00	0.00	0.03	0.13	0.02
Recipe mix ^c	3.95	3.78	0.00	0.00	0.00	0.00	0.00	0.17	0.00	0.00
Soups and Gravies	1.29	0.76	0.00	0.00	0.32	0.00	0.00	0.01	0.20	0.00
Gravies	0.32	0.09	0.00	0.00	0.12	0.00	0.00	0.00	0.11	0.00
Soups	2.04	1.25	0.00	0.00	0.50	0.00	0.01	0.01	0.27	0.00
Sugar and Desserts	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.11	0.00	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.03
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00
Sherbet and ices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.02	0.01	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with vegetables ^e	0.33	0.00	0.00	0.01	0.00	0.00	0.00	0.30	0.02	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Potato and potato products	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Tomato and tomato products	0.08	0.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.26 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Bakery Products	10.32	0.84	9.48	0.02	0.01	0.00	0.00	0.01	10	15	6.1
Biscuits, muffins, pancakes, and waffles	8.20	0.92	7.29	0.00	0.00	0.00	0.00	0.00	7	22	8.0
Breads and rolls	12.46	0.68	11.78	0.01	0.00	0.00	0.00	0.01	8	8	3.8
Cakes and other bakery desserts	6.04	0.55	5.49	0.06	0.06	0.00	0.00	0.00	5	32	15.5
Crackers	9.17	2.16	7.01	0.09	0.00	0.00	0.00	0.09	0	31	8.9
Pretzels and snack chips	8.68	0.12	8.57	0.02	0.00	0.00	0.00	0.02	39	3	0.0
Condiments	0.54	0.00	0.54	0.00	0.00	0.00	0.00	0.00	5	0	27.5
Catsup and other sauces	0.40	0.00	0.40	0.00	0.00	0.00	0.00	0.00	6	0	30.7
Flavorings	3.03	0.00	3.03	0.00	0.00	0.00	0.00	0.00	0	4	1.1
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	5.8
Eggs	0.67	0.02	0.65	0.54	0.34	0.00	0.00	0.20	1	38	0.3
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	1.32	0.03	1.29	0.96	0.65	0.00	0.00	0.31	2	43	0.5
Fats and Oils	0.25	0.00	0.25	0.01	0.01	0.00	0.00	0.00	61	42	1.8
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5	105	0.0
Salad dressings and mayonnaise	0.52	0.00	0.52	0.04	0.04	0.00	0.00	0.00	84	12	3.7
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	75	28	0.0
Fish	4.51	0.07	4.43	0.00	0.00	0.00	0.00	0.00	30	5	0.4
Fish	4.50	0.07	4.43	0.00	0.00	0.00	0.00	0.00	29	5	0.4
Shellfish	5.23	0.09	5.14	0.00	0.00	0.00	0.00	0.00	36	6	0.5
Fruits and Juices	0.06	0.00	0.06	0.00	0.00	0.00	0.00	0.00	0	0	8.2
Fruits	0.09	0.00	0.09	0.00	0.00	0.00	0.00	0.00	0	0	10.8
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	3.4
Grain Products	8.91	1.50	7.41	0.29	0.05	0.00	0.00	0.25	2	9	5.7
Breakfast cereals	5.83	3.04	2.79	0.00	0.00	0.00	0.00	0.00	1	5	17.4
Flour and other milled grains	17.54	1.35	16.19	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix*	5.62	0.08	5.54	0.00	0.00	0.00	0.00	0.00	0	26	20.1
Mixtures with grain	6.90	0.40	6.50	1.17	0.17	0.00	0.00	1.00	8	22	1.0
Pasta and noodles	9.24	0.73	8.51	0.00	0.00	0.00	0.00	0.00	0	2	0.0
Rice, barley, and other grains	9.14	3.55	5.59	0.02	0.00	0.00	0.00	0.02	1	2	0.1

Table E.26 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.18	0.00	0.18	0.03	0.00	0.03	0.00	0.03	23	3	3.4
Dry beans and peas	0.31	0.00	0.31	0.00	0.00	0.00	0.00	0.00	0	2	5.1
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	64	3	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53	2	2.1
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	58	0	0.1
Soybeans and soy products	0.00	0.00	0.00	0.16	0.00	2.43	0.00	0.16	37	8	0.4
Milk and Other Dairy Products	0.17	0.01	0.15	6.72	5.16	0.00	0.08	1.47	0	30	11.3
Cheese	0.60	0.03	0.52	5.64	0.27	0.00	0.00	5.38	1	70	0.1
Cream	0.00	0.00	0.00	0.23	0.00	0.00	0.00	0.00	0	92	0.0
Ice cream and ice milk	0.69	0.00	0.69	1.40	1.39	0.00	0.00	0.00	2	47	19.9
Milk	0.00	0.00	0.00	7.34	7.34	0.00	0.00	0.00	0	16	14.1
Yogurt	0.00	0.00	0.00	4.42	0.07	0.00	4.34	0.00	0	11	28.0
Non- Dairy Drinks	0.54	0.00	0.54	0.09	0.09	0.00	0.00	0.00	0	7	36.7
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	52.0
Coffee and tea	0.50	0.00	0.50	0.22	0.22	0.00	0.00	0.00	0	21	18.4
Dry beverage	7.68	0.00	7.68	0.00	0.00	0.00	0.00	0.00	0	0	34.9
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	41.1
Fruit drinks	0.10	0.00	0.10	0.00	0.00	0.00	0.00	0.00	0	0	48.7
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Poultry	3.11	0.16	2.95	0.00	0.00	0.00	0.00	0.00	17	18	1.6
Chicken	3.48	0.12	3.36	0.00	0.00	0.00	0.00	0.00	21	19	1.0
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	30	0.0
Recipe mix ^b	1.87	0.00	1.87	0.62	0.62	0.00	0.00	0.00	26	19	0.0
Turkey	1.60	0.24	1.36	0.00	0.00	0.00	0.00	0.00	6	13	3.7
Prepared Foods	6.71	0.76	5.95	1.87	0.00	0.00	0.00	1.86	9	25	2.7
Burritos and tacos	8.46	1.07	7.39	0.67	0.00	0.00	0.00	0.67	9	19	0.1
Meat- or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	6.78	0.00	6.78	0.00	0.00	0.00	0.00	0.00	0	0	9.3
Pizza	6.68	0.85	5.83	2.25	0.01	0.00	0.00	2.24	8	26	2.6
Prepared meals	3.28	0.96	2.32	0.28	0.06	0.00	0.00	0.22	15	9	7.5
Prepared sandwiches	4.43	0.72	3.71	0.61	0.00	0.00	0.00	0.61	22	15	5.7

Table E.26 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.83	0.06	0.77	0.01	0.00	0.00	0.00	0.00	3	39	1.0
Beef and veal	0.52	0.00	0.52	0.00	0.00	0.00	0.00	0.00	2	35	0.6
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	1.23	0.28	0.95	0.00	0.00	0.00	0.00	0.00	5	56	1.3
Pork	1.15	0.07	1.07	0.01	0.00	0.00	0.00	0.01	4	39	1.6
Recipe mix ^c	4.10	0.00	4.10	0.22	0.10	0.00	0.00	0.12	1	16	2.6
Soups and Gravies	8.54	0.00	8.54	0.04	0.01	0.00	0.00	0.00	2	18	1.6
Gravies	16.59	0.00	16.59	0.02	0.00	0.00	0.00	0.00	2	26	0.1
Soups	2.54	0.00	2.54	0.06	0.01	0.00	0.00	0.00	1	13	2.6
Sugar and Desserts	0.23	0.02	0.21	0.15	0.13	0.00	0.00	0.00	2	4	44.5
Candies and toppings	0.76	0.19	0.56	0.15	0.15	0.00	0.00	0.00	8	19	34.0
Gelatins	0.17	0.00	0.17	0.00	0.00	0.00	0.00	0.00	0	0	53.0
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.53	0.00	1.53	1.07	1.07	0.00	0.00	0.00	8	12	31.9
Sherbet and ices	0.00	0.00	0.00	0.52	0.31	0.00	0.00	0.00	2	5	36.0
Sugars	0.09	0.00	0.09	0.00	0.00	0.00	0.00	0.00	0	0	60.4
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	38.7
Vegetables	1.18	0.01	1.18	0.02	0.01	0.00	0.00	0.01	15	10	0.7
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	3.96	0.25	3.72	0.32	0.21	0.00	0.00	0.11	28	30	1.2
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	1.54	0.00	1.54	0.00	0.00	0.00	0.00	0.00	22	10	0.7
Tomato and tomato products	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.03	1	17	0.9
Yellow vegetables ^g	0.39	0.00	0.39	0.00	0.00	0.00	0.00	0.00	3	0	0.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Bakery Products	0.03	0.02	0.01	0.02	0.01	0.16	0.00	0.00	0.00	0.00	0.00	0.16
Biscuits, muffins, pancakes, and waffles	0.14	0.12	0.02	0.14	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Breads and rolls	0.01	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cakes and other bakery desserts	0.04	0.03	0.02	0.02	0.03	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Crackers	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pretzels and snack chips	0.00	0.00	0.00	0.00	0.00	0.48	0.00	0.00	0.00	0.00	0.00	0.48
Condiments	0.00	0.00	0.00	0.00	0.00	8.74	0.00	0.00	5.45	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	7.82	0.00	0.00	5.80	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	1.74	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	35.96	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with egg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fats and Oils	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.00	0.00	0.00	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.00	0.00	0.00	0.00	0.00	0.12	0.00	0.00	0.00	0.00	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.02
Fish	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.02
Shellfish	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.04
Fruits and Juices	9.54	2.54	7.00	6.63	2.91	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruits	10.95	2.11	8.84	10.85	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Juices	7.75	3.75	4.00	0.00	7.75	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.00	0.00	0.00	0.00	0.00	0.12	0.00	0.00	0.04	0.00	0.00	0.02
Breakfast cereals	0.03	0.00	0.03	0.02	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.17	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	0.00	0.00	0.00	0.00	0.00	0.56	0.01	0.00	0.27	0.00	0.00	0.04
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.27 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	1.92	0.00	0.00	0.15	1.71	0.07	0.00
Dry beans and peas	0.01	0.01	0.00	0.00	0.01	4.47	0.00	0.00	0.37	3.97	0.14	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk and Other Dairy Products	0.04	0.04	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.22	0.22	0.00	0.22	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.33	0.27	0.06	0.00	0.33	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.01	0.01	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.97	0.79	0.18	0.00	0.97	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	0.00	0.00	0.00	0.00	0.00	0.89	0.00	0.00	0.00	0.00	0.00	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Prepared Foods	0.01	0.00	0.01	0.01	0.00	0.30	0.00	0.00	0.24	0.04	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.46	0.00	0.00	0.01	0.38	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	-	-	-	-	-	-	-	-	-	-	-	-
Pizza	0.00	0.00	0.00	0.00	0.00	0.38	0.00	0.00	0.37	0.00	0.00	0.00
Prepared meals	0.02	0.00	0.02	0.00	0.02	0.65	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.03	0.00	0.03	0.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.27 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.03	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.04	0.00	0.00	0.00
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.05	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	0.97	0.00	0.00	0.12	0.00	0.00	0.59
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	1.75	0.00	0.03	1.42	0.10	0.01	0.07
Gravies	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	2.59	0.00	0.04	2.05	0.18	0.01	0.10
Sugar and Desserts	0.04	0.04	0.00	0.02	0.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.01	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.04	0.00	0.04	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.08	0.08	0.00	0.00	0.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	9.19	0.92	0.39	0.75	0.00	0.08	3.43
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	46.06	11.33	0.00	0.00	0.00	0.65	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	37.76	20.96	0.84	0.00	0.00	1.46	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	2.39	0.00	0.01	0.00	0.00	0.01	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	29.16	0.00	0.07	0.00	0.00	0.00	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	4.32	0.00	0.00	0.00	0.00	0.00	4.31
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	19.87	0.00	0.00	19.85	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	12.52	0.00	10.24	0.00	0.00	2.28	0.00

Table E.27 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Bakery Products	0.07	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.05
Biscuits, muffins, pancakes, and waffles	0.16	0.00	0.00	0.00	0.00	0.00	0.00	0.11	0.05	0.00
Breads and rolls	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cakes and other bakery desserts	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.04
Crackers	0.19	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.19
Pretzels and snack chips	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Condiments	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	11.62	0.00	0.00	0.04	0.00	0.00	0.00	11.57	0.00	0.00
Eggs	13.81	0.00	0.00	0.00	0.00	0.00	0.00	13.81	0.00	0.00
Mixtures with egg	9.50	0.00	0.00	0.07	0.00	0.00	0.00	9.42	0.00	0.00
Fats and Oils	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.08	0.00	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	16.97	0.00	0.00	0.00	0.00	3.12	13.73	0.03	0.09	0.00
Fish	17.16	0.00	0.00	0.00	0.00	3.18	13.86	0.03	0.09	0.00
Shellfish	7.48	0.00	0.00	0.00	0.00	0.00	7.28	0.05	0.16	0.00
Fruits and Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruits	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.75	0.16	0.00	0.05	0.27	0.00	0.00	0.14	0.11	0.02
Breakfast cereals	0.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.10
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	2.17	0.83	0.00	0.09	0.68	0.00	0.00	0.31	0.26	0.00
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.27 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	5.41	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.28	3.56
Dry beans and peas	0.06	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.06
Other nuts	11.62	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.62
Peanuts and peanut butter	10.88	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.88
Seeds	11.82	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.82
Soybeans and soy products	5.49	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.00	0.00
Milk and Other Dairy Products	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.08
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	11.00	0.01	0.00	3.39	7.19	0.00	0.00	0.13	0.27	0.00
Chicken	8.84	0.00	0.00	0.11	8.24	0.00	0.00	0.16	0.34	0.00
Game birds	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	7.34	0.00	0.00	0.00	7.24	0.00	0.00	0.10	0.00	0.00
Turkey	18.79	0.06	0.00	15.71	2.96	0.00	0.00	0.02	0.04	0.00
Prepared Foods	1.63	0.07	0.00	0.19	0.21	0.00	0.00	0.03	0.23	0.90
Burritos and tacos	1.62	0.61	0.00	0.00	0.80	0.00	0.00	0.00	0.21	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	-	-	-	-	-	-	-	-	-	-
Pizza	0.68	0.01	0.00	0.27	0.13	0.00	0.00	0.04	0.24	0.00
Prepared meals	6.82	0.00	0.00	0.00	6.82	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	4.90	0.16	0.00	0.29	0.12	0.00	0.00	0.00	0.02	4.32

Table E.27 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Red Meats	9.74	6.94	0.00	2.40	0.00	0.00	0.00	0.02	0.38	0.00
Beef and veal	11.14	10.11	0.00	0.46	0.00	0.00	0.00	0.01	0.55	0.00
Lamb	-	-	-	-	-	-	-	-	-	-
Mixed meats	7.38	0.05	0.00	7.30	0.00	0.00	0.00	0.01	0.02	0.00
Pork	9.26	3.36	0.00	5.70	0.00	0.00	0.00	0.02	0.18	0.00
Recipe mix ^c	10.67	10.19	0.00	0.00	0.00	0.00	0.00	0.46	0.01	0.00
Soups and Gravies	1.47	0.60	0.00	0.00	0.54	0.00	0.03	0.01	0.29	0.00
Gravies	0.70	0.28	0.00	0.00	0.31	0.00	0.00	0.00	0.11	0.00
Soups	2.34	1.05	0.00	0.00	0.40	0.00	0.04	0.02	0.83	0.00
Sugar and Desserts	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Candies and toppings	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.01
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with vegetables ^e	0.47	0.00	0.00	0.00	0.00	0.00	0.00	0.47	0.00	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomato and tomato products	0.10	0.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.27 (continued)

	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories										
Bakery Products	9.30	0.57	8.73	0.05	0.02	0.00	0.00	0.03	14	15	5.9
Biscuits, muffins, pancakes, and waffles	7.04	0.54	6.51	0.00	0.00	0.00	0.00	0.00	4	26	10.1
Breads and rolls	13.05	0.68	12.37	0.00	0.00	0.00	0.00	0.00	8	4	3.8
Cakes and other bakery desserts	6.34	0.73	5.61	0.08	0.08	0.00	0.00	0.00	2	34	15.0
Crackers	9.10	1.38	7.72	0.12	0.00	0.00	0.00	0.12	1	33	6.0
Pretzels and snack chips	9.15	0.15	9.00	0.07	0.00	0.00	0.00	0.07	31	4	0.1
Condiments	0.17	0.00	0.17	0.00	0.00	0.00	0.00	0.00	3	0	27.7
Catsup and other sauces	0.15	0.00	0.15	0.00	0.00	0.00	0.00	0.00	4	0	29.8
Flavorings	3.83	0.00	3.83	0.00	0.00	0.00	0.00	0.00	0	3	1.4
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	4.6
Eggs	0.01	0.00	0.01	0.64	0.36	0.00	0.00	0.28	0	42	0.0
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	0.02	0.00	0.02	1.30	0.74	0.00	0.00	0.56	0	50	0.0
Fats and Oils	0.15	0.00	0.15	0.05	0.05	0.00	0.00	0.00	72	30	2.1
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	111	0.0
Salad dressings and mayonnaise	0.38	0.00	0.38	0.07	0.07	0.00	0.00	0.00	84	11	3.5
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	110	3	0.0
Fish	3.50	0.06	3.45	0.00	0.00	0.00	0.00	0.00	23	4	0.3
Fish	3.45	0.06	3.40	0.00	0.00	0.00	0.00	0.00	23	4	0.3
Shellfish	5.98	0.10	5.88	0.00	0.00	0.00	0.00	0.00	39	6	0.6
Fruits and Juices	0.50	0.00	0.50	0.00	0.00	0.00	0.00	0.00	1	0	7.5
Fruits	0.70	0.00	0.70	0.00	0.00	0.00	0.00	0.00	1	0	7.6
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	5.1
Grain Products	6.90	1.32	5.58	0.49	0.04	0.00	0.00	0.45	4	17	8.4
Breakfast cereals	5.85	2.84	3.01	0.00	0.00	0.00	0.00	0.00	1	5	17.1
Flour and other milled grains	18.28	1.24	17.04	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix*	5.20	0.08	5.12	0.00	0.00	0.00	0.00	0.00	0	30	21.3
Mixtures with grain	6.98	0.09	6.88	1.04	0.11	0.00	0.00	0.92	9	20	0.8
Pasta and noodles	9.37	1.26	8.11	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Rice, barley, and other grains	8.28	2.91	5.38	0.12	0.01	0.00	0.00	0.10	3	13	0.0

Table E.27 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories:											
Legumes, Nuts, and Seeds	0.11	0.00	0.11	0.13	0.00	0.57	0.00	0.13	28	4	2.3
Dry beans and peas	0.25	0.00	0.25	0.00	0.00	0.00	0.00	0.00	1	1	4.5
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53	10	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	54	2	1.2
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	57	0	0.0
Soybeans and soy products	0.00	0.00	0.00	1.27	0.00	1.49	0.00	1.27	34	22	0.5
Milk and Other Dairy Products	0.51	0.04	0.46	5.20	3.11	0.00	0.56	1.52	1	36	12.7
Cheese	1.08	0.07	0.87	4.75	0.18	0.00	0.00	4.57	1	72	0.3
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	94	0.0
Ice cream and ice milk	1.12	0.00	1.12	1.16	1.16	0.00	0.00	0.00	1	47	20.0
Milk	0.00	0.00	0.00	7.01	6.98	0.00	0.00	0.00	0	15	14.3
Yogurt	0.00	0.00	0.00	4.28	0.16	0.00	4.13	0.00	0	10	29.5
Non- Dairy Drinks	0.10	0.00	0.10	0.00	0.00	0.00	0.00	0.00	0	7	29.7
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	53.0
Coffee and tea	1.19	0.00	1.19	0.09	0.09	0.00	0.00	0.00	0	26	10.9
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	59.4
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	47.5
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	48.2
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Poultry	3.36	0.36	3.00	0.00	0.00	0.00	0.00	0.00	19	18	1.5
Chicken	3.85	0.37	3.47	0.00	0.00	0.00	0.00	0.00	23	18	0.9
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	-	-	-	-	-	-	-	-	-	-	-
Recipe mix ^b	3.11	0.00	3.11	0.00	0.00	0.00	0.00	0.00	47	0	0.8
Turkey	1.29	0.20	1.09	0.00	0.00	0.00	0.00	0.00	5	19	3.8
Prepared Foods	6.54	0.67	5.87	1.76	0.00	0.00	0.00	1.76	11	23	2.8
Burritos and tacos	8.68	0.78	7.90	0.72	0.00	0.00	0.00	0.72	9	19	0.0
Meat- or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	-	-	-	-	-	-	-	-	-	-	-
Pizza	6.76	0.65	6.11	2.35	0.00	0.00	0.00	2.35	8	26	2.4
Prepared meals	3.17	0.03	3.14	0.17	0.00	0.00	0.00	0.17	20	7	5.6
Prepared sandwiches	4.11	0.93	3.18	0.59	0.00	0.00	0.00	0.59	24	14	6.3

Table E.27 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.81	0.04	0.77	0.00	0.00	0.00	0.00	0.00	3	41	1.0
Beef and veal	0.42	0.00	0.42	0.00	0.00	0.00	0.00	0.00	2	35	0.4
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.86	0.06	0.79	0.00	0.00	0.00	0.00	0.00	4	62	1.0
Pork	1.48	0.10	1.37	0.00	0.00	0.00	0.00	0.00	5	36	2.2
Recipe mix ^c	1.49	0.00	1.49	0.11	0.11	0.00	0.00	0.00	3	23	1.1
Soups and Gravies	8.86	0.00	8.86	0.09	0.05	0.00	0.00	0.00	2	26	1.9
Gravies	14.87	0.00	14.87	0.02	0.00	0.00	0.00	0.00	2	32	0.3
Soups	2.06	0.00	2.06	0.10	0.07	0.00	0.00	0.00	5	11	4.9
Sugar and Desserts	0.28	0.00	0.27	0.37	0.31	0.00	0.00	0.00	4	7	38.8
Candies and toppings	0.67	0.03	0.64	0.14	0.14	0.00	0.00	0.00	7	14	35.4
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	53.6
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.40	0.00	1.40	1.18	1.18	0.00	0.00	0.00	12	15	28.0
Sherbet and ices	0.00	0.00	0.00	0.44	0.26	0.00	0.00	0.00	2	4	37.5
Sugars	0.59	0.00	0.59	0.00	0.00	0.00	0.00	0.00	0	0	56.9
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	42.2
Vegetables	1.98	0.00	1.98	0.01	0.00	0.00	0.00	0.00	23	10	0.7
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	5.45	0.00	5.45	0.36	0.36	0.00	0.00	0.00	2	58	0.0
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	2.27	0.00	2.27	0.00	0.00	0.00	0.00	0.00	27	11	0.8
Tomato and tomato products	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.02	1	10	0.6
Yellow vegetables ^g	0.52	0.00	0.52	0.02	0.02	0.00	0.00	0.00	4	1	0.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.28. Mean MyPyramid Food Group Availability of All Food Acquisitions, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

Food Group/Subgroup	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
MyPyramid Equivalents per 1,000 Calories												
Bakery Products	0.03	0.02	0.01	0.02	0.01	0.07	0.00	0.00	0.00	0.00	0.00	0.07
Biscuits, muffins, pancakes, and waffles	0.09	0.08	0.01	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Breads and rolls	0.01	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cakes and other bakery desserts	0.06	0.02	0.04	0.02	0.04	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Crackers	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pretzels and snack chips	0.00	0.00	0.00	0.00	0.00	0.48	0.00	0.00	0.00	0.00	0.00	0.48
Condiments	0.00	0.00	0.00	0.00	0.00	6.43	0.00	0.00	3.77	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	5.08	0.00	0.00	4.21	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	1.40	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	31.60	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with egg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fats and Oils	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.00	0.01	0.00	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Fish	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00	0.03
Shellfish	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.00	0.00	0.00	0.04
Fruits and Juices	8.83	2.54	6.30	5.80	3.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruits	9.30	1.79	7.51	9.25	0.05	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Juices	8.15	3.85	4.30	0.00	8.15	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.00	0.00	0.02	0.00	0.00	0.11	0.00	0.00	0.06	0.00	0.00	0.00
Breakfast cereals	0.02	0.00	0.02	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.19	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	0.00	0.00	0.00	0.00	0.00	0.62	0.00	0.00	0.36	0.00	0.01	0.03
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.28 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.00	0.00	0.00	0.00	0.00	2.49	0.00	0.00	0.23	2.20	0.05	0.00
Dry beans and peas	0.00	0.00	0.00	0.00	0.00	4.33	0.00	0.00	0.41	3.85	0.07	0.00
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peanuts and peanut butter	0.01	0.00	0.01	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Soybeans and soy products	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00	0.00	0.04	0.00	0.00
Milk and Other Dairy Products	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.18	0.18	0.00	0.18	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.25	0.18	0.06	0.00	0.24	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.01	0.01	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.85	0.66	0.19	0.00	0.85	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.01	0.00	0.00	0.00
Chicken	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Game birds	-	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	0.00	0.00	0.00	0.00	0.00	0.66	0.00	0.03	0.00	0.00	0.03	0.00
Turkey	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	0.02	0.00	0.00	0.00
Prepared Foods	0.01	0.00	0.01	0.00	0.01	0.31	0.00	0.00	0.27	0.02	0.00	0.00
Burritos and tacos	0.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00	0.02	0.32	0.00	0.00
Meat- or cheese-filled pastry	0.00	0.00	0.00	0.00	0.00	0.24	0.00	0.00	0.17	0.00	0.00	0.00
Mixtures with fish	0.00	0.00	0.00	0.00	0.00	1.13	0.37	0.15	0.00	0.00	0.00	0.00
Pizza	0.00	0.00	0.00	0.00	0.00	0.38	0.00	0.00	0.37	0.00	0.00	0.00
Prepared meals	0.81	0.01	0.80	0.17	0.64	0.40	0.00	0.00	0.00	0.00	0.00	0.00
Prepared sandwiches	0.02	0.00	0.02	0.02	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00

Table E.28 (continued)

	Fruits					Vegetables						
	Total	Citrus, Melons, Berries	Other Fruits	Whole Fruits	Fruit Juice	Total	Dark Green	Orange	Tomato	Legumes	Starchy	Potato
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories											
Red Meats	0.00	0.00	0.00	0.00	0.00	0.07	0.00	0.00	0.05	0.00	0.00	0.00
Beef and veal	0.00	0.00	0.00	0.00	0.00	0.09	0.00	0.00	0.07	0.00	0.00	0.00
Lamb	-	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pork	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00	0.04	0.00	0.00	0.00
Recipe mix ^c	0.00	0.00	0.00	0.00	0.00	1.49	0.00	0.00	0.97	0.00	0.00	0.26
Soups and Gravies	0.00	0.00	0.00	0.00	0.00	2.22	0.00	0.03	1.70	0.13	0.00	0.11
Gravies	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Soups	0.00	0.00	0.00	0.00	0.00	3.46	0.00	0.04	2.66	0.23	0.00	0.15
Sugar and Desserts	0.06	0.05	0.01	0.05	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Candies and toppings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.50	0.40	0.09	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.12	0.01	0.10	0.11	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Sherbet and ices	0.22	0.15	0.07	0.00	0.22	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.00	0.00	0.00	0.00	0.00	8.26	0.92	0.64	1.05	0.00	0.57	3.38
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	37.01	9.78	0.00	0.00	0.00	1.74	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	29.59	14.40	1.39	0.04	0.00	2.19	0.00
Mixtures with vegetables ^e	0.00	0.00	0.00	0.00	0.00	3.10	0.07	0.18	0.01	0.17	0.19	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	21.87	0.00	0.10	0.00	0.00	0.02	0.00
Potato and potato products	0.00	0.00	0.00	0.00	0.00	4.93	0.00	0.00	0.00	0.00	0.00	4.93
Tomato and tomato products	0.00	0.00	0.00	0.00	0.00	11.71	0.00	0.00	11.68	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	10.92	0.00	6.91	0.00	0.00	4.00	0.00

Table E.28 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Bakery Products	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.02	0.01	0.01
Biscuits, muffins, pancakes, and waffles	0.19	0.00	0.00	0.00	0.00	0.00	0.00	0.17	0.03	0.00
Breads and rolls	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
Cakes and other bakery desserts	0.07	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.07
Crackers	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Pretzels and snack chips	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Condiments	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Catsup and other sauces	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flavorings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Eggs	11.20	0.04	0.00	0.23	0.03	0.00	0.00	10.79	0.01	0.10
Eggs	13.94	0.00	0.00	0.00	0.00	0.00	0.00	13.94	0.00	0.00
Mixtures with egg	8.95	0.08	0.00	0.44	0.05	0.00	0.00	8.16	0.03	0.19
Fats and Oils	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.05	0.00	0.00
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salad dressings and mayonnaise	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.09	0.00	0.00
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish	12.92	0.00	0.00	0.00	0.00	1.75	11.01	0.04	0.12	0.00
Fish	13.34	0.00	0.00	0.00	0.00	1.88	11.31	0.04	0.12	0.00
Shellfish	8.44	0.00	0.00	0.00	0.00	1.16	7.08	0.05	0.14	0.00
Fruits and Juices	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Fruits	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grain Products	0.30	0.10	0.00	0.02	0.08	0.00	0.00	0.06	0.03	0.01
Breakfast cereals	0.06	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.06
Flour and other milled grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flour mix ^a	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with grain	1.59	0.61	0.00	0.13	0.40	0.00	0.00	0.30	0.16	0.00
Pasta and noodles	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rice, barley, and other grains	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.28 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Legumes, Nuts, and Seeds	4.36	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.31	4.00
Dry beans and peas	0.04	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03
Other nuts	11.15	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.15
Peanuts and peanut butter	10.57	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.57
Seeds	11.65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11.65
Soybeans and soy products	6.55	0.00	0.00	0.00	0.00	0.00	0.00	0.00	4.36	0.00
Milk and Other Dairy Products	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
Cheese	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cream	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice cream and ice milk	0.28	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.28
Milk	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Non- Dairy Drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coffee and tea	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dry beverage	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fruit drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Poultry	10.38	0.03	0.00	2.42	7.52	0.00	0.00	0.14	0.26	0.00
Chicken	9.00	0.01	0.00	0.12	8.39	0.00	0.00	0.18	0.31	0.00
Game birds	-	-	-	-	-	-	-	-	-	-
Mixed poultry	26.68	0.00	0.00	0.00	26.68	0.00	0.00	0.00	0.00	0.00
Recipe mix ^b	7.48	0.00	0.00	0.00	7.41	0.00	0.00	0.07	0.00	0.00
Turkey	17.17	0.08	0.00	12.68	4.28	0.00	0.00	0.02	0.11	0.00
Prepared Foods	1.31	0.09	0.00	0.24	0.17	0.00	0.00	0.03	0.27	0.49
Burritos and tacos	2.02	0.99	0.00	0.00	0.78	0.00	0.00	0.00	0.25	0.00
Meat- or cheese-filled pastry	0.61	0.00	0.00	0.13	0.00	0.00	0.00	0.05	0.42	0.00
Mixtures with fish	2.08	0.00	0.00	0.00	0.00	0.00	2.08	0.00	0.00	0.00
Pizza	0.74	0.01	0.00	0.29	0.13	0.00	0.00	0.04	0.28	0.00
Prepared meals	4.75	0.09	0.00	0.00	4.22	0.00	0.00	0.00	0.00	0.43
Prepared sandwiches	5.04	0.44	0.00	0.37	0.47	0.00	0.00	0.00	0.01	3.75

Table E.28 (continued)

Food Group/Subgroup	Meat									
	Total	Meat	Organ Meats	Frank-furters, Sausages, and Luncheon Meats	Poultry	Fish and Shellfish High in Omega-3	Fish and Shellfish Low in Omega-3	Eggs	Soybean Products	Nuts and Seeds
MyPyramid Equivalents per 1,000 Calories										
Red Meats	10.16	6.45	0.00	3.27	0.01	0.00	0.00	0.02	0.40	0.00
Beef and veal	10.96	9.69	0.00	0.64	0.01	0.00	0.00	0.03	0.59	0.00
Lamb	-	-	-	-	-	-	-	-	-	-
Mixed meats	7.35	0.54	0.00	6.76	0.00	0.00	0.00	0.01	0.03	0.00
Pork	10.24	2.13	0.00	7.93	0.00	0.00	0.00	0.03	0.13	0.02
Recipe mix ^c	4.65	4.43	0.00	0.00	0.00	0.00	0.00	0.21	0.01	0.00
Soups and Gravies	1.29	0.72	0.00	0.00	0.33	0.00	0.01	0.01	0.22	0.00
Gravies	0.29	0.08	0.00	0.00	0.11	0.00	0.00	0.00	0.11	0.00
Soups	2.07	1.23	0.00	0.00	0.50	0.00	0.01	0.01	0.31	0.00
Sugar and Desserts	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
Candies and toppings	0.16	0.00	0.00	0.00	0.00	0.00	0.00	0.08	0.00	0.08
Gelatins	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Puddings and pie filling	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Sherbet and ices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sugars	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vegetables	0.02	0.01	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mixtures with vegetables ^e	0.34	0.00	0.00	0.00	0.00	0.00	0.00	0.32	0.02	0.00
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Potato and potato products	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Tomato and tomato products	0.09	0.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Yellow vegetables ^g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Table E.28 (continued)

	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories										
Bakery Products	9.87	0.67	9.20	0.03	0.01	0.00	0.00	0.02	11	16	6.4
Biscuits, muffins, pancakes, and waffles	7.98	0.81	7.17	0.00	0.00	0.00	0.00	0.00	6	23	8.6
Breads and rolls	12.48	0.65	11.83	0.00	0.00	0.00	0.00	0.00	9	8	3.9
Cakes and other bakery desserts	6.00	0.49	5.52	0.07	0.07	0.00	0.00	0.00	3	35	15.7
Crackers	9.25	1.99	7.26	0.09	0.00	0.00	0.00	0.09	0	31	8.3
Pretzels and snack chips	8.50	0.11	8.39	0.06	0.00	0.00	0.00	0.06	37	4	0.0
Condiments	0.54	0.00	0.54	0.00	0.00	0.00	0.00	0.00	5	0	29.5
Catsup and other sauces	0.40	0.00	0.40	0.00	0.00	0.00	0.00	0.00	6	0	32.5
Flavorings	3.08	0.00	3.08	0.00	0.00	0.00	0.00	0.00	0	4	1.2
Pickles and olives	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	5.4
Eggs	0.68	0.02	0.66	0.56	0.35	0.00	0.00	0.21	1	39	0.3
Eggs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	33	0.0
Mixtures with egg	1.32	0.03	1.29	0.96	0.64	0.00	0.00	0.32	2	43	0.5
Fats and Oils	0.25	0.00	0.25	0.02	0.02	0.00	0.00	0.00	63	41	1.8
Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	113	0.0
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5	105	0.0
Salad dressings and mayonnaise	0.53	0.00	0.53	0.04	0.04	0.00	0.00	0.00	84	12	3.7
Vegetable oils and shortenings	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	76	28	0.0
Fish	4.52	0.07	4.45	0.00	0.00	0.00	0.00	0.00	30	5	0.4
Fish	4.43	0.07	4.35	0.00	0.00	0.00	0.00	0.00	29	5	0.4
Shellfish	5.52	0.09	5.43	0.00	0.00	0.00	0.00	0.00	38	6	0.5
Fruits and Juices	0.23	0.00	0.23	0.00	0.00	0.00	0.00	0.00	0	0	8.1
Fruits	0.37	0.00	0.37	0.00	0.00	0.00	0.00	0.00	1	0	11.1
Juices	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	2.8
Grain Products	8.75	1.53	7.22	0.30	0.05	0.00	0.00	0.26	2	10	5.9
Breakfast cereals	5.81	2.81	2.99	0.00	0.00	0.00	0.00	0.00	1	5	17.8
Flour and other milled grains	17.57	1.35	16.22	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Flour mix*	5.64	0.11	5.52	0.00	0.00	0.00	0.00	0.00	0	27	20.1
Mixtures with grain	6.83	0.35	6.49	1.17	0.16	0.00	0.00	1.00	8	22	0.9
Pasta and noodles	9.25	0.77	8.48	0.00	0.00	0.00	0.00	0.00	0	2	0.0
Rice, barley, and other grains	8.53	3.68	4.86	0.06	0.01	0.00	0.00	0.05	4	7	0.7

Table E.28 (continued)

Food Group/Subgroup	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
MyPyramid Equivalents per 1,000 Calories											
Legumes, Nuts, and Seeds	0.17	0.00	0.17	0.04	0.00	0.04	0.00	0.04	23	3	3.3
Dry beans and peas	0.31	0.00	0.31	0.00	0.00	0.00	0.00	0.00	1	2	5.2
Other nuts	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	63	4	0.0
Peanuts and peanut butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53	2	2.0
Seeds	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	58	0	0.1
Soybeans and soy products	0.00	0.00	0.00	0.28	0.00	2.19	0.00	0.28	37	10	0.6
Milk and Other Dairy Products	0.18	0.01	0.17	6.59	5.45	0.00	0.08	1.05	0	26	13.0
Cheese	0.62	0.03	0.54	5.53	0.31	0.00	0.00	5.22	1	71	0.1
Cream	0.00	0.00	0.00	0.21	0.00	0.00	0.00	0.00	0	93	0.0
Ice cream and ice milk	1.23	0.00	1.23	1.25	1.23	0.00	0.00	0.00	2	46	19.1
Milk	0.00	0.00	0.00	7.26	7.26	0.00	0.00	0.00	0	13	15.8
Yogurt	0.00	0.00	0.00	4.38	0.14	0.00	4.23	0.00	0	10	28.5
Non- Dairy Drinks	0.23	0.00	0.23	0.04	0.04	0.00	0.00	0.00	0	3	38.9
Carbonated	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	53.3
Coffee and tea	0.52	0.00	0.52	0.20	0.20	0.00	0.00	0.00	0	20	19.1
Dry beverage	7.24	0.00	7.24	0.00	0.00	0.00	0.00	0.00	0	0	36.3
Enriched drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	44.5
Fruit drinks	0.13	0.00	0.13	0.00	0.00	0.00	0.00	0.00	0	0	48.3
Water	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Poultry	3.32	0.19	3.14	0.00	0.00	0.00	0.00	0.00	19	18	1.5
Chicken	3.69	0.15	3.55	0.00	0.00	0.00	0.00	0.00	22	19	0.9
Game birds	-	-	-	-	-	-	-	-	-	-	-
Mixed poultry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	30	0.0
Recipe mix ^o	1.64	0.00	1.64	0.51	0.51	0.00	0.00	0.00	31	15	0.0
Turkey	1.68	0.26	1.43	0.00	0.00	0.00	0.00	0.00	6	14	3.8
Prepared Foods	6.69	0.76	5.93	1.91	0.00	0.00	0.00	1.91	9	25	2.7
Burritos and tacos	8.45	1.04	7.41	0.67	0.00	0.00	0.00	0.67	9	19	0.0
Meat- or cheese-filled pastry	7.96	0.44	7.52	1.99	0.00	0.00	0.00	1.99	3	30	1.2
Mixtures with fish	6.78	0.00	6.78	0.00	0.00	0.00	0.00	0.00	0	0	9.3
Pizza	6.69	0.83	5.86	2.28	0.00	0.00	0.00	2.27	8	26	2.6
Prepared meals	3.42	0.85	2.57	0.28	0.05	0.00	0.00	0.23	15	9	7.2
Prepared sandwiches	4.41	0.74	3.67	0.63	0.00	0.00	0.00	0.63	22	15	5.8

Table E.28 (continued)

	Grains			Milk/Dairy					Oils	Solid Fats	Added Sugars
	Total	Whole Grains	Refined Grains	Total	Milk	Soy Beverage	Yogurt	Cheese			
Food Group/Subgroup	MyPyramid Equivalents per 1,000 Calories										
Red Meats	0.82	0.05	0.77	0.01	0.00	0.00	0.00	0.00	3	39	1.0
Beef and veal	0.53	0.00	0.53	0.00	0.00	0.00	0.00	0.00	3	35	0.6
Lamb	-	-	-	-	-	-	-	-	-	-	-
Mixed meats	1.09	0.20	0.89	0.00	0.00	0.00	0.00	0.00	4	58	1.2
Pork	1.22	0.08	1.14	0.01	0.00	0.00	0.00	0.01	4	39	1.7
Recipe mix ^c	3.79	0.00	3.79	0.21	0.10	0.00	0.00	0.11	1	17	2.4
Soups and Gravies	8.58	0.00	8.58	0.04	0.01	0.00	0.00	0.00	2	17	1.7
Gravies	16.75	0.00	16.75	0.02	0.00	0.00	0.00	0.00	2	26	0.1
Soups	2.63	0.00	2.63	0.06	0.02	0.00	0.00	0.00	2	13	2.7
Sugar and Desserts	0.23	0.01	0.22	0.20	0.17	0.00	0.00	0.00	2	4	43.8
Candies and toppings	0.81	0.13	0.68	0.17	0.17	0.00	0.00	0.00	9	17	33.6
Gelatins	0.31	0.00	0.31	0.00	0.00	0.00	0.00	0.00	0	0	52.3
Jellies, jams, and preserves	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	37.8
Puddings and pie filling	1.52	0.00	1.52	1.12	1.12	0.00	0.00	0.00	9	13	31.0
Sherbet and ices	0.00	0.00	0.00	0.69	0.41	0.00	0.00	0.00	2	7	35.4
Sugars	0.11	0.00	0.11	0.00	0.00	0.00	0.00	0.00	0	0	60.2
Syrups	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	38.4
Vegetables	1.41	0.01	1.40	0.02	0.00	0.00	0.00	0.01	17	10	0.7
Green vegetables ^d	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixed vegetables	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Mixtures with vegetables ^e	4.15	0.22	3.93	0.33	0.23	0.00	0.00	0.10	25	33	1.0
Other vegetables ^f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0.0
Potato and potato products	1.75	0.00	1.75	0.00	0.00	0.00	0.00	0.00	22	11	0.7
Tomato and tomato products	0.00	0.00	0.00	0.03	0.00	0.00	0.00	0.03	1	18	1.0
Yellow vegetables ^g	0.41	0.00	0.41	0.01	0.01	0.00	0.00	0.00	4	0	0.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.29. Mean Healthy Eating Index- 2005 Scores of a la Carte- Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009- 2010

	Maximum Score	All Foods	A La Carte- Only Foods	Foods Used in Reimbursable Meals	Mixed-Use Foods
Total Fruit	5	3.7	2.0	4.3	3.5
Whole Fruit (not juice)	5	4.8	0.2	5.0	3.6
Total Vegetables	5	3.3	1.1	3.6	2.1
Dark Green and Orange Vegetables and Legumes ^a	5	1.2	0.0	1.5	0.3
Total Grains	5	5.0	5.0	5.0	5.0
Whole Grains	5	1.1	0.8	1.3	0.7
Milk ^b	10	10.0	4.0	10.0	10.0
Meat and Beans	10	7.6	2.5	8.3	6.3
Oils ^c	10	8.9	9.2	9.2	10.0
Saturated Fat	10	6.3	5.1	6.0	6.1
Sodium	10	1.0	5.9	1.0	3.9
Calories from Solid Fats and Added Sugars	20	13.6	7.2	13.8	13.2
Total Score	100	66.5	43.1	68.9	64.7

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^aLegumes are counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, cheese, and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

SY = school year.