

## HIGH SCHOOL A LA CARTE OBSERVATION FORM SCHOOL STORE FORM

Instructions: Please check the box if the associated a la carte food and beverage items are available for student purchase in the cafeteria or in the school store. This form should not include anything sold in vending machines.

<u>Available?</u>	<u>Food and Beverage Items</u>	Note: low-fat $\leq$ 5g fat not low-fat $>$ 5g fat
1 <input type="checkbox"/>	a. 100% fruit juice or 100% vegetable juice?	
1 <input type="checkbox"/>	b. Beef jerky/meat sticks?	
1 <input type="checkbox"/>	c. Cereal?	
1 <input type="checkbox"/>	d. Cheese sticks (low-fat/skim)?	
1 <input type="checkbox"/>	e. Cheese sticks ( <b>not</b> low-fat)?	
1 <input type="checkbox"/>	f. Chocolate candy?	
1 <input type="checkbox"/>	g. Coffee drinks (latte, cappuccino, etc.)?	
1 <input type="checkbox"/>	h. Cookies, crackers, cakes, pastries, or other baked goods (low-fat)?	
1 <input type="checkbox"/>	i. Cookies, crackers, cakes, pastries, or other baked goods ( <b>not</b> low-fat)?	
1 <input type="checkbox"/>	j. Diet soft drinks?	
1 <input type="checkbox"/>	k. French fried potatoes?	
1 <input type="checkbox"/>	l. Fruit (fresh, frozen, canned, or dried)?	
1 <input type="checkbox"/>	m. Ice cream, frozen yogurt, or sherbet (low-fat)?	
1 <input type="checkbox"/>	n. Ice cream or frozen yogurt ( <b>not</b> low-fat)?	
1 <input type="checkbox"/>	o. Milk (1%, skim and unflavored)?	
1 <input type="checkbox"/>	p. Milk (whole, 2% and flavored)?	
1 <input type="checkbox"/>	q. Other kinds of candy (including fruit snacks)?	
1 <input type="checkbox"/>	r. Other vegetables?	
1 <input type="checkbox"/>	s. Pizza, hamburgers, chicken nuggets, Mexican entrées & high-fat sandwiches?	
1 <input type="checkbox"/>	t. Salads (lettuce, vegetable, or bean)?	
1 <input type="checkbox"/>	u. Salty snacks that are low in fat such as pretzels, baked chips, or other low-fat chips?	
1 <input type="checkbox"/>	v. Salty snacks that are <b>not</b> low in fat, such as regular potato chips or cheese puffs?	
1 <input type="checkbox"/>	w. Sandwiches or subs that are vegetarian or labeled as low-fat?	
1 <input type="checkbox"/>	x. Sweetened beverages such as regular soda pop, sports drinks, or fruit drinks that are not 100% juice?	
1 <input type="checkbox"/>	y. Water?	
1 <input type="checkbox"/>	z. Yogurt/pudding (low-fat)	
1 <input type="checkbox"/>	aa. Yogurt/pudding ( <b>not</b> low-fat)	
1 <input type="checkbox"/>	ab. Other? Please specify: _____ _ _	