

TACOS
A la Carte Inventory Protocol

PURPOSE

A) To identify all A la Carte items offered in each TACOS school.

A la Carte Foods will INCLUDE:

- a) foods sold at designated "A la Carte" or snack bar stations.
- b) foods sold on main line that are *also sold individually* at "A la Carte" areas.
(i.e., packaged snack foods, cookies, entrees [such as pizza or a sandwich
UNLESS food counted as part of a reimbursable meal])

A la Carte Foods will NOT INCLUDE:

- a) foods sold on the main line as part of a reimbursable meal, even if sold individually as an extra portion on main line (i.e., extra entree, extra order of french fries, etc.).
- b) food bar items (i.e., salad bar, pizza bar, potato bar, pasta bar, etc.) as students are usually encouraged to purchase these foods as a reimbursable meal.

B) To obtain A la Carte food information on: brand name, serving size, the number of servings per package, package size, calories per serving, fat grams per serving and lowfat status, whether sugar is the first ingredient, price, and PCS key used to record sales.

LOWFAT STATUS:

A food item meets the TACOS "low fat" food criteria if it has:

- ≤ 5 grams of fat per serving for candy, chips, cookies, etc.
- ≤ 5 grams of fat per 100 grams for entrees

MATERIALS NEEDED

TACOS A la Carte Inventory Worksheet

Directions to school

Pen or pencil

Hairnet or cap

Nametag

PREPARATION FOR COLLECTING A LA CARTE FOOD DATA:

1. Contact Food Service Director to find out the name of the person to contact to collect this data at the school.
2. Contact that person to arrange a data collection visit at a convenient time and confirm which areas are "A la Carte" Food stations.

A LA CARTE FOOD DATA COLLECTION PROCESS:

1. Record the school code, school name, and date of data collection in the top left corner of the TACOS A la Carte Inventory Worksheet.
2. Identify all items that are sold as A la Carte items. Record the name of each A la Carte item under its appropriate category in **column A** of the TACOS A la Carte Inventory Worksheet. If a food item does not fit into any of the listed food categories, record the item in the MISCELLANEOUS category.
3. Next, list the company name or vendor (code) of the product in **column B** of the TACOS A la Carte Inventory Worksheet. For items that are NOT individually packaged or without a nutritional label, record the code number which can be obtained from the ordering information (e.g. cheese sauce has a specific ordering product code number). Use this code number to contact the distributor to obtain the nutrition information needed.
4. For individually packaged items, use the nutritional label to get information on serving size, number of servings per package, package size, calories per serving, and fat grams per serving. Record this nutritional information for each item in the following columns:

COLUMN C: Serving Size: Record serving size in ounces or grams. Be sure to indicate the units you are using.

COLUMN D: Number of Servings per Package: Record the number of servings contained in each package.

COLUMN E: Package Size: Record the total package size in ounces or grams. Be sure to indicate the units you are using.

COLUMN F: Calories per Serving: Record the number of calories in **one** serving as listed on the label (or nutrition fact sheet from the manufacturer).

COLUMN G: Fat grams per Serving: Record the number of fat grams per **one** serving as listed on the label (or nutrition fact sheet from the manufacturer).

5. If the A la Carte item meets the "TACOS Low Fat criteria" listed on page 1, put a "Y" in **column H** of the TACOS A la Carte Inventory Worksheet. If it does NOT meet the lowfat criteria, put an "N" in **column H**.

6. Use the nutrition label on individually packaged items (or nutrition fact sheet from the manufacturer) to fill in **column I**:

COLUMN I: *Is sugar listed as the first ingredient?*

“Sugar” includes: sugar, corn syrup, honey, and related sugars (as noted in the “*” footer on the Inventory Worksheet). If “sugar” is the first ingredient listed on the label, put a “Y” in **column I**. If “sugar” is not the first ingredient, put an “N” in **column I**.

7. Check the school menu board for the selling price of each item. Ask the cook manager if the prices listed on the board are current prices. If not current, ask for a listing of current prices for the A la Carte food items. For any food items not listed on the menu board, ask the cook manager for the price. Record price in **column J** of the TACOS A la Carte Inventory Worksheet.

8. In **column K** of the TACOS A la Carte Inventory Worksheet write in the PCS key that is used to record the purchase of each A la Carte item.

9. Ask the cook manager if you have questions about how an A la Carte item is prepared or served (e.g. frozen baked cookies or desserts; other school prepared foods). If the cook manager is busy, ask to set up a time that’s convenient for the cook manager to discuss your questions.

RECORDING SERVING SIZE & FAT CONTENT OF SPECIFIC ITEMS

FRUITS/VEGETABLES

- Record whole fruits as one serving. If canned, cut-up, or frozen fruit is served, use a volume measure (1/2 cup, 4 oz., etc.) as the serving size.
- For vegetables (carrot sticks, celery sticks), record the number of pieces and the approximate weight or volume as the serving size.

COMBINED FOODS/SIDES

- If **combined foods** (e.g. bagel with cream cheese) are sold together, list and evaluate as Low Fat based on the total fat value of both components.

Bagel = 2 grams of fat per serving
+ Cream Cheese = 5 grams of fat per serving

7 grams of fat total...NOT a LOW FAT ITEM

- If **sold separately** (e.g. cream cheese, cheese sauce, bagel, pretzel), record side/sauce items under the "MISCELLANEOUS" category. List bagel/pretzel as a separate item. Evaluate each item individually as Low Fat or High Fat.

Soft Pretzel = 1 gram of fat per serving ... LOW FAT ITEM
Cheese Sauce = 8 grams of fat per serving ... HIGH FAT ITEM

- If sold as a combined food (e.g. bagel with cream cheese) **OR** as separate items (e.g. bagel, side of cream cheese; pretzel, side of cheese sauce), list and evaluate in both ways - combined/separate. See above examples for combined and separate recordings.

CODING CATEGORIES AND EXAMPLES

CHIPS/CRACKERS: potato chips, hard pretzels, yogurt-coated pretzels, trail mix, animal crackers, etc.

CANDY/CANDY BARS: Skittles, Twix, Snickers, M&M's, etc.

FRUIT SNACKS/GUMMI BEARS: Farley Fruit Snacks, Fruit Roll-ups, Gummi Bears

COOKIES/BARS - PACKAGED: Little Debbie's, granola bars, Kellogg's rice krispy treat, etc.

COOKIES/BARS - SCHOOL PREPARED: (include items made from school recipe or frozen dough purchased and baked on site) Otis baked cookies, Rich's baked cookies, rice krispy bars, special K bars, etc.

DESSERT - PACKAGED: brownies, cupcakes, etc.

DESSERT - SCHOOL PREPARED: (include items made from school recipe or frozen dough purchased and baked on site) cake, cupcakes, brownies, etc.

ICE CREAM/FROZEN DESSERTS: ice cream sandwiches, malts, sundaes, frozen yogurt, etc.

PASTRY - PACKAGED: donuts, cinnamon rolls, muffins, PopTarts, HOSTESS Twinkies, etc.

PASTRY - SCHOOL PREPARED: (include items made from school recipe or frozen dough purchased and baked on site) donuts, cinnamon rolls, muffins, etc.

BREADS: breadsticks, buns, rolls, etc.

BAGEL: sold individually

BAGEL WITH CREAM CHEESE: sold together

SOFT PRETZEL: sold individually

SOFT PRETZEL WITH CHEESE: sold together

NACHOS WITH CHEESE

FRENCH FRIED TYPE POTATOES & ONION RINGS: french fries, tater-tots, onion rings, etc.

NON-FROZEN DAIRY PRODUCTS: cottage cheese, string cheese, yogurt, pudding, etc. (Do not include frozen yogurt, cheese sauces, or cream cheese products)

FRUIT/VEGETABLES: whole fruits, cut-up fruit in cups, baby carrots, etc.

ENTREE: deli sandwiches, hamburgers, burritos, chicken nuggets/strips, etc.

PIZZA - VENDOR: Papa John's cheese, Pizza Hut deluxe, etc.

PIZZA - SCHOOL PREPARED: Record toppings - cheese, sausage, deluxe, etc.

SALADS: *individually packaged* chef salad, garden salad, pasta salad, potato salad, etc.

SOUP: chicken noodle, chili/without meat, etc.

SOUP COMBO

BREAKFAST ITEMS: cereals, breakfast sandwiches, etc.

DRESSINGS: salad dressings

MISCELLANEOUS:

List other a la carte items not included in any of the above categories.

Include condiments and "sides" such as cheese sauce, veggie dip, cream cheese, peanut butter, jam/jelly, honey, etc.