

Tarbiyah School Wellness Policy Guidelines

Nutrition and Physical Activity

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the school food authority, school board, school administrators and the public. The Local Education Agency (LEA) will establish a plan for measuring implementation of the local wellness policy.

The purpose of this model policy is to provide sample language for district personnel involved in the development of the wellness policy. Districts may use all or portions of this model for local use.

The Delaware Action for Healthy Kids suggests that districts consider the Coordinated School Health Program format as a means to completing this activity. The structure and ongoing focus of Coordinated School Health is an ideal setting for the development and continuous monitoring of wellness policy progress.

Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit, physically, mentally, and socially. Credible surveys indicate that alarming proportions of young people engage in behaviors that put them at risk of serious health problems. In addition, the nations leading health authorities recommend that schools take an active role in preventing disabling chronic health conditions that impede academic success and create misery while consuming a burdensome share of our nation's resources.

Tarbiyah School Wellness Policy

Public Law 108-265 Section 204 indicates that Local District Wellness Policies must include the following areas of focus:

- 1. Goals for the nutrition education, physical activity and other school-based activities.**
- 2. Nutrition guidelines for all foods sold on campus.**
- 3. Assurance that school meals meet USDA regulations.**
- 4. A plan for monitoring the implementation of the wellness policy.**
- 5. Involvement of parents, students, representatives of school food authority, the school board, school administrators and the public.**

Goals for Nutrition Education

Tarbiyah School's wellness policy is intended to influence a student's actual eating behaviors that result in lifelong healthy food choices. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness. Healthy food choice themes include:

Knowledge of the Food Guide Pyramid
Sources and variety of foods
Diet and disease
Healthy snacks
Healthy diet
Major nutrients
Serving sizes
Limiting foods of low nutrient density

Healthy heart choices
Dietary Guidelines for Americans
Understanding calories
Healthy breakfast
Food labels
Multicultural influences
Proper food safety/sanitation

Nutrition Education

The overall goal for nutrition education for Tarbiyah School is to promote the integration of nutrition education into all curriculum areas. By using the attached tool to measure knowledge and behavior pre and post education, Tarbiyah School will be able to determine weaknesses and strengths in our program. The Nutrition Education Goals will be based on post education test results. An impact on student's behavior will be measured by monitoring production records and height and weight records.

Integrate nutrition education into the respective subject areas with the help of nutrition professionals from DOE and other sources. Students K - 8 grades will receive nutrition education that is age appropriate, reflect their cultures, and provide opportunities for them to practice skills. Education will motivate and assist students to improve and maintain healthy choices.

1. Educate and train teachers to integrate nutrition education in an interdisciplinary approach. Materials should be fun for the students and appropriate for their ages. When practical, teacher will enhance nutrition education learning through gardening, food preparation, and during eating experiences. Teachers will be encouraged to include food-centered activities and lessons that are healthful, enjoyable, developmentally appropriate, culturally relevant, and participatory, such as taste testing, farm visits, school gardens, food preparation, and contests.
2. Promote and disseminate resource information related to integration of nutrition education into curriculum. Urge the inclusion of education activities sponsored by nutrition and health organizations. Encourage use of food as an integrator and central focus of education, about human events, history, and celebrations.
3. Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed. (i.e. posters in cafeteria, hallways, classrooms, etc...). The classroom, the school lunch room, and other

school activities should provide clear messages that explain and reinforce healthy eating. Students should receive messages throughout the school that are consistent and reinforce each other. The lunch room offers students space to practice classroom nutrition lessons.

4. Promote nutrition awareness to parents and communities through any of the following methods: offering healthy eating workshops, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analyses of school menus. The inclusion of a Coordinated School Health Program will create a role for parents on the school's nutrition team.
5. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Ask for student input and feedback in planning for a healthy school environment; promote healthy food options that appeal to students. Work with a variety of media to spread the word of what constitutes a healthy food environment.
6. Encourage participation in Coordinated School Health Programs (CSHP) in order to facilitate coordination between food service and classroom instruction. There are eight components of CSHP that support children's health so they can succeed in school. It facilitates the sharing and/or maximizing of resources and expertise.
7. Provide training for school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.
8. School staff will be present at open houses to discuss the benefits of our lunch services. Will emphasize choice of healthy food items.

Goals for Healthy School Environment

Schools play a powerful role in influencing students' dietary behaviors. There are several ways schools can help ensure the daily eating habits of students that will contribute to their learning achievement and lifelong good health.

Tarbiyah School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities sold on campus by Administration. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition guidelines governing the sale of food, beverage and candy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Tarbiyah School is committed to promoting the Nutrition Policy with all school nutrition personnel, teachers, on-call nurses, and other school administrative staff. Tarbiyah School will work toward expanding awareness about this policy among students, parents, teachers and the community.

Nutrition Guidelines

- All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week, and portions should be appropriate for each age group. In addition, Tarbiyah School will:
- Provide students with healthy and nutritious foods
- Foods offered over the course of a school week should emphasize nutrient dense foods and beverages including whole grain products, fiber rich vegetables and fruits.
- Support healthy eating through nutrition education
- Encourage students to select and consume all components of the school meal

Foods of minimal nutritional value as defined by USDA regulations:

“210.11 Foods of Minimal Nutritional Value”

A food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving and in the case of all other foods a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving.

Examples: Soda water, water ices, chewing gum, and certain candies (hard candy, jellies/gums, marshmallow, fondant, licorice, spun candy, candy coated popcorn) are prohibited.

How to calculate Fat and Sugar Percentages:

If a Snack contains:

120 calories

4 grams fat

5 grams sugar

How to calculate fat percentage:

4 grams fat x 9 calories per gram = 36 fat calories (36 fat calories / 120 calories = 30%)

How to calculate sugar percentage:

5 grams sugar x 4 calories per gram = 20 sugar calories (20 sugar calories / 120 calories = 17%)

Smart Snack Nutrition Standards

Any Snack Food Sold in Schools Must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)
- * *On July 1, 2016, food may not qualify using the 10% DV criteria No more than 35% of weight from total sugars in food
- No more than 35% of total calories from fat Less than 10% of total calories from saturated fat
- No more than 230 mg of sodium per serving with a goal of no more than 200 mg of sodium per serving in 2016
- No more than 200 calories per package 0 g trans fat per item as packaged or served

Beverages for All Grade Levels:

- Plain water (carbonated or non-carbonated)
- Low fat milk (unflavored)
- Nonfat milk (including flavored)
- Nutritionally equivalent milk alternatives (as permitted by school meal requirements)
- Full strength fruit or vegetable juice
- All school beverages must be caffeine free with the exception of naturally occurring trace amounts
- Elementary school beverages must be no more than 8oz with the exception of water, which is unlimited
- Middle school beverages must be no more than 12oz with the exception of water, which is unlimited

Fundraisers:

- All foods that meet the Smart Snack Nutrition Standards can be sold at fundraisers on the school campus during school hours; however fundraiser food items cannot compete with the federal reimbursable meal programs.
- The standards do not apply to items sold during non-school hours, weekends, or off-campus fundraising events The school encourages non-food fundraisers to ensure compliance with nutrition standards.

Other School Based Activities (Eating Environment)

1. The National Association of State Boards recommends a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time the student sits

- down to eat. Tarbiyah School allots 15 minutes for eating breakfast and 20-30 minutes for eating lunch.
2. There should be a minimum of 3 hours not more than 5 hours scheduled between Breakfast and Lunch periods. Tarbiyah School's lunch time is scheduled 3 hours after the cutoff breakfast time.
 3. Lunch periods are scheduled as near the middle of the school day as possible.
 4. It is recommended that physical education and recess be scheduled before lunch whenever possible.
 5. School Administration works to provide sufficient space and time for meals.
 6. Drinking water is available at mealtime for all students and students are permitted access.
 7. Students are encouraged to wash their hands before meals to prevent spread of germs and reduce the risk of illness.
 8. Meals and snacks will not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
 9. A list of healthy snacks including snacks that are free of common allergens i.e., peanut-egg-wheat-dairy is distributed to parents to use as a guide when considering food items for special events during school celebrations or during curriculum-related activities. (See attached)
 10. School encourages fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities. School nights highlight healthy food options.
 11. School Nutrition programs aim to be financially self-supporting. The school nutrition program is an essential support to the success of the education process. Profit generation does not take precedence over the nutritional needs of the students. If subsidy of the school nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and or compete nutritionally with program meals:

“210.11 Competitive Food Services”

Competitive Foods means any foods sold in competition with the school breakfast and lunch programs to children in food service areas during serving periods.

"The sale of other competitive foods may, at the discretion of the State Agency and School Food Authority, be allowed in the food service area during the lunch period if all income from the sale of such foods accrues to the benefit of the non-profit school food service or the school or student's organizations approved by the school." (Federal Regulation 7CFR Part 210.11 (B)).

12. State agencies and school food authorities may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the school breakfast program and the national school lunch program. Tarbiyah School will not allow students or faculty members to sell food during school breakfast or lunch hours. All events take place between meal time or after school.
13. All school nutrition personnel shall have adequate in-service training in food service operations.
14. Hazard Analysis and Critical Control Points (HACCP) plans and Guidelines are implemented to prevent food illness in schools.
15. Safety and security of the food and facility access to the School Nutrition Operations are limited to School Nutrition Personnel and other authorized personnel.

Professional Development

All school nutrition personnel shall have adequate in-service training in food service operations. Professional development will be provided in the area of food and nutrition.

Goals for Physical Activity

Schools share a responsibility to help students and staff establishes and maintains lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health and overall wellbeing.

Tarbiyah School will play a role in influencing students' physical activity behaviors. We strive to provide both physical and health education to all students through out their education. We will also provide our students with opportunities for physical activity during the day, which will give students the knowledge, motivation, and skills needed for lifelong physical activity.

Physical Education versus Physical Activity

Physical Education– learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

Physical Activity- exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion, resulting in the maintenance or improvement of physical fitness (body composition, flexibility, aerobic power, muscular strength and endurance). This includes daily routine activities such as intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

Physical Education and Physical Activity

1. Students in grades K-8 should receive a quality physical education program that:
 - Is age-appropriate
 - Is taught by a certified physical education teacher
 - Uses the fitness-gram data to guide programming
2. The physical education program should:
 - Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
 - Create a positive atmosphere for all students to participate in physical activities
 - Enhance skills in leadership, teamwork and self-confidence
 - Utilize technology within the curriculum to enhance motivation and participation
 - Encourage physical activities outside of school
3. The national recommendation of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. This includes opportunities in various settings such as:
 - Physical Education
 - Classroom Activity Breaks
 - Structured and Free Style Recess
 - After-school programs
 - Organized athletic activities
4. Schools should provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.
5. Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action. Nor will physical activity be used as a disciplinary measure.
6. Schools should schedule recess before lunch since research indicates physical activity prior to lunch can improve nutrient intake and reduce food waste.
7. Nutrition education should be integrated into the classroom with cooperation of the nursing and physical education educators. Nutrition curriculum will educate students on the benefits of proper nutrition and overall health.

8. The benefits associated with healthy eating and physical activity should be shared with community groups and parents via the use of the Brandywine School District Review and Website.
9. Staff wellness opportunities should be available to all employees.
10. All teachers shall have adequate staff development training in Fitness Breaks or participate in school wide brainstorm sessions to incorporate into daily lessons

The National PE Standards for Elementary Level is 150 minutes per week and for Secondary Level is 225 minutes. As a result of budget constraints that preclude hiring additional PE teachers, the below time frame has been established to work toward meeting the national recommendations for minutes of physical education for each grade level:

Underlined areas in chart indicate changes from previous year

	School Year 2011-2012	School Year 2012-2013	School Year 2013-2014, 2014-2015	School Year 2015-2016, 2016-17
Elementary (K-3)	PE = 45 min/week	PE = 60 min/wk <u>*St Recess = 15 min/day</u> **Total = 135 minutes per week	PE= <u>80 min/week</u> <u>St Recess = 15 min/day</u> Fitness Minutes = 2 min/4 classes/day **Total = 195 Minutes per week	PE= 80 min/week <u>St Recess = 30 min/day</u> Fitness Minutes = 2 min/4 classes/day **Total = 270 Minutes per week
Intermediate (4,5,6)	PE= 45 min/week	PE =60 min/wk <u>St Recess = 15 min/day</u> Total = 135 minutes per week	PE= <u>80 min/week</u> <u>St Recess = 15 min/day</u> Fitness Minutes = 2 min/4 classes/day Total = 195 Minutes per week	PE= <u>120 min/week</u> <u>St Recess = 20 min/day</u> Fitness Minutes = 2 min/4 classes/day Total = 260 Minutes per week
Middle (7, 8)	PE and Health= 1 semester a year in grades 7 & 8 or 3780 minutes/year	PE and Health = 3 trimesters (1 full year) in grades 7 & 8 or 4860 minutes/year	PE and Health = 3 trimesters (1 full year) in grades 7 & 8 or 4860 minutes/year	PE and Health = 3 trimesters (1 full year) in grades 7 & 8 or 4860 minutes/year

Wellness Committee

There are many people that have a hand in supporting our students' health including Physical Education teachers, school foodservice staff, parents, students, school health professional such as school nurses, school board members, school administrators such as principals, public health nutrition professionals and the general public. School health professionals may also include health educators and social services staff such as school counselors, where as the general public may include a local dietitian, physician, dentist, or not- for-profit volunteer.

At Tarbiyah School, we have 15 members in our committee and they are the following:

- 1 Dentist: Community member
- 2 Physicians: Community members
- 1 Health educator: Community member
- 1 Board member
- 1 administrator
- 3 teachers
- 3 parents
- 3 students

The leadership of the Wellness Policy, Communication, Implementation, and Monitoring is shared by Tarbiyah School's administrator and a parent coordinator who are both part of the Wellness Committee.

The Wellness Committee meets once a trimester: First Thursday of November, March, and June.

Communication and Promotion

1. Tarbiyah School will involve major stakeholders in the development of the School's Wellness Plan including parents, students, school board, school administration, teachers, and community members.
2. The school environment, including lunch room and classroom, shall provide clear and consistent messages that reinforce healthy eating.
3. Staff will be encouraged to model healthy eating and physical activity as a valuable part of their daily life.
4. Food services provides families with opportunities for input and monitoring of their child's lunch and breakfast menu.
5. School provides food promotions at least once a year to encourage taste testing of healthy new foods being introduced on the menu.
6. Nutrition education will be provided to parents. Nutrition education may be provided in the form of handouts, the school website, article and information

provided in school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents.

7. The school provides parents with healthy snack ideas.
8. The School Wellness Committee shall include staff, parents, students, and community members and shall meet every trimester to monitor and evaluate the implementation of the policy.

Monitoring Implementation of Wellness Policy

Tarbiyah School has a School Wellness Policy Committee that meets once a trimester: First Thursday of November, March, and June to assist in the implementation, coordination and evaluation of the Wellness Policy and its nutrition and physical activity components by:

1. Acting as a liaison between the community, agencies, organizations and Tarbiyah School in the interest of the health and well being of children and their families.
2. Ensuring the implementation of the Wellness Policy through the development of assessment tools to analyze the status of the school and create an implementation plan to ensure goals are met. The committee will annually review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements. This will result in an annual report of implementation status. Funding for school wellness evaluation will be allocated from the general operations budget.
3. Ensuring that the instruction and services associated with the Wellness Policy are mutually reinforcing and present consistent messages.
4. Facilitating collaboration among administrative and instructional staff.
5. Assisting the school principal and other administrative staff with the integration, management, and supervision of the Wellness Policy.
6. Providing or arranging for necessary technical assistance , education, and initiatives that promote district-wide wellness.
7. Facilitating collaboration between the district and other agencies and organizations in the community who have an interest in the health and well being of children and their families.
8. The school Wellness Policy will be revised a minimum of every three years. The most recent assessment was conducted in March 2016. A general public and parent meeting was conducted in June to make them aware of the assessment.

Glossary

A la carte foods - a menu term signifying that each item is sold and priced separately from the National School Lunch and School Breakfast Programs.

Food Allergens - a specific allergic reaction that involves the immune system, triggered by a particular food, and is reproduced each time the food is eaten.

Competitive Foods - foods that are sold in competition with meals served under the National School Lunch and School Breakfast Programs

Coordinated School Health Program – integrated, planned, school-based programs that was designed by the Center of Disease Control to promote physical, emotional, and educational development of students. The eight components consist of Physical Education, Health Education, Health Services, Counseling, Psychological & Social Services, Healthy School Environment, Health Promotion for Faculty and Staff, Parent and Community Involvement and Nutrition/Food Service.

Dietary Guidelines for Americans – is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

Federal Nutrient Standards - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

My (Food Guide) Pyramid - outline or a system that provides many options to help Americans make healthy food choices based on dietary guidelines set by the USDA.

Foods of low nutrient density - foods with low nutrient density are more commonly referred to as 'junk food'. They are foods that are high in calories, often from fat or sugar, but contain little (or no) amount of vitamins and minerals.

Food of minimum nutritional value – foods that lack minimum nutritional value from vitamins and minerals (ex: chewing gum, flavored ice bars, candy bars, etc.)

Hazard Analysis and Critical Control Points Plan and Guidelines - a systematic approach to the identification, evaluation, and control of food safety by preventing hazards that could cause food-borne illnesses by applying science-based controls, from raw material to finished products.

Individualized Education Plan (IEP) – children, who are eligible for special education services, will have a written document that outlines a child's educational program that is tailored to the individual student to provide maximum educational benefit.

Nutrient Analyses – to evaluate a menu to ensure that it meets the appropriate Nutrient Standards.

Nutrient dense foods - foods that are rich or high in nutrients when compared to their calorie content.

Physical Activity - exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion, resulting in the maintenance or improvement of physical fitness (body composition, flexibility, aerobic power, muscular strength and endurance).

Physical Education – learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

Reimbursable meals – meals that are free, reduced and are reimbursable by the federal and state government. These meals must meet federal requirements established by the National School Lunch Program. Schools who participate are required to offer lunches to eligible children.

Saturated Fats - fats that are derived from animal fats, such as those in meat, poultry, dairy products, processed and fast foods.

School-based marketing – public relations and marketing strategies that focuses on students, teachers and administrators within the school environment.

Trans fats - hydrogenated fats that are created when oils are "partially hydrogenated". The process of hydrogenation changes the chemical structure of unsaturated fats by adding hydrogen atoms to make the fats more saturated.

Healthy Classroom Snacks

About this guide

All snacks listed in this guide have been selected because:

1. They meet the healthy snack guidelines for all Americans set by the USDA and the standards set forth by the Alliance for a Healthier Generation.
2. They do not contain peanuts and tree nuts as ingredients and their packaging lists no warnings that such allergens may have been introduced as part of the manufacturing process;
3. They are readily available at your local supermarket or health food store.
4. These snacks are a healthy way to celebrate special occasions in the classroom while maintaining the goals set by Tarbiyah School's Wellness Plan.

We believe these snacks provide a good means of limiting the potential for allergic reactions in the classroom but it is up to the parent of a child allergic to these foods to determine each snack's suitability depending upon the circumstances specific to the child.

Please note:

1. All snacks must be given in the recommended serving amount listed on package or in a package that contains a single serving.
2. This serving information is listed on the first line of the snack's Nutrition Label.

FRESH FRUIT & VEGETABLES

1. All pre-cut fruit and/or vegetables trays from supermarkets
 - a. May add 1.5 ounce (packet) of low fat dressing per student
2. All whole fruits and vegetables (no at-home preparation)
3. Fruit cups or fruit canned in light syrup

PRETZELS

1. Rold Gold – Whole Grain Heartzel Pretzels
2. Herr's – Extra Thin, Whole Grain Pretzel Sticks Honey Wheat
3. Pepperidge Farm – Whole Grain Goldfish Pretzels

POPCORN

1. Bachman – Light Popcorn
2. Wise – Reduced Fat Butter Popcorn
3. Herr's – Light Popcorn

RICE SNACKS

1. Quaker Rice Cakes – Salt Free, Apple Cinnamon, Butter Popped Corn, White Cheddar, Chocolate Crunch, Caramel Corn
2. Lundberg Organic Rice Cakes – Rice with Popcorn, Brown Rice, Mochi Sweet, and Sweet Green Tea

POTATO CHIPS

1. Baked Ruffles – Original, Cheddar & Sour Cream
2. Baked Lays – Original, Sour Cream & Onion
3. Herr's – Baked Barbecue, Baked Salt & Vinegar

CRACKERS

1. Keebler – Zesta Whole Grain Saltines
2. Triscuit – Brown Rice & Wheat: Sweet Potato & Sea Salt, Roasted Sweet Onion, Sea Salt & Black Pepper, Tomato & Sweet Basil, Roasted Red Pepper

GRAHAM CRACKERS

1. Pepperidge Farm – Whole Grain Goldfish Graham Crackers

2. Keebler Grahams – Gripz Cinnamon, Scooby-Doo! Crackers Sticks
3. Teddy Grahams – Cinnamon, Honey, Chocolate, Chocolatey Chip, Strawberry Banana, Mixed Berry

CEREAL BARS

1. Kellogg's Nutrigrain bars– Whole Grain

ORIGINAL BEVERAGES

2. 100% Juice, 4 oz (Apple or Orange)
3. Bottled Water, 8 oz
4. Bottled Water, 16.9 oz
5. Low-fat 1% White Milk (8 oz.)
6. Nonfat Chocolate Milk
7. Nonfat Strawberry Milk