



**Table 1.** Differences between NSLP participants and nonparticipants in mean HEI-2010 scores for lunch intakes, by household income (including 95% CIs).

| NSLP   |                     |                     | Lower-Income Stu    | idents                   | Higher-Income Students |                    |   |  |
|--|---------------------|---------------------|---------------------|--------------------------|------------------------|--------------------|---|--|
| Total fruit 100.0 82.6 17.4 98.5 99.6 -1.1 (100.0, 100.0) (54.8, 100.0) (88.5, 100.0) (93.8, 100.0) (93.8, 100.0) (100.0, 100. |                     | <b>Participants</b> |                     | (NSLP Participants       | Participants           |                    | Difference<br>(NSLP<br>Participants –<br>Nonparticipants) |  |
| Whole fruit         (100.0, 100.0)         (54.8, 100.0)         (88.5, 100.0)         (93.8, 100.0)         0.0           Total vegetables         1.00.0         (100.0, 100.0)         (78.1, 100.0)         (100.0, 100.0)         (100.0, 100.0)         (100.0, 100.0)         0.0           Total vegetables         55.1         33.5         21.6*         48.9         35.8         13.1           Greens and beans         35.3         26.9         8.5         12.1         26.5         -14.4           (18.1, 51.1)         (11.5, 42.9)         (40.6, 57.2)         (30.6, 40.9)         -14.4           Whole grains         100.0         61.6         38.4*         100.0         61.0         39.0           Uholo, 100.0         69.5         30.5*         100.0         64.5         35.5           Dairy         100.0         69.5         30.5*         100.0         64.5         35.5           Total protein foods         99.0         99.5         -0.5         98.1         99.9         -1.5           Seafood and plant proteins         39.6         94.9         -55.3*         77.4         86.7         -9.3           Fatty acids         60.3         72.0         -11.7         69.2         58.4  |                     | Adequacy compo      | nents: Higher score | es reflect higher concen | trations in studen     | ts' lunch intakes  |   |  |
| Total vegetables   | Total fruit         |                     |                     | 17.4                     |                        |                    | -1.1  |  |
| Greens and beans 35.3 26.9 8.5 12.1 26.5 -14.4 (10.0, 42.5) (10.0, 42.5) (10.0, 42.5) (10.0, 42.5) (10.0, 100.0) (39.3, 89.2) (100.0, 100.0) (49.6, 72.5) (100.0, 100.0) (54.6, 86.8) (100.0, 100.0) (54.6, 86.8) (100.0, 100.0) (99.9, 100.0) (88.5, 100.0) (91.9, 100.0) (99.9, 100.0) (99.9, 100.0) (100.0, 100.0) (55.8, 98.5) (65.6, 100.0) (50.5, 70.4) (50.2, 92.3) (55.3, 84.3) (48.8, 68.7) (100.0, 100.0) (21.6, 82.3) (81.8, 100.0) (21.6, 82.3) (31.3, 49.1) (39.1, 68.7) (31.3, 49.1) (39.1, 68.7) (94.9, 100.0) (74.2, 84.4) (10.0, 100.0) (74.2, 84.4)  | Whole fruit         |                     |                     | 1.6                      |                        |                    | 0.0   |  |
| Whole grains       (18.1, 51.1)       (11.5, 42.9)       (4.0, 23.6)       (10.0, 42.5)         Whole grains       100.0       61.6       38.4*       100.0       61.0       39.0         Dairy       100.0       69.5       30.5*       100.0       64.5       35.5         Total protein foods       99.0       99.5       -0.5       98.1       99.9       99.9         (88.5, 100.0)       (91.9, 100.0)       (90.7, 100.0)       (99.9, 100.0)       99.1       -9.2         Seafood and plant proteins       39.6       94.9       -55.3*       77.4       86.7       -9.2         Fatty acids       60.3       72.0       -11.7       69.2       58.4       10.8         Moderation components: Higher scores reflect lower concentrations in students' lunch intakes       86.7       26.9       55.7*         Refined grains       91.3       48.8       42.5*       82.7       26.9       55.7*         Sodium       40.2       54.5       -14.3       45.7       27.7*       17.9*         Sodium       40.2       54.5       -14.3       45.7       27.7*       17.9*         Empty calories       95.7       77.9       17.8*       94.9       79.2       15.7* </td <td>Total vegetables</td> <td></td> <td></td> <td>21.6*</td> <td></td> <td></td> <td>13.1*</td>   | Total vegetables    |                     |                     | 21.6*                    |                        |                    | 13.1*   |  |
| Dairy   100.0   (39.3, 89.2)   (100.0, 100.0)   (49.6, 72.5)   | Greens and beans    |                     |                     | 8.5                      |                        |                    | -14.4   |  |
| Total protein foods 99.0 99.5 -0.5 98.1 99.9 -1.9  Seafood and plant proteins (23.7, 56.8) (40.2, 100.0) -55.3* 77.4 86.7 -9.3  Fatty acids 60.3 72.0 -11.7 69.2 58.4 10.8  Moderation components: Higher scores reflect lower concentrations in students' lunch intakes  Refined grains 91.3 48.8 42.5* 82.7 26.9 55.7*  Sodium 40.2 54.5 -14.3 45.7 27.7* 17.9*  Sodium 40.2 54.5 -14.3 45.7 27.7* 17.9*  [Solium 40.2 54.5 45.7 27.7* 27.7*  [Solium 40.2 54.5 45.7 27.7*  [Soliu | Whole grains        |                     |                     | 38.4*                    |                        |                    | 39.0*   |  |
| Seafood and plant proteins   39.6   94.9   -55.3*   77.4   86.7   -9.3   | Dairy               |                     |                     | 30.5*                    |                        |                    | 35.5*   |  |
| proteins         (23.7, 56.8)         (40.2, 100.0)         (55.8, 98.5)         (65.6, 100.0)           Fatty acids         60.3         72.0         -11.7         69.2         58.4         10.8           Moderation components: Higher scores reflect lower concentrations in students' lunch intakes           Refined grains         91.3         48.8         42.5*         82.7         26.9         55.7*           (81.8, 100.0)         (21.6, 82.3)         (73.5, 91.8)         (14.4, 39.7)         17.9*           Sodium         40.2         54.5         -14.3         45.7         27.7*         17.9*           (31.3, 49.1)         (39.1, 68.7)         (36.7, 54.3)         (16.2, 38.8)         15.7*           Empty calories         95.7         77.9         17.8*         94.9         79.2         15.7*           (91.2, 100.0)         (66.7, 88.5)         (89.6, 100.0)         (74.2, 84.4)         15.7*  | Total protein foods |                     |                     | -0.5                     |                        |                    | -1.9  |  |
| (50.5, 70.4)         (50.2, 92.3)         (55.3, 84.3)         (48.8, 68.7)           Moderation components: Higher scores reflect lower concentrations in students' lunch intakes           Refined grains         91.3         48.8         42.5*         82.7         26.9         55.7*           (81.8, 100.0)         (21.6, 82.3)         (73.5, 91.8)         (14.4, 39.7)           Sodium         40.2         54.5         -14.3         45.7         27.7*         17.9*           (31.3, 49.1)         (39.1, 68.7)         (36.7, 54.3)         (16.2, 38.8)         15.7*           Empty calories         95.7         77.9         17.8*         94.9         79.2         15.7*           (91.2, 100.0)         (66.7, 88.5)         (89.6, 100.0)         (74.2, 84.4)         15.7*  |                     |                     |                     | -55.3*                   |                        |                    | -9.3  |  |
| Refined grains       91.3       48.8       42.5*       82.7       26.9       55.7*         (81.8, 100.0)       (21.6, 82.3)       (73.5, 91.8)       (14.4, 39.7)         Sodium       40.2       54.5       -14.3       45.7       27.7*       17.9*         (31.3, 49.1)       (39.1, 68.7)       (36.7, 54.3)       (16.2, 38.8)         Empty calories       95.7       77.9       17.8*       94.9       79.2       15.7*         (91.2, 100.0)       (66.7, 88.5)       (89.6, 100.0)       (74.2, 84.4)   | Fatty acids         |                     |                     | -11.7                    |                        |                    | 10.8  |  |
| (81.8, 100.0)     (21.6, 82.3)     (73.5, 91.8)     (14.4, 39.7)       Sodium     40.2     54.5     -14.3     45.7     27.7*     17.9*       (31.3, 49.1)     (39.1, 68.7)     (36.7, 54.3)     (16.2, 38.8)       Empty calories     95.7     77.9     17.8*     94.9     79.2     15.7*       (91.2, 100.0)     (66.7, 88.5)     (89.6, 100.0)     (74.2, 84.4)  |                     | Moderation comp     | onents: Higher scor | es reflect lower concer  | ntrations in studer    | nts' lunch intakes |   |  |
| (31.3, 49.1) (39.1, 68.7) (36.7, 54.3) (16.2, 38.8)  Empty calories 95.7 77.9 17.8* 94.9 79.2 15.7* (91.2, 100.0) (66.7, 88.5) (89.6, 100.0) (74.2, 84.4)  | Refined grains      |                     |                     | 42.5*                    |                        |                    | 55.7*   |  |
| (91.2, 100.0) (66.7, 88.5) (89.6, 100.0) (74.2, 84.4)  | Sodium              |                     |                     | -14.3                    |                        |                    | 17.9*   |  |
| Total HEI score 79.8 68.0 11.8* 80.5 62.1 18.4*  | Empty calories      |                     |                     | 17.8*                    |                        |                    | 15.7*   |  |
| (77.7, 81.7) $(60.3, 76.1)$ $(77.5, 83.4)$ $(58.6, 65.7)$  | Total HEI score     |                     |                     | 11.8*                    |                        |                    | 18.4*   |  |

Notes: Mean HEI-2010 scores are expressed as a percentage of maximum possible scores. Upper and lower limits of 95% CIs are included in parentheses below the mean HEI score. \*Within an income subgroup, the difference between NSLP participants and nonparticipants was significantly different from zero at the p < 0.05 level. CI = confidence interval; HEI = Healthy Eating Index; NSLP = National School Lunch Program.

**Table 2.** Differences between NSLP participants and nonparticipants in mean HEI-2010 scores for 24 h intakes, by household income (including 95% CIs).

|                     | I                                 | Lower-Income Stud         | ents  | Higher-Income Students            |                           |   |  |
|---------------------|-----------------------------------|---------------------------|---|-----------------------------------|---------------------------|---|--|
|                     | NSLP<br>Participants<br>(n = 757) | Nonparticipants (n = 210) | Difference<br>(NSLP<br>Participants –<br>Nonparticipants) | NSLP<br>Participants<br>(n = 475) | Nonparticipants (n = 614) | Difference<br>(NSLP<br>Participants –<br>Nonparticipants) |  |
|                     | Adequacy cor                      | mponents: Higher sc       | ores reflect higher co                                    | ncentrations in s                 | tudents' 24 h             |   |  |
| Total fruit         | 95.9<br>(86.9, 100.0)             | 77.2<br>(58.8, 97.7)      | 18.7  | 80.4<br>(71.0, 90.2)              | 93.8<br>(83.4, 100.0)     | -13.4   |  |
| Whole fruit         | 100.0<br>(100.0, 100.0)           | 93.7<br>(69.3, 100.0)     | 6.3   | 99.5<br>(93.7, 100.0)             | 100.0<br>(100.0, 100.0)   | -0.5  |  |
| Total vegetables    | 46.2<br>(41.8, 50.6)              | 46.2<br>(37.6, 55.4)      | 0.0   | 42.2<br>(36.0, 48.4)              | 41.4<br>(36.5, 46.7)      | 0.8   |  |
| Greens and beans    | 17.1<br>(11.5, 29.6)              | 30.7<br>(10.8, 52.5)      | -13.6   | 13.1<br>(6.5, 26.4)               | 33.1*<br>(20.1, 49.1)     | -20.0   |  |
| Whole grains        | 57.4 (51.5,<br>63.5)              | 41.4<br>(31.0, 52.8)      | 16.0*   | 58.0<br>(51.3, 64.5)              | 43.4<br>(38.3, 48.5)      | 14.5*   |  |
| Dairy               | 98.5<br>(94.1, 100.0)             | 79.6<br>(69.5, 90.4)      | 18.9*   | 97.7<br>(91.8, 100.0)             | 82.0<br>(76.0, 87.9)      | 15.7*   |  |
| Total protein foods | 96.1                              | 99.1                      | -3.0  | 97.7                              | 98.7                      | -1.1  |  |

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| Seafood and plant proteins | (88.5, 100.0)<br>59.6<br>(47.2, 70.2) | (92.2, 100.0)<br>81.5<br>(46.6, 100.0) | -21.9             | (90.3, 100.0)<br>71.0<br>(55.7, 86.1) | (93.3, 100.0)<br>73.1<br>(59.5, 86.6) | -2.1  |
|----------------------------|---------------------------------------|--|-------------------|---------------------------------------|---------------------------------------|-------|
| Fatty acids                | 41.2<br>(37.0, 45.6)                  | 43.3<br>(31.4, 55.4)                   | -2.0              | 37.3<br>(30.7, 44.4)                  | 38.6<br>(33.2, 44.2)                  | -1.2  |
|                            | Moderation compo                      | onents: Higher scores                  | reflect lower cor | ncentrations in stude                 | nts' 24 h intakes                     |       |
| Refined grains             | 57.9<br>(54.3, 61.5)                  | 53.1<br>(41.5, 65.2)                   | 4.7               | 62.1<br>(54.7, 69.5)                  | 41.9<br>(35.1, 48.7)                  | 20.2* |
| Sodium                     | 45.4<br>(41.4, 49.4)                  | 50.7<br>(44.3, 56.9)                   | -5.3              | 48.8<br>(43.8, 53.7)                  | 38.8*<br>(31.8, 45.8)                 | 10.0* |
| Empty calories             | 72.5<br>(68.8, 76.4)                  | 65.9<br>(60.5, 71.6)                   | 6.6               | 72.0<br>(67.0, 76.8)                  | 72.3<br>(68.0, 76.6)                  | -0.3  |
| Total HEI score            | 65.3<br>(63.4, 67.2)                  | 61.4<br>(56.1, 66.6)                   | 3.9               | 65.0<br>(62.3, 67.5)                  | 60.9<br>(58.9, 63.0)                  | 4.0*  |

Notes: Mean HEI-2010 scores are expressed as a percentage of maximum possible scores. Upper and lower limits of 95% CIs are included in parentheses below the mean HEI score. \*Within an income subgroup, the difference between NSLP participants and nonparticipants was significantly different from zero at the p < 0.05 level. CI = confidence interval; HEI = Healthy Eating Index; NSLP = National School Lunch Program.

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**Table 3.** Differences between NSLP participants and nonparticipants in mean HEI-2010 scores for lunch intakes, by race/ethnicity (including 95% CIs).

|                                     | Non-Hispanic White Students |                            | Non-Hispanic Black Students         |                            |                           | Hispanic Students                   |                            |                           |                                     |
|-------------------------------------|-----------------------------|----------------------------|-------------------------------------|----------------------------|---------------------------|-------------------------------------|----------------------------|---------------------------|-------------------------------------|
|                                     | NSLP<br>Porticine           | Nonnanticin                | Difference<br>(NSLP<br>Participants | NSLP<br>Posticine          | Nonnouticin               | Difference<br>(NSLP<br>Participants | NSLP<br>Participa          | Nonnouticin               | Difference<br>(NSLP<br>Participants |
|                                     | nts                         | Nonparticip<br>ants        | -<br>Nonparticipa                   | Participa<br>nts           | Nonparticip<br>ants       | -<br>Nonparticipa                   | nts                        | Nonparticip<br>ants       | -<br>Nonparticipa                   |
|                                     | (n = 485)                   | (n = 442)                  | nts)                                | (n = 183)                  | (n = 74)                  | nts)                                | (n = 376)                  | (n = 161)                 | nts)                                |
|                                     |                             | Adequacy co                | omponents: High                     | ner scores re              | flect higher cor          | centrations in st                   | udents' lunc               | h intakes                 |                                     |
| Total<br>fruit                      | 99.5<br>(93.9,<br>100.0)    | 92.2<br>(75.2, 100.0)      | 7.4                                 | 99.7<br>(96.9,<br>100.0)   | 92.6<br>(66.4, 100.0)     | 7.1                                 | 100.0<br>(100.0,<br>100.0) | 96.3<br>(70.7, 100.0)     | 3.7                                 |
| Whole<br>fruit                      | 100.0<br>(100.0,<br>100.0)  | 100.0<br>(100.0,<br>100.0) | 0.0                                 | 100.0<br>(100.0,<br>100.0) | 99.9<br>(100.0,<br>100.0) | 0.1                                 | 100.0<br>(100.0,<br>100.0) | 99.9<br>(100.0,<br>100.0) | 0.1                                 |
| Total<br>vegetabl<br>es             | 56.3<br>(47.4,<br>65.7)     | 30.1<br>(23.5, 37.0)       | 26.3*                               | 34.9<br>(24.8,<br>44.7)    | 27.2<br>(13.6, 41.4)      | 7.7                                 | 51.4<br>(39.5,<br>63.2)    | 50.8<br>(33.8, 67.3)      | 0.6                                 |
| Greens<br>and<br>beans              | 29.0<br>(13.1,<br>44.0)     | 16.3<br>(2.1, 33.8)        | 12.7                                | 19.1<br>(1.3, 38.7)        | 19.5<br>(-0.4, 39.2)      | -0.4                                | 12.9<br>(6.4, 20.7)        | 37.3<br>(11.3, 65.3)      | -24.4                               |
| Whole grains                        | 99.9<br>(100.0,<br>100.0)   | 53.5<br>(39.4, 68.6)       | 46.4*                               | 99.2<br>(89.4,<br>100.0)   | 68.2<br>(42.5, 89.5)      | 31.0*                               | 100.0<br>(100.0,<br>100.0) | 74.4<br>(43.4, 100.0)     | 25.6                                |
| Dairy                               | 100.0<br>(100.0,<br>100.0)  | 65.0<br>(53.9, 76.9)       | 35.0*                               | 99.9<br>(98.5,<br>100.0)   | 60.6<br>(46.8, 75.4)      | 39.2*                               | 100.0<br>(100.0,<br>100.0) | 75.1<br>(56.6, 94.8)      | 24.9*                               |
| Total<br>protein<br>foods           | 97.2<br>(86.4,<br>100.0)    | 99.3<br>(92.3, 100.0)      | -2.1                                | 99.2<br>(87.5,<br>100.0)   | 99.7<br>(95.0, 100.0)     | -0.4                                | 91.2<br>(79.9,<br>100.0)   | 96.9<br>(81.8, 100.0)     | -5.7                                |
| Seafood<br>and<br>plant<br>proteins | 67.3<br>(46.2,<br>88.1)     | 99.6<br>(93.8, 100.0)      | -32.3*                              | 50.6<br>(27.1,<br>73.6)    | 34.7<br>(12.0, 60.1)      | 15.8                                | 52.2<br>(34.2,<br>69.8)    | 63.7<br>(6.3, 100.0)      | -11.4                               |
| Fatty<br>acids                      | 62.1<br>(50.1,<br>75.2)     | 67.1<br>(53.2, 82.6)       | -5.0                                | 68.2<br>(49.1,<br>87.7)    | 46.6<br>(29.8, 65.4)      | 21.6                                | 67.7<br>(53.2,<br>82.7)    | 55.0<br>(26.0, 94.3)      | 12.7                                |
|                                     |                             | Moderation of              | components: Hig                     | ther scores r              | eflect lower con          | ncentrations in s                   | tudents' lunc              | ch intakes                |                                     |
| Refined grains                      | 86.8<br>(75.0,<br>98.7)     | 22.1<br>(3.7, 41.6)        | 64.7*                               | 94.8<br>(80.4,<br>100.0)   | 37.8<br>(10.7, 68.0)      | 57.0*                               | 88.0<br>(75.7,<br>100.0)   | 60.4<br>(38.6, 80.7)      | 27.5*                               |
| Sodium                              | 45.4<br>(35.6,<br>54.8)     | 38.2<br>(21.5, 54.1)       | 7.1                                 | 35.3<br>(13.2,<br>55.0)    | 14.5<br>(0.0, 37.5)       | 20.8                                | 42.7<br>(36.0,<br>49.8)    | 43.5<br>(30.0, 57.6)      | -0.8                                |
| Empty calories                      | 93.2<br>(87.9,<br>98.8)     | 76.5<br>(68.1, 85.2)       | 16.7*                               | 95.0<br>(87.2,<br>100.0)   | 72.1<br>(59.4, 86.7)      | 22.8*                               | 98.5<br>(93.8,<br>100.0)   | 76.5<br>(62.0, 93.8)      | 22.0*                               |
| Total<br>HEI<br>score               | 80.5<br>(77.4,<br>83.5)     | 61.8<br>(56.3, 67.3)       | 18.8*                               | 78.9<br>(75.4,<br>82.4)    | 55.9<br>(50.2, 61.3)      | 23.0*                               | 79.9<br>(77.0,<br>82.7)    | 68.4<br>(57.5, 79.5)      | 11.5                                |

Notes: Mean HEI-2010 scores are expressed as a percentage of maximum possible scores. Upper and lower limits of 95% CIs are included in parentheses below the mean HEI score. \* Within a race/ethnicity subgroup, the difference between NSLP participants and nonparticipants was significantly different from zero at the p < 0.05 level. CI = confidence interval; HEI = Healthy Eating Index; NSLP = National School Lunch Program. .

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**Table 4.** Differences between NSLP participants and nonparticipants in mean HEI-2010 scores for 24 h intakes, by race/ethnicity (including 95% CIs).

|                                     | Non-Hispanic White Students |                       |                                     | Non-l                    | Hispanic Black         | Students                            | Hispanic Students                   |                       |                                     |
|-------------------------------------|-----------------------------|-----------------------|-------------------------------------|--------------------------|------------------------|-------------------------------------|-------------------------------------|-----------------------|-------------------------------------|
|                                     | NSLP<br>Participa           | Nonparticip           | Difference<br>(NSLP<br>Participants | NSLP<br>Participa        | Nonparticip            | Difference<br>(NSLP<br>Participants | NSLP<br>Participa                   | Nonparticip           | Difference<br>(NSLP<br>Participants |
|                                     | nts  (n = 485)              | ants $(n = 442)$      | Nonparticipa<br>nts)                | nts  (n = 183)           | ants $(n = 74)$        | Nonparticipa<br>nts)                | $     \text{nts} \\     (n = 376) $ | ants $(n = 161)$      | Nonparticipa<br>nts)                |
|                                     | (# = 100)                   |                       | ,                                   |                          | ( )                    | centrations in st                   | ( /                                 |                       | nus)                                |
| Total<br>fruit                      | 78.9<br>(68.7,<br>89.6)     | 76.8<br>(63.7, 90.6)  | 2.1                                 | 97.1<br>(84.2,<br>100.0) | 81.0<br>(61.7, 100.0)  | 16.1                                | 98.7<br>(91.5,<br>100.0)            | 92.3<br>(69.9, 100.0) | 6.4                                 |
| Whole<br>fruit                      | 99.3<br>(91.6,<br>100.0)    | 99.2<br>(90.0, 100.0) | 0.1                                 | 95.5<br>(76.8,<br>100.0) | 86.6<br>(51.6, 100.0)  | 8.9                                 | 100.0<br>(100.0,<br>100.0)          | 99.7<br>(95.9, 100.0) | 0.3                                 |
| Total<br>vegetab<br>les             | 45.9<br>(39.2,<br>52.5)     | 36.1<br>(31.2, 41.3)  | 9.7*                                | 40.7<br>(34.6,<br>46.4)  | 47.7<br>(38.0, 57.3)   | -7.0                                | 44.9<br>(38.6,<br>51.3)             | 55.7<br>(46.9, 64.7)  | -10.8                               |
| Greens<br>and<br>beans              | 13.9<br>(8.1, 24.8)         | 22.8<br>(11.5, 36.3)  | -8.9                                | 18.3<br>(10.7,<br>26.0)  | 73.6*<br>(26.0, 100.0) | -55.2                               | 11.5<br>(6.9,<br>17.4)              | 23.2<br>(10.8, 42.1)  | -11.7                               |
| Whole grains                        | 54.7<br>(48.6,<br>60.4)     | 38.5<br>(32.1, 45.2)  | 16.2*                               | 49.1<br>(39.3,<br>59.1)  | 51.6<br>(22.2, 83.1)   | -2.5                                | 68.5<br>(61.3,<br>75.7)             | 39.1<br>(28.2, 49.8)  | 29.4                                |
| Dairy                               | 99.3<br>(94.8,<br>100.0)    | 84.7<br>(77.1, 92.7)  | 14.5*                               | 79.5<br>(72.8,<br>86.3)  | 58.0<br>(47.6, 67.7)   | 21.6*                               | 100.0<br>(99.9,<br>100.0)           | 84.2<br>(72.6, 96.1)  | 15.7*                               |
| Total<br>protein<br>foods           | 94.7<br>(85.3,<br>100.0)    | 97.9<br>(89.7, 100.0) | -3.2                                | 99.8<br>(96.7,<br>100.0) | 93.5<br>(78.2, 100.0)  | 6.2                                 | 93.3<br>(84.9,<br>100.0)            | 94.5<br>(82.7, 100.0) | -1.3                                |
| Seafood<br>and<br>plant<br>proteins | 67.2<br>(51.8,<br>81.5)     | 82.8<br>(64.9, 100.0) | -15.6                               | 49.5<br>(32.3,<br>69.2)  | 27.6<br>(14.1, 39.8)   | 21.9                                | 69.3<br>(54.1,<br>84.1)             | 84.9<br>(40.2, 100.0) | -15.6                               |
| Fatty<br>acids                      | 35.9<br>(29.7,<br>42.2)     | 40.6<br>(34.4, 47.1)  | -4.7                                | 51.6<br>(43.9,<br>60.3)  | 44.8<br>(34.7, 55.7)   | 6.8                                 | 40.3<br>(35.0,<br>45.7)             | 35.4<br>(19.8, 53.7)  | 4.9                                 |
|                                     |                             | Moderation co         | omponents: High                     | her scores re            | eflect lower cor       | ncentrations in st                  | udents' 24                          | h intakes             |                                     |
| Refined grains                      | 63.0<br>(56.0,<br>69.9)     | 42.4<br>(33.4, 51.1)  | 20.6*                               | 65.9<br>(59.9,<br>72.0)  | 47.3<br>(24.7, 71.2)   | 18.7                                | 53.7<br>(45.8,<br>61.6)             | 46.9<br>(35.5, 57.8)  | 6.9                                 |
| Sodium                              | 50.8<br>(46.2,<br>55.2)     | 48.0<br>(40.3, 55.5)  | 2.8                                 | 46.0<br>(38.9,<br>53.1)  | 38.7<br>(27.6, 50.2)   | 7.3                                 | 42.7<br>(37.6,<br>47.8)             | 44.9<br>(35.0, 54.8)  | -2.2                                |
| Empty calories                      | 68.2<br>(62.9,<br>73.4)     | 66.8<br>(62.7, 71.2)  | 1.3                                 | 70.4<br>(62.8,<br>78.5)  | 62.8<br>(52.0, 73.2)   | 7.6                                 | 79.9<br>(76.0,<br>83.6)             | 72.9<br>(64.3, 82.6)  | 7.0                                 |
| Total<br>HEI<br>score               | 64.0<br>(61.0,<br>66.8)     | 59.6<br>(56.2, 62.8)  | 4.4*                                | 63.3<br>(60.6,<br>65.7)  | 57.1<br>(50.4, 63.7)   | 6.3                                 | 67.4<br>(64.7,<br>69.9)             | 62.1<br>(57.2, 67.3)  | 5.2                                 |

Notes: Mean HEI-2010 scores are expressed as a percentage of maximum possible scores. Upper and lower limits of 95% CIs are included in parentheses below the mean HEI score. \* Within a race/ethnicity subgroup, the difference between NSLP participants and nonparticipants was significantly different from zero at the p < 0.05 level. CI = confidence interval; HEI = Healthy Eating Index; NSLP = National School Lunch Program. .