

A Higher Level

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 Combined: Chino Elem Breakfast EFB/Chino Elementary Lunch EFB

Jan 16, 2012

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/01/2012			
Chino Elem Breakfast EFB	Total		
Bean & Cheese Burrito	1 each	259	39.07
Frosted Flakes Cereal	1 each	220	50.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Chicken Tenders	3 each	200	12.0
BBq Sauce or Ketchup	1 each	35	9.0
Ranch Dressing	1 fl oz	46	1.73
Corn (1/2 c)	1/2 cup	66	15.53
Peaches (1/2 c)	1/2 cup	68	18.26
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		531	91.50
% of Calories			68.9%

Thu - 02/02/2012			
Chino Elem Breakfast EFB	Total		
Breakfast Sausage Biscuit	1 each	209	22.45
Frosted Flakes Cereal	1 each	220	50.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Sloppy Joe (Turkey)	#8 scoop	150	13.0
Hamburger Bun	1 each	150	27.0
Nacho Cheesier Doritos	1 each	80	10.0
Garden Salad (1/2 c)	1/2 cup	7	0.99
Ranch Dressing	1 fl oz	46	1.73
Fresh Orange	1 each	45	11.28
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		555	92.50
% of Calories			66.7%

Fri - 02/03/2012			
Chino Elem Breakfast EFB	Total		
Honey Wheat Bun	1 each	270	42.0
Frosted Flakes Cereal	1 each	220	50.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Cheese Pizza Wedge	1 each	321	35.04
Pepperoni Pizza Wedge	1 each	330	34.93
Green Beans (1/2 c)	1/2 cup	14	3.04
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 Combined: Chino Elem Breakfast EFB/Chino Elementary Lunch EFB

Jan 16, 2012

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		586	106.93
% of Calories			73.0%

Sat - 02/04/2012			
Chino Elementary Lunch EFB	Total		
MINIMUM DAY MENU	SERVING	0	0.0
Grilled Cheese Sandwich	1 each	307	34.95
Baby Carrots, 2 oz	1 each	20	4.6
Fresh Orange	1 each	45	11.28
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		605	98.81
% of Calories			65.3%

Mon - 02/06/2012			
Chino Elem Breakfast EFB	Total		
PBJ Bar	1 each	316	29.33
Tootie Fruities Cereal	each/2 oz	170	37.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Macaroni & Cheese	6 oz	290	32.0
Peas (1/2 c)	1/2 cup	62	11.41
Watermelon Smoothie, 4 oz	1 each	90	23.0
Raisins USDA	1 each	113	29.98
Dinner Roll	1 each	90	17.0
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		648	116.30
% of Calories			71.8%

Tue - 02/07/2012			
Chino Elem Breakfast EFB	Total		
Bean & Cheese Taco Flauta	1 each	160	20.63
Tootie Fruities Cereal	each/2 oz	170	37.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Beef Taco Stick	1 each	345	31.87
Tapatio	1 each	0	0.0
Salsa	1 fl oz	11	2.18
Corn (1/2 c)	1/2 cup	66	15.53
Apple Slices	1 each	30	8.0
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		525	86.82
% of Calories			66.1%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 Combined: Chino Elem Breakfast EFB/Chino Elementary Lunch EFB

Jan 16, 2012

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/08/2012			
Chino Elem Breakfast EFB	Total		
Cinnamon Glazed French Toast	1 each	220	31.0
Tootie Fruities Cereal	each/2 oz	170	37.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Hip Dipper Chicken Patty	1 each	220	14.0
Ketchup or Mustard	1 each	7	1.75
Potato Smiles	6 each	162	23.75
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Jungle Grahams	1 each	120	21.0
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		655	114.24
% of Calories			69.8%

Thu - 02/09/2012			
Chino Elem Breakfast EFB	Total		
Diced Ham & Eggs	serving	192	4.01
Tootie Fruities Cereal	each/2 oz	170	37.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Beef Patty	1 each	121	2.1
Hamburger Bun	1 each	150	27.0
Ketchup or Mustard	1 each	7	1.75
BBQ Beans	1/2 cup	119	26.85
Fresh Orange	1 each	45	11.28
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		526	89.78
% of Calories			68.3%

Fri - 02/10/2012			
Chino Elem Breakfast EFB	Total		
Buttermilk Bars	1 each	245	50.0
Tootie Fruities Cereal	each/2 oz	170	37.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Sicilian Cheese Pizza	1 each	376	47.62
Sicilian Pepperoni Pizza	1 each	387	43.89
Green Beans (1/2 c)	1/2 cup	14	3.04
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		602	111.51
% of Calories			74.1%

Sat - 02/11/2012			
Chino Elementary Lunch EFB	Total		
MINIMUM DAY MENU	SERVING	0	0.0
Veggie Quesadilla	1 each	358	35.67
Baby Carrots, 2 oz	1 each	20	4.6
Fresh Orange	1 each	45	11.28
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		656	99.52
% of Calories			60.7%

Mon - 02/13/2012			
Chino Elem Breakfast EFB	Total		
NO SCHOOL TODAY	SERVING	0	0.0
Chino Elementary Lunch EFB	Total		
NO SCHOOL TODAY	SERVING	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%

Tue - 02/14/2012			
Chino Elem Breakfast EFB	Total		
English Muffin Cinnamon Pizza	1 each	151	17.36
Frosted Flakes Cereal	1 each	220	50.0
Raspberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Turkey Taco Snacker	1 each	110	3.0
Baked Scoops	1 each	110	19.0
Corn (1/2 c)	1/2 cup	66	15.53
Salsa	1 fl oz	11	2.18
Apple Slices	1 each	30	8.0
Holiday Cookie	1 each	140	19.0
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		540	93.02
% of Calories			69.0%

Wed - 02/15/2012			
Chino Elem Breakfast EFB	Total		
Breakfast Quesadilla	1 each	210	15.0
Frosted Flakes Cereal	1 each	220	50.0
Raspberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 Combined: Chino Elem Breakfast EFB/Chino Elementary Lunch EFB

Jan 16, 2012

	Portion Size	Cals (kcal)	Carb (g)
Chino Elementary Lunch EFB	Total		
Wienerschnitzel Chili Chs Dog	1 each	335	31.09
Green Beans (1/2 c)	1/2 cup	14	3.04
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		581	100.49
% of Calories			69.2%

Thu - 02/16/2012			
Chino Elem Breakfast EFB	Total		
Breakfast Sausage Biscuit	1 each	209	22.45
Frosted Flakes Cereal	1 each	220	50.0
Raspberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
BBQ Beef Rib Patty	1 each	130	3.4
Hamburger Bun	1 each	150	27.0
Peas (1/2 c)	1/2 cup	62	11.41
Fresh Orange	1 each	45	11.28
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		566	102.08
% of Calories			72.2%

Fri - 02/17/2012			
Chino Elem Breakfast EFB	Total		
Honey Wheat Bun	1 each	270	42.0
Frosted Flakes Cereal	1 each	220	50.0
Raspberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
French Bread Cheese Pizza	1 each	274	28.3
Green Beans (1/2 c)	1/2 cup	14	3.04
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		560	103.57
% of Calories			74.0%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 Combined: Chino Elem Breakfast EFB/Chino Elementary Lunch EFB

Jan 16, 2012

	Portion Size	Cals (kcal)	Carb (g)
Sat - 02/18/2012			
Chino Elementary Lunch EFB	Total		
MINIMUM DAY MENU	SERVING	0	0.0
Grilled Cheese Sandwich	1 each	307	34.95
Baby Carrots, 2 oz	1 each	20	4.6
Fresh Orange	1 each	45	11.28
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		605	98.81
% of Calories			65.3%

Mon - 02/20/2012			
Chino Elem Breakfast EFB	Total		
NO SCHOOL TODAY	SERVING	0	0.0
Chino Elementary Lunch EFB	Total		
NO SCHOOL TODAY	SERVING	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%

Tue - 02/21/2012			
Chino Elem Breakfast EFB	Total		
Bean & Cheese Burrito	1 each	259	39.07
Marshmallow Matey's Cereal	1 each	220	48.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Chicken Patty	1 each	200	12.0
Hamburger Bun	1 each	150	27.0
BBq Sauce or Ketchup	1 each	35	9.0
Carrot Coins	1/2 cup	27	5.64
Apple Slices	1 each	30	8.0
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		602	108.80
% of Calories			72.3%

Wed - 02/22/2012			
Chino Elem Breakfast EFB	Total		
Breakfast Pizza Round	1 each	179	14.3
Marshmallow Matey's Cereal	1 each	220	48.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Grilled Cheese Sandwich	1 each	307	34.95
Green Beans (1/2 c)	1/2 cup	14	3.04
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0

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 Combined: Chino Elem Breakfast EFB/Chino Elementary Lunch EFB

Jan 16, 2012

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		562	101.98
% of Calories			72.6%

Thu - 02/23/2012			
Chino Elem Breakfast EFB	Total		
Cinnamon Glazed French Toast	1 each	220	31.0
Marshmallow Matey's Cereal	1 each	220	48.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Oven Breaded Chicken	servings	220	7.0
Garden Salad (1/2 c)	1/2 cup	7	0.99
Ranch Dressing	1 fl oz	46	1.73
Fresh Orange	1 each	45	11.28
Raisins USDA	1 each	113	29.98
Jungle Grahams	1 each	120	21.0
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		593	97.59
% of Calories			65.8%

Fri - 02/24/2012			
Chino Elem Breakfast EFB	Total		
Breakfast Round	1 each	270	44.0
Marshmallow Matey's Cereal	1 each	220	48.0
Strawberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Cheese Pizza Wedge	1 each	321	35.04
Pepperoni Pizza Wedge	1 each	330	34.93
Green Beans (1/2 c)	1/2 cup	14	3.04
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		586	106.93
% of Calories			73.0%

Sat - 02/25/2012			
Chino Elementary Lunch EFB	Total		
MINIMUM DAY MENU	SERVING	0	0.0
Veggie Quesadilla	1 each	358	35.67
Baby Carrots, 2 oz	1 each	20	4.6
Fresh Orange	1 each	45	11.28
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		656	99.52
% of Calories			60.7%

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Jan 16, 2012

	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/27/2012			
Chino Elem Breakfast EFB	Total		
PBJ Bar	1 each	316	29.33
Tootie Fruities Cereal	each/2 oz	170	37.0
Raspberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Turkey in Gravy	serving	140	3.0
Mashed Potatoes	1/2 cup	74	14.6
Dinner Roll	1 each	90	17.0
Strawberry Smoothie 4oz	1 each	80	18.0
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		573	100.82
% of Calories			70.3%

Tue - 02/28/2012			
Chino Elem Breakfast EFB	Total		
Diced Ham & Eggs	serving	192	4.01
Tootie Fruities Cereal	each/2 oz	170	37.0
Raspberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Sunny Side Up Breakfast Muffin	1 each	270	31.0
Breakfast Potatoes	1/2 cup	134	18.0
Apple Slices	1 each	30	8.0
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		578	98.83
% of Calories			68.4%

Wed - 02/29/2012			
Chino Elem Breakfast EFB	Total		
Bean & Cheese Taco Flauta	1 each	160	20.63
Tootie Fruities Cereal	each/2 oz	170	37.0
Raspberry Yogurt	1 each	200	38.0
Peaches (1/2 c)	1/2 cup	68	18.26
Raisins USDA	1 each	113	29.98
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Chino Elementary Lunch EFB	Total		
Deli Turkey Sandwich	1 each	310	36.0
Mustard packet	1 each	5	0.5
Carrot Coins	1/2 cup	27	5.64
Cheetos Crunchy	1 each	100	10.0
Peaches (1/2 c)	1/2 cup	68	18.26
Milk, Nonfat Chocolate	half pint	120	22.0
Milk, 1% White	half pint	120	14.0
Weighted Daily Average		554	93.25
% of Calories			67.3%

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A Higher Level

	Portion Size	Cals (kcal)	Carb (g)
Weighted Average		585	100.59 68.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	585		615	95%		30	Correction Required - Calories are Low
Carbohydrate (g)	100.59	68.84%					

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - denotes optional nutrient values*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.