

# A Higher Level

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values      Jan 16, 2012  
 Combined: East Whittier Elem Brkfast EFB/East Whittier Elem Lunch EFB

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/01/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cereal Bar with String Cheese	serving	360	38.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Crispy Chicken Burger	1 each	370	43.0
Ketchup Packet	2 each	20	4.0
Mustard Packet	2 each	10	1.0
Lettuce & Pickles	1/4 cup	6	1.14
Mixed Fruit	1/2 cup	69	18.07
Lemon Dinosaur Grahams	1 each	106	19.0
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		650	103.07
% of Calories			63.4%

Thu - 02/02/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Pancake & Sausage on a Stick	1 each	199	25.5
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Teriyaki Chicken	serving/2.6 oz	90	6.0
Veggie Chow Mein	serving	130	25.0
Green Beans	1/2 cup	14	3.04
Fortune Cookie	1 each	18	4.04
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		445	75.88
% of Calories			68.2%

Fri - 02/03/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Breakfast Burrito	1 each	259	39.07
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Chicken Tenders	3 each	200	12.0
Ketchup Packet	1 each	10	2.0
Corn, canned	1/2 cup	66	15.42
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		473	74.95
% of Calories			63.4%

Sun - 02/05/2012			
East Whittier Elem Lunch EF	Total		
Pancake Whole Grain	1 each	77	13.67
Weighted Daily Average		77	13.67
% of Calories			71.3%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values      Jan 16, 2012  
 Combined: East Whittier Elem Brkfast EFB/East Whittier Elem Lunch EFB

	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/06/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Bagel with Cream Cheese	1 each	270	41.05
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Chicken Fajitas	3.5 oz	126	1.05
Flour Tortilla 6", 2 ct	pkg/2	154	28.0
Shredded Cheese	1/2 oz	57	0.18
Taco Sauce Packet	1 each	5	1.0
Shredded Lettuce	1/2 cup	4	0.77
Applesauce	1/4 cup	26	6.89
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		523	79.68
% of Calories			60.9%

Tue - 02/07/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cinnamon Roll	1 each	245	45.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Cheese Pizza	1 each	285	28.22
Green Beans	1/4 cup	7	1.52
Peaches, canned	1/2 cup	68	18.26
Chocolate Muffin	1 each	221	30.0
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		621	100.72
% of Calories			64.9%

Wed - 02/08/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cereal Bar with String Cheese	serving	360	38.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Chicken Nuggets (Gold Kist)	5 each	200	14.0
Ketchup Packet	2 each	20	4.0
Tossed Green Salad	1/2 cup	8	1.25
Ranch Dressing	1/2 fl oz	78	1.87
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		512	70.53
% of Calories			55.1%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values      Jan 16, 2012  
 Combined: East Whittier Elem Brkfast EFB/East Whittier Elem Lunch EFB

	Portion Size	Cals (kcal)	Carb (g)
<b>Thu - 02/09/2012</b>			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Breakfast Quesadilla	1 each	200	15.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Pork Sausage Links	2 each	164	1.0
Pancake Whole Grain	1 each	77	13.67
Syrup, 1 oz	1 each	80	21.0
Potato Rounds	1/2 cup	122	17.76
Orange Juice, 4 oz (elem)	1 each	55	13.5
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		568	87.68
% of Calories			61.7%

<b>Fri - 02/10/2012</b>			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Tac-Go	1 each	180	14.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Macaroni & Cheese RF	1 each	260	17.0
Canned Carrots	1/2 cup	28	6.61
Shape Up	1 each	80	21.0
Presidential Cookies	1 each	100	18.0
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		549	85.27
% of Calories			62.2%

<b>Mon - 02/13/2012</b>			
East Whittier Elem Brkfast EF	Total		
NO SCHOOL TODAY	SERVING	0	0.0
East Whittier Elem Lunch EF	Total		
NO SCHOOL TODAY	SERVING	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%

<b>Tue - 02/14/2012</b>			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cinnamon Roll	1 each	245	45.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Popcorn Chicken	14 each	192	13.0
Ketchup Packet	2 each	20	4.0
Baby Carrots	3/8 cup	26	6.07
Italian Ice Cup	1 each	98	24.5
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33

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 Combined: East Whittier Elem Brkfast EFB/East Whittier Elem Lunch EFB

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		499	85.51
% of Calories			68.6%

Wed - 02/15/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cereal Bar with String Cheese	serving	360	38.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Hamburger	1 each	299	29.9
Ketchup Packet	2 each	20	4.0
Mustard Packet	2 each	10	1.0
Lettuce & Pickles	1/4 cup	6	1.14
Strawberry Cup	1 each	122	33.05
Sunshine Bread	servings	236	32.04
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		706	110.53
% of Calories			62.6%

Thu - 02/16/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cheese Omelet	1 each	110	1.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Turkey Chili	#10 scoop	132	6.11
Oven Fries (USDA)	1/2 cup	73	12.0
Green Beans	1/4 cup	7	1.52
Chocolate Chip Muffin	1 each	229	30.0
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		518	75.53
% of Calories			58.3%

Fri - 02/17/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
French Toast Sticks	3 each	210	28.0
Syrup, 1 oz	1 each	80	21.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
French Bread Cheese Pizza	1 each	274	28.3
Tossed Green Salad	1/2 cup	8	1.25
Ranch Dressing	1/2 fl oz	78	1.87
Pears, canned	1/2 cup	71	18.89
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		557	87.87
% of Calories			63.1%

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	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 02/20/2012</b>			
East Whittier Elem Brkfast EF NO SCHOOL TODAY	Total SERVING	0	0.0
East Whittier Elem Lunch EF NO SCHOOL TODAY	Total SERVING	0	0.0
Weighted Daily Average % of Calories		0	0.00 0.0%

<b>Tue - 02/21/2012</b>			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cinnamon Roll	1 each	245	45.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Sunny Side Up Sandwich	1 each	260	31.0
Potato Rounds	1/2 cup	122	17.76
Ketchup Packet	2 each	10	4.0
Orange Juice, 4 oz (elem)	1 each	55	13.5
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average % of Calories		554	94.85 68.5%

<b>Wed - 02/22/2012</b>			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cereal Bar with String Cheese	serving	360	38.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Grilled Cheese Sandwich	1 each	380	29.0
Ketchup Packet	2 each	20	4.0
Mustard Packet	2 each	10	1.0
Broccoli Florets	1/4 cup	6	1.18
Applesauce	1/2 cup	52	13.78
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average % of Calories		594	84.45 56.9%

<b>Thu - 02/23/2012</b>			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Breakfast Wrap	1 each	180	13.98
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values      Jan 16, 2012  
 Combined: East Whittier Elem Brkfast EFB/East Whittier Elem Lunch EFB

	Portion Size	Cals (kcal)	Carb (g)
East Whittier Elem Lunch EF	Total		
Crispy Chicken Burger	1 each	370	43.0
Ketchup Packet	2 each	20	4.0
Mustard Packet	2 each	10	1.0
Lettuce & Pickles	1/4 cup	6	1.14
Peach Cup	1 each	118	29.98
Fresh Fruit Basket	1 each	84	22.18
Holiday Cookie	1 each	140	19.0
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		646	103.02
% of Calories			63.7%

Fri - 02/24/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cheese Omelet	1 each	110	1.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Bean & Cheese Burrito	1 each	290	40.0
Taco Sauce Packet	2 each	10	2.0
Jicama Sticks	1/4 cup	19	2.96
Mixed Fruit	1/2 cup	69	18.07
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		491	82.23
% of Calories			67.0%

Mon - 02/27/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Bagel with Cream Cheese	1 each	270	41.05
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Mandarin Orange Chicken	servings	337	45.86
Rice, Cooked White	1/2 c. serving	126	27.81
Canned Carrots	1/2 cup	28	6.61
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		583	100.87
% of Calories			69.2%

Tue - 02/28/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cinnamon Roll	1 each	245	45.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33

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 Combined: East Whittier Elem Brkfast EFB/East Whittier Elem Lunch EFB

	Portion Size	Cals (kcal)	Carb (g)
East Whittier Elem Lunch EF	Total		
Chicken Tenders	4 each	207	14.0
Ketchup Packet	1 each	10	2.0
Tossed Green Salad	1/2 cup	8	1.25
Ranch Dressing	1/2 fl oz	78	1.87
Pears, canned	1/4 cup	35	9.44
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		500	76.00
% of Calories			60.8%

Wed - 02/29/2012			
East Whittier Elem Brkfast EF	Total		
Assorted Cereal	1 each	196	42.52
Cereal Bar with String Cheese	serving	360	38.0
Assorted Juice (elem)	1 each	57	14.17
Milk - Variety (elem)	half pint	123	17.33
East Whittier Elem Lunch EF	Total		
Hamburger	1 each	299	29.9
Ketchup Packet	2 each	20	4.0
Mustard Packet	2 each	10	1.0
Lettuce & Pickles	1/4 cup	6	1.14
Oven Fries (USDA)	1/2 cup	73	12.0
Peaches, canned	1/4 cup	34	9.13
Fresh Fruit Basket	1 each	84	22.18
Saltine Crackers	2 pkg	53	8.67
Milk - Variety (elem)	half pint	123	17.33
Weighted Daily Average		580	88.55
% of Calories			61.0%

Weighted Average		532	84.04
			63.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	532		609	87%		77	Correction Required - Calories are Low
Carbohydrate (g)	84.04	63.15%					

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