

A Higher Level

	Portion Size	Carb (g)
Wed - 02/01/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Yogurt, assorted	1 Each	23.0
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Spaghetti w/ Meatballs Bowl	1 each	75.92
Yogurt Parfait	1 each	82.8
Cheese Calzone	1 each	50.87
Green Salad w Dressing	1/2 Cup	3.87
Mixed Vegetables	1/2 Cup	11.6
Fresh Orange	1 each	11.28
Sherbet Cup	1 each	24.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		135.73
% of Calories		70.7%

Thu - 02/02/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Pancakes	1 each	12.67
Breakfast Bread Basket	1 Each	29.78
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Pepperoni Pizza (Piazza)	1 Each	45.0
Green Salad w Dressing	1/2 Cup	3.87
Yogurt Parfait	1 each	82.8
Chicken Sluggers	1 each	7.0
Mashed Potatoes	1/2 Cup	12.46
Peas & Carrots	1/2 Cup	10.0
Mixed Fruit	1/2 Cup	18.0
Wheat Dinner Roll	1 each	22.0
Cutie Pie, Apple	1 Each	52.4
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		134.72
% of Calories		69.2%

Fri - 02/03/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 27, 2012
 Combined: Oxnard Sec. Breakfast EFB/Oxnard Secondary Lunch EFB

	Portion Size	Carb (g)
Oxnard Secondary Lunch EF	Total	
Chicken Fajitas	3 oz	2.0
Mexican Rice	1/2 cup	28.18
Pinto Beans	1/2 cup	18.3
Flour Tortilla 6", 2 ct	pkg/2	28.0
Lettuce, tomato, jalapeno	1/2 cup	1.2
Yogurt Parfait	1 each	82.8
Hot Dog	1 Each	24.2
Ketchup & Mustard	serving	3.0
Corn Cobette	1 Each	14.07
BROCCOLI & CAULIFLOWER	1/2 Cup	5.0
Chortles	1 each	19.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		125.23
% of Calories		72.4%

Mon - 02/06/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 each	20.77
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Hamburger/Cheeseburger	1 each	29.33
Ketchup, Mustard, Pickles	serving	3.73
Potato Wedges	1/2 cup	16.87
Yogurt Parfait	1 each	82.8
Beef Ravioli	6 oz	24.55
String Cheese	1 each	0.0
Hot Carrots	1/2 Cup	16.18
Mixed Fruit	1/2 Cup	18.0
Brunch Muffin	1 Each	40.33
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		138.32
% of Calories		67.0%

Tue - 02/07/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Saus-A-Rage	1 each	24.0
Breakfast Bread Basket	1 Each	29.78
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 27, 2012
 Combined: Oxnard Sec. Breakfast EFB/Oxnard Secondary Lunch EFB

	Portion Size	Carb (g)
Oxnard Secondary Lunch EF	Total	
Burrito, Bean & Cheese	1 each	46.1
Yogurt Parfait	1 each	82.8
Hamburger	1 Each	28.0
Ketchup, Mustard, Pickles	serving	3.73
Tator Tots	1/2 cup	19.01
Lettuce & Pickle	1/2 cup	1.3
Broccoli, cooked	1/2 Cup	4.92
Fresh Apple	1 each	14.64
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		108.03
% of Calories		64.8%

Wed - 02/08/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Yogurt, assorted	1 Each	23.0
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Spaghetti w/ Meatballs Bowl	1 each	75.92
Yogurt Parfait	1 each	82.8
Cheese Pizza (Piazza)	1 Each	39.0
Green Salad w Dressing	1 Cup	7.73
Celery Sticks	1/2 Cup	2.21
Peaches, canned	1/2 Cup	18.19
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		122.51
% of Calories		67.7%

Thu - 02/09/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Buttermilk Bars	1 Each	52.5
Breakfast Bread Basket	1 Each	29.78
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Orange Chicken & Rice	1 each	87.72
Yogurt Parfait	1 each	82.8
Cheese Nachos	serving	32.68
Refried Beans	1/2 Cup	19.56
Mixed Vegetables	1/2 Cup	11.6
Fresh Orange	1 each	11.28
Chortles	1 Each	19.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		126.50
% of Calories		68.2%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 27, 2012
 Combined: Oxnard Sec. Breakfast EFB/Oxnard Secondary Lunch EFB

	Portion Size	Carb (g)
Fri - 02/10/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Chicken Strips in a Box	1 each	74.0
Yogurt Parfait	1 each	82.8
Ham & Cheese on a Bagel	1 each	43.0
Coleslaw	1/2 Cup	9.19
Green Beans	1/2 Cup	3.04
Pineapple, canned	1/2 cup	16.95
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		122.82
% of Calories		71.2%

Mon - 02/13/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 each	20.77
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Hamburger/Cheeseburger	1 each	29.33
Ketchup, Mustard, Pickles	serving	3.73
Potato Wedges	1/2 cup	16.87
Yogurt Parfait	1 each	82.8
Bean & Cheese Burrito	1 each	41.0
Taco Sauce	1 each	1.0
Corn	1/2 Cup	15.24
Peaches, canned	1/2 Cup	18.19
Cutie Pie, Apple	1 Each	52.4
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		146.85
% of Calories		72.7%

Tue - 02/14/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Chili Crispito	1 each	20.0
Breakfast Bread Basket	1 Each	29.78
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 27, 2012
 Combined: Oxnard Sec. Breakfast EFB/Oxnard Secondary Lunch EFB

	Portion Size	Carb (g)
Oxnard Secondary Lunch EF	Total	
Burrito, Bean, Rice & Cheese	1 each	71.13
Yogurt Parfait	1 each	82.8
Taco Burger	1 each	29.69
Lettuce & Tomato	1/2 cup	1.94
Refried Beans	1/2 Cup	19.56
Fruit Slush	1 each	24.5
Fresh Orange	1 each	11.28
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		119.50
% of Calories		68.4%

Wed - 02/15/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Yogurt, assorted	1 Each	23.0
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Chicken Fettucini Bowl	1 each	68.3
Yogurt Parfait	1 each	82.8
Teriyaki Chicken	serving/2.6 oz	6.0
Oriental Rice	1/2 cup	31.31
Carrot Sticks	1/2 Cup	5.84
Applesauce	1/2 Cup	22.98
Raisins, 1 oz box	box	22.45
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		132.48
% of Calories		73.7%

Thu - 02/16/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Peanut Butter Graham Crackers	1 Each	28.6
Breakfast Bread Basket	1 Each	29.78
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Teriyaki Chicken & Rice	1 each	69.8
Yogurt Parfait	1 each	82.8
Spaghetti & Meatsauce	serving	29.07
Breadstick	1 each	23.0
Green Salad w Dressing	1/2 Cup	3.87
Peaches, canned	1/2 Cup	18.19
Cinnamon Grahams	1 each	20.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		117.58
% of Calories		64.7%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 Combined: Oxnard Sec. Breakfast EFB/Oxnard Secondary Lunch EFB

Jan 27, 2012

	Portion Size	Carb (g)
Fri - 02/17/2012		
Oxnard Sec. Breakfast EFB NO SCHOOL TODAY	Total SERVING	0.0
Oxnard Secondary Lunch EF NO SCHOOL TODAY	Total SERVING	0.0
Weighted Daily Average % of Calories		0.00 0.0%

Mon - 02/20/2012		
Oxnard Sec. Breakfast EFB NO SCHOOL TODAY	Total SERVING	0.0
Oxnard Secondary Lunch EF NO SCHOOL TODAY	Total SERVING	0.0
Weighted Daily Average % of Calories		0.00 0.0%

Tue - 02/21/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Burrito, Cheese/Bean	1 each	44.0
Breakfast Bread Basket	1 Each	29.78
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Cheese Nachos	serving	32.68
Refried Beans	1/2 Cup	19.56
Yogurt Parfait	1 each	82.8
Cheeseburger	1 Each	31.83
Ketchup, Mustard, Pickles	serving	3.73
Corn	1/2 Cup	15.24
Sweet Potato Puffs	1/2 cup	23.0
Pears, canned	1/2 Cup	19.04
Graham Crackers	1 each	16.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average % of Calories		131.33 67.3%

Wed - 02/22/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Yogurt, assorted	1 Each	23.0
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 27, 2012
 Combined: Oxnard Sec. Breakfast EFB/Oxnard Secondary Lunch EFB

	Portion Size	Carb (g)
Oxnard Secondary Lunch EF	Total	
Spaghetti w/ Meatballs Bowl	1 each	75.92
Yogurt Parfait	1 each	82.8
Pepperoni Pizza Wedge, WG	1 each	34.93
Green Salad w Dressing	1/2 Cup	3.87
Carrot Sticks	1/2 Cup	5.84
Peaches, canned	1/2 Cup	18.19
Fruit Slush	1 each	24.5
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		133.91
% of Calories		72.3%

Thu - 02/23/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Pancake on a Stick	1 Each	24.0
Breakfast Bread Basket	1 Each	29.78
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Pepperoni Pizza (Piazza)	1 Each	45.0
Green Salad w Dressing	1/2 Cup	3.87
Yogurt Parfait	1 each	82.8
Cinnamon Toast	1 each	30.84
Sausage Links	2 each	0.0
Hash Browns	1/2 Cup	16.0
Applesauce	1/2 Cup	22.98
Orange Juice 4 oz	1 each	14.5
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		115.11
% of Calories		65.3%

Fri - 02/24/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0

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	Portion Size	Carb (g)
Oxnard Secondary Lunch EF	Total	
Chicken Fajitas	3 oz	2.0
Mexican Rice	1/2 cup	28.18
Pinto Beans	1/2 cup	18.3
Flour Tortilla 6", 2 ct	pkg/2	28.0
Lettuce, tomato, jalapeno	1/2 cup	1.2
Yogurt Parfait	1 each	82.8
Grilled Cheese Sandwich	1 each	31.81
BBQ Beans	1/2 Cup	34.85
Coleslaw	1/2 Cup	9.19
Fresh Apple	1 each	14.64
Super Bear Cookies	1 Each	19.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		145.70
% of Calories		73.8%

Mon - 02/27/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 each	20.77
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Hamburger/Cheeseburger	1 each	29.33
Ketchup, Mustard, Pickles	serving	3.73
Potato Wedges	1/2 cup	16.87
Yogurt Parfait	1 each	82.8
Chicken Taquitos	2 each	22.0
Pinto Beans (as protein)	1/2 cup	18.3
Corn Cobette	1 Each	14.07
Apple Bar	1 each	33.92
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
President's Cookies	1 each	18.0
Weighted Daily Average		136.69
% of Calories		70.4%

Tue - 02/28/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Saus-A-Rage	1 each	24.0
Breakfast Bread Basket	1 Each	29.78
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 27, 2012
 Combined: Oxnard Sec. Breakfast EFB/Oxnard Secondary Lunch EFB

	Portion Size	Carb (g)
Oxnard Secondary Lunch EF	Total	
Burrito, Bean & Cheese	1 each	46.1
Yogurt Parfait	1 each	82.8
Turkey Burger	1 each	29.0
Ketchup, Mustard, Pickles	serving	3.73
Lettuce & Tomato	1/2 cup	1.94
Tator Tots	1/2 cup	19.01
Fresh Orange	1 each	11.28
Chortles	1 each	19.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		113.85
% of Calories		64.3%

Wed - 02/29/2012		
Oxnard Sec. Breakfast EFB	Total	
Assorted Cereal	1 Each	20.77
Yogurt, assorted	1 Each	23.0
Breakfast Bread Basket	1 Each	29.78
Raisins	1/4 Cup	28.7
Breakfast fruit	1 each	19.73
Juice-Variety	1 Each	14.75
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Oxnard Secondary Lunch EF	Total	
Spaghetti w/ Meatballs Bowl	1 each	75.92
Yogurt Parfait	1 each	82.8
Chicken Alfredo	serving	29.65
Green Salad w Dressing	1/2 Cup	3.87
BROCCOLI & CAULIFLOWER	1/2 Cup	5.0
Breadstick	1 each	23.0
Shape Up	1 each	15.0
President's Cookies	1 each	18.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		139.24
% of Calories		70.7%

Weighted Average		128.74
		69.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	128.74	69.26%					

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