

# A Higher Level

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

	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 Elementary Lunch EF	Total	
Cheese Calzone	1 each	50.87
Green Salad w Dressing	1/2 Cup	3.87
Mixed Vegetables	1/4 Cup	5.8
Fresh Orange	1/2 each	5.64
Sherbet Cup	1 each	24.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		120.51
% of Calories		67.7%

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 Elementary Lunch EF	Total	
Chicken Sluggers	1 each	7.0
Mashed Potatoes	3/8 Cup	9.34
Peas & Carrots	3/8 Cup	7.5
Mixed Fruit	3/8 Cup	13.5
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		114.36
% of Calories		66.9%

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 Elementary Lunch EFB

	Portion Size	Carb (g)
Oxnard Elementary Lunch EF	Total	
Hot Dog	1 Each	24.2
Ketchup & Mustard	serving	3.0
Corn Cobette	1 Each	14.07
BROCCOLI & CAULIFLOWER	3/8 Cup	3.75
Chortles	1 each	19.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		106.87
% of Calories		69.3%

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 Elementary Lunch EF	Total	
Beef Ravioli	6 oz	24.55
String Cheese	1 each	0.0
Hot Carrots	3/8 Cup	12.13
Mixed Fruit	3/8 Cup	13.5
Brunch Muffin	1 Each	40.33
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		120.12
% of Calories		66.7%

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
Oxnard Elementary Lunch EF	Total	
Hamburger	1 Each	28.0
Ketchup, Mustard, Pickles	serving	3.73
Tator Tots	3/8 cup	14.26
Lettuce & Pickle	1/4 cup	0.65
Broccoli, cooked	3/8 Cup	3.69
Fresh Apple	1 each	14.64
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		93.81
% of Calories		62.4%

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	Portion Size	Carb (g)
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 Elementary Lunch EF	Total	
Cheese Pizza (Piazza)	1 Each	39.0
Green Salad w Dressing	3/8 Cup	2.9
Celery Sticks	3/8 Cup	1.65
Peaches, canned	3/8 Cup	13.64
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		104.02
% of Calories		67.3%

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 Elementary Lunch EF	Total	
Cheese Nachos	serving	32.68
Refried Beans	1/4 Cup	9.78
Mixed Vegetables	3/8 Cup	8.7
Fresh Orange	1/2 each	5.64
Chortles	1 Each	19.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		106.35
% of Calories		60.8%

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 Elementary Lunch EF	Total	
Ham & Cheese on a Bagel	1 each	43.0
Coleslaw	3/8 Cup	6.89
Green Beans	3/8 Cup	2.28
Pineapple, canned	3/8 cup	12.71
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		107.31
% of Calories		69.0%

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	Portion Size	Carb (g)
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 Elementary Lunch EF	Total	
Bean & Cheese Burrito	1 each	41.0
Taco Sauce	1 each	1.0
Corn	3/8 Cup	11.43
Peaches, canned	3/8 Cup	13.64
Cutie Pie, Apple	1 Each	52.4
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		134.60
% of Calories		74.9%

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
Oxnard Elementary Lunch EF	Total	
Taco Burger	1 each	29.69
Lettuce & Tomato	3/8 cup	1.46
Refried Beans	1/2 Cup	19.56
Fruit Slush	1 each	24.5
Fresh Orange	1/2 each	5.64
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		100.75
% of Calories		64.0%

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

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	Portion Size	Carb (g)
Oxnard Elementary Lunch EF	Total	
Teriyaki Chicken	serving/2.6 oz	6.0
Oriental Rice	1/2 cup	31.31
Carrot Sticks	3/8 Cup	4.38
Applesauce	3/8 Cup	17.23
Raisins, 1 oz box	box	22.45
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		116.11
% of Calories		76.4%

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 Elementary Lunch EF	Total	
Spaghetti & Meatsauce	serving	29.07
Green Salad w Dressing	3/8 Cup	2.9
Breadstick	1 each	23.0
Peaches, canned	3/8 Cup	13.64
Cinnamon Grahams	1 each	20.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		106.77
% of Calories		61.7%

Fri - 02/17/2012		
Oxnard Sec. Breakfast EFB	Total	
NO SCHOOL TODAY	SERVING	0.0
Oxnard Elementary Lunch EF	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%

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

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 Combined: Oxnard Sec. Breakfast EFB/Oxnard Elementary Lunch EFB

	Portion Size	Carb (g)
Oxnard Elementary Lunch EF	Total	
Cheeseburger	1 Each	31.83
Ketchup, Mustard, Pickles	serving	3.73
Corn	3/8 Cup	11.43
Sweet Potato Puffs	3/8 cup	17.25
Pears, canned	3/8 Cup	14.28
Graham Crackers	1 each	16.0
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		113.58
% of Calories		64.1%

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
Oxnard Elementary Lunch EF	Total	
Pepperoni Pizza Wedge, WG	1 each	34.93
Green Salad w Dressing	3/8 Cup	2.9
Carrot Sticks	3/8 Cup	4.38
Peaches, canned	3/8 Cup	13.64
Fruit Slush	1 each	24.5
Milk, Nonfat Chocolate	1 Each	22.0
Milk, 1% Lowfat	1 Each	14.0
Weighted Daily Average		115.60
% of Calories		69.9%

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 Elementary Lunch EF	Total	
Cinnamon Toast	1 each	30.84
Sausage Links	2 each	0.0
Hash Browns	1/4 Cup	8.0
Applesauce	3/8 Cup	17.23
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		96.61
% of Calories		62.8%

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 Combined: Oxnard Sec. Breakfast EFB/Oxnard Elementary Lunch EFB

	Portion Size	Carb (g)
<u>Fri - 02/24/2012</u>		
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 Elementary Lunch EF	Total	
Grilled Cheese Sandwich	1 each	31.81
BBQ Beans	3/8 Cup	26.14
Coleslaw	3/8 Cup	6.89
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		124.10
% of Calories		71.4%

<u>Mon - 02/27/2012</u>		
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 Elementary Lunch EF	Total	
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
Weighted Daily Average		119.01
% of Calories		71.0%

<u>Tue - 02/28/2012</u>		
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
Oxnard Elementary Lunch EF	Total	
Turkey Burger	1 each	29.0
Ketchup, Mustard, Pickles	serving	3.73
Lettuce & Tomato	3/8 cup	1.46
Tator Tots	3/8 cup	14.26
Fresh Orange	1/2 each	5.64
Chortles	1 each	19.0
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 Elementary Lunch EFB

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		97.87 61.0%

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 Elementary Lunch EF	Total	
Chicken Alfredo	serving	29.65
Green Salad w Dressing	1/2 Cup	3.87
BROCCOLI & CAULIFLOWER	3/8 Cup	3.75
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 % of Calories		122.06 70.2%

Weighted Average		111.60 67.2%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	111.60	67.25%					

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