

A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/01/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Yogurt, assorted	1 Each	50	120	5	75	0.00	0.00	150.0	0	0	2.4	4.0	23.0	1.0	0.50	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Spaghetti w/ Meatballs Bowl	1 each	33	595	64	1236	5.78	6.05	280.3	423	85	10.44	36.35	75.92	16.43	6.43	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Cheese Calzone	1 each	33	420	21	584	1.72	3.06	390.0	500	100	0.0	20.64	50.87	14.48	5.95	0.00
Green Salad w Dressing	1/2 Cup	99	67	7	127	1.04	0.29	33.5	637	50	8.14	1.4	3.87	4.96	0.96	*0.00
Mixed Vegetables	1/2 Cup	99	58	0	44	43.50	0.70	19.3	967	193	8.7	2.9	11.6	0.0	0.00	0.00
Fresh Orange	1 each	99	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Sherbet Cup	1 each	99	110	5	35	0.00	0.00	40.0	100	20	1.2	1.0	24.0	1.5	1.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			768	37	777	28.59	5.51	703.7	2205	388	69.14	28.19	135.73	14.86	5.32	*0.00
% of Calories												14.7%	70.7%	17.4%	6.2%	*0.0%

Thu - 02/02/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Pancakes	1 each	50	77	13	160	1.00	0.40	20.0	33	7	0.0	2.33	12.67	2.0	0.33	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00

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¹ - denotes optional nutrient values

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Oxnard Secondary Lunch EF	Total	99														
Pepperoni Pizza (Piazza)	1 Each	33	400	25	910	1.00	1.80	400.0	400	40	3.6	20.0	45.0	16.0	8.00	0.00
Green Salad w Dressing	1/2 Cup	33	67	7	127	1.04	0.29	33.5	637	50	8.14	1.4	3.87	4.96	0.96	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Chicken Sluggers	1 each	33	170	65	830	0.00	3.96	0.0	0	0	0.0	12.0	7.0	11.0	2.50	0.00
Mashed Potatoes	1/2 Cup	33	62	0	249	0.00	2.49	0.0	0	0	2.49	1.25	12.46	0.62	0.00	0.00
Peas & Carrots	1/2 Cup	99	50	0	85	4.00	1.08	20.0	2000	400	9.0	3.0	10.0	0.0	0.00	*N/A*
Mixed Fruit	1/2 Cup	99	80	0	5	1.00	0.00	0.0	200	40	1.2	1.0	18.0	0.0	0.00	0.00
Wheat Dinner Roll	1 each	99	110	0	250	3.00	1.08	40.0	0	0	0.0	5.0	22.0	1.5	0.00	0.00
Cutie Pie, Apple	1 Each	99	297	0	335	3.40	1.80	20.0	0	0	1.2	3.1	52.4	9.3	2.60	*N/A*
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			779	35	1079	9.63	6.61	597.2	2372	451	40.04	26.44	134.72	17.40	5.43	*0.00
% of Calories												13.6%	69.2%	20.1%	6.3%	*0.0%

Fri - 02/03/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	100	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Chicken Fajitas	3 oz	33	130	80	330	0.00	0.36	0.0	0	0	0.0	16.0	2.0	7.0	2.00	0.00
Mexican Rice	1/2 cup	33	161	0	528	0.69	1.50	12.2	400	82	6.97	3.16	28.18	2.89	0.58	*0.42
Pinto Beans	1/2 cup	33	103	0	140	5.50	1.75	52.0	0	0	1.1	5.83	18.3	0.97	0.20	0.00
Flour Tortilla 6", 2 ct	pkg/2	33	154	0	290	2.00	1.80	160.0	0	0	0.0	4.0	28.0	4.0	0.00	0.00
Lettuce, tomato, jalapeno	1/2 cup	33	6	0	172	0.42	0.37	145.0	228	34	3.15	0.31	1.2	0.06	0.01	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Hot Dog	1 Each	33	261	44	910	3.00	2.04	134.0	18	4	1.1	14.9	24.2	14.0	5.80	0.00
Ketchup & Mustard	serving	33	15	0	140	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
Corn Cobette	1 Each	99	59	0	3	1.76	0.38	1.9	146	13	3.02	1.96	14.07	0.47	0.07	*N/A*
BROCCOLI & CAULIFLOWER	1/2 Cup	99	30	0	20	3.00	0.36	40.0	500	100	36.0	3.0	5.0	0.0	0.00	*N/A*
Chortles	1 each	99	110	0	70	0.00	0.00	0.0	0	0	0.0	2.0	19.0	3.0	1.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			692	37	859	8.57	6.49	612.9	1619	311	55.23	25.79	125.23	13.02	4.13	*0.07
% of Calories												14.9%	72.4%	16.9%	5.4%	*0.1%

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/06/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 each	100	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Hamburger/Cheeseburger	1 each	33	427	65	741	1.03	3.25	110.3	75	15	0.03	22.75	29.33	24.23	9.36	*0.00
Ketchup, Mustard, Pickles	serving	33	18	0	388	0.31	0.10	11.9	52	9	0.23	0.17	3.73	0.04	0.01	*0.00
Potato Wedges	1/2 cup	33	113	0	403	2.81	1.01	0.0	0	0	2.25	1.88	16.87	4.69	0.94	0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Beef Ravioli	6 oz	33	231	25	621	2.89	1.95	28.9	144	29	0.0	10.11	24.55	5.78	2.17	0.00
String Cheese	1 each	99	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
Hot Carrots	1/2 Cup	99	73	0	707	4.38	1.87	73.0	32616	4021	7.88	1.87	16.18	0.55	0.11	*N/A*
Mixed Fruit	1/2 Cup	99	80	0	5	1.00	0.00	0.0	200	40	1.2	1.0	18.0	0.0	0.00	0.00
Brunch Muffin	1 Each	99	250	27	225	0.93	2.16	80.0	100	20	0.0	3.24	40.33	8.93	0.68	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			826	52	1319	8.58	7.87	709.3	17711	2293	38.70	26.81	138.32	19.96	6.37	*0.00
% of Calories												13.0%	67.0%	21.7%	6.9%	*0.0%

Tue - 02/07/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Saus-A-Rage	1 each	50	240	25	640	1.00	1.44	80.0	0	0	0.0	10.0	24.0	12.0	4.00	2.50
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Oxnard Secondary Lunch EF	Total	99														
Burrito, Bean & Cheese	1 each	33	350	17	1134	5.40	3.79	171.8	550	110	3.6	12.94	46.1	12.46	4.94	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Hamburger	1 Each	33	251	38	542	1.40	2.84	51.0	14	3	0.0	16.6	28.0	8.3	2.50	0.00
Ketchup, Mustard, Pickles	serving	33	18	0	388	0.31	0.10	11.9	52	9	0.23	0.17	3.73	0.04	0.01	*0.00
Tator Tots	1/2 cup	99	170	0	340	2.00	0.36	0.0	0	0	4.8	2.0	19.01	10.01	2.50	0.00
Lettuce & Pickle	1/2 cup	99	7	0	247	0.69	0.24	17.0	97	18	1.3	0.45	1.3	0.09	0.02	*N/A*
Broccoli, cooked	1/2 Cup	99	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Fresh Apple	1 each	99	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.03	*N/A*
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			667	31	1153	8.78	5.24	566.2	1739	334	56.45	24.31	108.03	17.75	5.67	*0.63
% of Calories												14.6%	64.8%	23.9%	7.6%	*0.8%

Wed - 02/08/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Yogurt, assorted	1 Each	50	120	5	75	0.00	0.00	150.0	0	0	2.4	4.0	23.0	1.0	0.50	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Spaghetti w/ Meatballs Bowl	1 each	33	595	64	1236	5.78	6.05	280.3	423	85	10.44	36.35	75.92	16.43	6.43	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Cheese Pizza (Piazza)	1 Each	33	350	30	830	1.00	2.70	450.0	400	80	4.8	20.0	39.0	14.0	7.00	0.00
Green Salad w Dressing	1 Cup	99	134	13	254	2.09	0.57	66.9	1274	99	16.29	2.8	7.73	9.93	1.92	*0.00
Celery Sticks	1/2 Cup	99	12	0	59	1.19	0.15	29.7	333	10	2.3	0.51	2.21	0.13	0.03	*N/A*
Peaches, canned	1/2 Cup	99	68	0	6	1.59	0.45	4.0	23	5	2.99	0.56	18.19	0.04	0.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			723	39	874	7.59	5.49	698.4	2045	300	46.29	26.92	122.51	16.53	5.48	*0.00
% of Calories												14.9%	67.7%	20.6%	6.8%	*0.0%

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Thu - 02/09/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Buttermilk Bars	1 Each	50	247	14	314	1.30	1.51	24.2	13	3	0.07	2.89	52.5	2.87	0.92	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Orange Chicken & Rice	1 each	33	642	66	1649	1.73	4.63	33.8	3403	654	11.67	23.4	87.72	17.08	2.63	*0.94
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Cheese Nachos	1 serving	33	432	53	967	3.17	1.34	424.6	975	195	6.01	16.55	32.68	25.02	12.49	0.00
Refried Beans	1/2 Cup	33	118	10	376	6.60	2.10	44.0	0	0	7.6	6.92	19.56	1.58	0.60	*N/A*
Mixed Vegetables	1/2 Cup	99	58	0	44	43.50	0.70	19.3	967	193	8.7	2.9	11.6	0.0	0.00	0.00
Fresh Orange	1 each	99	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Chortles	1 Each	99	110	0	70	0.00	0.00	0.0	0	0	0.0	2.0	19.0	3.0	1.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			742	41	983	28.39	5.23	598.6	2415	463	65.95	25.48	126.50	15.64	5.50	*0.16
% of Calories												13.7%	68.2%	19.0%	6.7%	*0.2%

Fri - 02/10/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	100	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Chicken Strips in a Box	1 each	33	608	93	1420	3.83	4.92	218.6	811	162	11.0	26.97	74.0	23.96	6.90	0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Ham & Cheese on a Bagel	1 each	33	370	55	1260	2.00	3.60	150.0	300	60	0.0	22.0	43.0	12.0	6.00	0.00
Coleslaw	1/2 Cup	99	66	6	155	2.07	0.52	34.2	1368	227	24.98	1.09	9.19	3.1	0.51	*0.00
Green Beans	1/2 Cup	99	14	0	140	1.30	0.61	18.0	294	59	3.2	0.78	3.04	0.07	0.02	0.00
Pineapple, canned	1/2 cup	99	66	0	1	1.00	0.49	18.0	48	10	9.4	0.45	16.95	0.15	0.01	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			690	44	988	7.41	7.04	604.7	2225	418	54.29	24.27	122.82	14.11	4.58	*0.00
% of Calories												14.1%	71.2%	18.4%	6.0%	*0.0%

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A Higher Level

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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/13/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 each	100	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Hamburger/Cheeseburger	1 each	33	427	65	741	1.03	3.25	110.3	75	15	0.03	22.75	29.33	24.23	9.36	*0.00
Ketchup, Mustard, Pickles	33 serving	33	18	0	388	0.31	0.10	11.9	52	9	0.23	0.17	3.73	0.04	0.01	*0.00
Potato Wedges	1/2 cup	33	113	0	403	2.81	1.01	0.0	0	0	2.25	1.88	16.87	4.69	0.94	0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Bean & Cheese Burrito	1 each	33	270	10	560	8.00	3.60	150.0	200	40	1.2	14.0	41.0	7.0	2.50	0.00
Taco Sauce	1 each	33	5	0	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Corn	1/2 Cup	99	66	0	140	1.60	0.71	4.0	66	13	7.0	2.15	15.24	0.82	0.13	0.00
Peaches, canned	1/2 Cup	99	68	0	6	1.59	0.45	4.0	23	5	2.99	0.56	18.19	0.04	0.00	0.00
Cutie Pie, Apple	1 Each	99	297	0	335	3.40	1.80	20.0	0	0	1.2	3.1	52.4	9.3	2.60	*N/A*
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			808	28	998	9.57	7.61	567.7	1289	254	39.95	24.32	146.85	17.52	5.65	*0.00
% of Calories											12.0%		72.7%	19.5%	6.3%	*0.0%

Tue - 02/14/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Chili Crispito	1 each	50	240	30	340	2.00	1.08	100.0	0	0	0.0	8.0	20.0	14.0	3.50	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Oxnard Secondary Lunch EF	Total	99														
Burrito, Bean, Rice & Cheese	1 each	33	488	17	1589	4.99	4.80	173.5	950	192	9.97	15.0	71.13	14.74	5.30	*0.42
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Taco Burger	1 each	33	288	47	614	1.00	3.38	40.0	0	0	0.0	18.81	29.69	11.43	3.37	0.00
Lettuce & Tomato	1/2 cup	99	9	0	5	0.70	0.21	8.7	368	26	4.09	0.52	1.94	0.1	0.01	*N/A*
Refried Beans	1/2 Cup	99	118	10	376	6.60	2.10	44.0	0	0	7.6	6.92	19.56	1.58	0.60	*N/A*
Fruit Slush	1 each	99	96	0	15	0.00	0.00	0.0	0	0	12.0	0.0	24.5	0.0	0.00	0.00
Fresh Orange	1 each	99	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			699	39	999	9.64	5.94	586.4	1546	271	70.85	25.86	119.50	14.87	4.78	*0.07
% of Calories												14.8%	68.4%	19.2%	6.2%	*0.1%

Wed - 02/15/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Yogurt, assorted	1 Each	50	120	5	75	0.00	0.00	150.0	0	0	2.4	4.0	23.0	1.0	0.50	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Chicken Fettucini Bowl	1 each	33	689	197	1183	3.00	3.96	417.6	798	160	0.0	36.43	68.3	29.75	14.78	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Teriyaki Chicken	servings/2.6	33	90	40	320	0.00	0.36	0.0	0	0	0.0	12.0	6.0	2.0	0.50	0.00
Oriental Rice	1/2 cup	33	178	0	598	0.66	1.67	13.5	1549	313	1.11	3.51	31.31	3.21	0.65	*0.47
Carrot Sticks	1/2 Cup	99	25	0	42	1.71	0.18	20.1	10255	1716	3.6	0.57	5.84	0.15	0.02	0.00
Applesauce	1/2 Cup	99	90	0	15	2.00	0.00	0.0	0	0	0.0	0.0	22.98	0.0	0.00	0.00
Raisins, 1 oz box	box	99	85	0	3	1.05	0.53	14.2	0	0	0.65	0.87	22.45	0.13	0.02	*N/A*
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			719	57	751	7.01	4.81	615.8	6588	1148	35.33	24.98	132.48	12.39	4.95	*0.08
% of Calories												13.9%	73.7%	15.5%	6.2%	*0.1%

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/16/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Peanut Butter Graham Crackers	1 Each	50	318	0	271	2.20	1.50	160.0	0	0	0.2	10.3	28.6	20.1	3.90	*N/A*
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Teriyaki Chicken & Rice	1 each	33	453	40	1517	1.73	4.03	33.8	3270	627	11.67	19.45	69.8	8.44	1.80	*0.94
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Spaghetti & Meatsauce	1 serving	33	267	33	425	*2.26	3.18	44.0	243	17	2.42	17.51	29.07	8.71	3.30	0.26
Breadstick	1 each	33	120	0	250	0.00	1.44	40.0	0	0	0.0	4.0	23.0	0.5	0.00	0.00
Green Salad w Dressing	1/2 Cup	99	67	7	127	1.04	0.29	33.5	637	50	8.14	1.4	3.87	4.96	0.96	*0.00
Peaches, canned	1/2 Cup	99	68	0	6	1.59	0.45	4.0	23	5	2.99	0.56	18.19	0.04	0.00	0.00
Cinnamon Grahams	1 each	99	130	0	115	0.00	1.08	100.0	0	0	0.0	2.0	20.0	4.0	0.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			727	31	907	*5.89	5.83	608.6	2008	350	39.93	25.44	117.58	18.58	4.45	*0.20
% of Calories												14.0%	64.7%	23.0%	5.5%	*0.2%

Fri - 02/17/2012																
Oxnard Sec. Breakfast EFB	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Oxnard Secondary Lunch EF	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 02/20/2012																
Oxnard Sec. Breakfast EFB	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Oxnard Secondary Lunch EF	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/21/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Burrito, Cheese/Bean	1 each	50	290	5	610	5.00	2.70	100.0	400	80	1.2	11.0	44.0	8.0	3.00	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Cheese Nachos	serving	33	432	53	967	3.17	1.34	424.6	975	195	6.01	16.55	32.68	25.02	12.49	0.00
Refried Beans	1/2 Cup	33	118	10	376	6.60	2.10	44.0	0	0	7.6	6.92	19.56	1.58	0.60	*N/A*
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Cheeseburger	1 Each	33	356	61	755	1.31	3.35	127.0	135	27	0.14	22.66	31.83	14.89	6.18	0.63
Ketchup, Mustard, Pickles	serving	33	18	0	388	0.31	0.10	11.9	52	9	0.23	0.17	3.73	0.04	0.01	*0.00
Corn	1/2 Cup	99	66	0	140	1.60	0.71	4.0	66	13	7.0	2.15	15.24	0.82	0.13	0.00
Sweet Potato Puffs	1/2 cup	99	130	0	230	2.00	0.36	20.0	3500	700	3.6	1.0	23.0	3.5	0.00	0.00
Pears, canned	1/2 Cup	99	72	0	6	2.00	0.35	6.0	0	0	0.9	0.24	19.04	0.04	0.00	0.00
Graham Crackers	1 each	99	90	0	95	1.00	0.72	100.0	500	100	0.0	1.0	16.0	2.5	0.50	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			780	38	1152	9.79	6.01	671.0	3414	679	40.35	26.72	131.33	18.43	6.42	*0.10
% of Calories											13.7%	67.3%	21.3%	7.4%		*0.1%

Wed - 02/22/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Yogurt, assorted	1 Each	50	120	5	75	0.00	0.00	150.0	0	0	2.4	4.0	23.0	1.0	0.50	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Oxnard Secondary Lunch EF	Total	99														
Spaghetti w/ Meatballs Bowl	1 each	33	595	64	1236	5.78	6.05	280.3	423	85	10.44	36.35	75.92	16.43	6.43	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Pepperoni Pizza Wedge, WG	1 each	33	330	38	686	3.63	1.99	484.8	415	83	9.82	19.15	34.93	12.83	6.30	0.00
Green Salad w Dressing	1/2 Cup	99	67	7	127	1.04	0.29	33.5	637	50	8.14	1.4	3.87	4.96	0.96	*0.00
Carrot Sticks	1/2 Cup	99	25	0	42	1.71	0.18	20.1	10255	1716	3.6	0.57	5.84	0.15	0.02	0.00
Peaches, canned	1/2 Cup	99	68	0	6	1.59	0.45	4.0	23	5	2.99	0.56	18.19	0.04	0.00	0.00
Fruit Slush	1 each	99	96	0	15	0.00	0.00	0.0	0	0	12.0	0.0	24.5	0.0	0.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			741	37	786	7.76	5.25	682.8	6666	1125	49.69	26.11	133.91	13.87	4.89	*0.00
% of Calories												14.1%	72.3%	16.8%	5.9%	*0.0%

Thu - 02/23/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Pancake on a Stick	1 Each	50	239	23	402	0.60	1.90	14.0	10	2	0.0	8.4	24.0	12.2	3.10	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Pepperoni Pizza (Piazza)	1 Each	33	400	25	910	1.00	1.80	400.0	400	40	3.6	20.0	45.0	16.0	8.00	0.00
Green Salad w Dressing	1/2 Cup	33	67	7	127	1.04	0.29	33.5	637	50	8.14	1.4	3.87	4.96	0.96	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Cinnamon Toast	1 each	33	168	0	162	2.38	1.11	51.7	1	0	0.01	4.22	30.84	3.39	0.72	0.00
Sausage Links	2 each	33	140	50	520	0.00	0.72	40.0	0	0	0.0	14.0	0.0	8.0	3.00	0.00
Hash Browns	1/2 Cup	99	133	0	56	1.40	0.18	0.0	0	0	3.6	1.7	16.0	6.7	0.80	1.70
Applesauce	1/2 Cup	99	90	0	15	2.00	0.00	0.0	0	0	0.0	0.0	22.98	0.0	0.00	0.00
Orange Juice 4 oz	1 each	99	60	0	0	0.00	0.00	10.0	0	0	30.0	0.5	14.5	0.0	0.00	*N/A*
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			705	35	773	5.94	4.34	576.1	1272	231	50.67	23.87	115.11	17.89	5.43	*0.85
% of Calories												13.5%	65.3%	22.8%	6.9%	*1.1%

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/24/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	100	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Chicken Fajitas	3 oz	33	130	80	330	0.00	0.36	0.0	0	0	0.0	16.0	2.0	7.0	2.00	0.00
Mexican Rice	1/2 cup	33	161	0	528	0.69	1.50	12.2	400	82	6.97	3.16	28.18	2.89	0.58	*0.42
Pinto Beans	1/2 cup	33	103	0	140	5.50	1.75	52.0	0	0	1.1	5.83	18.3	0.97	0.20	0.00
Flour Tortilla 6", 2 ct	pkg/2	33	154	0	290	2.00	1.80	160.0	0	0	0.0	4.0	28.0	4.0	0.00	0.00
Lettuce, tomato, jalapeno	1/2 cup	33	6	0	172	0.42	0.37	145.0	228	34	3.15	0.31	1.2	0.06	0.01	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Grilled Cheese Sandwich	1 each	33	292	30	1138	1.18	1.55	368.1	611	304	0.0	18.66	31.81	11.18	6.70	0.00
BBQ Beans	1/2 Cup	99	159	0	676	5.20	1.87	43.0	237	26	0.0	6.03	34.85	0.47	0.09	0.00
Coleslaw	1/2 Cup	99	66	6	155	2.07	0.52	34.2	1368	227	24.98	1.09	9.19	3.1	0.51	*0.00
Fresh Apple	1 each	99	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.03	*N/A*
Super Bear Cookies	1 Each	99	110	0	90	1.00	1.00	16.0	0	0	0.0	2.0	19.0	3.5	1.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			789	37	1286	11.28	7.79	680.4	2223	433	50.48	27.63	145.70	14.43	4.56	*0.07
% of Calories												14.0%	73.8%	16.5%	5.2%	*0.1%

Mon - 02/27/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 each	100	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Oxnard Secondary Lunch EF	Total	99														
Hamburger/Cheeseburger	1 each	33	427	65	741	1.03	3.25	110.3	75	15	0.03	22.75	29.33	24.23	9.36	*0.00
Ketchup, Mustard, Pickles	serving	33	18	0	388	0.31	0.10	11.9	52	9	0.23	0.17	3.73	0.04	0.01	*0.00
Potato Wedges	1/2 cup	33	113	0	403	2.81	1.01	0.0	0	0	2.25	1.88	16.87	4.69	0.94	0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Chicken Taquitos	2 each	33	220	10	190	2.00	0.00	0.0	0	0	0.0	6.0	22.0	12.0	2.00	0.00
Pinto Beans (as protein)	1/2 cup	33	103	0	140	5.50	1.75	52.0	0	0	1.1	5.83	18.3	0.97	0.20	0.00
Corn Cobette	1 Each	99	59	0	3	1.76	0.38	1.9	146	13	3.02	1.96	14.07	0.47	0.07	*N/A*
Apple Bar	1 each	99	193	0	81	2.03	1.08	30.0	0	0	0.0	2.75	33.92	5.31	1.40	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
President's Cookies	1 each	99	100	0	75	2.00	7.20	100.0	400	80	4.8	2.0	18.0	3.0	1.00	0.00
Weighted Daily Average			776	28	784	9.09	10.15	603.1	1483	285	38.26	24.41	136.69	17.82	5.48	*0.00
% of Calories												12.6%	70.4%	20.7%	6.3%	*0.0%

Tue - 02/28/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Saus-A-Rage	1 each	50	240	25	640	1.00	1.44	80.0	0	0	0.0	10.0	24.0	12.0	4.00	2.50
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Burrito, Bean & Cheese	1 each	33	350	17	1134	5.40	3.79	171.8	550	110	3.6	12.94	46.1	12.46	4.94	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Turkey Burger	1 each	33	270	50	660	1.00	2.52	100.0	0	0	0.0	21.0	29.0	8.5	2.00	0.00
Ketchup, Mustard, Pickles	serving	33	18	0	388	0.31	0.10	11.9	52	9	0.23	0.17	3.73	0.04	0.01	*0.00
Lettuce & Tomato	1/2 cup	99	9	0	5	0.70	0.21	8.7	368	26	4.09	0.52	1.94	0.1	0.01	*N/A*
Tator Tots	1/2 cup	99	170	0	340	2.00	0.36	0.0	0	0	4.8	2.0	19.01	10.01	2.50	0.00
Fresh Orange	1 each	99	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Chortles	1 each	99	110	0	70	0.00	0.00	0.0	0	0	0.0	2.0	19.0	3.0	1.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			709	33	1081	7.22	4.88	571.1	1488	259	62.47	24.96	113.85	19.20	6.07	*0.63
% of Calories												14.1%	64.3%	24.4%	7.7%	*0.8%

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A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/29/2012																
Oxnard Sec. Breakfast EFB	Total	100														
Assorted Cereal	1 Each	50	98	0	169	0.92	5.42	75.7	370	73	5.35	1.38	20.77	1.15	0.04	*0.00
Yogurt, assorted	1 Each	50	120	5	75	0.00	0.00	150.0	0	0	2.4	4.0	23.0	1.0	0.50	0.00
Breakfast Bread Basket	1 Each	100	187	10	192	0.98	2.40	120.0	667	133	4.0	2.75	29.78	6.64	1.56	*0.00
Raisins	1/4 Cup	100	108	0	4	1.34	0.68	18.1	0	0	0.83	1.11	28.7	0.17	0.02	*N/A*
Breakfast fruit	1 each	100	75	0	1	3.16	0.21	8.0	51	5	6.5	0.63	19.73	0.23	0.05	*N/A*
Juice-Variety	1 Each	100	58	0	8	0.00	0.00	5.0	0	0	30.0	0.25	14.75	0.0	0.00	*0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	50	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Oxnard Secondary Lunch EF	Total	99														
Spaghetti w/ Meatballs Bowl	1 each	33	595	64	1236	5.78	6.05	280.3	423	85	10.44	36.35	75.92	16.43	6.43	*0.00
Yogurt Parfait	1 each	33	428	20	263	6.37	2.70	420.8	868	168	47.69	14.64	82.8	6.87	3.53	*0.00
Chicken Alfredo	serving	33	245	30	595	1.32	1.22	108.8	2	37	0.9	17.54	29.65	5.96	2.64	0.00
Green Salad w Dressing	1/2 Cup	99	67	7	127	1.04	0.29	33.5	637	50	8.14	1.4	3.87	4.96	0.96	*0.00
BROCCOLI & CAULIFLOWER	1/2 Cup	99	30	0	20	3.00	0.36	40.0	500	100	36.0	3.0	5.0	0.0	0.00	*N/A*
Breadstick	1 each	99	120	0	250	0.00	1.44	40.0	0	0	0.0	4.0	23.0	0.5	0.00	0.00
Shape Up	1 each	99	60	0	10	0.00	0.00	60.0	0	0	60.0	0.0	15.0	0.0	0.00	0.00
President's Cookies	1 each	99	100	0	75	2.00	7.20	100.0	400	80	4.8	2.0	18.0	3.0	1.00	0.00
Milk, Nonfat Chocolate	1 Each	50	120	5	180	0.00	0.00	300.0	500	100	2.4	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 Each	49	120	10	150	0.00	0.00	350.0	500	100	2.4	11.0	14.0	2.5	1.50	0.00
Weighted Daily Average			787	36	916	8.22	9.29	727.9	1932	351	89.11	29.77	139.24	14.38	4.77	*0.00
% of Calories											15.1%	13.9%	70.7%	16.4%	5.4%	*0.0%
Weighted Average			744	38	972	*10.47	6.39	630.6	3276	544	52.27	25.91	128.74	16.25	5.26	*0.15
												13.9%	69.3%	19.7%	6.4%	*0.2%

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

¹ - denotes optional nutrient values

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A Higher Level

Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	744		689	108%													
Cholesterol (mg)	38																
Sodium (mg)	972																
Fiber (g)	10.47				Missing												
Iron (mg)	6.39		3.75	171%													
Calcium (mg)	630.6		328.14	192%													
Vitamin A (IU)	3276		1241	264%													
Vitamin A (RE)	544		248	219%													
Vitamin C (mg)	52.27		15.49	338%													
Protein (g)	25.91	13.94%	12.98	200%													
Carbohydrate (g)	128.74	69.26%															
Total Fat (g)	16.25	19.66%	<=30.00%														
Saturated Fat (g)	5.26	6.37%	<10.00%														
Trans Fat (g)	0.15	0.18%			Missing												

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