

A Higher Level

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 17, 2012
 Combined: Simi Valley Elem Breakfast EFB/Simi Valley Elem Lunch EFB

	Portion Size	Plan Qty	Carb (g)
Wed - 02/01/2012			
Simi Valley Elem Breakfast E	Total	100	
Waffle Snackers	1 each	50	35.0
Cereal Assortment 2 oz	1 each	50	44.5
Juice, apple, 4 oz	1 each	100	15.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Bagel Dog	1 each	25	50.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Baby Carrots	1 each	100	6.07
Grape Giggles	1 each	100	15.0
Rice Krispies Treat	1 each	100	8.5
Milk, variety	1 each	100	18.0
Weighted Daily Average			113.64
% of Calories			71.6%

Thu - 02/02/2012			
Simi Valley Elem Breakfast E	Total	100	
Mini Cinnamon Sticks	pkg	50	40.0
Cereal Assortment 2 oz	1 each	50	44.5
Fresh Fruit Basket	1 each	100	16.4
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Chicken Nuggets w/ Biscuit	serving/5	25	43.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Corn, canned	1/2 cup	100	15.24
Peach Cup	1 each	100	29.98
Milk, variety	1 each	100	18.0
Weighted Daily Average			122.54
% of Calories			72.3%

Fri - 02/03/2012			
Simi Valley Elem Breakfast E	Total	100	
Sausage Sandwich	1 each	50	24.4
Cereal Assortment 2 oz	1 each	50	44.5
Juice, apple, 4 oz	1 each	100	15.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Rotini in Meat Sauce	8 oz	25	32.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Carrots & Sugar Snap Peas	1 each	100	4.19
Fruit Sherbet	1 each	100	23.0
Milk, variety	1 each	100	18.0
Weighted Daily Average			107.55
% of Calories			68.7%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 17, 2012
 Combined: Simi Valley Elem Breakfast EFB/Simi Valley Elem Lunch EFB

	Portion Size	Plan Qty	Carb (g)
<u>Mon - 02/06/2012</u>			
Simi Valley Elem Breakfast E	Total	100	
Crunchmania, Cinnamon Bun	1 each	50	37.0
Cereal Assortment 2 oz	1 each	50	44.5
Juice, Orange, 4 oz	1 each	100	14.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Beef Chalupa	1 each	25	15.79
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Lettuce & Salsa Cup	1/2 cup	100	4.9
Apple Slices	1 each	100	7.83
Goldfish Pretzels	1 each	75	17.0
Milk, variety	1 each	100	18.0
Weighted Daily Average			106.70
% of Calories			69.0%

<u>Tue - 02/07/2012</u>			
Simi Valley Elem Breakfast E	Total	100	
Mini Pancakes	1 package	50	34.0
Cereal Assortment 2 oz	1 each	50	44.5
Peach Cup	1 each	100	27.19
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Pepperoni Pizza RF	1 each	25	45.0
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Side Salad with dressing	1/2 cup	100	3.57
Tangerine, fresh	1 each	100	11.74
Milk, variety	1 each	100	18.0
Weighted Daily Average			111.11
% of Calories			68.9%

<u>Wed - 02/08/2012</u>			
Simi Valley Elem Breakfast E	Total	100	
Ham & Egg Muffin	1 each	50	31.0
Cereal Assortment 2 oz	1 each	50	44.5
Juice, apple, 4 oz	1 each	100	15.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Cheeseburger Mini's 6.4 oz	pkg/2	25	52.1
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Baby Carrots	1 each	100	6.07
Applesauce	1/2 cup	100	13.78
Milk, variety	1 each	100	18.0
Weighted Daily Average			107.42
% of Calories			68.1%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 17, 2012
 Combined: Simi Valley Elem Breakfast EFB/Simi Valley Elem Lunch EFB

	Portion Size	Plan Qty	Carb (g)
Thu - 02/09/2012			
Simi Valley Elem Breakfast E	Total	100	
Pop Tarts	pkg/2	50	71.5
Cereal Assortment 2 oz	1 each	50	44.5
Apple Slices	1 each	100	7.83
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Chicken Tenders w/ tots	serving	25	37.0
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Strawberry Cup	1 each	100	36.1
Chocolate Chip Kookies	1 each	100	19.0
Milk, variety	1 each	100	18.0
Weighted Daily Average			129.70
% of Calories			71.3%

Fri - 02/10/2012			
Simi Valley Elem Breakfast E	Total	100	
Mini French Toasts	1 each	50	34.0
Cereal Assortment 2 oz	1 each	50	44.5
Strawberry Cup	1 each	100	36.1
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Cheese Sticks w Marinara	pkg/2	25	34.0
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Sliced Cucumbers	1/4 cup	100	0.64
Raisels	1 each	100	36.0
Milk, variety	1 each	100	18.0
Weighted Daily Average			124.85
% of Calories			75.9%

Mon - 02/13/2012			
Simi Valley Elem Breakfast E	Total	100	
Buttermilk Breakfast Bar	serving	50	35.0
Cereal Assortment 2 oz	1 each	50	44.5
Juice, Orange, 4 oz	1 each	100	14.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Bean & Cheese Burrito	1 each	25	41.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Veggie Cup	1/2 cup	100	9.44
Apple Slices	1 each	100	7.83
Lemon Animal Cracker	1 each	75	19.0
Milk, variety	1 each	100	18.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 17, 2012
 Combined: Simi Valley Elem Breakfast EFB/Simi Valley Elem Lunch EFB

	Portion Size	Plan Qty	Carb (g)
Weighted Daily Average			112.99
% of Calories			63.8%

Tue - 02/14/2012			
Simi Valley Elem Breakfast E	Total	100	
Breakfast Muffin, 3.5 oz	1 each	50	52.96
Cereal Assortment 2 oz	1 each	50	44.5
Apple Slices	1 each	100	7.83
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Galaxy Cheese Pizza	1 each	25	34.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Side Salad with dressing	1/2 cup	100	3.57
Kiwifruit, fresh, raw	1 each	100	11.14
Milk, variety	1 each	100	18.0
Weighted Daily Average			105.12
% of Calories			65.7%

Wed - 02/15/2012			
Simi Valley Elem Breakfast E	Total	100	
Waffle Snackers	1 each	50	35.0
Cereal Assortment 2 oz	1 each	50	44.5
Juice, apple, 4 oz	1 each	100	15.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Corndog	1 each	25	30.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Carrots & Sugar Snap Peas	1 each	100	4.19
Fresh Orange	1/2 each	100	5.64
Popcorn	1 each	100	6.0
Milk, variety	1 each	100	18.0
Weighted Daily Average			104.27
% of Calories			66.6%

Thu - 02/16/2012			
Simi Valley Elem Breakfast E	Total	100	
Mini Cinnamon Sticks	pkg	50	40.0
Cereal Assortment 2 oz	1 each	50	44.5
Fresh Fruit Basket	1 each	100	16.4
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values Jan 17, 2012
 Combined: Simi Valley Elem Breakfast EFB/Simi Valley Elem Lunch EFB

	Portion Size	Plan Qty	Carb (g)
Simi Valley Elem Lunch EFB	Total	100	
Chicken Sandwich	1 each	25	42.63
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Green Beans	1/2 cup	100	3.04
Strawberry Shortcake	1 each	100	40.43
Milk, variety	1 each	100	18.0
Weighted Daily Average			121.62
% of Calories			70.8%

Fri - 02/17/2012			
Simi Valley Elem Breakfast E	Total	100	
Sausage Sandwich	1 each	50	24.4
Cereal Assortment 2 oz	1 each	50	44.5
Juice, apple, 4 oz	1 each	100	15.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Pretzel W/ Cheese Sauce Elem	1 serving	25	40.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Zucchini Coins	1/4 cup	100	0.95
Tangerine, fresh	1 each	100	11.74
Milk, variety	1 each	100	18.0
Weighted Daily Average			101.30
% of Calories			68.8%

Mon - 02/20/2012			
Simi Valley Elem Breakfast E	Total	100	
NO SCHOOL TODAY	SERVING	1	0.0
Simi Valley Elem Lunch EFB	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%

Tue - 02/21/2012			
Simi Valley Elem Breakfast E	Total	100	
Mini Pancakes	1 package	50	34.0
Cereal Assortment 2 oz	1 each	50	44.5
Peach Cup	1 each	100	27.19
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Pepperoni French Bread Pizza	1 each	25	31.0
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Side Salad with dressing	1/2 cup	100	3.57
Banana	1 each	100	23.07
Smart Cookies (Presidents)	1 each	100	18.0
Milk, variety	1 each	100	18.0

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 Combined: Simi Valley Elem Breakfast EFB/Simi Valley Elem Lunch EFB

	Portion Size	Plan Qty	Carb (g)
Weighted Daily Average % of Calories			124.03 68.6%

Wed - 02/22/2012			
Simi Valley Elem Breakfast E	Total	100	
Ham & Egg Muffin	1 each	50	31.0
Cereal Assortment 2 oz	1 each	50	44.5
Juice, apple, 4 oz	1 each	100	15.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Double Mini Dogs, Chicken	pkg/2	25	37.0
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Baby Carrots	1 each	100	6.07
Applesauce	1/2 cup	100	13.78
Cupcake	1 each	100	26.0
Milk, variety	1 each	100	18.0
Weighted Daily Average % of Calories			118.53 71.0%

Thu - 02/23/2012			
Simi Valley Elem Breakfast E	Total	100	
Pop Tarts	pkg/2	50	71.5
Cereal Assortment 2 oz	1 each	50	44.5
Fresh Fruit Basket	1 each	100	16.4
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Chicken Nuggets w/ Biscuit	serving/5	25	43.0
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Peach Cup	1 each	100	29.98
Corn, canned	1/2 cup	100	15.24
Milk, variety	1 each	100	18.0
Weighted Daily Average % of Calories			129.79 72.3%

Fri - 02/24/2012			
Simi Valley Elem Breakfast E	Total	100	
Mini French Toasts	1 each	50	34.0
Cereal Assortment 2 oz	1 each	50	44.5
Peach Cup	1 each	100	29.98
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0

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 Combined: Simi Valley Elem Breakfast EFB/Simi Valley Elem Lunch EFB

	Portion Size	Plan Qty	Carb (g)
Simi Valley Elem Lunch EFB	Total	100	
Grilled Cheese Sandwich	1 each	25	48.9
Yogurt/Cheese/Pretzels	servings	25	48.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Zucchini & Sweet Peppers	1/2 cup	100	2.44
Cherry Cutie Pie	1 each	100	29.8
Milk, variety	1 each	100	18.0
Weighted Daily Average			121.46
% of Calories			71.4%

Mon - 02/27/2012			
Simi Valley Elem Breakfast E	Total	100	
Buttermilk Breakfast Bar	serving	50	35.0
Cereal Assortment 2 oz	1 each	50	44.5
Juice, Orange, 4 oz	1 each	100	14.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Cheese Quesadilla	1 each	25	25.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Veggie Cup	serving	100	9.44
Apple Slices	1 each	100	7.83
Animal Crackers, Jungle	1 each	75	22.0
Milk, variety	1 each	100	18.0
Weighted Daily Average			112.12
% of Calories			62.9%

Tue - 02/28/2012			
Simi Valley Elem Breakfast E	Total	100	
Breakfast Muffin, 3.5 oz	1 each	50	52.96
Cereal Assortment 2 oz	1 each	50	44.5
Apple Slices	1 each	100	7.83
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Galaxy Cheese Pizza	1 each	25	34.0
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Side Salad with dressing	1/2 cup	100	3.57
Tangerine, fresh	1 each	100	11.74
Rice Krispies Treat	1 each	100	8.5
Milk, variety	1 each	100	18.0
Weighted Daily Average			109.67
% of Calories			66.2%

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	Portion Size	Plan Qty	Carb (g)
Wed - 02/29/2012			
Simi Valley Elem Breakfast E	Total	100	
Waffle Snackers	1 each	50	35.0
Cereal Assortment 2 oz	1 each	50	44.5
Juice, apple, 4 oz	1 each	100	15.0
Raisins, seedless, box	box	100	29.98
Milk, variety	1 each	100	18.0
Simi Valley Elem Lunch EFB	Total	100	
Classic Hamburger	1 each	25	31.5
Lettuce & Pickle	1/4 cup	100	0.9
Yogurt/Cheese/Animal Crackers	serving	25	53.02
PB & J Sandwich 4.8 oz asst	1 each	25	55.02
PBJ Crackers	1 each	25	30.0
Raisins, seedless, box	1 each	100	29.98
Baby Carrots	1 each	100	6.07
Raisels	1 each	100	36.0
Milk, variety	1 each	100	18.0
Weighted Daily Average			118.03
% of Calories			72.6%

Weighted Average			115.12 69.3%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	115.12	69.32%					

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