

# 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 <sup>1</sup> (g)
Wed - 02/01/2012																
Simi Valley Elem Lunch EFB	Total	100														
Bagel Dog	1 each	25	325	20	665	4.00	2.70	40.0	0	0	1.2	11.0	50.0	7.0	2.00	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Baby Carrots	1 each	100	26	0	57	2.14	0.66	23.6	10164	1106	1.92	0.47	6.07	0.1	0.02	*N/A*
Grape Giggles	1 each	100	60	0	0	0.00	0.36	0.0	100	20	9.0	1.0	15.0	0.0	0.00	0.00
Rice Krispies Treat	1 each	100	45	0	53	0.00	0.18	0.0	100	20	0.0	0.25	8.5	1.12	0.25	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			759	36	731	6.54	3.86	551.0	11081	1290	17.19	25.72	124.56	19.73	5.56	*0.00
% of Calories												13.5%	65.6%	23.4%	6.6%	*0.0%

Thu - 02/02/2012																
Simi Valley Elem Lunch EFB	Total	100														
Chicken Nuggets w/ Biscuit	serving/5	25	425	45	1145	3.00	2.88	170.0	100	20	1.2	18.0	43.0	21.0	10.50	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Corn, canned	1/2 cup	100	66	0	140	1.60	0.71	4.0	66	13	7.0	2.15	15.24	0.82	0.13	0.00
Peach Cup	1 each	100	118	0	8	2.20	0.46	4.0	355	18	117.8	0.79	29.98	0.16	0.01	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			837	42	889	7.95	3.88	567.9	1163	180	131.07	28.69	138.46	22.99	7.56	0.00
% of Calories												13.7%	66.1%	24.7%	8.1%	0.0%

Fri - 02/03/2012																
Simi Valley Elem Lunch EFB	Total	100														
Rotini in Meat Sauce	8 oz	25	290	35	500	2.00	2.70	20.0	400	80	9.0	15.0	32.0	11.0	4.50	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Carrots & Sugar Snap Peas	1 each	100	19	0	29	1.46	0.65	18.4	5185	548	10.4	0.67	4.19	0.08	0.01	*N/A*
Fruit Sherbet	1 each	100	110	5	20	0.00	0.36	20.0	0	0	60.0	1.0	23.0	1.5	1.00	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			749	45	629	5.36	3.67	560.8	6002	711	78.62	26.67	117.67	21.08	6.93	*0.00
% of Calories												14.2%	62.8%	25.3%	8.3%	*0.0%

\*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

<sup>1</sup> - denotes optional nutrient values

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# A Higher Level

## Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

### Simi Valley Elem Lunch EFB

	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 <sup>1</sup> (g)
<b>Mon - 02/06/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Beef Chalupa	1 each	25	304	47	481	0.28	1.29	295.7	332	66	1.33	19.9	15.79	19.29	7.04	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Lettuce & Salsa Cup	1/2 cup	100	25	0	72	1.07	1.47	10.7	433	75	3.0	1.1	4.9	0.15	0.02	*0.00
Apple Slices	1 each	100	29	0	1	1.40	0.07	3.0	31	6	2.6	0.15	7.83	0.1	0.02	0.00
Goldfish Pretzels	1 each	75	90	0	300	0.00	0.72	0.0	0	0	0.0	2.0	17.0	1.5	0.00	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			737	43	933	5.94	4.39	580.0	1264	241	11.91	28.97	110.66	22.58	6.59	*0.00
% of Calories												15.7%	60.0%	27.6%	8.0%	*0.0%

<b>Tue - 02/07/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Pepperoni Pizza RF	1 each	25	320	20	470	2.00	0.36	150.0	300	60	3.6	14.0	45.0	9.0	3.50	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Side Salad with dressing	1/2 cup	100	82	5	84	0.83	0.13	14.3	349	49	4.86	0.74	3.57	6.8	0.96	*0.00
Tangerine, fresh	1 each	100	47	0	2	1.58	0.13	32.6	599	81	23.5	0.71	11.74	0.27	0.03	*N/A*
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			748	40	718	6.32	2.34	576.7	1741	289	35.23	26.20	107.80	25.70	6.66	*0.00
% of Calories												14.0%	57.6%	30.9%	8.0%	*0.0%

<b>Wed - 02/08/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Cheeseburger Mini's 6.4 oz	pkg/2	25	480	59	1123	4.30	3.70	264.0	147	29	0.0	25.2	52.1	19.1	8.30	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Baby Carrots	1 each	100	26	0	57	2.14	0.66	23.6	10164	1106	1.92	0.47	6.07	0.1	0.02	*N/A*
Applesauce	1/2 cup	100	52	0	2	1.40	0.14	40.0	36	7	1.4	0.2	13.78	0.06	0.02	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			738	46	855	8.01	3.71	622.0	10954	1264	9.29	28.22	114.12	21.31	6.90	*0.00
% of Calories												15.3%	61.9%	26.0%	8.4%	*0.0%

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<sup>1</sup> - denotes optional nutrient values

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### Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

#### Simi Valley Elem Lunch EFB

	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 <sup>1</sup> (g)
<b>Thu - 02/09/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Chicken Tenders w/ tots	serving	25	360	55	1160	2.00	2.52	20.0	100	20	6.0	16.0	37.0	16.0	3.00	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Strawberry Cup	1 each	100	134	0	9	2.40	0.73	13.7	30	6	51.11	0.65	36.1	0.0	0.00	0.00
Chocolate Chip Kookies	1 each	100	120	0	35	0.00	0.72	0.0	0	0	0.0	1.0	19.0	4.0	1.50	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			884	45	849	6.30	4.07	511.0	771	154	58.58	26.90	145.59	24.38	7.04	0.00
% of Calories												12.2%	65.9%	24.8%	7.2%	0.0%

<b>Fri - 02/10/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Cheese Sticks w Marinara	pkg/2	25	275	10	765	4.00	2.16	450.0	500	100	1.2	18.0	34.0	8.0	2.50	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Sliced Cucumbers	1/4 cup	100	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05	0.00	*N/A*
Raisels	1 each	100	140	0	5	1.00	0.72	20.0	0	0	60.0	1.0	36.0	0.0	0.00	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			752	33	712	5.61	3.31	629.0	863	170	67.22	26.92	126.38	18.43	5.42	*0.00
% of Calories												14.3%	67.2%	22.1%	6.5%	*0.0%

<b>Mon - 02/13/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Bean & Cheese Burrito	1 each	25	340	17	910	4.00	2.70	120.0	350	77	0.0	13.0	41.0	13.0	3.00	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Veggie Cup	1/2 cup	100	109	5	184	2.70	0.83	28.7	10181	1103	4.76	1.18	9.44	7.31	1.10	*0.00
Apple Slices	1 each	100	29	0	1	1.40	0.07	3.0	31	6	2.6	0.15	7.83	0.1	0.02	0.00
Lemon Animal Cracker	1 each	75	120	0	105	1.00	3.60	0.0	100	20	2.4	2.0	19.0	4.0	1.00	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			861	40	947	9.25	6.26	579.1	11091	1287	15.13	27.32	124.26	30.42	7.41	*0.00
% of Calories												12.7%	57.7%	31.8%	7.8%	*0.0%

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	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 <sup>1</sup> (g)
Tue - 02/14/2012																
Simi Valley Elem Lunch EFB	Total	100														
Galaxy Cheese Pizza	1 each	25	320	15	580	3.00	2.70	300.0	300	60	0.0	14.0	34.0	13.0	6.00	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Side Salad with dressing	1/2 cup	100	82	5	84	0.83	0.13	14.3	349	49	4.86	0.74	3.57	6.8	0.96	*0.00
Kiwifruit, fresh, raw	1 each	100	46	0	2	2.28	0.24	25.8	66	14	70.45	0.87	11.14	0.4	0.02	*N/A*
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			755	39	686	7.26	3.03	632.5	1207	221	81.28	26.35	105.70	27.20	7.27	*0.00
% of Calories												14.0%	56.0%	32.4%	8.7%	*0.0%

Wed - 02/15/2012																
Simi Valley Elem Lunch EFB	Total	100														
Corndog	1 each	25	295	45	1000	1.00	3.60	60.0	0	0	0.0	10.0	30.0	15.0	4.50	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Carrots & Sugar Snap Peas	1 each	100	19	0	29	1.46	0.65	18.4	5185	548	10.4	0.67	4.19	0.08	0.01	*N/A*
Fresh Orange	1/2 each	100	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	0.01	*N/A*
Popcorn	1 each	100	80	0	200	1.00	0.36	20.0	100	20	0.0	1.0	6.0	6.0	0.50	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			743	42	934	7.27	3.94	590.0	6110	721	41.90	25.87	105.81	26.64	6.44	*0.00
% of Calories												13.9%	57.0%	32.3%	7.8%	*0.0%

Thu - 02/16/2012																
Simi Valley Elem Lunch EFB	Total	100														
Chicken Sandwich	1 each	25	374	45	967	0.96	3.45	61.3	100	20	0.0	18.26	42.63	14.49	2.97	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Green Beans	1/2 cup	100	14	0	140	1.30	0.61	18.0	294	59	3.2	0.78	3.04	0.07	0.02	0.00
Strawberry Shortcake	1 each	100	201	32	125	1.96	1.26	26.4	157	31	33.84	1.89	40.43	4.8	2.24	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			856	75	962	6.90	4.72	577.1	1193	239	43.01	28.48	136.62	25.25	7.79	0.00
% of Calories												13.3%	63.8%	26.5%	8.2%	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 <sup>1</sup> (g)
Fri - 02/17/2012																
Simi Valley Elem Lunch EFB	Total	100														
Pretzel W/ Cheese Sauce Elem	1 serving	25	300	30	930	4.00	1.98	320.0	400	80	1.2	14.0	40.0	10.0	6.00	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Zucchini Coins	1/4 cup	100	5	0	1	0.31	0.10	4.2	57	6	4.8	0.34	0.95	0.05	0.01	*N/A*
Tangerine, fresh	1 each	100	47	0	2	1.58	0.13	32.6	599	81	23.5	0.71	11.74	0.27	0.03	*N/A*
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			673	38	690	6.29	2.71	634.2	1473	250	34.57	25.80	105.17	19.58	6.34	*0.00
% of Calories												15.3%	62.5%	26.2%	8.5%	*0.0%

Mon - 02/20/2012																
Simi Valley Elem Lunch 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
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%

Tue - 02/21/2012																
Simi Valley Elem Lunch EFB	Total	100														
Pepperoni French Bread Pizza	1 each	25	370	45	610	2.00	2.70	300.0	750	150	12.0	19.0	31.0	18.0	9.00	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Side Salad with dressing	1/2 cup	100	82	5	84	0.83	0.13	14.3	349	49	4.86	0.74	3.57	6.8	0.96	*0.00
Banana	1 each	100	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Smart Cookies (Presidents)	1 each	100	100	0	75	2.00	7.20	100.0	400	80	4.8	2.0	18.0	3.0	1.00	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			904	47	828	9.36	10.25	686.7	1718	318	27.42	29.83	133.63	31.01	9.11	*0.00
% of Calories												13.2%	59.1%	30.9%	9.1%	*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 <sup>1</sup> (g)
<b>Wed - 02/22/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Double Mini Dogs, Chicken	pkg/2	25	294	30	670	1.00	2.48	78.0	357	71	1.0	12.0	37.0	11.0	3.50	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Baby Carrots	1 each	100	26	0	57	2.14	0.66	23.6	10164	1106	1.92	0.47	6.07	0.1	0.02	*N/A*
Applesauce	1/2 cup	100	52	0	2	1.40	0.14	40.0	36	7	1.4	0.2	13.78	0.06	0.02	0.00
Cupcake	1 each	100	120	15	170	4.50	0.00	0.0	0	0	0.0	2.0	26.0	3.5	1.00	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			811	53	912	11.69	3.40	575.5	11006	1275	9.54	26.92	136.34	22.79	6.70	*0.00
% of Calories												13.3%	67.2%	25.3%	7.4%	*0.0%

<b>Thu - 02/23/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Chicken Nuggets w/ Biscuit	servings/5	25	425	45	1145	3.00	2.88	170.0	100	20	1.2	18.0	43.0	21.0	10.50	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Peach Cup	1 each	100	118	0	8	2.20	0.46	4.0	355	18	117.8	0.79	29.98	0.16	0.01	0.00
Corn, canned	1/2 cup	100	66	0	140	1.60	0.71	4.0	66	13	7.0	2.15	15.24	0.82	0.13	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			830	42	949	7.95	3.88	542.9	1163	180	131.07	28.69	137.21	22.61	7.56	0.00
% of Calories												13.8%	66.1%	24.5%	8.2%	0.0%

<b>Fri - 02/24/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Grilled Cheese Sandwich	1 each	25	371	30	1149	3.98	1.86	387.6	611	122	0.0	21.23	48.9	11.71	6.83	0.00
Yogurt/Cheese/Pretzels	servings	25	357	93	643	0.00	0.96	533.5	867	173	10.81	18.34	48.02	10.84	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Zucchini & Sweet Peppers	1/2 cup	100	13	0	4	0.81	0.24	8.1	668	121	31.37	0.7	2.44	0.19	0.04	*N/A*
Cherry Cutie Pie	1 each	100	168	0	189	1.80	1.08	20.0	100	20	1.2	1.8	29.8	5.1	1.50	*N/A*
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			813	38	995	7.01	3.77	617.4	1637	314	38.54	29.05	125.70	24.60	8.04	*0.00
% of Calories												14.3%	61.8%	27.2%	8.9%	*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 <sup>1</sup> (g)
<b>Mon - 02/27/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Cheese Quesadilla	1 each	25	378	58	722	1.00	1.80	420.0	2500	500	0.0	17.0	25.0	22.0	12.50	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Veggie Cup	1/2 cup	100	109	5	184	2.70	0.83	28.7	10181	1103	4.76	1.18	9.44	7.31	1.10	*0.00
Apple Slices	1 each	100	29	0	1	1.40	0.07	3.0	31	6	2.6	0.15	7.83	0.1	0.02	0.00
Animal Crackers, Jungle	1 each	75	120	0	60	0.00	0.72	100.0	0	0	0.0	2.0	22.0	3.0	0.00	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			870	50	866	7.75	3.88	729.1	11554	1378	13.33	28.32	122.51	31.92	9.04	*0.00
% of Calories												13.0%	56.3%	33.0%	9.3%	*0.0%

<b>Tue - 02/28/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Galaxy Cheese Pizza	1 each	25	320	15	580	3.00	2.70	300.0	300	60	0.0	14.0	34.0	13.0	6.00	0.00
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Side Salad with dressing	1/2 cup	100	82	5	84	0.83	0.13	14.3	349	49	4.86	0.74	3.57	6.8	0.96	*0.00
Tangerine, fresh	1 each	100	47	0	2	1.58	0.13	32.6	599	81	23.5	0.71	11.74	0.27	0.03	*N/A*
Rice Krispies Treat	1 each	100	45	0	53	0.00	0.18	0.0	100	20	0.0	0.25	8.5	1.12	0.25	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			801	39	738	6.57	3.10	639.2	1841	309	34.33	26.45	114.80	28.20	7.53	*0.00
% of Calories												13.2%	57.3%	31.7%	8.5%	*0.0%

<b>Wed - 02/29/2012</b>																
Simi Valley Elem Lunch EFB	Total	100														
Classic Hamburger	1 each	25	294	37	719	2.80	2.60	108.0	14	3	0.0	16.9	31.5	11.3	4.30	0.00
Lettuce & Pickle	1/4 cup	100	4	0	124	0.37	0.13	9.1	116	11	0.62	0.25	0.9	0.04	0.01	*N/A*
Yogurt/Cheese/Animal Crackers	serving	25	387	93	403	0.00	0.96	633.5	867	173	10.81	18.34	53.02	12.34	6.00	0.00
PB & J Sandwich 4.8 oz asst	1 each	25	580	0	540	5.00	2.70	40.0	0	0	1.2	18.0	55.02	32.01	7.00	0.00
PBJ Crackers	1 each	25	290	0	260	3.00	1.44	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Raisins, seedless, box	1 each	100	113	0	4	1.40	0.71	19.0	0	0	0.87	1.16	29.98	0.17	0.04	0.00
Baby Carrots	1 each	100	26	0	57	2.14	0.66	23.6	10164	1106	1.92	0.47	6.07	0.1	0.02	*N/A*
Raisels	1 each	100	140	0	5	1.00	0.72	20.0	0	0	60.0	1.0	36.0	0.0	0.00	0.00
Milk, variety	1 each	100	120	8	150	0.00	0.00	325.0	500	100	2.1	9.0	18.0	1.25	0.75	0.00
Weighted Daily Average			791	40	821	7.61	4.14	597.1	11001	1261	68.50	27.19	133.33	19.72	5.89	*0.00
% of Calories												13.8%	67.4%	22.4%	6.7%	*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 <sup>1</sup> (g)
Weighted Average			796	44	832	7.35	4.11	600.0	4742	603	47.39	27.43 13.8%	123.32 62.0%	24.31 27.5%	7.09 8.0%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	796		664	120%			
Cholesterol (mg)	44						
Sodium (mg)	832						
Fiber (g)	7.35						
Iron (mg)	4.11		3.50	118%			
Calcium (mg)	600.0		286.00	210%			
Vitamin A (IU)	4742		1120	423%			
Vitamin A (RE)	603		224	269%			
Vitamin C (mg)	47.39		15.00	316%			
Protein (g)	27.43	13.79%	10.00	274%			
Carbohydrate (g)	123.32	61.99%					
Total Fat (g)	24.31	27.49%	<=30.00%				
Saturated Fat (g)	7.09	8.02%	<10.00%				
Trans Fat (g)	0.00	0.00%			Missing		

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