

# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2017 thru Apr 30, 2017

K-5 Breakfast

Generated on: 3/29/2017 9:34:08 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/03/2017			
K-5 Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		518	104.06
% of Calories			80.4%
Nutrient Guideline		350-500	

Tue - 04/04/2017			
K-5 Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		358	65.89
% of Calories			73.6%
Nutrient Guideline		350-500	

Wed - 04/05/2017			
K-5 Breakfast	Total		
OR- BAR CORNMEAL SUPERSTAR	1 EACH	147	22.89
OR- CHEESE, STRING COMM 110396	1 EACH	90	0.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0

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Portion Values - Detailed

Page 2

Apr 1, 2017 thru Apr 30, 2017

K-5 Breakfast

Generated on: 3/29/2017 9:34:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		491	85.64
% of Calories			69.7%
Nutrient Guideline		350-500	

Thu - 04/06/2017			
K-5 Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		477	96.93
% of Calories			81.3%
Nutrient Guideline		350-500	

Fri - 04/07/2017			
K-5 Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		436	88.05
% of Calories			80.7%
Nutrient Guideline		350-500	

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# Oregon Trail SD

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 3

Apr 1, 2017 thru Apr 30, 2017

K-5 Breakfast

Generated on: 3/29/2017 9:34:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/10/2017			
K-5 Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		518	104.06
% of Calories			80.4%
Nutrient Guideline		350-500	

Tue - 04/11/2017			
K-5 Breakfast	Total		
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- Apples 163 ct	Apple	77	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		443	68.56
% of Calories			61.9%
Nutrient Guideline		350-500	

Wed - 04/12/2017			
K-5 Breakfast	Total		
OR- ROLL, CINN, 2.6 WG	1 EACH	245	50.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0

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Portion Values - Detailed

Page 4

Apr 1, 2017 thru Apr 30, 2017

K-5 Breakfast

Generated on: 3/29/2017 9:34:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		495	96.48
% of Calories			78.0%
Nutrient Guideline		350-500	

Thu - 04/13/2017			
K-5 Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		452	93.26
% of Calories			82.4%
Nutrient Guideline		350-500	

Fri - 04/14/2017			
K-5 Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		455	89.94
% of Calories			79.0%
Nutrient Guideline		350-500	

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Apr 1, 2017 thru Apr 30, 2017

K-5 Breakfast

Generated on: 3/29/2017 9:34:09 AM

	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 04/17/2017</b>			
K-5 Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		518	104.06
% of Calories			80.4%
Nutrient Guideline		350-500	

<b>Tue - 04/18/2017</b>			
K-5 Breakfast	Total		
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	26.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		373	68.94
% of Calories			73.9%
Nutrient Guideline		350-500	

<b>Wed - 04/19/2017</b>			
K-5 Breakfast	Total		
OR- BAGEL MINI CINNAMON	1 EA	240	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0

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Portion Values - Detailed

Page 6

Apr 1, 2017 thru Apr 30, 2017

K-5 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		493	92.88
% of Calories			75.4%
Nutrient Guideline		350-500	

Thu - 04/20/2017			
K-5 Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		477	96.93
% of Calories			81.3%
Nutrient Guideline		350-500	

Fri - 04/21/2017			
K-5 Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		436	88.05
% of Calories			80.7%
Nutrient Guideline		350-500	

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Page 7

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K-5 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/24/2017			
K-5 Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		518	104.06
% of Calories			80.4%
Nutrient Guideline		350-500	

Tue - 04/25/2017			
K-5 Breakfast	Total		
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		442	68.16
% of Calories			61.7%
Nutrient Guideline		350-500	

Wed - 04/26/2017			
K-5 Breakfast	Total		
OR- ROLL, CINN, 2.6 WG	1 EACH	245	50.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0

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Page 8

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K-5 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		519	103.90
% of Calories			80.1%
Nutrient Guideline		350-500	

Thu - 04/27/2017			
K-5 Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		452	93.26
% of Calories			82.4%
Nutrient Guideline		350-500	

Fri - 04/28/2017			
K-5 Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		455	89.94
% of Calories			79.0%
Nutrient Guideline		350-500	

Weighted Average		466	90.15
			77.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	466		350 - 500	100%				
Carbohydrate (g)	90.15	77.34%						

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