

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2017 thru Apr 30, 2017

9-12 Breakfast

Generated on: 3/29/2017 9:50:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/03/2017			
9-12 Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		538	92.36
% of Calories			68.7%
Nutrient Guideline		450-600	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/04/2017			
9-12 Breakfast	Total		
OR- FRENCH TOAST STICKS WG	4 EACH	210	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		527	95.17
% of Calories			72.3%
Nutrient Guideline		450-600	

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

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Page 2

Apr 1, 2017 thru Apr 30, 2017

9-12 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/05/2017			
9-12 Breakfast	Total		
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		511	89.76
% of Calories			70.2%
Nutrient Guideline		450-600	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/06/2017			
9-12 Breakfast	Total		
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	255	27.25
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		554	88.57
% of Calories			64.0%
Nutrient Guideline		450-600	

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Apr 1, 2017 thru Apr 30, 2017

9-12 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/07/2017			
9-12 Breakfast	Total		
OR- ROLL LONG JOHN	1 EACH	365	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		564	97.35
% of Calories			69.0%
Nutrient Guideline		450-600	

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/10/2017			
9-12 Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
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Nutrient Guideline		450-600	

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Page 4

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9-12 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/11/2017			
9-12 Breakfast	Total		
OR- FRENCH TOAST STICKS WG	4 EACH	210	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		527	95.17
% of Calories			72.3%
Nutrient Guideline		450-600	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/12/2017			
9-12 Breakfast	Total		
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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9-12 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/13/2017			
9-12 Breakfast	Total		
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	255	27.25
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
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OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		554	88.57
% of Calories			64.0%
Nutrient Guideline		450-600	

Fri - 04/14/2017			
9-12 Breakfast	Total		
OR- ROLL LONG JOHN	1 EACH	365	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
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Page 6

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Mon - 04/17/2017			
9-12 Breakfast	Total		
OR- ROLL LONG JOHN	1 EACH	365	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
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Weighted Daily Average		564	97.35
% of Calories			69.0%
Nutrient Guideline		450-600	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/18/2017			
9-12 Breakfast	Total		
OR- FRENCH TOAST STICKS WG	4 EACH	210	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
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Wed - 04/19/2017			
9-12 Breakfast	Total		
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
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Thu - 04/20/2017			
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OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
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Page 8

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9-12 Breakfast

Generated on: 3/29/2017 9:50:47 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/21/2017			
9-12 Breakfast	Total		
OR- ROLL LONG JOHN	1 EACH	365	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		564	97.35
% of Calories			69.0%
Nutrient Guideline		450-600	

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/24/2017			
9-12 Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		538	92.36
% of Calories			68.7%
Nutrient Guideline		450-600	

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9-12 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/25/2017			
9-12 Breakfast	Total		
OR- FRENCH TOAST STICKS WG	4 EACH	210	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		527	95.17
% of Calories			72.3%
Nutrient Guideline		450-600	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/26/2017			
9-12 Breakfast	Total		
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		511	89.76
% of Calories			70.2%
Nutrient Guideline		450-600	

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9-12 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/27/2017			
9-12 Breakfast	Total		
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	255	27.25
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		554	88.57
% of Calories			64.0%
Nutrient Guideline		450-600	

Fri - 04/28/2017			
9-12 Breakfast	Total		
OR- ROLL LONG JOHN	1 EACH	365	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST DRY	1 EACH	70	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		564	97.35
% of Calories			69.0%
Nutrient Guideline		450-600	

Weighted Average		540	92.89
			68.8%

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9-12 Breakfast

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	540		450 - 600	100%				
Carbohydrate (g)	92.89	68.80%						

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