

# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/03/2017			
6-8 Lunch	Total		
OR- HOT DOG,TKY WG BUN W/CHIP	1 EACH	330	31.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS,GREEN,CND - 1/2c	1/2 CUP	23	4.77
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, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		600	83.31
% of Calories			55.6%
Nutrient Guideline		600-700	

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Page 2

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/04/2017			
6-8 Lunch	Total		
OR- BRKFST4LUNCH FRTOAST- ELEM	SERVING	440	29.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	336	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SYRUP	1 OZ	100	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		685	97.86
% of Calories			57.2%
Nutrient Guideline		600-700	

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Page 3

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/05/2017			
6-8 Lunch	Total		
OR- BURRITO BN/CH, EXTREMO	1 EACH	340	42.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	58	13.81
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		608	84.38
% of Calories			55.5%
Nutrient Guideline		600-700	

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Portion Values - Detailed

Page 4

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/06/2017			
6-8 Lunch	Total		
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	58.48
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		674	99.64
% of Calories			59.1%
Nutrient Guideline		600-700	

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Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 5

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/07/2017			
6-8 Lunch	Total		
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	34.02
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	130	17.0
Weighted Daily Average		703	95.45
% of Calories			54.3%
Nutrient Guideline		600-700	

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Page 6

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/10/2017			
6-8 Lunch	Total		
OR- SUB MEATBALL WITH FRIES	1 EA	471	56.48
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
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, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		614	85.86
% of Calories			55.9%
Nutrient Guideline		600-700	

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Page 7

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/11/2017			
6-8 Lunch	Total		
OR- CHICKEN, STRIPS - 2M	3 EACH	263	16.19
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SUB, HAM & CHEESE-2.0M	1 EACH	340	32.65
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		658	94.56
% of Calories			57.5%
Nutrient Guideline		600-700	

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Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/12/2017			
6-8 Lunch	Total		
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	58	13.81
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		608	83.57
% of Calories			55.0%
Nutrient Guideline		600-700	

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Page 9

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6-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/13/2017			
6-8 Lunch	Total		
OR- GRAVY TURKEY JENNIO ROLL	1/2 cup	278	31.84
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		644	94.38
% of Calories			58.7%
Nutrient Guideline		600-700	

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Page 10

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6-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/14/2017			
6-8 Lunch	Total		
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	357	38.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	15.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	130	17.0
Weighted Daily Average		713	97.08
% of Calories			54.5%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/17/2017			
6-8 Lunch	Total		
OR- CORN DOG CHICKEN WG SYSCO	1 EACH	243	30.37
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
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, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		592	83.33
% of Calories			56.3%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/18/2017			
6-8 Lunch	Total		
OR- BRKFST4LUNCH BUN,EGG&CHS	1 EACH	540	60.43
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	336	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		685	98.69
% of Calories			57.6%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/19/2017			
6-8 Lunch	Total		
OR- SALAD ENT SW TACO, ELEM	SALAD	381	29.61
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	58	13.81
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		613	83.14
% of Calories			54.3%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/20/2017			
6-8 Lunch	Total		
OR- PASTA SPGHTTI, MEATSCE-ADV	servings	524	81.32
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		693	104.21
% of Calories			60.1%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/21/2017			
6-8 Lunch	Total		
OR- SAND HOT GRILL CHZ - 2.0M	1 EACH	290	32.0
OR- SOUP, TOMATO, COND	3/4 CUP	135	30.05
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	130	17.0
Weighted Daily Average		718	99.37
% of Calories			55.4%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/24/2017			
6-8 Lunch	Total		
OR- SLOPPY JOE ON A ROLL	SERVINGS	287	33.07
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
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, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		603	84.32
% of Calories			55.9%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/25/2017			
6-8 Lunch	Total		
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	6.11
OR- RICE BROWN COOKED NO SALT	1/2 CUP	95	19.81
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SUB, HAM & CHEESE-2.0M	1 EACH	340	32.65
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		648	94.13
% of Calories			58.1%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:46 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/26/2017			
6-8 Lunch	Total		
OR- FAJITA, CHICKEN - ELEM	SERVING	260	23.08
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	58	13.81
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		600	82.48
% of Calories			54.9%
Nutrient Guideline		600-700	

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Apr 1, 2017 thru Apr 30, 2017

6-8 Lunch

Generated on: 3/29/2017 9:45:47 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/27/2017			
6-8 Lunch	Total		
OR- RIBEQUE WITH TOTS/ROLL	1 EA	347	42.54
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		657	96.52
% of Calories			58.7%
Nutrient Guideline		600-700	

\*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> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Oregon Trail SD

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 20

Generated on: 3/29/2017 9:45:47 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/28/2017			
6-8 Lunch	Total		
OR- FISH NUGGET WG - ROLL/TOTS	serving	415	46.57
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	130	17.0
Weighted Daily Average		717	97.20
% of Calories			54.3%
Nutrient Guideline		600-700	

Weighted Average		652	91.97
			56.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	652		600 - 700	100%				
Carbohydrate (g)	91.97	56.45%						

\*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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