

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2017 thru Apr 30, 2017

BIC Breakfast

Generated on: 3/29/2017 9:51:39 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|-------------------------------|--------------|-------------|----------|
| Mon - 04/03/2017 | | | |
| BIC Breakfast | Total | | |
| OR- MUFFIN BLUEBERRY LOAF | 1 EACH | 196 | 35.0 |
| OR- ORANGES, SECTIONS | 1/2 CUP | 91 | 18.24 |
| 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 | | 376 | 66.49 |
| % of Calories | | | 70.7% |
| Nutrient Guideline | | 350-500 | |

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Tue - 04/04/2017 | | | |
| BIC Breakfast | Total | | |
| OR- CEREAL BAR | SERVINGS | 150 | 30.0 |
| OR- CHEESE, STRING COMM 110396 | 1 EACH | 90 | 0.0 |
| 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 | | 393 | 63.83 |
| % of Calories | | | 64.9% |
| Nutrient Guideline | | 350-500 | |

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Wed - 04/05/2017 | | | |
| BIC Breakfast | Total | | |
| OR- BAR CORNMEAL SUPERSTAR | 1 EACH | 147 | 22.89 |
| OR- CHEESE, STRING COMM 110396 | 1 EACH | 90 | 0.0 |
| 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 1% DARIGOLD | HALF PINT | 110 | 13.0 |
| OR- MILK SKIM DARIGOLD | HALF PINT | 90 | 13.0 |
| Weighted Daily Average | | 363 | 49.99 |
| % of Calories | | | 55.1% |
| Nutrient Guideline | | 350-500 | |

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Thu - 04/06/2017 | | | |
| BIC Breakfast | Total | | |
| OR- WAFFLES MINI MAPLE MADNESS | 1 EACH | 166 | 30.03 |
| OR- PEARS, CND COMM - 1/2c | 1/2 CUP | 98 | 24.41 |
| 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 |

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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Apr 1, 2017 thru Apr 30, 2017

BIC Breakfast

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| | Portion Size | Cals (kcal) | Carb (g) |
|------------------------|--------------|-------------|----------|
| Weighted Daily Average | | 354 | 67.69 |
| % of Calories | | | 76.6% |
| Nutrient Guideline | | 350-500 | |

| Fri - 04/07/2017 | | | |
|-------------------------------|-----------|---------|-------|
| BIC Breakfast | Total | | |
| OR- BAGEL MINI STRAWBERRY | 1 EA | 230 | 41.0 |
| OR- ORANGES, SECTIONS | 1/2 CUP | 91 | 18.24 |
| 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 | | 409 | 72.34 |
| % of Calories | | | 70.8% |
| Nutrient Guideline | | 350-500 | |

| Mon - 04/10/2017 | | | |
|-------------------------------|-----------|---------|-------|
| BIC Breakfast | Total | | |
| OR- MUFFIN BLUEBERRY LOAF | 1 EACH | 196 | 35.0 |
| OR- ORANGES, SECTIONS | 1/2 CUP | 91 | 18.24 |
| 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 | | 376 | 66.49 |
| % of Calories | | | 70.7% |
| Nutrient Guideline | | 350-500 | |

| Tue - 04/11/2017 | | | |
|--------------------------------|-----------|---------|-------|
| BIC Breakfast | Total | | |
| OR- CEREAL BAR | SERVINGS | 150 | 30.0 |
| OR- CHEESE, STRING COMM 110396 | 1 EACH | 90 | 0.0 |
| 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 | | 393 | 63.83 |
| % of Calories | | | 64.9% |
| Nutrient Guideline | | 350-500 | |

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Apr 1, 2017 thru Apr 30, 2017

BIC Breakfast

Generated on: 3/29/2017 9:51:39 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|-------------------------------|--------------|-------------|----------|
| Wed - 04/12/2017 | | | |
| BIC Breakfast | Total | | |
| OR- YOGURT STRAWBERRY BANANA | 1 EACH | 100 | 20.0 |
| OR- GRAHAMS,CRACKER GOLDFISH | 1 EACH | 120 | 19.0 |
| 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 1% DARIGOLD | HALF PINT | 110 | 13.0 |
| OR- MILK SKIM DARIGOLD | HALF PINT | 90 | 13.0 |
| Weighted Daily Average | | 359 | 66.10 |
| % of Calories | | | 73.6% |
| Nutrient Guideline | | 350-500 | |

| | | | |
|-------------------------------|-----------|---------|-------|
| Thu - 04/13/2017 | | | |
| BIC Breakfast | Total | | |
| OR- PANCAKES MINI STRWB | 1 EACH | 230 | 40.0 |
| OR- PEARS, CND COMM - 1/2c | 1/2 CUP | 98 | 24.41 |
| 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 | | 417 | 77.66 |
| % of Calories | | | 74.5% |
| Nutrient Guideline | | 350-500 | |

| | | | |
|-------------------------------|-----------|---------|-------|
| Fri - 04/14/2017 | | | |
| BIC Breakfast | Total | | |
| OR- CINNAMON BREAKFAST ROUND | 1 EACH | 270 | 44.0 |
| OR- ORANGES, SECTIONS | 1/2 CUP | 91 | 18.24 |
| 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 | | 449 | 75.34 |
| % of Calories | | | 67.2% |
| Nutrient Guideline | | 350-500 | |

| | | | |
|-------------------------------|-----------|---------|-------|
| Mon - 04/17/2017 | | | |
| BIC Breakfast | Total | | |
| OR- MUFFIN BLUEBERRY LOAF | 1 EACH | 196 | 35.0 |
| OR- ORANGES, SECTIONS | 1/2 CUP | 91 | 18.24 |
| 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 | | 376 | 66.49 |
| % of Calories | | | 70.7% |
| Nutrient Guideline | | 350-500 | |

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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Apr 1, 2017 thru Apr 30, 2017

BIC Breakfast

Generated on: 3/29/2017 9:51:39 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Tue - 04/18/2017 | | | |
| BIC Breakfast | Total | | |
| OR- CEREAL BAR | SERVINGS | 150 | 30.0 |
| OR- CHEESE, STRING COMM 110396 | 1 EACH | 90 | 0.0 |
| 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 | | 393 | 63.83 |
| % of Calories | | | 64.9% |
| Nutrient Guideline | | 350-500 | |

| | | | |
|-------------------------------|-----------|---------|-------|
| Wed - 04/19/2017 | | | |
| BIC Breakfast | Total | | |
| OR- BAGEL MINI CINNAMON | 1 EA | 240 | 41.0 |
| 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 1% DARIGOLD | HALF PINT | 110 | 13.0 |
| OR- MILK SKIM DARIGOLD | HALF PINT | 90 | 13.0 |
| Weighted Daily Average | | 379 | 68.10 |
| % of Calories | | | 71.9% |
| Nutrient Guideline | | 350-500 | |

| | | | |
|--------------------------------|-----------|---------|-------|
| Thu - 04/20/2017 | | | |
| BIC Breakfast | Total | | |
| OR- WAFFLES MINI MAPLE MADNESS | 1 EACH | 166 | 30.03 |
| OR- PEARS, CND COMM - 1/2c | 1/2 CUP | 98 | 24.41 |
| 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 | | 354 | 67.69 |
| % of Calories | | | 76.6% |
| Nutrient Guideline | | 350-500 | |

| | | | |
|-------------------------------|-----------|-----|-------|
| Fri - 04/21/2017 | | | |
| BIC Breakfast | Total | | |
| OR- BAGEL MINI STRAWBERRY | 1 EA | 230 | 41.0 |
| OR- ORANGES, SECTIONS | 1/2 CUP | 91 | 18.24 |
| 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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BIC Breakfast

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| | Portion Size | Cals (kcal) | Carb (g) |
|------------------------|--------------|-------------|----------|
| Weighted Daily Average | | 409 | 72.34 |
| % of Calories | | | 70.8% |
| Nutrient Guideline | | 350-500 | |

| Mon - 04/24/2017 | | | |
|-------------------------------|-----------|---------|-------|
| BIC Breakfast | Total | | |
| OR- MUFFIN BLUEBERRY LOAF | 1 EACH | 196 | 35.0 |
| OR- ORANGES, SECTIONS | 1/2 CUP | 91 | 18.24 |
| 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 | | 376 | 66.49 |
| % of Calories | | | 70.7% |
| Nutrient Guideline | | 350-500 | |

| Tue - 04/25/2017 | | | |
|--------------------------------|-----------|---------|-------|
| BIC Breakfast | Total | | |
| OR- CEREAL BAR | SERVINGS | 150 | 30.0 |
| OR- CHEESE, STRING COMM 110396 | 1 EACH | 90 | 0.0 |
| 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 | | 393 | 63.83 |
| % of Calories | | | 64.9% |
| Nutrient Guideline | | 350-500 | |

| Wed - 04/26/2017 | | | |
|-------------------------------|-----------|---------|-------|
| BIC Breakfast | Total | | |
| OR- ROLL, CINN, 2.6 WG | 1 EACH | 245 | 50.0 |
| 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 1% DARIGOLD | HALF PINT | 110 | 13.0 |
| OR- MILK SKIM DARIGOLD | HALF PINT | 90 | 13.0 |
| Weighted Daily Average | | 384 | 77.10 |
| % of Calories | | | 80.3% |
| Nutrient Guideline | | 350-500 | |

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Apr 1, 2017 thru Apr 30, 2017

BIC Breakfast

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| | Portion Size | Cals (kcal) | Carb (g) |
|-------------------------------|--------------|-------------|----------|
| Thu - 04/27/2017 | | | |
| BIC Breakfast | Total | | |
| OR- PANCAKES MINI STRWB | 1 EACH | 230 | 40.0 |
| OR- PEARS, CND COMM - 1/2c | 1/2 CUP | 98 | 24.41 |
| 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 | | 417 | 77.66 |
| % of Calories | | | 74.5% |
| Nutrient Guideline | | 350-500 | |

| | | | |
|-------------------------------|-----------|---------|-------|
| Fri - 04/28/2017 | | | |
| BIC Breakfast | Total | | |
| OR- CINNAMON BREAKFAST ROUND | 1 EACH | 270 | 44.0 |
| OR- ORANGES, SECTIONS | 1/2 CUP | 91 | 18.24 |
| 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 | | 449 | 75.34 |
| % of Calories | | | 67.2% |
| Nutrient Guideline | | 350-500 | |

| | | | |
|------------------|--|-----|-------|
| Weighted Average | | 391 | 68.43 |
| | | | 70.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 391 | | 350 - 500 | 100% | | | | |
| Carbohydrate (g) | 68.43 | 70.01% | | | | | | |

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