

Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2017			
K-5 Lunch	Total		
OR- BURRITO BN/CH, EXTREMO	1 EACH	340	42.0
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- 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- 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- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES,FRZ,COMM-1/2c	1/2 CUP	40	9.5
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
Weighted Daily Average		585	83.29
% of Calories			57.0%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/02/2017			
K-5 Lunch	Total		
OR- FISH NUGGET WG - ROLL/FRY	1 serving	461	58.35
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- 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- 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- 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- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
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	60	16.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		689	99.94
% of Calories			58.0%
Nutrient Guideline		550-650	

Fri - 03/03/2017			
K-5 Lunch	Total		
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	34.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
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- 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- 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- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
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- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		621	90.38
% of Calories			58.2%
Nutrient Guideline		550-650	

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/06/2017			
K-5 Lunch	Total		
OR- SUB MEATBALL WITH FRIES	1 EA	471	56.48
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
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- 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- 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- BANANAS,FRESH HALF	1 EACH	45	11.53
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
Weighted Daily Average		612	88.56
% of Calories			57.9%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/07/2017			
K-5 Lunch	Total		
OR- CHICKEN, STRIPS/ROLL	3 EACH	333	29.19
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
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- 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- 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- SPINACH - 1/2 CUP	1/2 CUP	8	1.29
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
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	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		645	90.26
% of Calories			56.0%
Nutrient Guideline		550-650	

Wed - 03/08/2017			
K-5 Lunch	Total		
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
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- 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- 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- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	9.5
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
Weighted Daily Average		584	82.09
% of Calories			56.2%
Nutrient Guideline		550-650	

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Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/09/2017			
K-5 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- 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- 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- 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- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
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	60	16.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		651	94.73
% of Calories			58.2%
Nutrient Guideline		550-650	

Fri - 03/10/2017			
K-5 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- BURGER, CHX 70304-928	1 EACH	380	38.0
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- 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- 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- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
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- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		637	94.31
% of Calories			59.2%
Nutrient Guideline		550-650	

Mon - 03/13/2017			
K-5 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- 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- 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- 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- BANANAS, FRESH HALF	1 EACH	45	11.53
OR- MANDARIN 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
Weighted Daily Average		563	82.58
% of Calories			58.7%
Nutrient Guideline		550-650	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/14/2017			
K-5 Lunch	Total		
OR- BRKFST4LUNCH BUN,EGG&CHS	1 EACH	540	60.43
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
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- 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- 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- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
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	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		693	98.10
% of Calories			56.6%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/15/2017			
K-5 Lunch	Total		
OR- SALAD ENT SW TACO, ELEM	SALAD	381	29.61
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- 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- 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- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	9.5
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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		591	81.44
% of Calories			55.1%
Nutrient Guideline		550-650	

Thu - 03/16/2017			
K-5 Lunch	Total		
OR- CHICKEN, ORANGE NUGGET	SERVING	549	78.37
OR- PIZZA BIG DDDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDDY, PEP 8 CUT	1/8TH	424	42.99
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- 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- 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- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
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	60	16.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		707	104.13
% of Calories			58.9%
Nutrient Guideline		550-650	

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Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/17/2017			
K-5 Lunch	Total		
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	357	38.0
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
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- 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- 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- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
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- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		627	90.94
% of Calories			58.0%
Nutrient Guideline		550-650	

Mon - 03/20/2017			
K-5 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- 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- 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- 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- BANANAS, FRESH HALF	1 EACH	45	11.53
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

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Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		577	83.47
% of Calories			57.8%
Nutrient Guideline		550-650	

Tue - 03/21/2017			
K-5 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, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
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- 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- 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- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
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	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		86	12.30
% of Calories			57.2%
Nutrient Guideline		550-650	

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Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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Generated on: 3/3/2017 11:30:13 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/22/2017			
K-5 Lunch	Total		
OR- FAJITA, CHICKEN - ELEM	SERVING	260	23.08
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- 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- 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- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	9.5
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
Weighted Daily Average		573	80.46
% of Calories			56.2%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/23/2017			
K-5 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- 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- 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- 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- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
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	60	16.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		682	100.05
% of Calories			58.7%
Nutrient Guideline		550-650	

Fri - 03/24/2017			
K-5 Lunch	Total		
OR- HOT DOG,TKY WG BUN W/FISH	1 EACH	350	37.0
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
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- 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- 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- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
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- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		626	90.80
% of Calories			58.0%
Nutrient Guideline		550-650	

Weighted Average		597	85.99
			57.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	597		550 - 650	100%				
Carbohydrate (g)	85.99	57.60%						

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