

# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/3/2017 11:32:40 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2017			
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 - 03/02/2017			
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	

\*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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/03/2017			
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 - 03/06/2017			
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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Tue - 03/07/2017</b>			
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)
<b>Wed - 03/08/2017</b>			
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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Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/09/2017			
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 - 03/10/2017			
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	

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9-12 Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/13/2017			
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)
Tue - 03/14/2017			
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
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OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
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OR- SALSA COMM	2 TBSP	5	1.0
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Nutrient Guideline		450-600	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/15/2017			
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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OR- BANANAS,FRESH WHOLE	1 EACH	90	23.07
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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 - 03/16/2017			
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
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Fri - 03/17/2017			
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
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OR- SALSA COMM	2 TBSP	5	1.0
Weighted Daily Average		564	97.35
% of Calories			69.0%
Nutrient Guideline		450-600	

Mon - 03/20/2017			
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
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	Portion Size	Cals (kcal)	Carb (g)
<b>Tue - 03/21/2017</b>			
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)
<b>Wed - 03/22/2017</b>			
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	

\*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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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/23/2017			
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 - 03/24/2017			
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		541	92.79
			68.6%

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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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	541		450 - 600	100%				
Carbohydrate (g)	92.79	68.62%						

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