

# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 1

Generated on: 3/3/2017 11:37:19 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2017			
9-12 Lunch	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	345	38.0
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- WRAP, TACO	WRAP	516	66.25
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPING	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPING	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98

\*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 Size	Cals (kcal)	Carb (g)
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		836	125.28
% of Calories			60.0%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/02/2017			
9-12 Lunch	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- HOTDOG, CHILI WG FOOTLONG	1 EACH	535	37.35
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	26.35
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	424	39.29
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	392	43.0
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPING	1 EA	52	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	45.07
OR- DELI TOPPING	1 EA	11	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	25.06
OR- HAMBURGER BAR TOPPING	1 EA	12	2.68
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	28.5
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		855	124.17
% of Calories			58.1%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/03/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- BURRITO BEEF	1 EACH	497	34.35
OR- BURRITO BEAN	1 EACH	425	44.98
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY &CHSE SEC G+G	1 EACH	308	34.35

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	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		848	126.49
% of Calories			59.7%
Nutrient Guideline		750-850	

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9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/06/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- BURRITO BEEF	1 EACH	497	34.35
OR- BURRITO BEAN	1 EACH	425	44.98
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OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
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OR- SUB, TURKEY &CHSE SEC G+G	1 EACH	308	34.35

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OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		840	125.65
% of Calories			59.8%
Nutrient Guideline		750-850	

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Tue - 03/07/2017			
9-12 Lunch	Total		
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OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- PASTA SPGHTTI, SAUSAGE	servings	418	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	58.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	28.0
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
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OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	424	39.29
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	392	43.0
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	45.07
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98

\*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 Lunch

Portion Values - Detailed

Page 10

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	Portion Size	Cals (kcal)	Carb (g)
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	28.5
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		846	127.59
% of Calories			60.4%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 11

Generated on: 3/3/2017 11:37:19 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/08/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	345	38.0
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- WRAP, TACO	WRAP	516	66.25
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 12

Generated on: 3/3/2017 11:37:19 AM

	Portion Size	Cals (kcal)	Carb (g)
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		838	125.70
% of Calories			60.0%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 13

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/09/2017			
9-12 Lunch	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OVEN FRIED CHICKEN	SERVINGS	343	9.66
OR- POTATO MASHED: 10379	#8 scoop	87	17.16
OR- GRAVY CHICKEN MIX	2 oz ladle	28	4.25
OR- ROLL, DINNER HS WG	1 EACH	170	28.0
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	424	39.29
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	392	43.0
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPING	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	45.07
OR- DELI TOPPING	1 EA	11	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	25.06
OR- HAMBURGER BAR TOPPING	1 EA	12	2.68
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 14

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	28.5
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		826	121.72
% of Calories			59.0%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 15

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/10/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- BURRITO BEEF	1 EACH	497	34.35
OR- BURRITO BEAN	1 EACH	425	44.98
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY &CHSE SEC G+G	1 EACH	308	34.35

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 16

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		842	126.48
% of Calories			60.1%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 17

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/13/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- BURRITO BEEF	1 EACH	497	34.35
OR- BURRITO BEAN	1 EACH	425	44.98
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY &CHSE SEC G+G	1 EACH	308	34.35

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 18

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		836	125.27
% of Calories			59.9%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 19

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/14/2017			
9-12 Lunch	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- PASTA SPGHTTI, SAUSAGE	servings	418	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	58.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	28.0
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	424	39.29
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	392	43.0
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPING	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	45.07
OR- DELI TOPPING	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 20

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	Portion Size	Cals (kcal)	Carb (g)
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	28.5
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		842	127.30
% of Calories			60.5%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 21

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/15/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	345	38.0
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- WRAP, TACO	WRAP	516	66.25
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		838	125.87
% of Calories			60.1%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 23

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/16/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- LASAGNA, BEEF - ADV	SERVINGS	304	32.55
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- ROLL, DINNER HS WG	1 EACH	170	28.0
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	424	39.29
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	392	43.0
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPING	1 EA	52	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	45.07
OR- DELI TOPPING	1 EA	11	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	25.06
OR- HAMBURGER BAR TOPPING	1 EA	12	2.68
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 24

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	28.5
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		826	124.40
% of Calories			60.3%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 25

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/17/2017			
9-12 Lunch	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- BURRITO BEEF	1 EACH	497	34.35
OR- BURRITO BEAN	1 EACH	425	44.98
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY &CHSE SEC G+G	1 EACH	308	34.35

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 26

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		842	126.48
% of Calories			60.1%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 27

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/20/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- GRAVY TURKEY COM	1/2 cup	240	21.39
OR- CARROTS, OVEN RSTD	1/2 CUP	55	8.57
OR- ROLL, DINNER HS WG	1 EACH	170	28.0
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	424	39.29
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	392	43.0
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	45.07
OR- DELI TOPPINGS	1 EA	11	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	25.06
OR- HAMBURGER BAR TOPPINGS	1 EA	12	2.68
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY &CHSE SEC G+G	1 EACH	308	34.35

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\* - 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 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	28.5
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		821	123.37
% of Calories			60.1%
Nutrient Guideline		750-850	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 29

Generated on: 3/3/2017 11:37:20 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/21/2017			
9-12 Lunch	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- PASTA SPGHTTI, SAUSAGE	servings	418	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	58.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	28.0
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	424	39.29
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	392	43.0
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPING	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	45.07
OR- DELI TOPPING	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 30

Generated on: 3/3/2017 11:37:21 AM

	Portion Size	Cals (kcal)	Carb (g)
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	28.5
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		833	127.08
% of Calories			61.0%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/22/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	345	38.0
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- WRAP, TACO	WRAP	516	66.25
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
OR- SUB, TURKEY & CHSE SEC G+G	1 EACH	308	34.35
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		844	126.91
% of Calories			60.2%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 33

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/23/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- GRAVY TURKEY COM	1/2 cup	240	21.39
OR- CARROTS, OVEN RSTD	1/2 CUP	55	8.57
OR- ROLL, DINNER HS WG	1 EACH	170	28.0
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	424	39.29
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	392	43.0
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	45.07
OR- DELI TOPPINGS	1 EA	11	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	25.06
OR- HAMBURGER BAR TOPPINGS	1 EA	12	2.68
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY &CHSE SEC G+G	1 EACH	308	34.35

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 34

Generated on: 3/3/2017 11:37:21 AM

	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	28.5
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		821	123.37
% of Calories			60.1%
Nutrient Guideline		750-850	

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# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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Generated on: 3/3/2017 11:37:21 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/24/2017			
9-12 Lunch			
	Total		
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	322	24.05
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	337	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.86
OR- RICE, BROWN COOKED	1 CUP	278	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	36.9
OR- BURGER, BEEF - COM	1 EACH	251	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	333	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- TACO BEAN HARD - R BEANS	2 EACH	366	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	34.15
OR- BURRITO BEEF	1 EACH	497	34.35
OR- BURRITO BEAN	1 EACH	425	44.98
OR- BEANS, REFRIED	1/2 CUP	43	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	19.47
OR- SALSA TOPPINGS	1 EA	52	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	49.77
OR- SUB, TUNA SEC	SUB	398	38.15
OR- DELI TOPPINGS	1 EA	11	2.47
OR- SUB, ITALN COMBO SEC G+G	1 EACH	350	33.84
OR- SUB, HAM & CHEESE G+G	1 EACH	312	32.98
OR- SUB, TURKEY &CHSE SEC G+G	1 EACH	308	34.35

\*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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	9.54
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- HS CONDIMENT BAR	1 EA	99	4.8
Weighted Daily Average		842	126.48
% of Calories			60.1%
Nutrient Guideline		750-850	

Weighted Average		837	125.53
			60.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	837		750 - 850	100%				
Carbohydrate (g)	125.53	59.96%						

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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