

Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

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Generated on: 3/3/2017 11:31:14 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2017			
6-8 Breakfast	Total		
OR- BAR CORNMEAL SUPERSTAR	1 EACH	147	22.89
OR- CHEESE, STRING COMM 110396	1 EACH	90	0.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1/2 cup	1 CUP	102	28.0
OR- BANANAS,FRESH HALF	1 EACH	45	11.53
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	72.56
% of Calories			70.9%
Nutrient Guideline		400-550	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/02/2017			
6-8 Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
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		484	97.14
% of Calories			80.3%
Nutrient Guideline		400-550	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/03/2017			
6-8 Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
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

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

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6-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		443	88.26
% of Calories			79.7%
Nutrient Guideline		400-550	

Mon - 03/06/2017			
6-8 Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
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		524	104.27
% of Calories			79.5%
Nutrient Guideline		400-550	

Tue - 03/07/2017			
6-8 Breakfast	Total		
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
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		442	68.16
% of Calories			61.7%
Nutrient Guideline		400-550	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/08/2017			
6-8 Breakfast	Total		
OR- ROLL, CINN, 2.6 WG	1 EACH	245	50.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1/2 cup	1 CUP	102	28.0
OR- BANANAS,FRESH HALF	1 EACH	45	11.53
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		412	83.40
% of Calories			80.9%
Nutrient Guideline		400-550	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/09/2017			
6-8 Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
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		456	92.75
% of Calories			81.4%
Nutrient Guideline		400-550	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/10/2017			
6-8 Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		381	71.76
% of Calories			75.4%
Nutrient Guideline		400-550	

Mon - 03/13/2017			
6-8 Breakfast	Total		
OR- BAR CHERRY APPLE CRUNCH	1 EACH	259	42.86
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
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		549	107.34
% of Calories			78.2%
Nutrient Guideline		400-550	

Tue - 03/14/2017			
6-8 Breakfast	Total		
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	26.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	EA	527	46.48
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
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		380	69.15
% of Calories			72.8%
Nutrient Guideline		400-550	

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Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/15/2017			
6-8 Breakfast	Total		
OR- BAR, PB AND J GRAMWICH	1 EACH	306	32.6
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1/2 cup	1 CUP	102	28.0
OR- BANANAS,FRESH HALF	1 EACH	45	11.53
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		436	76.44
% of Calories			70.1%
Nutrient Guideline		400-550	

Thu - 03/16/2017			
6-8 Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
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		484	97.14
% of Calories			80.3%
Nutrient Guideline		400-550	

Fri - 03/17/2017			
6-8 Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
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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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		443	88.26
% of Calories			79.7%
Nutrient Guideline		400-550	

Mon - 03/20/2017			
6-8 Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
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		524	104.27
% of Calories			79.5%
Nutrient Guideline		400-550	

Tue - 03/21/2017			
6-8 Breakfast	Total		
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
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		442	68.16
% of Calories			61.7%
Nutrient Guideline		400-550	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/22/2017			
6-8 Breakfast	Total		
OR- ROLL, CINN, 2.6 WG	1 EACH	245	50.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1/2 cup	1 CUP	102	28.0
OR- BANANAS, FRESH HALF	1 EACH	45	11.53
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		412	83.40
% of Calories			80.9%
Nutrient Guideline		400-550	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/23/2017			
6-8 Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
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		456	92.75
% of Calories			81.4%
Nutrient Guideline		400-550	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/24/2017			
6-8 Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.73
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		381	71.76
% of Calories			75.4%
Nutrient Guideline		400-550	

Weighted Average		448	85.39 76.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	448		400 - 550	100%				
Carbohydrate (g)	85.39	76.30%						

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