

# Oregon Trail SD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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Generated on: 3/3/2017 11:37:53 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2017			
BIC Breakfast	Total		
OR- BAR CORNMEAL SUPERSTAR	1 EACH	147	22.89
OR- CHEESE, STRING COMM 110396	1 EACH	90	0.0
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		357	47.52
% of Calories			53.3%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/02/2017			
BIC Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	16.0
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	69.25
% of Calories			73.0%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/03/2017			
BIC Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		409	72.34
% of Calories			70.8%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/06/2017			
BIC Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		376	66.49
% of Calories			70.7%
Nutrient Guideline		350-500	

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/07/2017			
BIC Breakfast	Total		
OR- CEREAL BAR	SERVINGS	150	30.0
OR- CHEESE, STRING COMM 110396	1 EACH	90	0.0
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		393	63.83
% of Calories			64.9%
Nutrient Guideline		350-500	

Wed - 03/08/2017			
BIC Breakfast	Total		
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	19.0
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		353	63.63
% of Calories			72.1%
Nutrient Guideline		350-500	

Thu - 03/09/2017			
BIC Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	16.0
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		316	59.28
% of Calories			75.0%
Nutrient Guideline		350-500	

Fri - 03/10/2017			
BIC Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		449	75.34
% of Calories			67.2%
Nutrient Guideline		350-500	

Mon - 03/13/2017			
BIC Breakfast	Total		
OR- BAR CHERRY APPLE CRUNCH	1 EACH	259	42.86
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		439	74.35
% of Calories			67.7%
Nutrient Guideline		350-500	

Tue - 03/14/2017			
BIC Breakfast	Total		
OR- CEREAL BAR	SERVINGS	150	30.0
OR- CHEESE, STRING COMM 110396	1 EACH	90	0.0
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		393	63.83
% of Calories			64.9%
Nutrient Guideline		350-500	

Wed - 03/15/2017			
BIC Breakfast	Total		
OR- BAR, PB AND J GRAMWICH	1 EACH	306	32.6
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		439	57.24
% of Calories			52.2%
Nutrient Guideline		350-500	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/16/2017			
BIC Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	16.0
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	69.25
% of Calories			73.0%
Nutrient Guideline		350-500	

Fri - 03/17/2017			
BIC Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		409	72.34
% of Calories			70.8%
Nutrient Guideline		350-500	

Mon - 03/20/2017			
BIC Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		376	66.49
% of Calories			70.7%
Nutrient Guideline		350-500	

Tue - 03/21/2017			
BIC Breakfast	Total		
OR- CEREAL BAR	SERVINGS	150	30.0
OR- CHEESE, STRING COMM 110396	1 EACH	90	0.0
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		393	63.83
% of Calories			64.9%
Nutrient Guideline		350-500	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/22/2017			
BIC Breakfast	Total		
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	19.0
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		353	63.63
% of Calories			72.1%
Nutrient Guideline		350-500	

Thu - 03/23/2017			
BIC Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	16.0
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		316	59.28
% of Calories			75.0%
Nutrient Guideline		350-500	

Fri - 03/24/2017			
BIC Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		449	75.34
% of Calories			67.2%
Nutrient Guideline		350-500	

Weighted Average		388	65.74
			67.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	388		350 - 500	100%				
Carbohydrate (g)	65.74	67.81%						

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