

Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2017			
K-5 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		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/02/2017			
K-5 Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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- 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		363	66.35
% of Calories			73.1%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/03/2017			
K-5 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- PEACHES, CND COMM - 1c	1 CUP	120	28.0
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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K-5 Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		507	86.85
% of Calories			68.5%
Nutrient Guideline		350-500	

Thu - 05/04/2017			
K-5 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		350-500	

Fri - 05/05/2017			
K-5 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
Weighted Daily Average		443	88.26
% of Calories			79.7%
Nutrient Guideline		350-500	

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Oregon Trail SD

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Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/08/2017			
K-5 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		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/09/2017			
K-5 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- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- Apples 163 ct	Apple	77	20.58
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
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		450	68.77
% of Calories			61.1%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/10/2017			
K-5 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- PEACHES, CND COMM - 1c	1 CUP	120	28.0
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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May 1, 2017 thru Jun 16, 2017

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K-5 Breakfast

Portion Values - Detailed

Page 4

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		510	97.69
% of Calories			76.6%
Nutrient Guideline		350-500	

Thu - 05/11/2017			
K-5 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		459	93.47
% of Calories			81.4%
Nutrient Guideline		350-500	

Fri - 05/12/2017			
K-5 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 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
Weighted Daily Average		462	90.15
% of Calories			78.0%
Nutrient Guideline		350-500	

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 5

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/15/2017			
K-5 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		350-500	

Tue - 05/16/2017			
K-5 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	1 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		378	69.41
% of Calories			73.4%
Nutrient Guideline		350-500	

Wed - 05/17/2017			
K-5 Breakfast	Total		
OR- BAGEL MINI CINNAMON	1 EA	240	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- PEACHES, CND COMM - 1c	1 CUP	120	28.0
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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K-5 Breakfast

Portion Values - Detailed

Page 6

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		508	94.09
% of Calories			74.1%
Nutrient Guideline		350-500	

Thu - 05/18/2017			
K-5 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		350-500	

Fri - 05/19/2017			
K-5 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
Weighted Daily Average		443	88.26
% of Calories			79.7%
Nutrient Guideline		350-500	

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Portion Values - Detailed

Page 7

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/22/2017			
K-5 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		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/23/2017			
K-5 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- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- Apples 163 ct	Apple	77	20.58
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
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		450	68.77
% of Calories			61.1%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/24/2017			
K-5 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- PEACHES, CND COMM - 1c	1 CUP	120	28.0
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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K-5 Breakfast

Portion Values - Detailed

Page 8

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		534	105.10
% of Calories			78.7%
Nutrient Guideline		350-500	

Thu - 05/25/2017			
K-5 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		459	93.47
% of Calories			81.4%
Nutrient Guideline		350-500	

Fri - 05/26/2017			
K-5 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 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
Weighted Daily Average		462	90.15
% of Calories			78.0%
Nutrient Guideline		350-500	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 9

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/30/2017			
K-5 Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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- 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		363	66.35
% of Calories			73.1%
Nutrient Guideline		350-500	

Wed - 05/31/2017			
K-5 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- PEACHES, CND COMM - 1c	1 CUP	120	28.0
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
Weighted Daily Average		507	86.85
% of Calories			68.5%
Nutrient Guideline		350-500	

Thu - 06/01/2017			
K-5 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

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 10

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		484	97.14
% of Calories			80.3%
Nutrient Guideline		350-500	

Fri - 06/02/2017			
K-5 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
Weighted Daily Average		443	88.26
% of Calories			79.7%
Nutrient Guideline		350-500	

Mon - 06/05/2017			
K-5 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		350-500	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 11

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 06/06/2017			
K-5 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- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
OR- Apples 163 ct	Apple	77	20.58
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
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		450	68.77
% of Calories			61.1%
Nutrient Guideline		350-500	

Wed - 06/07/2017			
K-5 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- PEACHES, CND COMM - 1c	1 CUP	120	28.0
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
Weighted Daily Average		510	97.69
% of Calories			76.6%
Nutrient Guideline		350-500	

Thu - 06/08/2017			
K-5 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

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 12

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		459	93.47
% of Calories			81.4%
Nutrient Guideline		350-500	

Fri - 06/09/2017			
K-5 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 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
Weighted Daily Average		462	90.15
% of Calories			78.0%
Nutrient Guideline		350-500	

Mon - 06/12/2017			
K-5 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		350-500	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 13

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 06/13/2017			
K-5 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	1 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		378	69.41
% of Calories			73.4%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 06/14/2017			
K-5 Breakfast	Total		
OR- BAGEL MINI CINNAMON	1 EA	240	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- PEACHES, CND COMM - 1c	1 CUP	120	28.0
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
Weighted Daily Average		508	94.09
% of Calories			74.1%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 06/15/2017			
K-5 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

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 14

Generated on: 4/25/2017 8:25:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		484	97.14
% of Calories			80.3%
Nutrient Guideline		350-500	

Fri - 06/16/2017			
K-5 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
Weighted Daily Average		443	88.26
% of Calories			79.7%
Nutrient Guideline		350-500	

Weighted Average		474	90.22
			76.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	474		350 - 500	100%				
Carbohydrate (g)	90.22	76.17%						

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