

Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2017			
K-5 Lunch	Total		
OR- HOT DOG,TKY WG BUN W/CHIP	1 EACH	330	31.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS,GREEN,CND - 1/2c	1/2 CUP	23	4.77
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
Weighted Daily Average		587	86.18
% of Calories			58.7%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/02/2017			
K-5 Lunch	Total		
OR- BRKFST4LUNCH FRTOAST- ELEM	SERVING	440	29.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	336	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SYRUP	1 OZ	100	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CUCUMBERS,SLICED - 1/2c	1/2 CUP	12	2.97
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		700	99.14
% of Calories			56.7%
Nutrient Guideline		550-650	

Wed - 05/03/2017			
K-5 Lunch	Total		
OR- BURRITO BN/CH, EXTREMO	1 EACH	340	42.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- KIWI, FRESH	1/2 CUP	63	15.17
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		643	92.75
% of Calories			57.7%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/04/2017			
K-5 Lunch	Total		
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	58.48
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		700	103.72
% of Calories			59.3%
Nutrient Guideline		550-650	

Fri - 05/05/2017			
K-5 Lunch	Total		
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	34.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	9.5
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		603	85.05
% of Calories			56.4%
Nutrient Guideline		550-650	

Mon - 05/08/2017			
K-5 Lunch	Total		
OR- RIB-BQ SANDWICH W/FRY	1 EACH	441	58.85
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
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
Weighted Daily Average		624	95.37
% of Calories			61.1%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/09/2017			
K-5 Lunch	Total		
OR- CHICKEN, STRIPS - 2M	3 EACH	263	16.19
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- SUB, HAM & CHEESE-2.0M	1 EACH	340	32.65
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SYRUP	1 OZ	100	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		679	99.08
% of Calories			58.4%
Nutrient Guideline		550-650	

Wed - 05/10/2017			
K-5 Lunch	Total		
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- KIWI, FRESH	1/2 CUP	63	15.17
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		643	91.55
% of Calories			57.0%
Nutrient Guideline		550-650	

Thu - 05/11/2017			
K-5 Lunch	Total		
OR- GRAVY TURKEY JENNIO ROLL	1/2 cup	278	31.84
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		669	98.48
% of Calories			58.9%
Nutrient Guideline		550-650	

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K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 05/12/2017			
K-5 Lunch	Total		
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	357	38.0
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	9.5
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		609	85.60
% of Calories			56.3%
Nutrient Guideline		550-650	

Mon - 05/15/2017			
K-5 Lunch	Total		
OR- CORN DOG CHICKEN WG SYSCO	1 EACH	243	30.37
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- MANDARIN 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

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K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		585	88.61
% of Calories			60.6%
Nutrient Guideline		550-650	

Tue - 05/16/2017			
K-5 Lunch	Total		
OR- BRKFST4LUNCH BUN,EGG&CHS	1 EACH	540	60.43
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	336	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SYRUP	1 OZ	100	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		720	105.42
% of Calories			58.6%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/17/2017			
K-5 Lunch	Total		
OR- SALAD ENT SW TACO, ELEM	SALAD	381	29.61
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- KIWI, FRESH	1/2 CUP	63	15.17
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		649	90.89
% of Calories			56.0%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/18/2017			
K-5 Lunch	Total		
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	451	62.96
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		719	107.21
% of Calories			59.7%
Nutrient Guideline		550-650	

Fri - 05/19/2017			
K-5 Lunch	Total		
OR- SAND HOT GRILL CHZ - 2.0M	1 EACH	290	32.0
OR- SOUP, TOMATO, COND	3/4 CUP	135	30.05
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	9.5
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		618	88.97
% of Calories			57.6%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/22/2017			
K-5 Lunch	Total		
OR- SLOPPY JOE ON A ROLL	SERVINGS	287	33.07
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
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
Weighted Daily Average		600	89.50
% of Calories			59.7%
Nutrient Guideline		550-650	

Tue - 05/23/2017			
K-5 Lunch	Total		
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	6.11
OR- RICE BROWN COOKED NO SALT	1/2 CUP	95	19.81
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	336	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SYRUP	1 OZ	100	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		663	98.52
% of Calories			59.4%
Nutrient Guideline		550-650	

Wed - 05/24/2017			
K-5 Lunch	Total		
OR- FAJITA, CHICKEN - ELEM	SERVING	316	32.92
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- KIWI, FRESH	1/2 CUP	63	15.17
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		640	91.39
% of Calories			57.2%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 13

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/25/2017			
K-5 Lunch	Total		
OR- SAND HOT HAM&CH MELT-LUNCH	1 EACH	248	24.76
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		679	98.66
% of Calories			58.1%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 05/26/2017			
K-5 Lunch	Total		
OR- FISH STICK WG - ROLL/TOTS	serving	426	47.64
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		631	90.83
% of Calories			57.6%
Nutrient Guideline		550-650	

Tue - 05/30/2017			
K-5 Lunch	Total		
OR- BRKFST4LUNCH FRTOAST- ELEM	SERVING	440	29.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	336	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SYRUP	1 OZ	100	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		700	99.14
% of Calories			56.7%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/31/2017			
K-5 Lunch	Total		
OR- BURRITO BN/CH, EXTREMO	1 EACH	340	42.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- KIWI, FRESH	1/2 CUP	63	15.17
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		643	92.75
% of Calories			57.7%
Nutrient Guideline		550-650	

Thu - 06/01/2017			
K-5 Lunch	Total		
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	58.48
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 16

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		700	103.53
% of Calories			59.2%
Nutrient Guideline		550-650	

Fri - 06/02/2017			
K-5 Lunch	Total		
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	34.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	9.5
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		603	85.05
% of Calories			56.4%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 06/05/2017			
K-5 Lunch	Total		
OR- RIB-BQ SANDWICH W/FRY	1 EACH	441	58.85
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN,CND - 1/2c	1/2 CUP	23	4.77
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
Weighted Daily Average		624	95.37
% of Calories			61.1%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 06/06/2017			
K-5 Lunch	Total		
OR- CHICKEN, STRIPS - 2M	3 EACH	263	16.19
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- SUB, HAM & CHEESE-2.0M	1 EACH	340	32.65
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SYRUP	1 OZ	100	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CUCUMBERS,SLICED - 1/2c	1/2 CUP	12	2.97
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		679	99.08
% of Calories			58.4%
Nutrient Guideline		550-650	

Wed - 06/07/2017			
K-5 Lunch	Total		
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	338	33.97
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- KIWI, FRESH	1/2 CUP	63	15.17
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		643	91.55
% of Calories			57.0%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 06/08/2017			
K-5 Lunch	Total		
OR- GRAVY TURKEY JENNIO ROLL	1/2 cup	278	31.84
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		668	98.29
% of Calories			58.8%
Nutrient Guideline		550-650	

Fri - 06/09/2017			
K-5 Lunch	Total		
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	357	38.0
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	9.5
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		609	85.60
% of Calories			56.3%
Nutrient Guideline		550-650	

Mon - 06/12/2017			
K-5 Lunch	Total		
OR- CORN DOG CHICKEN WG SYSCO	1 EACH	243	30.37
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	292	34.18
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
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
Weighted Daily Average		585	88.61
% of Calories			60.6%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 06/13/2017			
K-5 Lunch	Total		
OR- BRKFST4LUNCH BUN,EGG&CHS	1 EACH	540	60.43
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	399	42.9
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	336	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SYRUP	1 OZ	100	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	2.97
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- BEANS, VEGGIE 1/2 c	1/2 CUP	119	26.79
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		720	105.42
% of Calories			58.6%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 06/14/2017			
K-5 Lunch	Total		
OR- SALAD ENT SW TACO, ELEM	SALAD	381	29.61
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- MUNCHABLE, P,B AND J	1 EACH	657	66.48
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- POTATO, OVEN ROASTED	1/2 CUP	73	13.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- KIWI, FRESH	1/2 CUP	63	15.17
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, PINTO ZESTY	1/2 CUP	169	29.38
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		649	90.89
% of Calories			56.0%
Nutrient Guideline		550-650	

Thu - 06/15/2017			
K-5 Lunch	Total		
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	451	62.96
OR- PIZZA BIG DDDY, CHSE 8 CUT	1/8TH	399	42.9
OR- PIZZA BIG DDDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
OR- TOMATO, GRAPE/ CHERRY-1/2c	1/2 CUP	21	4.5
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		704	104.43
% of Calories			59.3%
Nutrient Guideline		550-650	

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Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 06/16/2017			
K-5 Lunch	Total		
OR- SAND HOT GRILL CHZ - 2.0M	1 EACH	290	32.0
OR- SOUP, TOMATO, COND	3/4 CUP	135	30.05
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- SPINACH - 1 CUP	1 CUP	13	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	5.73
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		632	92.96
% of Calories			58.9%
Nutrient Guideline		550-650	

Weighted Average		650	94.69
			58.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	650		550 - 650	100%				
Carbohydrate (g)	94.69	58.23%						

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.