

# Oregon Trail SD

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/25/2017 8:33:21 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2017			
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 - 05/02/2017			
BIC Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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		339	51.99
% of Calories			61.4%
Nutrient Guideline		350-500	

Wed - 05/03/2017			
BIC Breakfast	Total		
OR- BAR CORNMEAL SUPERSTAR	1 EACH	147	22.89
OR- CHEESE, STRING COMM 110396	1 EACH	90	0.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		363	49.99
% of Calories			55.1%
Nutrient Guideline		350-500	

Thu - 05/04/2017			
BIC Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		417	77.66
% of Calories			74.5%
Nutrient Guideline		350-500	

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Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 05/05/2017			
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 - 05/08/2017			
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 - 05/09/2017			
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 - 05/10/2017			
BIC Breakfast	Total		
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	19.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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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# Oregon Trail SD

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Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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Generated on: 4/25/2017 8:33:22 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		359	66.10
% of Calories			73.6%
Nutrient Guideline		350-500	

Thu - 05/11/2017			
BIC Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		354	67.69
% of Calories			76.6%
Nutrient Guideline		350-500	

Fri - 05/12/2017			
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	

Mon - 05/15/2017			
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	

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/16/2017			
BIC Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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		339	51.99
% of Calories			61.4%
Nutrient Guideline		350-500	

Wed - 05/17/2017			
BIC Breakfast	Total		
OR- BAGEL MINI CINNAMON	1 EA	240	41.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		379	68.10
% of Calories			71.9%
Nutrient Guideline		350-500	

Thu - 05/18/2017			
BIC Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		417	77.66
% of Calories			74.5%
Nutrient Guideline		350-500	

Fri - 05/19/2017			
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	

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Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/22/2017			
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 - 05/23/2017			
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 - 05/24/2017			
BIC Breakfast	Total		
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	19.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		359	66.10
% of Calories			73.6%
Nutrient Guideline		350-500	

Thu - 05/25/2017			
BIC Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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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Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		354	67.69
% of Calories			76.6%
Nutrient Guideline		350-500	

Fri - 05/26/2017			
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	

Tue - 05/30/2017			
BIC Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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		339	51.99
% of Calories			61.4%
Nutrient Guideline		350-500	

Wed - 05/31/2017			
BIC Breakfast	Total		
OR- BAR CORNMEAL SUPERSTAR	1 EACH	147	22.89
OR- CHEESE, STRING COMM 110396	1 EACH	90	0.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		363	49.99
% of Calories			55.1%
Nutrient Guideline		350-500	

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Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 06/01/2017			
BIC Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		417	77.66
% of Calories			74.5%
Nutrient Guideline		350-500	

Fri - 06/02/2017			
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 - 06/05/2017			
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 - 06/06/2017			
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 - 06/07/2017			
BIC Breakfast	Total		
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	19.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		359	66.10
% of Calories			73.6%
Nutrient Guideline		350-500	

Thu - 06/08/2017			
BIC Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		354	67.69
% of Calories			76.6%
Nutrient Guideline		350-500	

Fri - 06/09/2017			
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	

Mon - 06/12/2017			
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
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Weighted Daily Average		376	66.49
% of Calories			70.7%
Nutrient Guideline		350-500	

Tue - 06/13/2017			
BIC Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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		339	51.99
% of Calories			61.4%
Nutrient Guideline		350-500	

Wed - 06/14/2017			
BIC Breakfast	Total		
OR- BAGEL MINI CINNAMON	1 EA	240	41.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		379	68.10
% of Calories			71.9%
Nutrient Guideline		350-500	

Thu - 06/15/2017			
BIC Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		417	77.66
% of Calories			74.5%
Nutrient Guideline		350-500	

\*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

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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Generated on: 4/25/2017 8:33:22 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 06/16/2017			
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	

Weighted Average		384	66.53 69.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	384		350 - 500	100%				
Carbohydrate (g)	66.53	69.26%						

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

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