

# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/01/2017				
K-5 Lunch	Total			
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- MUNCHABLE, TURKEY	1 EACH	436	4.00	52.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- BEANS, GREEN,CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		618	7.98	99.88
% of Calories				64.6%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/02/2017				
K-5 Lunch	Total			
OR- QUESADILLA, BEAN N CHEESE	1 EACH	260	4.24	26.55
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- SUB, TUNA ELEM W/CHIP	SUB	358	2.93	32.15
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS,SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		644	9.80	93.36
% of Calories				58.0%
Nutrient Guideline		550-650		

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/03/2017				
K-5 Lunch	Total			
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	0.82	12.31
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24
Weighted Daily Average		623	7.08	90.13
% of Calories				57.9%
Nutrient Guideline		550-650		

Mon - 11/06/2017				
K-5 Lunch	Total			
OR- RIB-BQ SANDWICH - ELEM	1 EACH	441	5.64	58.85
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- MANDARIN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		672	8.86	96.04
% of Calories				57.1%
Nutrient Guideline		550-650		

Tue - 11/07/2017				
K-5 Lunch	Total			
OR- STIRFRY SWT&SOUR CHIX D	SERVING	197	1.47	28.11
OR- RICE BROWN COOKED NO SALT	1 CUP	190	1.78	39.62
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, AMER CLUB WITH CHIPS	1 EACH	338	2.90	33.34
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	0.00	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		661	9.46	98.67
% of Calories				59.7%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/08/2017				
K-5 Lunch	Total			
OR- PASTA CHIX ALFREDO:oven	1 cup	269	2.70	29.43
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- MUNCHABLE, TURKEY	1 EACH	436	4.00	52.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		565	6.87	85.63
% of Calories				60.7%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/09/2017				
K-5 Lunch	Total			
OR- BURRITO BN/CH, EXTREMO	1 EACH	340	5.00	42.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- SUB, HAM & CHEESE W/CHIP	1 EACH	342	2.90	32.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		659	9.95	96.50
% of Calories				58.6%
Nutrient Guideline		550-650		

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/13/2017				
K-5 Lunch	Total			
OR- HOT DOG,TKY WG BUN	1 EACH	250	2.00	23.0
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	2 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
Weighted Daily Average		609	7.66	84.21
% of Calories				55.3%
Nutrient Guideline		550-650		

Tue - 11/14/2017				
K-5 Lunch	Total			
OR- BRKFST4LUNCH FRTOAST- ELEM	SERVING	440	2.00	29.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, TURKEY & CHEES W/CHIP	EACH	336	2.90	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SYRUP	1 OZ	100	0.06	25.06
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	0.00	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		691	9.22	96.00
% of Calories				55.6%
Nutrient Guideline		550-650		

Wed - 11/15/2017				
K-5 Lunch	Total			
OR- GRAVY TURKEY COM	1/2 cup	240	1.60	21.39
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- MUNCHABLE, TURKEY	1 EACH	436	4.00	52.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		566	6.77	88.18
% of Calories				62.3%
Nutrient Guideline		550-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/16/2017				
K-5 Lunch	Total			
OR- SALAD ENT SW TACO, ELEM	SALAD	381	3.77	29.61
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- SUB, TUNA ELEM W/CHIP	SUB	358	2.93	32.15
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	2.00	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		681	9.91	95.77
% of Calories				56.3%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/17/2017				
K-5 Lunch	Total			
OR- FISH NUGGET WG - ROLL/TOTS	servings	415	6.08	46.57
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	0.82	12.31
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24
Weighted Daily Average		637	7.72	91.88
% of Calories				57.7%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/27/2017				
K-5 Lunch	Total			
OR- SUB MEATBALL	SUB	300	4.47	30.13
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- MANDARIAN ORANGES - 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
Weighted Daily Average		626	8.47	86.56
% of Calories				55.3%
Nutrient Guideline		550-650		

Tue - 11/28/2017				
K-5 Lunch	Total			
OR- STIRFRY ORANGE CHIX DICED	SERVING	217	1.47	31.11
OR- RICE BROWN COOKED NO SALT	1/2 CUP	95	0.89	19.81
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, AMER CLUB WITH CHIPS	1 EACH	338	2.90	33.34
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED - 1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	0.00	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0

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# Oregon Trail SD

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		646	9.28	95.31
% of Calories				59.0%
Nutrient Guideline		550-650		

Wed - 11/29/2017				
K-5 Lunch	Total			
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- MUNCHABLE, TURKEY	1 EACH	436	4.00	52.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		590	7.47	91.77
% of Calories				62.2%
Nutrient Guideline		550-650		

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# Oregon Trail SD

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/30/2017				
K-5 Lunch	Total			
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- SUB, HAM & CHEESE W/CHIP	1 EACH	342	2.90	32.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		656	10.01	95.81
% of Calories				58.4%
Nutrient Guideline		550-650		

Weighted Average		634	8.53	92.86
				58.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	634		550 - 650	100%				
Fiber (g)	8.53							
Carbohydrate (g)	92.86	58.59%						

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