

# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/01/2017				
9-12 Lunch	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	345	4.25	38.0
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

\*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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		837	24.32	125.39
% of Calories				60.0%
Nutrient Guideline		750-850		

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Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/02/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- HOTDOG, CHILI WG FOOTLONG	1 EACH	535	6.27	37.35
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPING	1 EA	12	0.92	2.68
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69

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Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		858	21.91	124.23
% of Calories				57.9%
Nutrient Guideline		750-850		

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/03/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		848	25.40	126.89
% of Calories				59.9%
Nutrient Guideline		750-850		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/06/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
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OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
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OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
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OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
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OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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9-12 Lunch

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OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		840	25.26	126.05
% of Calories				60.0%
Nutrient Guideline		750-850		

\*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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/07/2017				
9-12 Lunch	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPAGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

\*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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 10

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		845	22.03	127.13
% of Calories				60.2%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/08/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	345	4.25	38.0
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		839	24.38	125.80
% of Calories				60.0%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/09/2017				
9-12 Lunch	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OVEN FRIED CHICKEN	SERVINGS	343	0.30	9.66
OR- POTATO MASHED: 10379	#8 scoop	87	1.35	17.16
OR- GRAVY CHICKEN MIX	2 oz ladle	28	0.00	4.25
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPING	1 EA	12	0.92	2.68
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		828	21.16	121.77
% of Calories				58.8%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/10/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		841	25.27	126.88
% of Calories				60.3%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/13/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		836	25.21	125.67
% of Calories				60.1%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/14/2017				
9-12 Lunch	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		842	22.02	126.84
% of Calories				60.2%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/15/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	345	4.25	38.0
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		839	24.30	125.98
% of Calories				60.1%
Nutrient Guideline		750-850		

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

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 23

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/16/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- LASAGNA, BEEF - ADV	SERVINGS	304	3.06	32.55
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPINGS	1 EA	12	0.92	2.68
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35

\*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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		828	21.96	124.46
% of Calories				60.1%
Nutrient Guideline		750-850		

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

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/17/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		841	25.27	126.88
% of Calories				60.3%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/27/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		840	25.26	126.05
% of Calories				60.0%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 29

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/28/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPAGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		831	21.89	126.38
% of Calories				60.9%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/29/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	345	4.25	38.0
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		837	24.32	125.39
% of Calories				60.0%
Nutrient Guideline		750-850		

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/30/2017				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- HOTDOG, CHILI WG FOOTLONG	1 EACH	535	6.27	37.35
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	41.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	380	3.90	38.65
OR- SUB, ITALN COMBO SEC DELI	1 EACH	418	3.90	39.52
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPINGS	1 EA	12	0.92	2.68
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	334	4.67	31.69

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Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
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OR- WRAP CHICKEN CAESAR	WRAP	358	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	306	4.10	33.12
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- MILK, CHOC DARIGOLD NF	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- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		858	21.91	124.23
% of Calories				57.9%
Nutrient Guideline		750-850		

Weighted Average		840	23.64	125.65
				59.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	840		750 - 850	100%				
Fiber (g)	23.64							
Carbohydrate (g)	125.65	59.80%						

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