

Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/01/2017				
6-8 Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		452	15.52	87.41
% of Calories				77.4%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/02/2017				
6-8 Breakfast	Total			
OR- BAR BREAKFAST	1 EA	316	3.00	41.16
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		516	5.84	97.49
% of Calories				75.5%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/03/2017				
6-8 Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	1.86	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		424	15.54	81.48
% of Calories				76.8%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/06/2017				
6-8 Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		535	14.24	105.73
% of Calories				79.1%
Nutrient Guideline		400-550		

Tue - 11/07/2017				
6-8 Breakfast	Total			
OR- ROLL, CINN, 2.6 WG	1 EACH	245	3.00	50.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		386	6.00	78.34
% of Calories				81.1%
Nutrient Guideline		400-550		

Wed - 11/08/2017				
6-8 Breakfast	Total			
OR- BAGEL MINI STRAWBERRY	1 EA	230	2.00	41.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		477	15.42	91.80
% of Calories				76.9%
Nutrient Guideline		400-550		

Thu - 11/09/2017				
6-8 Breakfast	Total			
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		542	5.34	89.12
% of Calories				65.8%
Nutrient Guideline		400-550		

Mon - 11/13/2017				
6-8 Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		514	14.28	103.39
% of Calories				80.5%
Nutrient Guideline		400-550		

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6-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/14/2017				
6-8 Breakfast	Total			
OR- EGG, OMELET, CHEESE	1 EA	130	0.00	1.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		325	4.66	55.31
% of Calories				68.1%
Nutrient Guideline		400-550		

Wed - 11/15/2017				
6-8 Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		452	15.52	87.41
% of Calories				77.4%
Nutrient Guideline		400-550		

Thu - 11/16/2017				
6-8 Breakfast	Total			
OR- BAR BREAKFAST	1 EA	316	3.00	41.16
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		516	5.84	97.49
% of Calories				75.5%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/17/2017				
6-8 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	1.86	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		409	15.95	78.42
% of Calories				76.7%
Nutrient Guideline		400-550		

Mon - 11/27/2017				
6-8 Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		542	15.80	106.90
% of Calories				78.8%
Nutrient Guideline		400-550		

Tue - 11/28/2017				
6-8 Breakfast	Total			
OR- ROLL, CINN, 2.6 WG	1 EACH	245	3.00	50.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		386	6.00	78.34
% of Calories				81.1%
Nutrient Guideline		400-550		

Wed - 11/29/2017				
6-8 Breakfast	Total			
OR- BAGEL MINI STRAWBERRY	1 EA	230	2.00	41.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		477	15.42	91.80
% of Calories				76.9%
Nutrient Guideline		400-550		

Thu - 11/30/2017				
6-8 Breakfast	Total			
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		542	5.34	89.12
% of Calories				65.8%
Nutrient Guideline		400-550		

Weighted Average		469	11.04	88.72
				75.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	469		400 - 550	100%				
Fiber (g)	11.04							
Carbohydrate (g)	88.72	75.75%						

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