

Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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Generated on: 10/25/2017 2:09:57 PM

| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Wed - 11/01/2017 | | | | |
| 6-8 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- 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- 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, 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- 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 |
| 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 |
| Weighted Daily Average | | 611 | 7.95 | 87.97 |
| % of Calories | | | | 57.6% |
| Nutrient Guideline | | 600-700 | | |

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

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Thu - 11/02/2017 | | | | |
| 6-8 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| OR- SUB, TUNA ELEM W/CHIP | SUB | 358 | 2.93 | 32.15 |
| OR- PARFAIT VANILLA LUNCH | 1 parfait | 426 | 4.35 | 86.2 |
| 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- 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- 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 |
| 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 |
| Weighted Daily Average | | 626 | 10.08 | 90.83 |
| % of Calories | | | | 58.0% |
| Nutrient Guideline | | 600-700 | | |

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

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Fri - 11/03/2017 | | | | |
| 6-8 Lunch | Total | | | |
| OR- BREADSTICK CHZ STUFFED-2M | SERVING | 315 | 1.45 | 34.02 |
| 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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- FRUIT MIX, DICED COMM-1/2c | 1/2 CUP | 49 | 0.82 | 12.31 |
| 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, 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- COOKIE, CHOC CHIP 1OZ OTIS | 1 EACH | 130 | 1.00 | 17.0 |
| Weighted Daily Average | | 701 | 7.59 | 95.20 |
| % of Calories | | | | 54.3% |
| Nutrient Guideline | | 600-700 | | |

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

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Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Mon - 11/06/2017 | | | | |
| 6-8 Lunch | Total | | | |
| OR- RIB-BQ SANDWICH W/FRY | 1 EACH | 441 | 5.64 | 58.85 |
| OR- CHICKEN, NUGGETS/ROLL-2155 | 5 EACH | 252 | 4.03 | 27.18 |
| 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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 |
| 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 |
| Weighted Daily Average | | 599 | 7.51 | 84.41 |
| % of Calories | | | | 56.4% |
| Nutrient Guideline | | 600-700 | | |

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

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Tue - 11/07/2017 | | | | |
| 6-8 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, 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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 |
| 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 |
| Weighted Daily Average | | 635 | 10.47 | 91.30 |
| % of Calories | | | | 57.5% |
| Nutrient Guideline | | 600-700 | | |

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Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Wed - 11/08/2017 | | | | |
| 6-8 Lunch | Total | | | |
| OR- PASTA, CHICKEN ALFREDO | SERVING | 363 | 4.25 | 39.97 |
| OR- ROLL, DINNER WG | 1 EACH | 70 | 2.00 | 13.0 |
| 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- 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, 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- 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 | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 610 | 7.87 | 87.20 |
| % of Calories | | | | 57.2% |
| Nutrient Guideline | | 600-700 | | |

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Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Thu - 11/09/2017 | | | | |
| 6-8 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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 | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 641 | 10.18 | 93.77 |
| % of Calories | | | | 58.5% |
| Nutrient Guideline | | 600-700 | | |

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6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Mon - 11/13/2017 | | | | |
| 6-8 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, NUGGETS/ROLL-2155 | 5 EACH | 252 | 4.03 | 27.18 |
| 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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 | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 587 | 7.14 | 81.37 |
| % of Calories | | | | 55.5% |
| Nutrient Guideline | | 600-700 | | |

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

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Tue - 11/14/2017 | | | | |
| 6-8 Lunch | Total | | | |
| OR- BRKFST4LUNCH FRTOAST- ELEM | SERVING | 440 | 2.00 | 29.0 |
| 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| OR- SUB, TURKEY & CHEES W/CHIP | 1 EACH | 336 | 2.90 | 34.02 |
| OR- PARFAIT VANILLA LUNCH | 1 parfait | 426 | 4.35 | 86.2 |
| 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 | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 641 | 10.26 | 86.19 |
| % of Calories | | | | 53.8% |
| Nutrient Guideline | | 600-700 | | |

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

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Wed - 11/15/2017 | | | | |
| 6-8 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- 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- 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, 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- 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 | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 598 | 7.60 | 85.34 |
| % of Calories | | | | 57.1% |
| Nutrient Guideline | | 600-700 | | |

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Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Thu - 11/16/2017 | | | | |
| 6-8 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| OR- SUB, TUNA ELEM W/CHIP | SUB | 358 | 2.93 | 32.15 |
| OR- PARFAIT VANILLA LUNCH | 1 parfait | 426 | 4.35 | 86.2 |
| 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- CUCUMBERS, SLICED - 1/2c | 1/2 CUP | 12 | 0.41 | 2.97 |
| OR- CARROTS BABY FRESH - 1/2c | 1/2 CUP | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 650 | 9.94 | 91.29 |
| % of Calories | | | | 56.2% |
| Nutrient Guideline | | 600-700 | | |

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Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Fri - 11/17/2017 | | | | |
| 6-8 Lunch | Total | | | |
| OR- FISH NUGGET WG - ROLL/TOTS | serving | 415 | 6.08 | 46.57 |
| 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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 | 20 | 1.64 | 4.62 |
| 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- FRUIT MIX, DICED COMM-1/2c | 1/2 CUP | 49 | 0.82 | 12.31 |
| 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, 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- COOKIE, CHOC CHIP 1OZ OTIS | 1 EACH | 130 | 1.00 | 17.0 |
| Weighted Daily Average | | 714 | 8.15 | 96.71 |
| % of Calories | | | | 54.1% |
| Nutrient Guideline | | 600-700 | | |

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Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Mon - 11/27/2017 | | | | |
| 6-8 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, NUGGETS/ROLL-2155 | 5 EACH | 252 | 4.03 | 27.18 |
| 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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 | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 592 | 7.39 | 82.08 |
| % of Calories | | | | 55.5% |
| Nutrient Guideline | | 600-700 | | |

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Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Tue - 11/28/2017 | | | | |
| 6-8 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, 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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 | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 625 | 10.31 | 89.00 |
| % of Calories | | | | 57.0% |
| Nutrient Guideline | | 600-700 | | |

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Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|---------------------------------|--------------|-------------|-----------|----------|
| Wed - 11/29/2017 | | | | |
| 6-8 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- 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- 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, 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- 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 | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 612 | 8.10 | 88.20 |
| % of Calories | | | | 57.6% |
| Nutrient Guideline | | 600-700 | | |

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Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Thu - 11/30/2017 | | | | |
| 6-8 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- 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, CHEESE COMM | 1 EACH | 301 | 3.01 | 25.02 |
| 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- 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- CUCUMBERS, SLICED - 1/2c | 1/2 CUP | 12 | 0.41 | 2.97 |
| OR- CARROTS BABY FRESH - 1/2c | 1/2 CUP | 20 | 1.64 | 4.62 |
| 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 |
| 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 |
| Weighted Daily Average | | 631 | 10.18 | 92.45 |
| % of Calories | | | | 58.6% |
| Nutrient Guideline | | 600-700 | | |

| | | | | |
|------------------|--|-----|------|-------|
| Weighted Average | | 630 | 8.79 | 88.96 |
| | | | | 56.5% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 630 | | 600 - 700 | 100% | | | | |
| Fiber (g) | 8.79 | | | | | | | |
| Carbohydrate (g) | 88.96 | 56.52% | | | | | | |

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

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

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

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