

Oregon Trail SD

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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Generated on: 10/25/2017 2:14:28 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/01/2017				
BIC Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
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	7.00	71.10
% of Calories				69.5%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/02/2017				
BIC Breakfast	Total			
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
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		407	2.00	74.66
% of Calories				73.4%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/03/2017				
BIC Breakfast	Total			
OR- EGG, OMELET, CHEESE	1 EA	130	0.00	1.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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		309	9.92	32.34
% of Calories				41.9%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/06/2017				
BIC Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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		430	11.92	72.49
% of Calories				67.4%
Nutrient Guideline		350-500		

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

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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/07/2017				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
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		407	5.58	73.83
% of Calories				72.6%
Nutrient Guideline		350-500		

Wed - 11/08/2017				
BIC Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
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		335	3.10	62.10
% of Calories				74.1%
Nutrient Guideline		350-500		

Thu - 11/09/2017				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
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		354	2.24	67.69
% of Calories				76.6%
Nutrient Guideline		350-500		

Mon - 11/13/2017				
BIC Breakfast	Total			
OR- BAGEL MINI CINNAMON	1 EA	240	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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		420	11.92	72.49
% of Calories				69.0%
Nutrient Guideline		350-500		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/14/2017				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
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		339	6.60	51.99
% of Calories				61.4%
Nutrient Guideline		350-500		

Wed - 11/15/2017				
BIC Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
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	7.00	71.10
% of Calories				69.5%
Nutrient Guideline		350-500		

Thu - 11/16/2017				
BIC Breakfast	Total			
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
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		407	2.00	74.66
% of Calories				73.4%
Nutrient Guideline		350-500		

Fri - 11/17/2017				
BIC Breakfast	Total			
OR- EGG, OMELET, CHEESE	1 EA	130	0.00	1.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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

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 Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		309	9.92	32.34
% of Calories				41.9%
Nutrient Guideline		350-500		

Mon - 11/27/2017				
BIC Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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		430	11.92	72.49
% of Calories				67.4%
Nutrient Guideline		350-500		

Tue - 11/28/2017				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
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		407	5.58	73.83
% of Calories				72.6%
Nutrient Guideline		350-500		

Wed - 11/29/2017				
BIC Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
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		335	3.10	62.10
% of Calories				74.1%
Nutrient Guideline		350-500		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/30/2017				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
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		354	2.24	67.69
% of Calories				76.6%
Nutrient Guideline		350-500		

Weighted Average		379	6.38	64.56
				68.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	379		350 - 500	100%				
Fiber (g)	6.38							
Carbohydrate (g)	64.56	68.18%						

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