

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 1

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/02/2017				
K-5 Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		540	14.27	106.58
% of Calories				79.0%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/03/2017				
K-5 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		358	5.99	65.97
% of Calories				73.7%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/04/2017				
K-5 Breakfast	Total			
OR- BAR BERRY APPLE CRISP	1 EACH	250	3.00	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		485	15.81	91.83
% of Calories				75.7%
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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Page 2

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/05/2017				
K-5 Breakfast	Total			
OR- PANCAKES MINI STRWB	1 EACH	230	3.00	40.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		473	5.74	96.25
% of Calories				81.4%
Nutrient Guideline		350-500		

Fri - 10/06/2017				
K-5 Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		448	17.08	88.56
% of Calories				79.1%
Nutrient Guideline		350-500		

Mon - 10/09/2017				
K-5 Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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

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

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Oct 1, 2017 thru Oct 31, 2017

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K-5 Breakfast

Portion Values - Detailed

Page 3

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		514	14.27	103.42
% of Calories				80.5%
Nutrient Guideline		350-500		

Tue - 10/10/2017				
K-5 Breakfast	Total			
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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- 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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		439	5.84	67.91
% of Calories				61.9%
Nutrient Guideline		350-500		

Wed - 10/11/2017				
K-5 Breakfast	Total			
OR- ROLL, CINN, 2.6 WG	1 EACH	245	3.00	50.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		483	15.81	95.43
% of Calories				79.0%
Nutrient Guideline		350-500		

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Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 4

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/12/2017				
K-5 Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		449	5.44	92.59
% of Calories				82.5%
Nutrient Guideline		350-500		

Fri - 10/13/2017				
K-5 Breakfast	Total			
OR- BAGEL MINI STRAWBERRY	1 EA	230	2.00	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		436	15.55	88.11
% of Calories				80.8%
Nutrient Guideline		350-500		

Mon - 10/16/2017				
K-5 Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		540	14.27	106.58
% of Calories				79.0%
Nutrient Guideline		350-500		

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Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 5

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/17/2017				
K-5 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		358	5.99	65.97
% of Calories				73.7%
Nutrient Guideline		350-500		

Wed - 10/18/2017				
K-5 Breakfast	Total			
OR- BAR BERRY APPLE CRISP	1 EACH	250	3.00	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		485	15.81	91.83
% of Calories				75.7%
Nutrient Guideline		350-500		

Thu - 10/19/2017				
K-5 Breakfast	Total			
OR- PANCAKES MINI STRWB	1 EACH	230	3.00	40.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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

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K-5 Breakfast

Portion Values - Detailed

Page 6

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		473	5.74	96.25
% of Calories				81.4%
Nutrient Guideline		350-500		

Fri - 10/20/2017				
K-5 Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		448	17.08	88.56
% of Calories				79.1%
Nutrient Guideline		350-500		

Mon - 10/23/2017				
K-5 Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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	14.27	103.42
% of Calories				80.5%
Nutrient Guideline		350-500		

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Portion Values - Detailed

Page 7

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/24/2017				
K-5 Breakfast	Total			
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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- 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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		439	5.84	67.91
% of Calories				61.9%
Nutrient Guideline		350-500		

Wed - 10/25/2017				
K-5 Breakfast	Total			
OR- ROLL, CINN, 2.6 WG	1 EACH	245	3.00	50.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		483	15.81	95.43
% of Calories				79.0%
Nutrient Guideline		350-500		

Thu - 10/26/2017				
K-5 Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		449	5.44	92.59
% of Calories				82.5%
Nutrient Guideline		350-500		

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# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 8

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
<b>Fri - 10/27/2017</b>				
K-5 Breakfast	Total			
OR- BAGEL MINI STRAWBERRY	1 EA	230	2.00	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		436	15.55	88.11
% of Calories				80.8%
Nutrient Guideline		350-500		

<b>Mon - 10/30/2017</b>				
K-5 Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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		540	14.27	106.58
% of Calories				79.0%
Nutrient Guideline		350-500		

<b>Tue - 10/31/2017</b>				
K-5 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	3.00	33.0
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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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 1, 2017 thru Oct 31, 2017

K-5 Breakfast

Generated on: 9/25/2017 3:12:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		358	5.99	65.97
% of Calories				73.7%
Nutrient Guideline		350-500		

Weighted Average		461	11.45	89.36
				77.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	461		350 - 500	100%				
Fiber (g)	11.45							
Carbohydrate (g)	89.36	77.48%						

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