

Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/02/2017				
K-5 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, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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- 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
Weighted Daily Average		608	7.58	83.99
% of Calories				55.2%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/03/2017				
K-5 Lunch	Total			
OR- BRKFST4LUNCH FRTOAST- ELEM	SERVING	353	1.04	39.5
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	256	2.00	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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
Weighted Daily Average		648	8.93	92.66
% of Calories				57.2%
Nutrient Guideline		550-650		

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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/04/2017				
K-5 Lunch	Total			
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	6.25	58.48
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- MILK, CHOC DARIGOLD	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- 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
Weighted Daily Average		636	7.90	98.14
% of Calories				61.7%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/05/2017				
K-5 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- WRAP, HAM	WRAP	384	4.67	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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- 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
Weighted Daily Average		680	10.89	99.92
% of Calories				58.8%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/06/2017				
K-5 Lunch	Total			
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- BURGER, CHX 70304-928	1 EACH	380	*2.00	38.0
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- MILK, CHOC DARIGOLD	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- 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- 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- 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- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24
Weighted Daily Average		618	*5.70	89.90
% of Calories				58.2%
Nutrient Guideline		550-650		

Mon - 10/09/2017				
K-5 Lunch	Total			
OR- RIB-BQ SANDWICH W/FRY	1 EACH	441	5.64	58.85
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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- 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- MANDARIN 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

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Base Menu Spreadsheet

K-5 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		645	8.48	93.18
% of Calories				57.8%
Nutrient Guideline		550-650		

Tue - 10/10/2017				
K-5 Lunch	Total			
OR- CHICKEN, STRIPS - 2M	3 EACH	263	3.03	16.19
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, HAM & CHEESE-2.0M	1 EACH	262	2.00	24.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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
Weighted Daily Average		644	9.73	90.47
% of Calories				56.2%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/11/2017				
K-5 Lunch	Total			
OR- GRAVY TURKEY JENNIO	1/2 cup	208	1.60	18.84
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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- 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
Weighted Daily Average		570	6.57	81.78
% of Calories				57.4%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/12/2017				
K-5 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- WRAP, TURKEY	WRAP	371	4.67	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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- 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
Weighted Daily Average		668	10.89	98.69
% of Calories				59.1%
Nutrient Guideline		550-650		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/16/2017				
K-5 Lunch	Total			
OR- CORN DOG CHICKEN WG SYSCO	1 EACH	243	5.06	30.37
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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- 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	2 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
Weighted Daily Average		606	8.59	86.42
% of Calories				57.1%
Nutrient Guideline		550-650		

Tue - 10/17/2017				
K-5 Lunch	Total			
OR- BRKFST4LUNCH BUN, EGG&CHS	1 EACH	540	7.21	60.43
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	256	2.00	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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

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

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Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		685	10.16	96.84
% of Calories				56.5%
Nutrient Guideline		550-650		

Wed - 10/18/2017				
K-5 Lunch	Total			
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	451	8.51	62.96
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
OR- WATERMELON, RAW 1/2C	1/2 CUP	45	0.60	11.42
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
Weighted Daily Average		629	7.27	94.61
% of Calories				60.1%
Nutrient Guideline		550-650		

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Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/19/2017				
K-5 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- WRAP, HAM	WRAP	384	4.67	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	2.00	26.0
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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- 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
Weighted Daily Average		693	10.69	97.96
% of Calories				56.5%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/20/2017				
K-5 Lunch	Total			
OR- SAND HOT GRILL CHZ - 2.0M	1 EACH	290	4.00	32.0
OR- SOUP, TOMATO, COND	3/4 CUP	135	1.50	30.05
OR- BURGER, CHX 70304-928	1 EACH	380	*2.00	38.0
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- MILK, CHOC DARIGOLD	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- 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- 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- 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- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24

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Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		633	*6.27	93.82
% of Calories				59.3%
Nutrient Guideline		550-650		

Mon - 10/23/2017				
K-5 Lunch	Total			
OR- SLOPPY JOE ON A ROLL	SERVINGS	287	4.19	33.07
OR- GOLDFISH	1 EACH	100	1.00	14.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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- 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
Weighted Daily Average		627	8.33	89.29
% of Calories				57.0%
Nutrient Guideline		550-650		

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Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/24/2017				
K-5 Lunch	Total			
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- RICE BROWN COOKED NO SALT	1/2 CUP	95	0.89	19.81
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, HAM & CHEESE-2.0M	1 EACH	262	2.00	24.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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
Weighted Daily Average		629	9.10	89.82
% of Calories				57.1%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/25/2017				
K-5 Lunch	Total			
OR- SAND HOT HAM&CH MELT-LUNCH	1 EACH	248	2.00	24.76
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
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- MILK, CHOC DARIGOLD	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- 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
Weighted Daily Average		589	6.55	85.50
% of Calories				58.1%
Nutrient Guideline		550-650		

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Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/26/2017				
K-5 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- WRAP, TURKEY	WRAP	371	4.67	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	2.00	26.0
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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- 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
Weighted Daily Average		668	10.78	97.46
% of Calories				58.4%
Nutrient Guideline		550-650		

Fri - 10/27/2017				
K-5 Lunch	Total			
OR- FISH STICK WG - ROLL/TOTS	serving	426	6.09	47.64
OR- BURGER, CHX 70304-928	1 EACH	380	*2.00	38.0
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- MILK, CHOC DARIGOLD	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- 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- 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- 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- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24

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Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		633	*6.35	91.81
% of Calories				58.0%
Nutrient Guideline		550-650		

Mon - 10/30/2017				
K-5 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, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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- 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
Weighted Daily Average		608	7.58	83.99
% of Calories				55.2%
Nutrient Guideline		550-650		

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Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/31/2017				
K-5 Lunch	Total			
OR- BRKFST4LUNCH FRTOAST- ELEM	SERVING	353	1.04	39.5
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	3.99	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	256	2.00	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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- 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 Stick - 1/2c	1/2 CUP	30	2.02	6.9
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
Weighted Daily Average		648	8.93	92.66
% of Calories				57.2%
Nutrient Guideline		550-650		

Weighted Average		636	*8.44	91.85
				57.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	636		550 - 650	100%				
Fiber (g)	8.44				Missing			
Carbohydrate (g)	91.85	57.73%						

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.