

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

Generated on: 9/27/2017 3:19:00 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/02/2017					
9-12 Breakfast	Total	20			
OR- BREAKFAST ON A STICK	1 EA	6	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	6	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	3	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	2	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	2	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			538	11.88	92.38
% of Calories					68.7%
Nutrient Guideline			450-600		

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/03/2017					
9-12 Breakfast	Total	20			
OR- FRENCH TOAST STICKS WG	4 EACH	6	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	6	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	2	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	3	108	2.08	22.91
OR- TOAST DRY	1 EACH	3	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	2	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			527	11.62	95.19
% of Calories					72.3%
Nutrient Guideline			450-600		

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

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Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/04/2017					
9-12 Breakfast	Total	20			
OR- PIZZA TONY'S, BREAKFAST	1 slice	7	210	2.00	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	2	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	2	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			511	11.12	89.78
% of Calories					70.2%
Nutrient Guideline			450-600		

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/05/2017					
9-12 Breakfast	Total	20			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	5	255	1.00	27.25
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	4	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	1	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	1	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			554	10.62	88.59
% of Calories					64.0%
Nutrient Guideline			450-600		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/06/2017					
9-12 Breakfast	Total	20			
OR- ROLL LONG JOHN	1 EACH	7	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	3	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	1	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			564	11.32	97.37
% of Calories					69.0%
Nutrient Guideline			450-600		

Mon - 10/09/2017					
9-12 Breakfast	Total	20			
OR- BREAKFAST ON A STICK	1 EA	6	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	6	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	3	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
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% of Calories					68.7%
Nutrient Guideline			450-600		

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Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/10/2017					
9-12 Breakfast	Total	20			
OR- FRENCH TOAST STICKS WG	4 EACH	6	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	6	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
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OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
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Weighted Daily Average			527	11.62	95.19
% of Calories					72.3%
Nutrient Guideline			450-600		

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/11/2017					
9-12 Breakfast	Total	20			
OR- PIZZA TONY'S, BREAKFAST	1 slice	7	210	2.00	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	2	240	3.00	30.0
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OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			511	11.12	89.78
% of Calories					70.2%
Nutrient Guideline			450-600		

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OR- SAND , EGG, HAM&CHEESE HB	1 EACH	5	255	1.00	27.25
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	4	387	2.00	24.0
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% of Calories					64.0%
Nutrient Guideline			450-600		

Mon - 10/16/2017					
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OR- ROLL LONG JOHN	1 EACH	7	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
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OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			511	11.12	89.78
% of Calories					70.2%
Nutrient Guideline			450-600		

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

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

Generated on: 9/27/2017 3:19:00 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/19/2017					
9-12 Breakfast	Total	20			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	5	255	1.00	27.25
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	4	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	1	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	1	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			554	10.62	88.59
% of Calories					64.0%
Nutrient Guideline			450-600		

Fri - 10/20/2017					
9-12 Breakfast	Total	20			
OR- ROLL LONG JOHN	1 EACH	7	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	3	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	1	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			564	11.32	97.37
% of Calories					69.0%
Nutrient Guideline			450-600		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

Generated on: 9/27/2017 3:19:00 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/23/2017					
9-12 Breakfast	Total	20			
OR- BREAKFAST ON A STICK	1 EA	6	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	6	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	3	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	2	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	2	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			538	11.88	92.38
% of Calories					68.7%
Nutrient Guideline			450-600		

Tue - 10/24/2017					
9-12 Breakfast	Total	20			
OR- FRENCH TOAST STICKS WG	4 EACH	6	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	6	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	2	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	3	108	2.08	22.91
OR- TOAST DRY	1 EACH	3	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	2	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			527	11.62	95.19
% of Calories					72.3%
Nutrient Guideline			450-600		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

Generated on: 9/27/2017 3:19:00 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/25/2017					
9-12 Breakfast	Total	20			
OR- PIZZA TONY'S, BREAKFAST	1 slice	7	210	2.00	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	2	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	2	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			511	11.12	89.78
% of Calories					70.2%
Nutrient Guideline			450-600		

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/26/2017					
9-12 Breakfast	Total	20			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	5	255	1.00	27.25
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	4	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	1	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	1	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			554	10.62	88.59
% of Calories					64.0%
Nutrient Guideline			450-600		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

Generated on: 9/27/2017 3:19:01 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/27/2017					
9-12 Breakfast	Total	20			
OR- ROLL LONG JOHN	1 EACH	7	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	3	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	1	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			564	11.32	97.37
% of Calories					69.0%
Nutrient Guideline			450-600		

Mon - 10/30/2017					
9-12 Breakfast	Total	20			
OR- BREAKFAST ON A STICK	1 EA	6	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	6	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	3	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	2	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	2	108	2.08	22.91
OR- TOAST DRY	1 EACH	2	70	2.00	14.0
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OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			538	11.88	92.38
% of Calories					68.7%
Nutrient Guideline			450-600		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

9-12 Breakfast

Generated on: 9/27/2017 3:19:01 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/31/2017					
9-12 Breakfast	Total	20			
OR- FRENCH TOAST STICKS WG	4 EACH	6	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	6	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	2	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	2	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	2	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	3	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	3	108	2.08	22.91
OR- TOAST DRY	1 EACH	3	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	2	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	5	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	6	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	5	185	0.00	45.05
OR- BANANAS, FRESH WHOLE	1 EACH	5	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	2	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	18	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	2	20	0.00	5.0
OR- SALSA COMM	2 TBSP	3	5	0.00	1.0
Weighted Daily Average			527	11.62	95.19
% of Calories					72.3%
Nutrient Guideline			450-600		

Weighted Average			538	11.33	92.78
					69.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	538		450 - 600	100%				
Fiber (g)	11.33							
Carbohydrate (g)	92.78	68.97%						

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