

# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

6-8 Breakfast

Generated on: 9/27/2017 3:13:29 PM

|                               | Portion Size | Reimb Qty | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Mon - 10/02/2017              |              |           |             |           |          |
| 6-8 Breakfast                 | Total        | 100       |             |           |          |
| OR- BAR STRAW CRUNCH          | 1 EACH       | 39        | 250         | 2.00      | 41.0     |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH       | 6         | 160         | 3.00      | 33.0     |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS     | 43        | 108         | 2.08      | 22.91    |
| OR- TOAST MARG                | 1 EACH       | 56        | 71          | 2.00      | 14.0     |
| OR- PARFAIT VANILLA BREAK     | 1 parfait    | 10        | 185         | 1.50      | 35.98    |
| OR- PEARS, CND COMM - 1c      | 1 CUP        | 63        | 195         | 0.00      | 48.83    |
| OR- ORANGES, SECTIONS- HS     | 1 CUP        | 56        | 181         | 19.83     | 36.49    |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH       | 23        | 60          | 0.00      | 14.0     |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH       | 26        | 50          | 0.00      | 13.0     |
| OR- MILK 1% DARIGOLD          | HALF PINT    | 56        | 110         | 0.00      | 13.0     |
| OR- MILK SKIM DARIGOLD        | HALF PINT    | 11        | 90          | 0.00      | 13.0     |
| Weighted Daily Average        |              |           | 535         | 14.23     | 105.76   |
| % of Calories                 |              |           |             |           | 79.1%    |
| Nutrient Guideline            |              |           | 400-550     |           |          |

|                               |           |     |         |      |       |
|-------------------------------|-----------|-----|---------|------|-------|
| Tue - 10/03/2017              |           |     |         |      |       |
| 6-8 Breakfast                 | Total     | 100 |         |      |       |
| OR- BREAKFAST ON A STICK      | 1 EA      | 41  | 172     | 3.03 | 18.17 |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 6   | 160     | 3.00 | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 44  | 108     | 2.08 | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 44  | 71      | 2.00 | 14.0  |
| OR- MANDARIAN ORANGES- 1/2c   | 1/2 CUP   | 67  | 70      | 1.00 | 17.0  |
| OR- Apples 163 ct             | Apple     | 56  | 77      | 3.58 | 20.58 |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 14  | 60      | 0.00 | 14.0  |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 24  | 50      | 0.00 | 13.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00 | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00 | 13.0  |
| Weighted Daily Average        |           |     | 341     | 5.89 | 62.37 |
| % of Calories                 |           |     |         |      | 73.2% |
| Nutrient Guideline            |           |     | 400-550 |      |       |

|                               |           |     |         |       |       |
|-------------------------------|-----------|-----|---------|-------|-------|
| Wed - 10/04/2017              |           |     |         |       |       |
| 6-8 Breakfast                 | Total     | 100 |         |       |       |
| OR- BAR BERRY APPLE CRISP     | 1 EACH    | 40  | 250     | 3.00  | 41.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 5   | 160     | 3.00  | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 35  | 108     | 2.08  | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 59  | 71      | 2.00  | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 15  | 185     | 1.50  | 35.98 |
| OR- PEACHES, CND COMM - 1c    | 1 CUP     | 61  | 120     | 2.00  | 28.0  |
| OR- ORANGES, SECTIONS- HS     | 1 CUP     | 56  | 181     | 19.83 | 36.49 |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 28  | 50      | 0.00  | 13.0  |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 16  | 60      | 0.00  | 14.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00  | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00  | 13.0  |
| Weighted Daily Average        |           |     | 485     | 15.81 | 91.83 |
| % of Calories                 |           |     |         |       | 75.7% |
| Nutrient Guideline            |           |     | 400-550 |       |       |

\*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

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

6-8 Breakfast

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Thu - 10/05/2017              |              |           |             |           |          |
| 6-8 Breakfast                 | Total        | 100       |             |           |          |
| OR- PANCAKES MINI STRWB       | 1 EACH       | 44        | 230         | 3.00      | 40.0     |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH       | 16        | 160         | 3.00      | 33.0     |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS     | 26        | 108         | 2.08      | 22.91    |
| OR- TOAST MARG                | 1 EACH       | 61        | 71          | 2.00      | 14.0     |
| OR- PARFAIT VANILLA BREAK     | 1 parfait    | 12        | 185         | 1.50      | 35.98    |
| OR- PEARS, CND COMM - 1c      | 1 CUP        | 59        | 195         | 0.00      | 48.83    |
| OR- Apples 163 ct             | Apple        | 56        | 77          | 3.58      | 20.58    |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH       | 19        | 60          | 0.00      | 14.0     |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH       | 22        | 50          | 0.00      | 13.0     |
| OR- MILK 1% DARIGOLD          | HALF PINT    | 56        | 110         | 0.00      | 13.0     |
| OR- MILK SKIM DARIGOLD        | HALF PINT    | 11        | 90          | 0.00      | 13.0     |
| Weighted Daily Average        |              |           | 473         | 5.74      | 96.25    |
| % of Calories                 |              |           |             |           | 81.4%    |
| Nutrient Guideline            |              |           | 400-550     |           |          |

|                               |           |     |         |       |       |
|-------------------------------|-----------|-----|---------|-------|-------|
| Fri - 10/06/2017              |           |     |         |       |       |
| 6-8 Breakfast                 | Total     | 100 |         |       |       |
| OR- CINNAMON BREAKFAST ROUND  | 1 EACH    | 39  | 270     | 6.00  | 44.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 11  | 160     | 3.00  | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 36  | 108     | 2.08  | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 61  | 71      | 2.00  | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 12  | 185     | 1.50  | 35.98 |
| OR- APPLESAUCE, USDA 1cup     | 1 cup     | 62  | 95      | 1.86  | 26.02 |
| OR- ORANGES, SECTIONS- HS     | 1 CUP     | 56  | 181     | 19.83 | 36.49 |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 17  | 50      | 0.00  | 13.0  |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 22  | 60      | 0.00  | 14.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 26  | 110     | 0.00  | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00  | 13.0  |
| Weighted Daily Average        |           |     | 448     | 17.08 | 88.56 |
| % of Calories                 |           |     |         |       | 79.1% |
| Nutrient Guideline            |           |     | 400-550 |       |       |

|                               |           |     |     |       |       |
|-------------------------------|-----------|-----|-----|-------|-------|
| Mon - 10/09/2017              |           |     |     |       |       |
| 6-8 Breakfast                 | Total     | 100 |     |       |       |
| OR- MUFFIN BLUEBERRY LOAF     | 1 EACH    | 39  | 196 | 2.10  | 35.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 6   | 160 | 3.00  | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 43  | 108 | 2.08  | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 56  | 71  | 2.00  | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 10  | 185 | 1.50  | 35.98 |
| OR- PEARS, CND COMM - 1c      | 1 CUP     | 63  | 195 | 0.00  | 48.83 |
| OR- ORANGES, SECTIONS- HS     | 1 CUP     | 56  | 181 | 19.83 | 36.49 |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 23  | 60  | 0.00  | 14.0  |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 26  | 50  | 0.00  | 13.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110 | 0.00  | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 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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# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Fiber (g) | Carb (g) |
|------------------------|--------------|-----------|-------------|-----------|----------|
| Weighted Daily Average |              |           | 514         | 14.27     | 103.42   |
| % of Calories          |              |           |             |           | 80.5%    |
| Nutrient Guideline     |              |           | 400-550     |           |          |

| Tue - 10/10/2017              |           |     |         |      |       |
|-------------------------------|-----------|-----|---------|------|-------|
| 6-8 Breakfast                 | Total     | 100 |         |      |       |
| OR- SAND , SAUSAGE&CHEESE HB  | 1 EACH    | 39  | 387     | 2.00 | 24.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 6   | 160     | 3.00 | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 44  | 108     | 2.08 | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 44  | 71      | 2.00 | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 11  | 185     | 1.50 | 35.98 |
| OR- MANDARIAN ORANGES- 1/2c   | 1/2 CUP   | 67  | 70      | 1.00 | 17.0  |
| OR- Apples 163 ct             | Apple     | 56  | 77      | 3.58 | 20.58 |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 14  | 60      | 0.00 | 14.0  |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 24  | 50      | 0.00 | 13.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00 | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00 | 13.0  |
| Weighted Daily Average        |           |     | 442     | 5.59 | 68.24 |
| % of Calories                 |           |     |         |      | 61.7% |
| Nutrient Guideline            |           |     | 400-550 |      |       |

| Wed - 10/11/2017              |           |     |         |       |       |
|-------------------------------|-----------|-----|---------|-------|-------|
| 6-8 Breakfast                 | Total     | 100 |         |       |       |
| OR- ROLL, CINN, 2.6 WG        | 1 EACH    | 40  | 245     | 3.00  | 50.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 5   | 160     | 3.00  | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 35  | 108     | 2.08  | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 59  | 71      | 2.00  | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 15  | 185     | 1.50  | 35.98 |
| OR- PEACHES, CND COMM - 1c    | 1 CUP     | 61  | 120     | 2.00  | 28.0  |
| OR- ORANGES, SECTIONS- HS     | 1 CUP     | 56  | 181     | 19.83 | 36.49 |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 28  | 50      | 0.00  | 13.0  |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 16  | 60      | 0.00  | 14.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00  | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00  | 13.0  |
| Weighted Daily Average        |           |     | 483     | 15.81 | 95.43 |
| % of Calories                 |           |     |         |       | 79.0% |
| Nutrient Guideline            |           |     | 400-550 |       |       |

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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

Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

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|                                | Portion Size | Reimb Qty | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|
| Thu - 10/12/2017               |              |           |             |           |          |
| 6-8 Breakfast                  | Total        | 100       |             |           |          |
| OR- WAFFLES MINI MAPLE MADNESS | 1 EACH       | 44        | 166         | 2.24      | 30.03    |
| OR- OATMEAL, PKT MPL/BRNSGR    | 1 EACH       | 16        | 160         | 3.00      | 33.0     |
| OR- CEREAL: BWL ASST OTSD      | SERVINGS     | 26        | 108         | 2.08      | 22.91    |
| OR- TOAST MARG                 | 1 EACH       | 61        | 71          | 2.00      | 14.0     |
| OR- PARFAIT VANILLA BREAK      | 1 parfait    | 12        | 185         | 1.50      | 35.98    |
| OR- PEARS, CND COMM - 1c       | 1 CUP        | 59        | 195         | 0.00      | 48.83    |
| OR- Apples 163 ct              | Apple        | 56        | 77          | 3.58      | 20.58    |
| OR- JUICE, ORANGE 100% SUNCUP  | 1 EACH       | 19        | 60          | 0.00      | 14.0     |
| OR- JUICE, APPLE 100% SUNCUP   | 1 EACH       | 22        | 50          | 0.00      | 13.0     |
| OR- MILK 1% DARIGOLD           | HALF PINT    | 56        | 110         | 0.00      | 13.0     |
| OR- MILK SKIM DARIGOLD         | HALF PINT    | 11        | 90          | 0.00      | 13.0     |
| Weighted Daily Average         |              |           | 445         | 5.41      | 91.87    |
| % of Calories                  |              |           |             |           | 82.6%    |
| Nutrient Guideline             |              |           | 400-550     |           |          |

|                               |           |     |         |       |        |
|-------------------------------|-----------|-----|---------|-------|--------|
| Mon - 10/16/2017              |           |     |         |       |        |
| 6-8 Breakfast                 | Total     | 100 |         |       |        |
| OR- BAR STRAW CRUNCH          | 1 EACH    | 39  | 250     | 2.00  | 41.0   |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 6   | 160     | 3.00  | 33.0   |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 43  | 108     | 2.08  | 22.91  |
| OR- TOAST MARG                | 1 EACH    | 56  | 71      | 2.00  | 14.0   |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 10  | 185     | 1.50  | 35.98  |
| OR- PEARS, CND COMM - 1c      | 1 CUP     | 63  | 195     | 0.00  | 48.83  |
| OR- ORANGES, SECTIONS- HS     | 1 CUP     | 56  | 181     | 19.83 | 36.49  |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 23  | 60      | 0.00  | 14.0   |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 26  | 50      | 0.00  | 13.0   |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00  | 13.0   |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00  | 13.0   |
| Weighted Daily Average        |           |     | 535     | 14.23 | 105.76 |
| % of Calories                 |           |     |         |       | 79.1%  |
| Nutrient Guideline            |           |     | 400-550 |       |        |

|                               |           |     |         |      |       |
|-------------------------------|-----------|-----|---------|------|-------|
| Tue - 10/17/2017              |           |     |         |      |       |
| 6-8 Breakfast                 | Total     | 100 |         |      |       |
| OR- BREAKFAST ON A STICK      | 1 EA      | 42  | 172     | 3.03 | 18.17 |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 6   | 160     | 3.00 | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 44  | 108     | 2.08 | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 44  | 71      | 2.00 | 14.0  |
| OR- MANDARIAN ORANGES- 1/2c   | 1/2 CUP   | 67  | 70      | 1.00 | 17.0  |
| OR- Apples 163 ct             | Apple     | 56  | 77      | 3.58 | 20.58 |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 14  | 60      | 0.00 | 14.0  |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 24  | 50      | 0.00 | 13.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00 | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00 | 13.0  |
| Weighted Daily Average        |           |     | 343     | 5.92 | 62.55 |
| % of Calories                 |           |     |         |      | 73.0% |
| Nutrient Guideline            |           |     | 400-550 |      |       |

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

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6-8 Breakfast

Portion Values - Detailed

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Wed - 10/18/2017              |              |           |             |           |          |
| 6-8 Breakfast                 | Total        | 100       |             |           |          |
| OR- BAR BERRY APPLE CRISP     | 1 EACH       | 40        | 250         | 3.00      | 41.0     |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH       | 5         | 160         | 3.00      | 33.0     |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS     | 35        | 108         | 2.08      | 22.91    |
| OR- TOAST MARG                | 1 EACH       | 59        | 71          | 2.00      | 14.0     |
| OR- PARFAIT VANILLA BREAK     | 1 parfait    | 15        | 185         | 1.50      | 35.98    |
| OR- PEACHES, CND COMM - 1c    | 1 CUP        | 61        | 120         | 2.00      | 28.0     |
| OR- ORANGES, SECTIONS- HS     | 1 CUP        | 56        | 181         | 19.83     | 36.49    |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH       | 28        | 50          | 0.00      | 13.0     |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH       | 16        | 60          | 0.00      | 14.0     |
| OR- MILK 1% DARIGOLD          | HALF PINT    | 56        | 110         | 0.00      | 13.0     |
| OR- MILK SKIM DARIGOLD        | HALF PINT    | 11        | 90          | 0.00      | 13.0     |
| Weighted Daily Average        |              |           | 485         | 15.81     | 91.83    |
| % of Calories                 |              |           |             |           | 75.7%    |
| Nutrient Guideline            |              |           | 400-550     |           |          |

|                               |           |     |         |      |       |
|-------------------------------|-----------|-----|---------|------|-------|
| Thu - 10/19/2017              |           |     |         |      |       |
| 6-8 Breakfast                 | Total     | 100 |         |      |       |
| OR- PANCAKES MINI STRWB       | 1 EACH    | 46  | 230     | 3.00 | 40.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 16  | 160     | 3.00 | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 26  | 108     | 2.08 | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 61  | 71      | 2.00 | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 12  | 185     | 1.50 | 35.98 |
| OR- PEARS, CND COMM - 1c      | 1 CUP     | 59  | 195     | 0.00 | 48.83 |
| OR- Apples 163 ct             | Apple     | 56  | 77      | 3.58 | 20.58 |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 19  | 60      | 0.00 | 14.0  |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 22  | 50      | 0.00 | 13.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00 | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00 | 13.0  |
| Weighted Daily Average        |           |     | 478     | 5.80 | 97.05 |
| % of Calories                 |           |     |         |      | 81.3% |
| Nutrient Guideline            |           |     | 400-550 |      |       |

|                               |           |     |     |       |       |
|-------------------------------|-----------|-----|-----|-------|-------|
| Fri - 10/20/2017              |           |     |     |       |       |
| 6-8 Breakfast                 | Total     | 100 |     |       |       |
| OR- CINNAMON BREAKFAST ROUND  | 1 EACH    | 39  | 270 | 6.00  | 44.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 11  | 160 | 3.00  | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 36  | 108 | 2.08  | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 61  | 71  | 2.00  | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 12  | 185 | 1.50  | 35.98 |
| OR- APPLESAUCE, USDA 1cup     | 1 cup     | 62  | 95  | 1.86  | 26.02 |
| OR- ORANGES, SECTIONS- HS     | 1 CUP     | 56  | 181 | 19.83 | 36.49 |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 17  | 50  | 0.00  | 13.0  |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 22  | 60  | 0.00  | 14.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 26  | 110 | 0.00  | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90  | 0.00  | 13.0  |

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

6-8 Breakfast

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Fiber (g) | Carb (g) |
|------------------------|--------------|-----------|-------------|-----------|----------|
| Weighted Daily Average |              |           | 448         | 17.08     | 88.56    |
| % of Calories          |              |           |             |           | 79.1%    |
| Nutrient Guideline     |              |           | 400-550     |           |          |

| Mon - 10/23/2017              |           |     |         |       |        |
|-------------------------------|-----------|-----|---------|-------|--------|
| 6-8 Breakfast                 | Total     | 100 |         |       |        |
| OR- MUFFIN BLUEBERRY LOAF     | 1 EACH    | 39  | 196     | 2.10  | 35.0   |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 6   | 160     | 3.00  | 33.0   |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 43  | 108     | 2.08  | 22.91  |
| OR- TOAST MARG                | 1 EACH    | 56  | 71      | 2.00  | 14.0   |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 10  | 185     | 1.50  | 35.98  |
| OR- PEARS, CND COMM - 1c      | 1 CUP     | 63  | 195     | 0.00  | 48.83  |
| OR- ORANGES, SECTIONS- HS     | 1 CUP     | 56  | 181     | 19.83 | 36.49  |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 23  | 60      | 0.00  | 14.0   |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 26  | 50      | 0.00  | 13.0   |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00  | 13.0   |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00  | 13.0   |
| Weighted Daily Average        |           |     | 514     | 14.27 | 103.42 |
| % of Calories                 |           |     |         |       | 80.5%  |
| Nutrient Guideline            |           |     | 400-550 |       |        |

| Tue - 10/24/2017              |           |     |         |      |       |
|-------------------------------|-----------|-----|---------|------|-------|
| 6-8 Breakfast                 | Total     | 100 |         |      |       |
| OR- SAND , SAUSAGE&CHEESE HB  | 1 EACH    | 39  | 387     | 2.00 | 24.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 6   | 160     | 3.00 | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 44  | 108     | 2.08 | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 44  | 71      | 2.00 | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 11  | 185     | 1.50 | 35.98 |
| OR- MANDARIAN ORANGES- 1/2c   | 1/2 CUP   | 67  | 70      | 1.00 | 17.0  |
| OR- Apples 163 ct             | Apple     | 56  | 77      | 3.58 | 20.58 |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 14  | 60      | 0.00 | 14.0  |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 24  | 50      | 0.00 | 13.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00 | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00 | 13.0  |
| Weighted Daily Average        |           |     | 442     | 5.59 | 68.24 |
| % of Calories                 |           |     |         |      | 61.7% |
| Nutrient Guideline            |           |     | 400-550 |      |       |

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# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Wed - 10/25/2017              |              |           |             |           |          |
| 6-8 Breakfast                 | Total        | 100       |             |           |          |
| OR- ROLL, CINN, 2.6 WG        | 1 EACH       | 40        | 245         | 3.00      | 50.0     |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH       | 5         | 160         | 3.00      | 33.0     |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS     | 35        | 108         | 2.08      | 22.91    |
| OR- TOAST MARG                | 1 EACH       | 59        | 71          | 2.00      | 14.0     |
| OR- PARFAIT VANILLA BREAK     | 1 parfait    | 15        | 185         | 1.50      | 35.98    |
| OR- PEACHES, CND COMM - 1c    | 1 CUP        | 61        | 120         | 2.00      | 28.0     |
| OR- ORANGES, SECTIONS- HS     | 1 CUP        | 56        | 181         | 19.83     | 36.49    |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH       | 28        | 50          | 0.00      | 13.0     |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH       | 16        | 60          | 0.00      | 14.0     |
| OR- MILK 1% DARIGOLD          | HALF PINT    | 56        | 110         | 0.00      | 13.0     |
| OR- MILK SKIM DARIGOLD        | HALF PINT    | 11        | 90          | 0.00      | 13.0     |
| Weighted Daily Average        |              |           | 483         | 15.81     | 95.43    |
| % of Calories                 |              |           |             |           | 79.0%    |
| Nutrient Guideline            |              |           | 400-550     |           |          |

|                                |           |     |         |      |       |
|--------------------------------|-----------|-----|---------|------|-------|
| Thu - 10/26/2017               |           |     |         |      |       |
| 6-8 Breakfast                  | Total     | 100 |         |      |       |
| OR- WAFFLES MINI MAPLE MADNESS | 1 EACH    | 44  | 166     | 2.24 | 30.03 |
| OR- OATMEAL, PKT MPL/BRNSGR    | 1 EACH    | 16  | 160     | 3.00 | 33.0  |
| OR- CEREAL: BWL ASST OTSD      | SERVINGS  | 26  | 108     | 2.08 | 22.91 |
| OR- TOAST MARG                 | 1 EACH    | 61  | 71      | 2.00 | 14.0  |
| OR- PARFAIT VANILLA BREAK      | 1 parfait | 12  | 185     | 1.50 | 35.98 |
| OR- PEARS, CND COMM - 1c       | 1 CUP     | 59  | 195     | 0.00 | 48.83 |
| OR- Apples 163 ct              | Apple     | 56  | 77      | 3.58 | 20.58 |
| OR- JUICE, ORANGE 100% SUNCUP  | 1 EACH    | 19  | 60      | 0.00 | 14.0  |
| OR- JUICE, APPLE 100% SUNCUP   | 1 EACH    | 22  | 50      | 0.00 | 13.0  |
| OR- MILK 1% DARIGOLD           | HALF PINT | 56  | 110     | 0.00 | 13.0  |
| OR- MILK SKIM DARIGOLD         | HALF PINT | 11  | 90      | 0.00 | 13.0  |
| Weighted Daily Average         |           |     | 445     | 5.41 | 91.87 |
| % of Calories                  |           |     |         |      | 82.6% |
| Nutrient Guideline             |           |     | 400-550 |      |       |

|                               |           |     |         |      |       |
|-------------------------------|-----------|-----|---------|------|-------|
| Fri - 10/27/2017              |           |     |         |      |       |
| 6-8 Breakfast                 | Total     | 100 |         |      |       |
| OR- BAGEL MINI STRAWBERRY     | 1 EA      | 39  | 230     | 2.00 | 41.0  |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 11  | 160     | 3.00 | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 36  | 108     | 2.08 | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 61  | 71      | 2.00 | 14.0  |
| OR- PARFAIT VANILLA BREAK     | 1 parfait | 12  | 185     | 1.50 | 35.98 |
| OR- APPLESAUCE, USDA 1/2 cup  | 1/2 CUP   | 62  | 51      | 1.00 | 14.0  |
| OR- ORANGES, SECTIONS         | 1/2 CUP   | 56  | 91      | 9.92 | 18.24 |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 17  | 50      | 0.00 | 13.0  |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 22  | 60      | 0.00 | 14.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 26  | 110     | 0.00 | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00 | 13.0  |
| Weighted Daily Average        |           |     | 354     | 9.43 | 69.72 |
| % of Calories                 |           |     |         |      | 78.7% |
| Nutrient Guideline            |           |     | 400-550 |      |       |

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# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Mon - 10/30/2017              |              |           |             |           |          |
| 6-8 Breakfast                 | Total        | 100       |             |           |          |
| OR- BAR STRAW CRUNCH          | 1 EACH       | 39        | 250         | 2.00      | 41.0     |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH       | 6         | 160         | 3.00      | 33.0     |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS     | 43        | 108         | 2.08      | 22.91    |
| OR- TOAST MARG                | 1 EACH       | 56        | 71          | 2.00      | 14.0     |
| OR- PARFAIT VANILLA BREAK     | 1 parfait    | 10        | 185         | 1.50      | 35.98    |
| OR- PEARS, CND COMM - 1c      | 1 CUP        | 63        | 195         | 0.00      | 48.83    |
| OR- ORANGES, SECTIONS- HS     | 1 CUP        | 56        | 181         | 19.83     | 36.49    |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH       | 23        | 60          | 0.00      | 14.0     |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH       | 26        | 50          | 0.00      | 13.0     |
| OR- MILK 1% DARIGOLD          | HALF PINT    | 56        | 110         | 0.00      | 13.0     |
| OR- MILK SKIM DARIGOLD        | HALF PINT    | 11        | 90          | 0.00      | 13.0     |
| Weighted Daily Average        |              |           | 535         | 14.23     | 105.76   |
| % of Calories                 |              |           |             |           | 79.1%    |
| Nutrient Guideline            |              |           | 400-550     |           |          |

|                               |           |     |         |      |       |
|-------------------------------|-----------|-----|---------|------|-------|
| Tue - 10/31/2017              |           |     |         |      |       |
| 6-8 Breakfast                 | Total     | 100 |         |      |       |
| OR- BREAKFAST ON A STICK      | 1 EA      | 41  | 172     | 3.03 | 18.17 |
| OR- OATMEAL, PKT MPL/BRNSGR   | 1 EACH    | 6   | 160     | 3.00 | 33.0  |
| OR- CEREAL: BWL ASST OTSD     | SERVINGS  | 44  | 108     | 2.08 | 22.91 |
| OR- TOAST MARG                | 1 EACH    | 44  | 71      | 2.00 | 14.0  |
| OR- MANDARIAN ORANGES- 1/2c   | 1/2 CUP   | 67  | 70      | 1.00 | 17.0  |
| OR- Apples 163 ct             | Apple     | 56  | 77      | 3.58 | 20.58 |
| OR- JUICE, ORANGE 100% SUNCUP | 1 EACH    | 14  | 60      | 0.00 | 14.0  |
| OR- JUICE, APPLE 100% SUNCUP  | 1 EACH    | 24  | 50      | 0.00 | 13.0  |
| OR- MILK 1% DARIGOLD          | HALF PINT | 56  | 110     | 0.00 | 13.0  |
| OR- MILK SKIM DARIGOLD        | HALF PINT | 11  | 90      | 0.00 | 13.0  |
| Weighted Daily Average        |           |     | 341     | 5.89 | 62.37 |
| % of Calories                 |           |     |         |      | 73.2% |
| Nutrient Guideline            |           |     | 400-550 |      |       |

|                  |  |  |     |       |       |
|------------------|--|--|-----|-------|-------|
| Weighted Average |  |  | 456 | 10.92 | 87.92 |
|                  |  |  |     |       | 77.2% |

| Nutrient         | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories         | 456      |           | 400 - 550     | 100%        |           |           |         |                         |
| Fiber (g)        | 10.92    |           |               |             |           |           |         |                         |
| Carbohydrate (g) | 87.92    | 77.17%    |               |             |           |           |         |                         |

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