

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/02/2017					
6-8 Lunch	Total	100			
OR- HOT DOG,TKY WG BUN W/CHIP	1 EACH	10	330	2.90	31.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	14	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	4	301	3.01	25.02
OR- SAND, PB AND J - SMUCKERS	1 EA	3	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	1	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	16	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	23	20	1.64	4.62
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	7	23	2.81	4.77
OR- Apples 163 ct	Apple	45	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	57	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			587	7.14	81.37
% of Calories					55.5%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Oct 1, 2017 thru Oct 31, 2017

6-8 Lunch

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/03/2017					
6-8 Lunch	Total	100			
OR- BRKFST4LUNCH FRTOAST- ELEM	SERVING	13	440	2.00	29.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	14	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	5	256	2.00	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CUCUMBERS,SLICED - 1/2c	1/2 CUP	25	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	10	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	23	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	41	93	0.00	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			637	10.26	85.90
% of Calories					53.9%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 1, 2017 thru Oct 31, 2017

6-8 Lunch

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/04/2017					
6-8 Lunch	Total	100			
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	10	429	6.25	58.48
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	15	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	36	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	5	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	5	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	17	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	20	1.64	4.62
OR- PEARS, FRESH	1 EA	45	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	61	51	1.00	14.0
OR- BEANS,GREEN,CND - 1/2c	1/2 CUP	5	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			614	7.87	87.45
% of Calories					57.0%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 4

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/05/2017					
6-8 Lunch	Total	100			
OR- BURRITO BN/CH, EXTREMO	1 EACH	20	340	5.00	42.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	10	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	29	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	12	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- WRAP, HAM	WRAP	5	384	4.67	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	20	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	13	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	9	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	57	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			653	10.79	95.77
% of Calories					58.7%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 5

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/06/2017					
6-8 Lunch	Total	100			
OR- BREADSTICK CHZ STUFFED-2M	SERVING	14	315	1.45	34.02
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	38	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	4	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	16	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	22	20	1.64	4.62
OR- BEANS,GREEN,CND - 1/2c	1/2 CUP	7	23	2.81	4.77
OR- Apples 163 ct	Apple	44	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	40	49	0.82	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	90	130	1.00	17.0
Weighted Daily Average			700	7.50	94.95
% of Calories					54.2%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Oct 1, 2017 thru Oct 31, 2017

6-8 Lunch

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/09/2017					
6-8 Lunch	Total	100			
OR- RIB-BQ SANDWICH W/FRY	1 EACH	10	441	5.64	58.85
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	14	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	4	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	3	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	1	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	16	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	23	20	1.64	4.62
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	7	23	2.81	4.77
OR- Apples 163 ct	Apple	45	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	57	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			598	7.42	84.15
% of Calories					56.3%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 7

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/10/2017					
6-8 Lunch	Total	100			
OR- CHICKEN, STRIPS - 2M	3 EACH	13	263	3.03	16.19
OR- ROLL, DINNER WG	1 EACH	13	70	2.00	13.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	14	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SUB, HAM & CHEESE-2.0M	1 EACH	5	262	2.00	24.67
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	25	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	10	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	23	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	41	93	0.00	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			624	10.65	85.86
% of Calories					55.0%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 8

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/11/2017					
6-8 Lunch	Total	100			
OR- GRAVY TURKEY JENNIO	1/2 cup	10	208	1.60	18.84
OR- ROLL, DINNER WG	1 EACH	10	70	2.00	13.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	15	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	36	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	5	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	5	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	17	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	20	1.64	4.62
OR- PEARS, FRESH	1 EA	45	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	61	51	1.00	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	5	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			599	7.60	84.79
% of Calories					56.7%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 9

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/12/2017					
6-8 Lunch	Total	100			
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	20	290	5.00	35.28
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	10	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	29	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	12	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- WRAP, TURKEY	WRAP	5	371	4.67	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	20	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	13	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	9	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	57	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			642	10.79	94.49
% of Calories					58.9%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 10

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/16/2017					
6-8 Lunch	Total	100			
OR- CORN DOG CHICKEN WG SYSCO	1 EACH	10	243	5.06	30.37
OR- CHIPS, POTATO .5 OZ	.5 OZ	10	80	0.90	8.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	14	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	4	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	3	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	1	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	16	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	23	20	1.64	4.62
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	7	23	2.81	4.77
OR- Apples 163 ct	Apple	45	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	57	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			586	7.45	82.10
% of Calories					56.0%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 11

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/17/2017					
6-8 Lunch	Total	100			
OR- BRKFST4LUNCH BUN,EGG&CHS	1 EACH	13	540	7.21	60.43
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	14	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	5	256	2.00	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CUCUMBERS,SLICED - 1/2c	1/2 CUP	25	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	10	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	23	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	41	93	0.00	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			650	10.94	89.99
% of Calories					55.3%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 12

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/18/2017					
6-8 Lunch	Total	100			
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	10	451	8.51	62.96
OR- ROLL, DINNER WG	1 EACH	10	70	2.00	13.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	15	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	36	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	5	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	5	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	17	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	20	1.64	4.62
OR- PEARS, FRESH	1 EA	45	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	61	51	1.00	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	5	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			623	8.30	89.20
% of Calories					57.3%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 13

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/19/2017					
6-8 Lunch	Total	100			
OR- SALAD ENT SW TACO, ELEM	SALAD	20	381	3.77	29.61
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	10	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	29	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	12	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- WRAP, HAM	WRAP	5	384	4.67	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	20	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	13	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	9	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	57	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			661	10.55	93.29
% of Calories					56.5%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 14

Generated on: 9/27/2017 3:29:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/20/2017					
6-8 Lunch	Total	100			
OR- SAND HOT GRILL CHZ - 2.0M	1 EACH	14	290	4.00	32.0
OR- SOUP, TOMATO, COND	3/4 CUP	14	135	1.50	30.05
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	38	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	4	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	16	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	22	20	1.64	4.62
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	7	23	2.81	4.77
OR- Apples 163 ct	Apple	44	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	40	49	0.82	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	90	130	1.00	17.0
Weighted Daily Average			716	8.07	98.88
% of Calories					55.3%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 15

Generated on: 9/27/2017 3:29:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/23/2017					
6-8 Lunch	Total	100			
OR- SLOPPY JOE ON A ROLL	SERVINGS	10	287	4.19	33.07
OR- GOLDFISH	1 EACH	10	100	1.00	14.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	14	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	4	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	3	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	1	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	16	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	23	20	1.64	4.62
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	7	23	2.81	4.77
OR- Apples 163 ct	Apple	45	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	57	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			592	7.37	82.97
% of Calories					56.0%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 16

Generated on: 9/27/2017 3:29:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/24/2017					
6-8 Lunch	Total	100			
OR- BEEF NUGGET, TERIYAKI	4 EACH	13	163	1.02	6.11
OR- RICE BROWN COOKED NO SALT	1/2 CUP	13	95	0.89	19.81
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	14	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SUB, HAM & CHEESE-2.0M	1 EACH	5	262	2.00	24.67
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	25	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	10	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	23	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	41	93	0.00	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			614	10.25	85.43
% of Calories					55.6%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 17

Generated on: 9/27/2017 3:29:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/25/2017					
6-8 Lunch	Total	100			
OR- SAND HOT HAM&CH MELT-LUNCH	1 EACH	10	248	2.00	24.76
OR- CHIPS, POTATO .5 OZ	.5 OZ	10	80	0.90	8.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	15	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	36	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	5	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	5	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	17	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	20	1.64	4.62
OR- PEARS, FRESH	1 EA	45	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	61	51	1.00	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	5	23	2.81	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			604	7.53	84.88
% of Calories					56.3%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 18

Generated on: 9/27/2017 3:29:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/26/2017					
6-8 Lunch	Total	100			
OR- QUESADILLA, BEAN N CHEESE	1 EACH	20	260	4.24	26.55
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	10	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	29	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	12	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- WRAP, TURKEY	WRAP	5	371	4.67	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	20	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	13	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	9	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	57	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			636	10.64	92.74
% of Calories					58.3%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 19

Generated on: 9/27/2017 3:29:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/27/2017					
6-8 Lunch	Total	100			
OR- FISH STICK WG - ROLL/TOTS	serving	14	426	6.09	47.64
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	38	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	4	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	16	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	22	20	1.64	4.62
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	7	23	2.81	4.77
OR- Apples 163 ct	Apple	44	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	40	49	0.82	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	90	130	1.00	17.0
Weighted Daily Average			716	8.15	96.86
% of Calories					54.1%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 20

Generated on: 9/27/2017 3:29:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/30/2017					
6-8 Lunch	Total	100			
OR- HOT DOG,TKY WG BUN W/CHIP	1 EACH	10	330	2.90	31.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	14	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	14	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	10	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	4	301	3.01	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	3	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	1	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	16	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	23	20	1.64	4.62
OR- BEANS,GREEN,CND - 1/2c	1/2 CUP	7	23	2.81	4.77
OR- Apples 163 ct	Apple	45	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	57	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			587	7.14	81.37
% of Calories					55.5%
Nutrient Guideline			600-700		

\*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

<sup>1</sup> - 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.

# Oregon Trail SD

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 21

Generated on: 9/27/2017 3:29:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/31/2017					
6-8 Lunch	Total	100			
OR- BRKFST4LUNCH FRTOAST- ELEM	SERVING	13	440	2.00	29.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	11	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	33	424	3.99	42.99
OR- BURGER, CHX 70304-928	1 EACH	15	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	14	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	5	301	3.01	25.02
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	5	256	2.00	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	4	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	22	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	11	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	5	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	11	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	36	2	0.21	0.38
OR- CUCUMBERS,SLICED - 1/2c	1/2 CUP	25	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	10	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	23	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	41	93	0.00	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	9	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	5	60	0.00	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	68	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	9	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	2	90	0.00	13.0
Weighted Daily Average			637	10.26	85.90
% of Calories					53.9%
Nutrient Guideline			600-700		

Weighted Average			632	8.89	88.49
					56.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	632		600 - 700	100%				
Fiber (g)	8.89							
Carbohydrate (g)	88.49	55.99%						

\*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

<sup>1</sup> - 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.