

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2017 thru Oct 31, 2017

BIC Breakfast

Generated on: 9/27/2017 3:31:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/02/2017					
BIC Breakfast	Total	100			
OR- BAR STRAW CRUNCH	1 EACH	100	250	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			430	11.92	72.49
% of Calories					67.4%
Nutrient Guideline			350-500		

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/03/2017					
BIC Breakfast	Total	100			
OR- BREAKFAST ON A STICK	1 EA	100	172	3.03	18.17
OR- Apples 163 ct	Apple	100	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			339	6.60	51.99
% of Calories					61.4%
Nutrient Guideline			350-500		

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/04/2017					
BIC Breakfast	Total	100			
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	100	0.00	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	100	120	1.00	19.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	100	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	25	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	10	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			359	2.00	66.10
% of Calories					73.6%
Nutrient Guideline			350-500		

	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/05/2017					
BIC Breakfast	Total	100			
OR- PANCAKES MINI STRWB	1 EACH	100	230	3.00	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	100	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			417	3.00	77.66
% of Calories					74.5%
Nutrient Guideline			350-500		

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BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/06/2017					
BIC Breakfast	Total	100			
OR- CINNAMON BREAKFAST ROUND	1 EACH	100	270	6.00	44.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	25	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	10	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			449	15.92	75.34
% of Calories					67.2%
Nutrient Guideline			350-500		

Mon - 10/09/2017					
BIC Breakfast	Total	100			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	100	196	2.10	35.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			376	12.02	66.49
% of Calories					70.7%
Nutrient Guideline			350-500		

Tue - 10/10/2017					
BIC Breakfast	Total	100			
OR- BREAKFAST ON A STICK	1 EA	100	172	3.03	18.17
OR- Apples 163 ct	Apple	100	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			339	6.60	51.99
% of Calories					61.4%
Nutrient Guideline			350-500		

Wed - 10/11/2017					
BIC Breakfast	Total	100			
OR- BAR BERRY APPLE CRISP	1 EACH	100	250	3.00	41.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	100	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	25	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	10	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0

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Base Menu Spreadsheet

BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average			389	4.00	68.10
% of Calories					70.0%
Nutrient Guideline			350-500		

Thu - 10/12/2017					
BIC Breakfast	Total	100			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	100	166	2.24	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	100	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			354	2.24	67.69
% of Calories					76.6%
Nutrient Guideline			350-500		

Fri - 10/13/2017					
BIC Breakfast	Total	100			
OR- BAGEL MINI STRAWBERRY	1 EA	100	230	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	25	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	10	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			409	11.92	72.34
% of Calories					70.8%
Nutrient Guideline			350-500		

Mon - 10/16/2017					
BIC Breakfast	Total	100			
OR- BAR STRAW CRUNCH	1 EACH	100	250	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			430	11.92	72.49
% of Calories					67.4%
Nutrient Guideline			350-500		

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Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/17/2017					
BIC Breakfast	Total	100			
OR- BREAKFAST ON A STICK	1 EA	100	172	3.03	18.17
OR- Apples 163 ct	Apple	100	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			339	6.60	51.99
% of Calories					61.4%
Nutrient Guideline			350-500		

Wed - 10/18/2017					
BIC Breakfast	Total	100			
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	100	0.00	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	100	120	1.00	19.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	100	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	25	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	10	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			359	2.00	66.10
% of Calories					73.6%
Nutrient Guideline			350-500		

Thu - 10/19/2017					
BIC Breakfast	Total	100			
OR- PANCAKES MINI STRWB	1 EACH	100	230	3.00	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	100	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			417	3.00	77.66
% of Calories					74.5%
Nutrient Guideline			350-500		

Fri - 10/20/2017					
BIC Breakfast	Total	100			
OR- CINNAMON BREAKFAST ROUND	1 EACH	100	270	6.00	44.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	25	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	10	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			449	15.92	75.34
% of Calories					67.2%
Nutrient Guideline			350-500		

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Oct 1, 2017 thru Oct 31, 2017

BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/23/2017					
BIC Breakfast	Total	100			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	100	196	2.10	35.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			376	12.02	66.49
% of Calories					70.7%
Nutrient Guideline			350-500		

Tue - 10/24/2017					
BIC Breakfast	Total	100			
OR- BREAKFAST ON A STICK	1 EA	100	172	3.03	18.17
OR- Apples 163 ct	Apple	100	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			339	6.60	51.99
% of Calories					61.4%
Nutrient Guideline			350-500		

Wed - 10/25/2017					
BIC Breakfast	Total	100			
OR- BAR BERRY APPLE CRISP	1 EACH	100	250	3.00	41.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	100	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	25	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	10	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			389	4.00	68.10
% of Calories					70.0%
Nutrient Guideline			350-500		

Thu - 10/26/2017					
BIC Breakfast	Total	100			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	100	166	2.24	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	100	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0

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BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average			354	2.24	67.69
% of Calories					76.6%
Nutrient Guideline			350-500		

Fri - 10/27/2017					
BIC Breakfast	Total	100			
OR- BAGEL MINI STRAWBERRY	1 EA	100	230	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	25	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	10	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			409	11.92	72.34
% of Calories					70.8%
Nutrient Guideline			350-500		

Mon - 10/30/2017					
BIC Breakfast	Total	100			
OR- BAR STRAW CRUNCH	1 EACH	100	250	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	100	91	9.92	18.24
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			430	11.92	72.49
% of Calories					67.4%
Nutrient Guideline			350-500		

Tue - 10/31/2017					
BIC Breakfast	Total	100			
OR- BREAKFAST ON A STICK	1 EA	100	172	3.03	18.17
OR- Apples 163 ct	Apple	100	77	3.58	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	25	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	10	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	55	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	10	90	0.00	13.0
Weighted Daily Average			339	6.60	51.99
% of Calories					61.4%
Nutrient Guideline			350-500		

Weighted Average			386	7.77	66.59
					69.0%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Reimb	Cals	Fiber	Carb	Error Messages (if any)
				Size	Qty	(kcal)	(g)	(g)	
Calories	386		350 - 500						
Fiber (g)	7.77								
Carbohydrate (g)	66.59	69.03%							

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