

Oregon Trail SD

Sep 4, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/24/2017 2:36:23 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/04/2017			
K-5 Breakfast	Total		
OR- BAR STRAW CRUNCH	1 EACH	250	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		540	106.58
% of Calories			79.0%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/05/2017			
K-5 Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		358	65.97
% of Calories			73.7%
Nutrient Guideline		350-500	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/06/2017			
K-5 Breakfast	Total		
OR- BAR BERRY APPLE CRISP	1 EACH	250	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		485	91.83
% of Calories			75.7%
Nutrient Guideline		350-500	

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Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

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Generated on: 8/24/2017 2:36:23 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/07/2017			
K-5 Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		473	96.25
% of Calories			81.4%
Nutrient Guideline		350-500	

Fri - 09/08/2017			
K-5 Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		448	88.56
% of Calories			79.1%
Nutrient Guideline		350-500	

Mon - 09/11/2017			
K-5 Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0

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Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		514	103.42
% of Calories			80.5%
Nutrient Guideline		350-500	

Tue - 09/12/2017			
K-5 Breakfast	Total		
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- Apples 163 ct	Apple	77	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		439	67.91
% of Calories			61.9%
Nutrient Guideline		350-500	

Wed - 09/13/2017			
K-5 Breakfast	Total		
OR- ROLL, CINN, 2.6 WG	1 EACH	245	50.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		483	95.43
% of Calories			79.0%
Nutrient Guideline		350-500	

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Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/14/2017			
K-5 Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		449	92.59
% of Calories			82.5%
Nutrient Guideline		350-500	

Fri - 09/15/2017			
K-5 Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		436	88.11
% of Calories			80.8%
Nutrient Guideline		350-500	

Mon - 09/18/2017			
K-5 Breakfast	Total		
OR- BAR STRAW CRUNCH	1 EACH	250	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		540	106.58
% of Calories			79.0%
Nutrient Guideline		350-500	

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Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

Page 5

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/19/2017			
K-5 Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		358	65.97
% of Calories			73.7%
Nutrient Guideline		350-500	

Wed - 09/20/2017			
K-5 Breakfast	Total		
OR- BAR BERRY APPLE CRISP	1 EACH	250	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		485	91.83
% of Calories			75.7%
Nutrient Guideline		350-500	

Thu - 09/21/2017			
K-5 Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0

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Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		473	96.25
% of Calories			81.4%
Nutrient Guideline		350-500	

Fri - 09/22/2017			
K-5 Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		448	88.56
% of Calories			79.1%
Nutrient Guideline		350-500	

Mon - 09/25/2017			
K-5 Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
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Weighted Daily Average		514	103.42
% of Calories			80.5%
Nutrient Guideline		350-500	

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K-5 Breakfast

Portion Values - Detailed

Page 7

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/26/2017			
K-5 Breakfast	Total		
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	24.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- Apples 163 ct	Apple	77	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		439	67.91
% of Calories			61.9%
Nutrient Guideline		350-500	

Wed - 09/27/2017			
K-5 Breakfast	Total		
OR- ROLL, CINN, 2.6 WG	1 EACH	245	50.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		483	95.43
% of Calories			79.0%
Nutrient Guideline		350-500	

Thu - 09/28/2017			
K-5 Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	48.83
OR- Apples 163 ct	Apple	77	20.58
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		449	92.59
% of Calories			82.5%
Nutrient Guideline		350-500	

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K-5 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/29/2017			
K-5 Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
OR- OATMEAL, PKT MPL/BRNSGR	1 EACH	160	33.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	22.91
OR- TOAST MARG	1 EACH	71	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	95	26.02
OR- ORANGES, SECTIONS- HS	1 CUP	181	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		436	88.11
% of Calories			80.8%
Nutrient Guideline		350-500	

Weighted Average		463	89.67
			77.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	463		350 - 500	100%				
Carbohydrate (g)	89.67	77.54%						

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