

Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/05/2017			
K-5 Lunch	Total		
OR- HOT DOG,TKY WG BUN	1 EACH	250	23.0
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	256	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		652	92.98
% of Calories			57.0%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/06/2017			
K-5 Lunch	Total		
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	58.48
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- WATERMELON,RAW 1/2C	1/2 CUP	45	11.42
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS,GREEN,CND - 1/2c	1/2 CUP	23	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		624	94.61
% of Calories			60.7%
Nutrient Guideline		550-650	

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

1 - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 2

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/07/2017			
K-5 Lunch	Total		
OR- BURRITO BN/CH, EXTREMO	1 EACH	340	42.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		680	99.92
% of Calories			58.8%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/08/2017			
K-5 Lunch	Total		
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	34.02
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		620	90.38
% of Calories			58.3%
Nutrient Guideline		550-650	

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

1 - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 3

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/11/2017			
K-5 Lunch	Total		
OR- RIB-BQ SANDWICH W/FRY	1 EACH	441	58.85
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	16.25
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- JICAMA 1/2 CUP	1/2 CUP	29	6.8
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
Weighted Daily Average		647	93.84
% of Calories			58.0%
Nutrient Guideline		550-650	

Tue - 09/12/2017			
K-5 Lunch	Total		
OR- CHICKEN, STRIPS - 2M	3 EACH	263	16.19
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- SUB, HAM & CHEESE-2.0M	1 EACH	262	24.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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

1 - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 4

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		653	92.50
% of Calories			56.6%
Nutrient Guideline		550-650	

Wed - 09/13/2017			
K-5 Lunch	Total		
OR- GRAVY TURKEY JENNIO	1/2 cup	208	18.84
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- WATERMELON, RAW 1/2C	1/2 CUP	45	11.42
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		558	78.25
% of Calories			56.1%
Nutrient Guideline		550-650	

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

¹ - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 5

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/14/2017			
K-5 Lunch	Total		
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	35.28
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		668	98.69
% of Calories			59.1%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/15/2017			
K-5 Lunch	Total		
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	357	38.0
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24
Weighted Daily Average		625	90.93
% of Calories			58.2%
Nutrient Guideline		550-650	

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

1 - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 6

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/18/2017			
K-5 Lunch	Total		
OR- CORN DOG CHICKEN WG SYSCO	1 EACH	243	30.37
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	16.25
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- JICAMA 1/2 CUP	1/2 CUP	29	6.8
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
Weighted Daily Average		608	87.08
% of Calories			57.3%
Nutrient Guideline		550-650	

Tue - 09/19/2017			
K-5 Lunch	Total		
OR- BRKFST4LUNCH BUN, EGG&CHS	1 EACH	540	60.43
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- SUB, HAM & CHEESE-2.0M	1 EACH	262	24.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0

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

1 - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 7

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		695	98.75
% of Calories			56.9%
Nutrient Guideline		550-650	

Wed - 09/20/2017			
K-5 Lunch	Total		
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	451	62.96
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- WATERMELON, RAW 1/2C	1/2 CUP	45	11.42
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		629	94.61
% of Calories			60.1%
Nutrient Guideline		550-650	

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

¹ - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 8

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/21/2017			
K-5 Lunch	Total		
OR- SALAD ENT SW TACO, ELEM	SALAD	381	29.61
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		693	97.96
% of Calories			56.5%
Nutrient Guideline		550-650	

Fri - 09/22/2017			
K-5 Lunch	Total		
OR- SAND HOT GRILL CHZ - 2.0M	1 EACH	290	32.0
OR- SOUP, TOMATO, COND	3/4 CUP	135	30.05
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24

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

1 - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 9

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		635	94.30
% of Calories			59.4%
Nutrient Guideline		550-650	

Mon - 09/25/2017			
K-5 Lunch	Total		
OR- SLOPPY JOE ON A ROLL	SERVINGS	287	33.07
OR- GOLDFISH	1 EACH	100	14.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	16.25
OR- ROLL, DINNER WG	1 EACH	70	13.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- JICAMA 1/2 CUP	1/2 CUP	29	6.8
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
Weighted Daily Average		630	89.95
% of Calories			57.2%
Nutrient Guideline		550-650	

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

¹ - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 10

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/26/2017			
K-5 Lunch	Total		
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	6.11
OR- RICE BROWN COOKED NO SALT	1/2 CUP	95	19.81
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	256	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	93	22.52
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		638	91.97
% of Calories			57.7%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/27/2017			
K-5 Lunch	Total		
OR- SAND HOT HAM&CH MELT-LUNCH	1 EACH	248	24.76
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	8.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- WATERMELON, RAW 1/2C	1/2 CUP	45	11.42
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		577	81.97
% of Calories			56.8%
Nutrient Guideline		550-650	

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

1 - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 11

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/28/2017			
K-5 Lunch	Total		
OR- QUESADILLA, BEAN N CHEESE	1 EACH	260	26.55
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- ALTERNATIVE MEAL -ELEM BUN	1 EACH	270	26.0
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- CORN, CANNED 1/2c	1/2 CUP	140	31.95
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
Weighted Daily Average		668	97.46
% of Calories			58.4%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/29/2017			
K-5 Lunch	Total		
OR- FISH STICK WG - ROLL/TOTS	serving	426	47.64
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
OR- MILK, CHOC DARIGOLD	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	1.43
OR- CARROTS Stick - 1/2c	1/2 CUP	30	6.9
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	19.24

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

1 - 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

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

Page 12

Generated on: 8/24/2017 2:36:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		635	92.28
% of Calories			58.1%
Nutrient Guideline		550-650	

Weighted Average		639	92.55
			58.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	639		550 - 650	100%				
Carbohydrate (g)	92.55	57.96%						

**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*

1 - 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.