

# Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/24/2017 2:37:10 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/05/2017			
6-8 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- P,B &J WITH GRAHAM CRACKER	EA	527	46.48
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		348	62.94
% of Calories			72.3%
Nutrient Guideline		400-550	

Wed - 09/06/2017			
6-8 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		400-550	

Thu - 09/07/2017			
6-8 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- P,B &J WITH GRAHAM CRACKER	1 EA	527	46.48
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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Portion Values - Detailed

Page 2

Generated on: 8/24/2017 2:37:10 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		484	97.18
% of Calories			80.4%
Nutrient Guideline		400-550	

Fri - 09/08/2017			
6-8 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		400-550	

Mon - 09/11/2017			
6-8 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
Weighted Daily Average		514	103.42
% of Calories			80.5%
Nutrient Guideline		400-550	

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6-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 8/24/2017 2:37:10 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/12/2017			
6-8 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- 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		442	68.24
% of Calories			61.7%
Nutrient Guideline		400-550	

Wed - 09/13/2017			
6-8 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		400-550	

Thu - 09/14/2017			
6-8 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		445	91.87
% of Calories			82.6%
Nutrient Guideline		400-550	

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Portion Values - Detailed

Page 4

Generated on: 8/24/2017 2:37:10 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/15/2017			
6-8 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 1/2 cup	1/2 CUP	51	14.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
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		354	69.72
% of Calories			78.7%
Nutrient Guideline		400-550	

Mon - 09/18/2017			
6-8 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		535	105.76
% of Calories			79.1%
Nutrient Guideline		400-550	

Tue - 09/19/2017			
6-8 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- P,B & J WITH GRAHAM CRACKER	EA	527	46.48
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

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6-8 Breakfast

Portion Values - Detailed

Page 5

Generated on: 8/24/2017 2:37:10 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		348	62.94
% of Calories			72.3%
Nutrient Guideline		400-550	

Wed - 09/20/2017			
6-8 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		400-550	

Thu - 09/21/2017			
6-8 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- P,B & J WITH GRAHAM CRACKER	1 EA	527	46.48
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		484	97.18
% of Calories			80.4%
Nutrient Guideline		400-550	

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Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

Page 6

Generated on: 8/24/2017 2:37:10 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/22/2017			
6-8 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		400-550	

Mon - 09/25/2017			
6-8 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
Weighted Daily Average		514	103.42
% of Calories			80.5%
Nutrient Guideline		400-550	

Tue - 09/26/2017			
6-8 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- 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		442	68.24
% of Calories			61.7%
Nutrient Guideline		400-550	

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Page 7

Generated on: 8/24/2017 2:37:10 PM

	Portion Size	Cals (kcal)	Carb (g)
<b>Wed - 09/27/2017</b>			
6-8 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		400-550	

<b>Thu - 09/28/2017</b>			
6-8 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		445	91.87
% of Calories			82.6%
Nutrient Guideline		400-550	

<b>Fri - 09/29/2017</b>			
6-8 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 1/2 cup	1/2 CUP	51	14.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
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

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Page 8

Generated on: 8/24/2017 2:37:10 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		354	69.72 78.7%
Nutrient Guideline		400-550	

Weighted Average		450	86.53 77.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	450		400 - 550	100%				
Carbohydrate (g)	86.53	76.99%						

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