

Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/24/2017 2:37:59 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/05/2017			
6-8 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, CHSE 8 CUT	1/8TH	400	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	256	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		654	93.52
% of Calories			57.2%
Nutrient Guideline		600-700	

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

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 8/24/2017 2:37:59 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/06/2017			
6-8 Lunch	Total		
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	429	58.48
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		597	82.90
% of Calories			55.6%
Nutrient Guideline		600-700	

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Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 8/24/2017 2:38:00 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/07/2017			
6-8 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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		659	97.27
% of Calories			59.0%
Nutrient Guideline		600-700	

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Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 4

Generated on: 8/24/2017 2:38:00 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/08/2017			
6-8 Lunch	Total		
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	34.02
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	130	17.0
Weighted Daily Average		701	95.45
% of Calories			54.5%
Nutrient Guideline		600-700	

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6-8 Lunch

Portion Values - Detailed

Page 5

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/11/2017			
6-8 Lunch	Total		
OR- RIB-BQ SANDWICH W/FRY	1 EACH	441	58.85
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	27.18
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		599	84.82
% of Calories			56.6%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/12/2017			
6-8 Lunch	Total		
OR- CHICKEN, STRIPS - 2M	3 EACH	263	16.19
OR- ROLL, DINNER WG	1 EACH	70	13.0
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SUB, HAM & CHEESE-2.0M	1 EACH	262	24.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		655	93.22
% of Calories			56.9%
Nutrient Guideline		600-700	

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Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/13/2017			
6-8 Lunch	Total		
OR- GRAVY TURKEY JENNIO	1/2 cup	208	18.84
OR- ROLL, DINNER WG	1 EACH	70	13.0
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		582	80.24
% of Calories			55.2%
Nutrient Guideline		600-700	

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Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 8

Generated on: 8/24/2017 2:38:00 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/14/2017			
6-8 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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		649	95.99
% of Calories			59.2%
Nutrient Guideline		600-700	

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6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/15/2017			
6-8 Lunch	Total		
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	357	38.0
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	130	17.0
Weighted Daily Average		707	96.01
% of Calories			54.3%
Nutrient Guideline		600-700	

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6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/18/2017			
6-8 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, NUGGETS/ROLL-2155	5 EACH	252	27.18
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		587	82.77
% of Calories			56.4%
Nutrient Guideline		600-700	

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

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 11

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/19/2017			
6-8 Lunch	Total		
OR- BRKFST4LUNCH BUN,EGG&CHS	1 EACH	540	60.43
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SUB, HAM & CHEESE-2.0M	1 EACH	262	24.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		682	97.28
% of Calories			57.1%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 12

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/20/2017			
6-8 Lunch	Total		
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	451	62.96
OR- ROLL, DINNER WG	1 EACH	70	13.0
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		606	84.65
% of Calories			55.9%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 13

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/21/2017			
6-8 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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- WRAP, HAM	WRAP	384	37.69
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		668	94.79
% of Calories			56.8%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/22/2017			
6-8 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- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	130	17.0
Weighted Daily Average		717	99.38
% of Calories			55.5%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 15

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/25/2017			
6-8 Lunch	Total		
OR- SLOPPY JOE ON A ROLL	SERVINGS	287	33.07
OR- GOLDFISH	1 EACH	100	14.0
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	27.18
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		594	83.64
% of Calories			56.4%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/26/2017			
6-8 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, CHSE 8 CUT	1/8TH	400	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- SUB, TURKEY & CHEESE-2.0M	1 EACH	256	26.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		645	92.86
% of Calories			57.6%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 17

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/27/2017			
6-8 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- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	424	42.99
OR- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		586	80.33
% of Calories			54.8%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

Page 18

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/28/2017			
6-8 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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	25.02
OR- WRAP, TURKEY	WRAP	371	38.96
OR- PARFAIT VANILLA LUNCH	1 parfait	426	86.2
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- PEAS, GREEN FROZEN	1/2 CUP	74	13.48
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
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
Weighted Daily Average		643	94.24
% of Calories			58.6%
Nutrient Guideline		600-700	

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Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/29/2017			
6-8 Lunch	Total		
OR- FISH STICK WG - ROLL/TOTS	serving	426	47.64
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- BURGER, CHX 70304-928	1 EACH	380	38.0
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	39.0
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- 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- BEANS, GREEN,CND - 1/2c	1/2 CUP	23	4.77
OR- Apples 163 ct	Apple	77	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	49	12.31
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	14.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	13.0
OR- COOKIE, CHOC CHIP 1OZ OTIS	1 EACH	130	17.0
Weighted Daily Average		717	97.36
% of Calories			54.3%
Nutrient Guideline		600-700	

Weighted Average		645	90.88
			56.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	645		600 - 700	100%				
Carbohydrate (g)	90.88	56.40%						

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.