

Oregon Trail SD

Sep 5, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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Generated on: 8/24/2017 2:39:08 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/05/2017			
BIC Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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		339	51.99
% of Calories			61.4%
Nutrient Guideline		350-500	

Wed - 09/06/2017			
BIC Breakfast	Total		
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	20.0
OR- GRAHAMS,CRACKER GOLDFISH	1 EACH	120	19.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		359	66.10
% of Calories			73.6%
Nutrient Guideline		350-500	

Thu - 09/07/2017			
BIC Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		417	77.66
% of Calories			74.5%
Nutrient Guideline		350-500	

Fri - 09/08/2017			
BIC Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
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		449	75.34
% of Calories			67.2%
Nutrient Guideline		350-500	

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

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Generated on: 8/24/2017 2:39:08 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/11/2017			
BIC Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
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		376	66.49
% of Calories			70.7%
Nutrient Guideline		350-500	

Tue - 09/12/2017			
BIC Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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		339	51.99
% of Calories			61.4%
Nutrient Guideline		350-500	

Wed - 09/13/2017			
BIC Breakfast	Total		
OR- BAR BERRY APPLE CRISP	1 EACH	250	41.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		389	68.10
% of Calories			70.0%
Nutrient Guideline		350-500	

Thu - 09/14/2017			
BIC Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		354	67.69
% of Calories			76.6%
Nutrient Guideline		350-500	

Fri - 09/15/2017			
BIC Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
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		409	72.34
% of Calories			70.8%
Nutrient Guideline		350-500	

Mon - 09/18/2017			
BIC Breakfast	Total		
OR- BAR STRAW CRUNCH	1 EACH	250	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
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		430	72.49
% of Calories			67.4%
Nutrient Guideline		350-500	

Tue - 09/19/2017			
BIC Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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		339	51.99
% of Calories			61.4%
Nutrient Guideline		350-500	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/20/2017			
BIC Breakfast	Total		
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	20.0
OR- GRAHAMS,CRACKER GOLDFISH	1 EACH	120	19.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		359	66.10
% of Calories			73.6%
Nutrient Guideline		350-500	

Thu - 09/21/2017			
BIC Breakfast	Total		
OR- PANCAKES MINI STRWB	1 EACH	230	40.0
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		417	77.66
% of Calories			74.5%
Nutrient Guideline		350-500	

Fri - 09/22/2017			
BIC Breakfast	Total		
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	44.0
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		449	75.34
% of Calories			67.2%
Nutrient Guideline		350-500	

Mon - 09/25/2017			
BIC Breakfast	Total		
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	35.0
OR- ORANGES, SECTIONS	1/2 CUP	91	18.24
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		376	66.49
% of Calories			70.7%
Nutrient Guideline		350-500	

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Page 5

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/26/2017			
BIC Breakfast	Total		
OR- BREAKFAST ON A STICK	1 EA	172	18.17
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		339	51.99
% of Calories			61.4%
Nutrient Guideline		350-500	

Wed - 09/27/2017			
BIC Breakfast	Total		
OR- BAR BERRY APPLE CRISP	1 EACH	250	41.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	14.0
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		389	68.10
% of Calories			70.0%
Nutrient Guideline		350-500	

Thu - 09/28/2017			
BIC Breakfast	Total		
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	30.03
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	24.41
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		354	67.69
% of Calories			76.6%
Nutrient Guideline		350-500	

Fri - 09/29/2017			
BIC Breakfast	Total		
OR- BAGEL MINI STRAWBERRY	1 EA	230	41.0
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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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		409	72.34
% of Calories			70.8%
Nutrient Guideline		350-500	

Weighted Average		384	66.73 69.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	384		350 - 500	100%				
Carbohydrate (g)	66.73	69.58%						

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