

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/03/2018				
Cedar Ridge Lunch	Total			
OR- STIRFRY BEEF/BROCCOLI	SERVING	399	5.14	56.76
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		580	7.46	83.06
% of Calories				57.3%
Nutrient Guideline		600-700		

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.

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Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/04/2018				
Cedar Ridge Lunch	Total			
OR- WRAP, TACO MS	WRAP	376	6.77	44.54
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		609	9.79	88.28
% of Calories				58.0%
Nutrient Guideline		600-700		

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Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/05/2018				
Cedar Ridge Lunch	Total			
OR- CHILI FRITOS 2 GE	1 EACH	629	15.66	63.85
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		577	6.79	75.19
% of Calories				52.1%
Nutrient Guideline		600-700		

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/08/2018				
Cedar Ridge Lunch	Total			
OR- RIB-BQ SANDWICH - SEC CHIP	1 EACH	390	3.90	47.5
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J - SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		667	7.79	91.34
% of Calories				54.8%
Nutrient Guideline		600-700		

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/09/2018				
Cedar Ridge Lunch	Total			
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		594	10.59	83.60
% of Calories				56.3%
Nutrient Guideline		600-700		

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/10/2018				
Cedar Ridge Lunch	Total			
OR- STIR FRY ORNGE CHX NUG	SERVING	427	2.45	62.89
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		563	6.96	81.58
% of Calories				58.0%
Nutrient Guideline		600-700		

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/11/2018				
Cedar Ridge Lunch	Total			
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO, CHICKEN SOFT SHELL	1 EACH	163	2.00	16.41
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		596	9.70	86.91
% of Calories				58.3%
Nutrient Guideline		600-700		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/12/2018				
Cedar Ridge Lunch	Total			
OR- CHICKEN POTATO BOWL	SERVING	509	6.41	50.01
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		589	7.42	80.10
% of Calories				54.4%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/16/2018				
Cedar Ridge Lunch	Total			
OR- PASTA, MAC & CHEESE QUESO	1 CUP	464	6.14	44.36
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		617	10.90	85.75
% of Calories				55.6%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/17/2018				
Cedar Ridge Lunch	Total			
OR- TERIYAKI CHICK RICE BOWL	1 EA	438	4.48	72.63
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		607	7.66	87.63
% of Calories				57.8%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/18/2018				
Cedar Ridge Lunch	Total			
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		619	9.45	87.54
% of Calories				56.6%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/19/2018				
Cedar Ridge Lunch	Total			
BOWL TACO BEEF	1 EA	177	2.89	9.97
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		558	6.29	76.07
% of Calories				54.6%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/22/2018				
Cedar Ridge Lunch	Total			
OR- SUB MEATBALL WITH CHIPS	1 EA	410	4.37	45.13
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		669	7.84	91.08
% of Calories				54.5%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/23/2018				
Cedar Ridge Lunch	Total			
OR- PASTA, CHIX ALFRED EXTREME	1 ea	2144	57.82	400.42
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		823	17.26	129.16
% of Calories				62.8%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/24/2018				
Cedar Ridge Lunch	Total			
OR- STIR FRY SWT/SOUR CHX NUG	SERVING	375	2.45	50.55
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		578	7.16	82.38
% of Calories				57.0%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/25/2018				
Cedar Ridge Lunch	Total			
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- RICE, SPANISH	1/2 CUP	177	2.24	29.85
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		633	10.09	91.49
% of Calories				57.8%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/26/2018				
Cedar Ridge Lunch	Total			
OR- TURKEY GRAVY BOWL	1 EA	382	5.91	56.52
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		550	5.72	74.38
% of Calories				54.1%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/29/2018				
Cedar Ridge Lunch	Total			
OR- SLOPPY JOE ON A ROLL	SERVINGS	378	4.46	43.6
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	77	3.58	20.58
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		677	7.97	91.92
% of Calories				54.3%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/30/2018				
Cedar Ridge Lunch	Total			
OR- PASTA, MAC & CH EXTREME	1 CUP	411	5.78	48.08
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		600	10.53	83.55
% of Calories				55.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

Cedar Ridge Lunch

Generated on: 12/13/2017 11:49:14 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/31/2018				
Cedar Ridge Lunch	Total			
OR- STIRFRY BEEF/BROCCOLI	SERVING	399	5.14	56.76
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		580	7.46	83.06
% of Calories				57.3%
Nutrient Guideline		600-700		

Weighted Average		614	8.74	86.70
				56.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	614		600 - 700	100%				
Fiber (g)	8.74							
Carbohydrate (g)	86.70	56.46%						

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