

# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:03 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/03/2018				
9-12 Lunch	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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

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9-12 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		836	24.32	125.36
% of Calories				60.0%
Nutrient Guideline		750-850		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/04/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- HOTDOG, CHILI WG FOOTLONG	1 EACH	535	6.27	37.35
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
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, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPING	1 EA	12	0.92	2.68
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24

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Portion Values - Detailed

Page 4

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		857	21.91	124.26
% of Calories				58.0%
Nutrient Guideline		750-850		

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Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/05/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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9-12 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		848	25.40	126.96
% of Calories				59.9%
Nutrient Guideline		750-850		

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OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
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OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		840	25.26	126.12
% of Calories				60.1%
Nutrient Guideline		750-850		

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:04 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/09/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPAGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

\*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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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:04 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		845	22.03	127.16
% of Calories				60.2%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:04 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/10/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:04 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		838	24.38	125.77
% of Calories				60.0%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:04 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/11/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OVEN FRIED CHICKEN	SERVINGS	985	0.64	19.34
OR- POTATO MASHED: 10379	#8 scoop	87	1.35	17.16
OR- GRAVY CHICKEN MIX	2 oz ladle	28	0.00	4.25
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
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, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPING	1 EA	12	0.92	2.68
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:04 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		918	21.21	123.16
% of Calories				53.7%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:04 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/12/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:04 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		841	25.27	126.95
% of Calories				60.4%
Nutrient Guideline		750-850		

\*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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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/16/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

\*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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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		842	22.02	126.87
% of Calories				60.3%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/17/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		838	24.30	125.95
% of Calories				60.1%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/18/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- LASAGNA, BEEF - ADV	SERVINGS	304	3.06	32.55
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
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, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPINGS	1 EA	12	0.92	2.68
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		828	21.96	124.49
% of Calories				60.1%
Nutrient Guideline		750-850		

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

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/19/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

\*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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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 24

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		841	25.27	126.95
% of Calories				60.4%
Nutrient Guideline		750-850		

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

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 25

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/22/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 26

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		840	25.26	126.12
% of Calories				60.1%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/23/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 28

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		833	21.97	126.65
% of Calories				60.8%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 29

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/24/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 30

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		844	24.44	126.98
% of Calories				60.2%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 31

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/25/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- GRAVY TURKEY JENNIO	1/2 cup	208	1.60	18.84
OR- CARROTS, OVEN RSTD	1/2 CUP	55	2.18	8.57
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
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, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPINGS	1 EA	12	0.92	2.68
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35

\*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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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 32

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		819	21.67	123.10
% of Calories				60.1%
Nutrient Guideline		750-850		

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

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 33

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:05 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/26/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 34

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		841	25.27	126.95
% of Calories				60.4%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 35

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/29/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 36

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		840	25.26	126.12
% of Calories				60.1%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 37

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/30/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA,SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 38

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		831	21.89	126.42
% of Calories				60.9%
Nutrient Guideline		750-850		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 39

Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/31/2018				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- STIRFRY TERIYAKI BEEF	SERVING	326	1.01	25.73
OR- STIRFRY BEEF/BROCCOLI-MB	SERVING	337	1.01	26.63
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 GE	1 CUP	189	4.50	36.9
OR- BURGER, BEEF - COM	1 EACH	251	3.01	25.02
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
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- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	516	7.18	66.2
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	396	4.00	46.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2018 thru Jan 31, 2018

9-12 Lunch

Generated on: 12/13/2017 11:43:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD G&G ZESTY BEAN, SEC	SALAD	400	12.79	55.76
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PINEAPPLE TIDBITS CND-1c	1 CUP	112	1.87	28.09
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		836	24.32	125.36
% of Calories				60.0%
Nutrient Guideline		750-850		

Weighted Average		843	23.67	125.89
				59.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	843		750 - 850	100%				
Fiber (g)	23.67							
Carbohydrate (g)	125.89	59.75%						

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