

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 3, 2018 thru Jan 31, 2018

BIC Breakfast

Generated on: 12/13/2017 11:49:59 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/03/2018				
BIC Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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		409	7.00	71.10
% of Calories				69.5%
Nutrient Guideline		350-500		

Thu - 01/04/2018				
BIC Breakfast	Total			
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		407	2.00	74.66
% of Calories				73.4%
Nutrient Guideline		350-500		

Fri - 01/05/2018				
BIC Breakfast	Total			
OR- EGG, OMELET, CHEESE	1 EA	130	0.00	1.0
OR- BISCUIT, BUTTERMILK 1 OZ	1 EACH	100	1.00	13.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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		409	10.92	45.34
% of Calories				44.4%
Nutrient Guideline		350-500		

Mon - 01/08/2018				
BIC Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		430	11.92	72.49
% of Calories				67.4%
Nutrient Guideline		350-500		

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jan 3, 2018 thru Jan 31, 2018

BIC Breakfast

Generated on: 12/13/2017 11:49:59 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/09/2018				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
OR- Apples 163 ct	Apple	77	3.58	20.58
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		407	5.58	73.83
% of Calories				72.6%
Nutrient Guideline		350-500		

Wed - 01/10/2018				
BIC Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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		335	3.10	62.10
% of Calories				74.1%
Nutrient Guideline		350-500		

Thu - 01/11/2018				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		354	2.24	67.69
% of Calories				76.6%
Nutrient Guideline		350-500		

Fri - 01/12/2018				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Jan 3, 2018 thru Jan 31, 2018

BIC Breakfast

Generated on: 12/13/2017 11:49:59 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		350	12.94	49.51
% of Calories				56.5%
Nutrient Guideline		350-500		

Tue - 01/16/2018				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- Apples 163 ct	Apple	77	3.58	20.58
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		339	6.60	51.99
% of Calories				61.4%
Nutrient Guideline		350-500		

Wed - 01/17/2018				
BIC Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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		409	7.00	71.10
% of Calories				69.5%
Nutrient Guideline		350-500		

Thu - 01/18/2018				
BIC Breakfast	Total			
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		407	2.00	74.66
% of Calories				73.4%
Nutrient Guideline		350-500		

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Jan 3, 2018 thru Jan 31, 2018

BIC Breakfast

Generated on: 12/13/2017 11:49:59 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/19/2018				
BIC Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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		389	11.92	57.34
% of Calories				59.0%
Nutrient Guideline		350-500		

Mon - 01/22/2018				
BIC Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		430	11.92	72.49
% of Calories				67.4%
Nutrient Guideline		350-500		

Tue - 01/23/2018				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
OR- Apples 163 ct	Apple	77	3.58	20.58
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		407	5.58	73.83
% of Calories				72.6%
Nutrient Guideline		350-500		

Wed - 01/24/2018				
BIC Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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		335	3.10	62.10
% of Calories				74.1%
Nutrient Guideline		350-500		

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Jan 3, 2018 thru Jan 31, 2018

BIC Breakfast

Generated on: 12/13/2017 11:49:59 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/25/2018				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		354	2.24	67.69
% of Calories				76.6%
Nutrient Guideline		350-500		

Fri - 01/26/2018				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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		350	12.94	49.51
% of Calories				56.5%
Nutrient Guideline		350-500		

Mon - 01/29/2018				
BIC Breakfast	Total			
OR- BAGEL MINI CINNAMON	1 EA	240	2.00	41.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		420	11.92	72.49
% of Calories				69.0%
Nutrient Guideline		350-500		

Tue - 01/30/2018				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- Apples 163 ct	Apple	77	3.58	20.58
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 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		339	6.60	51.99
% of Calories				61.4%
Nutrient Guideline		350-500		

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Jan 3, 2018 thru Jan 31, 2018

BIC Breakfast

Generated on: 12/13/2017 11:49:59 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/31/2018				
BIC Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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		409	7.00	71.10
% of Calories				69.5%
Nutrient Guideline		350-500		

Weighted Average		384	7.23	64.65 67.3%
------------------	--	-----	------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	384		350 - 500	100%				
Fiber (g)	7.23							
Carbohydrate (g)	64.65	67.27%						

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.