

Oregon Trail SD

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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Generated on: 2/28/2018 11:46:50 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/01/2018				
9-12 Breakfast	Total			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	254	1.00	27.16
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		553	10.62	88.57
% of Calories				64.0%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/02/2018				
9-12 Breakfast	Total			
OR- ROLL LONG JOHN	1 EACH	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		564	11.32	97.37
% of Calories				69.0%
Nutrient Guideline		450-600		

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

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Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/05/2018				
9-12 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		538	11.88	92.38
% of Calories				68.7%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/06/2018				
9-12 Breakfast	Total			
OR- FRENCH TOAST STICKS WG	4 EACH	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		527	11.62	95.19
% of Calories				72.3%
Nutrient Guideline		450-600		

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Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/07/2018				
9-12 Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		511	11.12	89.78
% of Calories				70.2%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/08/2018				
9-12 Breakfast	Total			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	254	1.00	27.16
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		553	10.62	88.57
% of Calories				64.0%
Nutrient Guideline		450-600		

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Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/09/2018				
9-12 Breakfast	Total			
OR- ROLL LONG JOHN	1 EACH	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
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OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		564	11.32	97.37
% of Calories				69.0%
Nutrient Guideline		450-600		

Mon - 03/12/2018				
9-12 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
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OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		538	11.88	92.38
% of Calories				68.7%
Nutrient Guideline		450-600		

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Base Menu Spreadsheet

9-12 Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/13/2018				
9-12 Breakfast	Total			
OR- FRENCH TOAST STICKS WG	4 EACH	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
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OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		527	11.62	95.19
% of Calories				72.3%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/14/2018				
9-12 Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
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OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		511	11.12	89.78
% of Calories				70.2%
Nutrient Guideline		450-600		

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Thu - 03/15/2018				
9-12 Breakfast	Total			
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OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
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9-12 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
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OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		538	11.88	92.38
% of Calories				68.7%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/20/2018				
9-12 Breakfast	Total			
OR- FRENCH TOAST STICKS WG	4 EACH	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		527	11.62	95.19
% of Calories				72.3%
Nutrient Guideline		450-600		

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Oregon Trail SD

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/21/2018				
9-12 Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		511	11.12	89.78
% of Calories				70.2%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/22/2018				
9-12 Breakfast	Total			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	254	1.00	27.16
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		553	10.62	88.57
% of Calories				64.0%
Nutrient Guideline		450-600		

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Oregon Trail SD

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/23/2018				
9-12 Breakfast				
	Total			
OR- ROLL LONG JOHN	1 EACH	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- APPLE WEDGES, 1c 163 CT	6 WEDGES	108	4.97	28.59
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		564	11.32	97.37
% of Calories				69.0%
Nutrient Guideline		450-600		

Weighted Average		541	11.27	92.69
				68.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	541		450 - 600	100%				
Fiber (g)	11.27							
Carbohydrate (g)	92.69	68.54%						

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