

# Oregon Trail SD

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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Generated on: 2/28/2018 11:49:16 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/01/2018				
BIC Breakfast	Total			
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		381	5.31	69.31
% of Calories				72.7%
Nutrient Guideline		350-500		

Fri - 03/02/2018				
BIC Breakfast	Total			
OR- CRESCENT GRAPE	1 EA	210	2.00	35.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	181	19.83	36.49
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		479	21.83	84.59
% of Calories				70.6%
Nutrient Guideline		350-500		

Mon - 03/05/2018				
BIC Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	181	19.83	36.49
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		521	21.83	90.74
% of Calories				69.7%
Nutrient Guideline		350-500		

Tue - 03/06/2018				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		401	5.31	72.31
% of Calories				72.1%
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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/07/2018				
BIC Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BANANAS,FRESH HALF	1 EACH	45	1.31	11.53
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		329	3.41	59.63
% of Calories				72.5%
Nutrient Guideline		350-500		

Thu - 03/08/2018				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- Apples 163 ct	Apple	72	3.31	19.06
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		328	5.55	62.34
% of Calories				76.1%
Nutrient Guideline		350-500		

Fri - 03/09/2018				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- ORANGES, SECTIONS 1 CUP	1 CUP	181	19.83	36.49
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		441	22.86	67.75
% of Calories				61.4%
Nutrient Guideline		350-500		

Mon - 03/12/2018				
BIC Breakfast	Total			
OR- BAGEL MINI CINNAMON	1 EA	240	2.00	41.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	181	19.83	36.49
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		511	21.83	90.74
% of Calories				71.0%
Nutrient Guideline		350-500		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/13/2018				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- Apples 163 ct	Apple	72	3.31	19.06
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		333	6.34	50.47
% of Calories				60.7%
Nutrient Guideline		350-500		

Wed - 03/14/2018				
BIC Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- BANANAS,FRESH HALF	1 EACH	45	1.31	11.53
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		403	7.31	68.63
% of Calories				68.1%
Nutrient Guideline		350-500		

Thu - 03/15/2018				
BIC Breakfast	Total			
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		381	5.31	69.31
% of Calories				72.7%
Nutrient Guideline		350-500		

Fri - 03/16/2018				
BIC Breakfast	Total			
OR- CRESCENT GRAPE	1 EA	210	2.00	35.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	181	19.83	36.49
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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		479	21.83	84.59
% of Calories				70.6%
Nutrient Guideline		350-500		

Mon - 03/19/2018				
BIC Breakfast	Total			
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	181	19.83	36.49
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		521	21.83	90.74
% of Calories				69.7%
Nutrient Guideline		350-500		

Tue - 03/20/2018				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		401	5.31	72.31
% of Calories				72.1%
Nutrient Guideline		350-500		

Wed - 03/21/2018				
BIC Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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		374	4.73	71.17
% of Calories				76.1%
Nutrient Guideline		350-500		

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BIC Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/22/2018				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- Apples 163 ct	Apple	72	3.31	19.06
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		328	5.55	62.34
% of Calories				76.1%
Nutrient Guideline		350-500		

Fri - 03/23/2018				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- ORANGES, SECTIONS 1 CUP	1 CUP	181	19.83	36.49
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		441	22.86	67.75
% of Calories				61.4%
Nutrient Guideline		350-500		

Weighted Average		415	12.30	72.63
				70.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	415		350 - 500	100%				
Fiber (g)	12.30							
Carbohydrate (g)	72.63	70.02%						

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