

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:38 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 04/02/2018				
Cedar Ridge Lunch	Total			
OR- RIB-BQ SANDWICH -CHIP	1 EACH	390	3.90	47.5
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		718	8.37	97.95
% of Calories				54.6%
Nutrient Guideline		600-700		

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

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

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Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 04/03/2018				
Cedar Ridge Lunch	Total			
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		653	11.33	91.47
% of Calories				56.0%
Nutrient Guideline		600-700		

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Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 04/04/2018				
Cedar Ridge Lunch	Total			
OR- STIR FRY OR CHX NUG FC	SERVING	511	3.23	80.4
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGETS/ROLL-2155	5 EACH	252	4.03	27.18
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- BANANAS, FRESH HALF	1 EACH	45	1.31	11.53
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		607	6.39	86.72
% of Calories				57.1%
Nutrient Guideline		600-700		

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Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 04/05/2018				
Cedar Ridge Lunch	Total			
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		663	10.64	96.02
% of Calories				58.0%
Nutrient Guideline		600-700		

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:38 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 04/06/2018				
Cedar Ridge Lunch	Total			
OR- CHICKEN POTATO BOWL	SERVING	378	4.90	41.96
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		631	8.20	87.00
% of Calories				55.2%
Nutrient Guideline		600-700		

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Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 04/09/2018				
Cedar Ridge Lunch	Total			
OR- HOT DOG,TKY WG BUN W/CHIP	1 EACH	330	2.90	31.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS,GREEN,CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		711	8.26	96.14
% of Calories				54.0%
Nutrient Guideline		600-700		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 04/10/2018				
Cedar Ridge Lunch	Total			
OR- PASTA RAVIOLI, CHS EXTREME	servings	339	5.18	41.37
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		660	11.52	93.23
% of Calories				56.5%
Nutrient Guideline		600-700		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 04/11/2018				
Cedar Ridge Lunch	Total			
OR- TERIYAKI CHICK RICE BOWL	1 EA	477	4.83	80.63
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- BANANAS,FRESH HALF	1 EACH	45	1.31	11.53
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		652	7.05	91.30
% of Calories				56.1%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 04/12/2018				
Cedar Ridge Lunch	Total			
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		678	10.21	95.52
% of Calories				56.4%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 04/13/2018				
Cedar Ridge Lunch	Total			
BOWL TACO BEEF	1 EA	177	2.89	9.97
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		613	7.23	83.86
% of Calories				54.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 04/16/2018				
Cedar Ridge Lunch	Total			
OR- SUB MEATBALL WITH CHIPS	1 EA	410	4.37	45.13
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		720	8.42	97.69
% of Calories				54.3%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 04/17/2018				
Cedar Ridge Lunch	Total			
OR- PASTA, CHIX ALFRED EXTREME	1 ea	2155	57.82	400.42
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		884	18.00	137.03
% of Calories				62.0%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 04/18/2018				
Cedar Ridge Lunch	Total			
OR- STIR FRY SWT/SOUR CHX NUG	SERVING	481	3.32	72.71
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- BANANAS, FRESH HALF	1 EACH	45	1.31	11.53
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		625	6.48	87.16
% of Calories				55.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 04/19/2018				
Cedar Ridge Lunch	Total			
OR- QUESADILLA CHICKEN SCHWANS	1 EACH	300	3.00	31.0
OR- RICE, SPANISH 1/2 CUP	1/2 CUP	132	1.68	22.39
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		676	10.28	97.41
% of Calories				57.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 04/20/2018				
Cedar Ridge Lunch	Total			
OR- TURKEY GRAVY BOWL	1 EA	382	5.91	56.52
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		604	6.42	81.70
% of Calories				54.1%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 04/23/2018				
Cedar Ridge Lunch	Total			
OR- SLOPPY JOE ON A ROLL	SERVINGS	378	4.46	43.6
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- MANDARIAN ORANGES- 1/2c	1/2 CUP	70	1.00	17.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		728	8.55	98.54
% of Calories				54.1%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 04/24/2018				
Cedar Ridge Lunch	Total			
OR- PASTA, MAC & CH EXTREME	1 CUP	411	5.78	48.08
OR- ROLL, DINNER WG	1 EACH	70	2.00	13.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		659	11.27	91.42
% of Calories				55.5%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 04/25/2018				
Cedar Ridge Lunch	Total			
OR- STIRFRY BEEF/BROCCOLI	SERVING	483	5.92	74.27
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER,SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- BANANAS, FRESH HALF	1 EACH	45	1.31	11.53
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		626	6.77	87.33
% of Calories				55.8%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 04/26/2018				
Cedar Ridge Lunch	Total			
OR- WRAP, TACO MS	WRAP	376	6.77	44.54
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G HAM - 2.0M	SUB	343	2.90	38.65
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, ELEM	SALAD	252	3.12	18.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		668	10.55	96.26
% of Calories				57.6%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Cedar Ridge Lunch

Generated on: 3/19/2018 7:52:39 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 04/27/2018				
Cedar Ridge Lunch	Total			
OR- CHILI FRITOS 2 GE	1 EACH	629	15.66	63.85
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
OR- BURGER, SPICY CHICK - 3.49	1 EACH	390	5.00	39.0
OR- BURGER, CHEESE COMM	1 EACH	301	3.01	25.02
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- SUB G&G AMERICAN CLUB	SUB	365	2.90	38.33
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-ROLL, ELEM	SALAD	269	2.21	13.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- PEARS, FRESH	1 EA	84	4.59	22.54
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK, CHOC DARIGOLD NF	HALF PINT	130	0.00	24.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		631	7.50	82.50
% of Calories				52.3%
Nutrient Guideline		600-700		

Weighted Average		670	9.17	93.81 56.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	670		600 - 700	100%				
Fiber (g)	9.17							
Carbohydrate (g)	93.81	55.98%						

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