

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2018 thru Apr 30, 2018

BIC Breakfast

Generated on: 3/19/2018 2:37:11 PM

| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-------------|-----------|----------|
| Mon - 04/02/2018 | | | | |
| 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 - 04/03/2018 | | | | |
| 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 - 04/04/2018 | | | | |
| 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 - 04/05/2018 | | | | |
| 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 | | |

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 Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

BIC Breakfast

Generated on: 3/19/2018 2:37:11 PM

| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-------------|-----------|----------|
| Fri - 04/06/2018 | | | | |
| 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 - 04/09/2018 | | | | |
| 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 | | |

| | | | | |
|-------------------------------|-----------|---------|------|-------|
| Tue - 04/10/2018 | | | | |
| 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 - 04/11/2018 | | | | |
| 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 | | |

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 Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

BIC Breakfast

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-------------|-----------|----------|
| Thu - 04/12/2018 | | | | |
| 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 - 04/13/2018 | | | | |
| 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 - 04/16/2018 | | | | |
| 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 - 04/17/2018 | | | | |
| 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 |

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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Apr 1, 2018 thru Apr 30, 2018

BIC Breakfast

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|------------------------|--------------|-------------|-----------|----------|
| Weighted Daily Average | | 401 | 5.31 | 72.31 |
| % of Calories | | | | 72.1% |
| Nutrient Guideline | | 350-500 | | |

| Wed - 04/18/2018 | | | | |
|-------------------------------|-----------|---------|------|-------|
| 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 | | |

| Thu - 04/19/2018 | | | | |
|--------------------------------|-----------|---------|------|-------|
| 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 - 04/20/2018 | | | | |
|-------------------------------|-----------|---------|-------|-------|
| 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 | | |

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

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Apr 1, 2018 thru Apr 30, 2018

BIC Breakfast

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-------------|-----------|----------|
| Mon - 04/23/2018 | | | | |
| 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 | | |

| | | | | |
|-------------------------------|-----------|---------|------|-------|
| Tue - 04/24/2018 | | | | |
| 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 - 04/25/2018 | | | | |
| 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 - 04/26/2018 | | | | |
| 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 | | |

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Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

BIC Breakfast

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| | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-------------|-----------|----------|
| Fri - 04/27/2018 | | | | |
| 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 | | |

| | | | | |
|------------------|--|-----|-------|-------|
| Weighted Average | | 415 | 12.23 | 72.23 |
| | | | | 69.6% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 415 | | 350 - 500 | 100% | | | | |
| Fiber (g) | 12.23 | | | | | | | |
| Carbohydrate (g) | 72.23 | 69.62% | | | | | | |

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