

Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/01/2018				
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- PEAS, GREEN FROZEN	1/2 CUP	74	5.20	13.48
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
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		663	12.34	94.91
% of Calories				57.3%
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

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

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Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/02/2018				
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- PEPPERS, SWEET, RED, RAW	1/2 CUP	14	0.97	2.77
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- PEARS, FRESH	1 EA	84	4.59	22.54
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		627	7.64	91.86
% of Calories				58.6%
Nutrient Guideline		600-700		

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

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Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/03/2018				
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- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
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		686	11.77	100.18
% of Calories				58.4%
Nutrient Guideline		600-700		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/04/2018				
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- Apples 163 ct	Apple	72	3.31	19.06
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		627	7.88	86.13
% of Calories				54.9%
Nutrient Guideline		600-700		

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Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/07/2018				
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- 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		706	8.26	94.43
% of Calories				53.5%
Nutrient Guideline		600-700		

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Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/08/2018				
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- PEAS, GREEN FROZEN	1/2 CUP	74	5.20	13.48
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	60	2.00	16.0
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		661	12.40	94.39
% of Calories				57.2%
Nutrient Guideline		600-700		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/09/2018				
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- PEARS, FRESH	1 EA	84	4.59	22.54
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		669	8.52	96.25
% of Calories				57.5%
Nutrient Guideline		600-700		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/10/2018				
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- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
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		702	11.35	99.68
% of Calories				56.8%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/11/2018				
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- Apples 163 ct	Apple	72	3.31	19.06
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		610	6.91	82.99
% of Calories				54.4%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/14/2018				
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- 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		715	8.42	95.98
% of Calories				53.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/15/2018				
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- PEAS, GREEN FROZEN	1/2 CUP	74	5.20	13.48
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
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		889	18.95	139.33
% of Calories				62.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/16/2018				
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- PEPPERS, SWEET, RED, RAW	1/2 CUP	14	0.97	2.77
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- PEARS, FRESH	1 EA	84	4.59	22.54
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		645	7.74	92.30
% of Calories				57.2%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/17/2018				
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- 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- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
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		686	10.55	99.48
% of Calories				58.0%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/18/2018				
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- Apples 163 ct	Apple	72	3.31	19.06
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	6.41	81.66
% 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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May 1, 2018 thru May 31, 2018

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/21/2018				
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- 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		722	8.55	96.83
% of Calories				53.6%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/22/2018				
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- PEAS, GREEN FROZEN	1/2 CUP	74	5.20	13.48
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	60	2.00	16.0
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		671	12.47	95.13
% of Calories				56.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/23/2018				
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- PEPPERS, SWEET, RED, RAW	1/2 CUP	14	0.97	2.77
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- PEARS, FRESH	1 EA	84	4.59	22.54
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		645	8.02	92.47
% of Calories				57.3%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/24/2018				
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- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
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		692	11.68	100.42
% of Calories				58.1%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/25/2018				
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- Apples 163 ct	Apple	72	3.31	19.06
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		648	8.28	87.04
% of Calories				53.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/29/2018				
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- PEAS, GREEN FROZEN	1/2 CUP	74	5.20	13.48
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, FROZEN SYSCO CUP	1/2 CUP	120	1.50	28.5
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
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		663	12.34	94.91
% of Calories				57.3%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/30/2018				
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- PEPPERS,SWEET,RED,RAW	1/2 CUP	14	0.97	2.77
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- PEARS, FRESH	1 EA	84	4.59	22.54
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		627	7.64	91.86
% of Calories				58.6%
Nutrient Guideline		600-700		

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Oregon Trail SD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/31/2018				
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- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
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		686	11.77	100.18
% of Calories				58.4%
Nutrient Guideline		600-700		

Weighted Average		675	9.99	95.84
				56.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	675		600 - 700	100%				
Fiber (g)	9.99							
Carbohydrate (g)	95.84	56.81%						

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.