

# Oregon Trail SD

Jun 1, 2018 thru Jun 13, 2018

Base Menu Spreadsheet

6-8 Breakfast

Portion Values - Detailed

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Generated on: 5/14/2018 8:50:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 06/01/2018				
6-8 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
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		331	9.86	60.75
% of Calories				73.4%
Nutrient Guideline		400-550		

Mon - 06/04/2018				
6-8 Breakfast	Total			
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	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		542	15.80	106.90
% of Calories				78.8%
Nutrient Guideline		400-550		

Tue - 06/05/2018				
6-8 Breakfast	Total			
OR- ROLL, CINN, 2.6 WG	1 EACH	245	3.00	50.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
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		417	6.52	84.86
% of Calories				81.5%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 06/06/2018				
6-8 Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
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		452	16.74	89.85
% of Calories				79.5%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 06/07/2018				
6-8 Breakfast	Total			
OR- BAR BREAKFAST	1 EA	316	3.00	41.16
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
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		469	6.87	85.53
% of Calories				73.0%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 06/08/2018				
6-8 Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		429	15.63	82.70
% of Calories				77.2%
Nutrient Guideline		400-550		

Mon - 06/11/2018				
6-8 Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	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		514	14.28	103.39
% of Calories				80.5%
Nutrient Guideline		400-550		

Tue - 06/12/2018				
6-8 Breakfast	Total			
OR- EGG, OMELET, CHEESE	1 EA	130	0.00	1.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
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		355	5.18	61.83
% of Calories				69.6%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 06/13/2018				
6-8 Breakfast	Total			
OR- PANCAKES MINI STRWB	1 EACH	230	3.00	40.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
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		477	17.04	93.84
% of Calories				78.6%
Nutrient Guideline		400-550		

Weighted Average		443	11.99	85.52
				77.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	443		400 - 550	100%				
Fiber (g)	11.99							
Carbohydrate (g)	85.52	77.24%						

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