

# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

Generated on: 12/19/2018 7:49:37 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/07/2019				
K-5 Lunch	Total			
OR- HOT DOG,TKY WG BUN	1 EACH	250	2.00	23.0
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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
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
Weighted Daily Average		601	7.49	82.02
% of Calories				54.6%
Nutrient Guideline		550-650		

Tue - 01/08/2019				
K-5 Lunch	Total			
OR- CHICKEN, STICKS - 2M	8 EACH	260	3.00	16.0
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, TURKEY & CHEES W/CHIP	1 EACH	336	2.90	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0

\*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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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		618	8.33	83.55
% of Calories				54.1%
Nutrient Guideline		550-650		

Wed - 01/09/2019				
K-5 Lunch	Total			
OR- PASTA RAVIOLI, CHEESE	servings	271	4.27	37.52
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- MUNCHABLE, GRAMWICH, STRAW	EACH	580	6.00	56.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	2.20	9.5
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- POTATO WEDGE, DELI ROASTERS	1/2 CUP	178	2.55	31.85
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		609	6.67	87.26
% of Calories				57.3%
Nutrient Guideline		550-650		

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# Oregon Trail SD

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

Generated on: 12/19/2018 7:49:37 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/10/2019				
K-5 Lunch	Total			
OR- QUESADILLA CHICKEN SCHWANS	1 EACH	300	3.00	31.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB, TUNA ELEM W/CHIP	SUB	316	2.91	31.64
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		643	8.07	93.78
% of Calories				58.3%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/11/2019				
K-5 Lunch	Total			
OR- SAND HOT GRILL CHZ - 2.0M	1 EACH	290	4.00	32.0
OR- SOUP, TOMATO, COND	3/4 CUP	135	1.50	30.05
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
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- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
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- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		609	7.02	86.63
% of Calories				56.9%
Nutrient Guideline		550-650		

Mon - 01/14/2019				
K-5 Lunch	Total			
OR- SLOPPY JOE ON A ROLL	SERVINGS	249	3.23	32.8
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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
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
Weighted Daily Average		601	7.89	85.26
% of Calories				56.7%
Nutrient Guideline		550-650		

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

Generated on: 12/19/2018 7:49:37 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/15/2019				
K-5 Lunch	Total			
OR- CHICKEN, SWT&SOUR NUGGET	SERVING	572	5.00	84.48
OR- COOKIE, FORTUNE	1 EACH	22	0.10	4.84
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, AMER CLUB WITH CHIPS	1 EACH	338	2.90	33.34
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		660	8.33	95.24
% of Calories				57.7%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/16/2019				
K-5 Lunch	Total			
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- MUNCHABLE, GRAMWICH, STRAW	EACH	580	6.00	56.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	2.20	9.5
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- POTATO WEDGE.DELI ROASTERS	1/2 CUP	178	2.55	31.85
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		622	6.67	88.46
% of Calories				56.9%
Nutrient Guideline		550-650		

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Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

Generated on: 12/19/2018 7:49:38 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/17/2019				
K-5 Lunch	Total			
OR- BURRITO BN/CH, FERNANDO	EACH	310	9.00	40.0
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB, HAM & CHEESE W/CHIP	1 EACH	342	2.90	32.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	2 CUP	2	0.21	0.38
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		648	9.27	95.67
% of Calories				59.1%
Nutrient Guideline		550-650		

Fri - 01/18/2019				
K-5 Lunch	Total			
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
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- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
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- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

Generated on: 12/19/2018 7:49:38 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		593	6.45	82.70
% of Calories				55.8%
Nutrient Guideline		550-650		

Tue - 01/22/2019				
K-5 Lunch	Total			
OR- BRKFST4LUN FRTSTLINK- ELEM	SERVING	330	2.00	28.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, TURKEY & CHEES W/CHIP	1 EACH	336	2.90	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		607	7.71	83.04
% of Calories				54.7%
Nutrient Guideline		550-650		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

Generated on: 12/19/2018 7:49:38 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/23/2019				
K-5 Lunch	Total			
OR- CHIX ITAL/PASTA -ELEM	SERVING	353	5.63	46.79
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- MUNCHABLE, GRAMWICH, STRAW	EACH	580	6.00	56.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	2.20	9.5
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- POTATO WEDGE, DELI ROASTERS	1/2 CUP	178	2.55	31.85
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		621	6.88	88.65
% of Calories				57.1%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/24/2019				
K-5 Lunch	Total			
OR- TACO, CHICKEN SOFT SHELL	2 EACH	326	4.00	32.81
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB, TUNA ELEM W/CHIP	SUB	316	2.91	31.64
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		649	8.27	94.14
% of Calories				58.0%
Nutrient Guideline		550-650		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/25/2019				
K-5 Lunch	Total			
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	462	7.60	53.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
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- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
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- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24
Weighted Daily Average		614	7.31	85.36
% of Calories				55.6%
Nutrient Guideline		550-650		

Mon - 01/28/2019				
K-5 Lunch	Total			
OR- CORN DOG CHICKEN WG SYSCO	1 EACH	243	5.06	30.37
OR- CHIPS, POTATO .5 OZ	.5 OZ	80	0.90	8.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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
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

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		599	8.50	84.46
% of Calories				56.4%
Nutrient Guideline		550-650		

Tue - 01/29/2019				
K-5 Lunch	Total			
OR- CHICKEN, ORANGE NUGGET	SERVING	549	4.78	78.37
OR- COOKIE, FORTUNE	1 EACH	22	0.10	4.84
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, AMER CLUB WITH CHIPS	1 EACH	338	2.90	33.34
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		655	8.29	94.02
% of Calories				57.4%
Nutrient Guideline		550-650		

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# Oregon Trail SD

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/30/2019				
K-5 Lunch	Total			
OR- PASTA LASAGNA ROLL	servings	294	4.68	39.71
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- MUNCHABLE, GRAMWICH, STRAW	EACH	580	6.00	56.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	2.20	9.5
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- POTATO WEDGE, DELI ROASTERS	1/2 CUP	178	2.55	31.85
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		612	6.73	87.59
% of Calories				57.2%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/31/2019				
K-5 Lunch	Total			
OR- SALAD ENT SW TACO, ELEM	SALAD	395	3.42	36.03
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB, HAM & CHEESE W/CHIP	1 EACH	342	2.90	32.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		665	8.16	94.88
% of Calories				57.1%
Nutrient Guideline		550-650		

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# Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

K-5 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Average		624	7.67	88.48 56.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	624		550 - 650	100%				
Fiber (g)	7.67							
Carbohydrate (g)	88.48	56.75%						

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