

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:55 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/07/2019				
Cedar Ridge Lunch	Total			
OR- RIB-BQ PORK SANDWICH -CHIP	1 EACH	382	3.93	48.97
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 ADVANCE	EACH	310	3.00	23.0
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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	8.37	96.58
% of Calories				54.0%
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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Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/08/2019				
Cedar Ridge Lunch	Total			
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- ROLL, DINNER WW	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 ADVANCE	EACH	310	3.00	23.0
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- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
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		660	12.28	93.60
% of Calories				56.7%
Nutrient Guideline		600-700		

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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:55 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/09/2019				
Cedar Ridge Lunch	Total			
OR- STIR FRY OR CHX NUG FC	SERVING	491	3.23	77.4
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 ADVANCE	EACH	310	3.00	23.0
OR- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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, GREEN, RAW	1/2 CUP	9	0.78	2.13
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
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- 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		614	6.58	85.84
% of Calories				55.9%
Nutrient Guideline		600-700		

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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/10/2019				
Cedar Ridge Lunch	Total			
OR- TACO, CHICKEN SOFT SHELL	2 EACH	326	4.00	32.81
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 ADVANCE	EACH	310	3.00	23.0
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- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
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- 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- 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	10.91	96.99
% of Calories				57.2%
Nutrient Guideline		600-700		

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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/11/2019				
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 ADVANCE	EACH	310	3.00	23.0
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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		631	7.88	86.31
% of Calories				54.7%
Nutrient Guideline		600-700		

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/14/2019				
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 ADVANCE	EACH	310	3.00	23.0
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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		709	8.26	94.60
% of Calories				53.3%
Nutrient Guideline		600-700		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/15/2019				
Cedar Ridge Lunch	Total			
OR- PASTA RAVIOLI, CHS EXTREME	servings	339	5.18	41.37
OR- ROLL, DINNER WW	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 ADVANCE	EACH	310	3.00	23.0
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- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
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		655	12.10	92.48
% of Calories				56.5%
Nutrient Guideline		600-700		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/16/2019				
Cedar Ridge Lunch	Total			
OR- TERIYAKI CHICK RICE BOWL	1 EA	504	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 ADVANCE	EACH	310	3.00	23.0
OR- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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, GREEN, RAW	1/2 CUP	9	0.78	2.13
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
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- 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		615	6.76	86.19
% 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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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:55 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/17/2019				
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 ADVANCE	EACH	310	3.00	23.0
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- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
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- 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- 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		688	10.61	96.81
% of Calories				56.3%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:55 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/18/2019				
Cedar Ridge Lunch	Total			
OR- TURKEY GRAVY BOWL	1 EA	285	5.33	49.66
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 ADVANCE	EACH	310	3.00	23.0
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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		621	7.93	87.16
% of Calories				56.2%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:55 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/22/2019				
Cedar Ridge Lunch	Total			
OR- PASTA, CHIX ALFRED EXTREME	1 ea	358	6.16	45.8
OR- ROLL, DINNER WW	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 ADVANCE	EACH	310	3.00	23.0
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- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
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		657	12.23	93.06
% of Calories				56.6%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:55 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/23/2019				
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 ADVANCE	EACH	310	3.00	23.0
OR- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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, GREEN, RAW	1/2 CUP	9	0.78	2.13
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
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- 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	6.59	85.32
% of Calories				55.7%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:55 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/24/2019				
Cedar Ridge Lunch	Total			
OR- QUESADILLA CHICKEN SCHWANS	1 EACH	300	3.00	31.0
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 ADVANCE	EACH	310	3.00	23.0
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- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
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- 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- 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		675	10.78	96.76
% of Calories				57.4%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:56 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/25/2019				
Cedar Ridge Lunch	Total			
OR- BOWL TACO CHICKEN	1 EA	497	5.18	50.13
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 ADVANCE	EACH	310	3.00	23.0
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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		644	7.91	87.21
% of Calories				54.2%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:56 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/28/2019				
Cedar Ridge 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- 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 ADVANCE	EACH	310	3.00	23.0
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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		709	8.39	95.68
% of Calories				54.0%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:56 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/29/2019				
Cedar Ridge Lunch	Total			
OR- PASTA, MAC & CH EXTREME	1 CUP	397	5.78	46.72
OR- ROLL, DINNER WW	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 ADVANCE	EACH	310	3.00	23.0
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- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
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		662	12.18	93.18
% of Calories				56.3%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:56 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/30/2019				
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 ADVANCE	EACH	310	3.00	23.0
OR- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
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- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
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, GREEN, RAW	1/2 CUP	9	0.78	2.13
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
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- 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	6.88	85.49
% of Calories				55.8%
Nutrient Guideline		600-700		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Jan 1, 2019 thru Jan 31, 2019

Cedar Ridge Lunch

Generated on: 12/19/2018 7:54:56 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/31/2019				
Cedar Ridge Lunch	Total			
OR- TACO, PORK CARNITA	2 EA	445	4.00	46.68
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- SALSA TOPPING	1 EA	52	0.83	4.37
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 ADVANCE	EACH	310	3.00	23.0
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- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
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- 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- 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		717	11.69	102.22
% of Calories				57.1%
Nutrient Guideline		600-700		

Weighted Average		660	9.35	91.97
				55.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	660		600 - 700	100%				
Fiber (g)	9.35							
Carbohydrate (g)	91.97	55.76%						

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