

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

9-12 Breakfast

Generated on: 12/19/2018 7:53:28 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/07/2019				
9-12 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		515	12.99	90.32
% of Calories				70.2%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/08/2019				
9-12 Breakfast	Total			
OR- FRENCH TOAST STICKS WG	4 EACH	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- SYRUP	1 OZ	100	0.06	25.06
Weighted Daily Average		527	11.34	98.03
% of Calories				74.4%
Nutrient Guideline		450-600		

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

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Oregon Trail SD

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Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

9-12 Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/09/2019				
9-12 Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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		493	11.63	86.72
% of Calories				70.4%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/10/2019				
9-12 Breakfast	Total			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	254	1.00	27.16
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		523	11.13	84.61
% of Calories				64.7%
Nutrient Guideline		450-600		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

9-12 Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/11/2019				
9-12 Breakfast	Total			
OR- ROLL LONG JOHN	1 EACH	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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		535	12.33	93.51
% of Calories				70.0%
Nutrient Guideline		450-600		

Mon - 01/14/2019				
9-12 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		515	12.99	90.32
% of Calories				70.2%
Nutrient Guideline		450-600		

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

9-12 Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/15/2019				
9-12 Breakfast	Total			
OR- FRENCH TOAST STICKS WG	4 EACH	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- SYRUP	1 OZ	100	0.06	25.06
Weighted Daily Average		527	11.34	98.03
% of Calories				74.4%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/16/2019				
9-12 Breakfast	Total			
OR- PIZZA TONY'S, GALAXY CHEES	1 ea	290	3.00	31.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		521	11.98	88.47
% of Calories				68.0%
Nutrient Guideline		450-600		

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Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

9-12 Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/17/2019				
9-12 Breakfast	Total			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	254	1.00	27.16
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		523	11.13	84.61
% of Calories				64.7%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/18/2019				
9-12 Breakfast	Total			
OR- ROLL, CINN, 2.6 WG	1 EACH	245	3.00	50.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
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OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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		492	12.33	93.62
% of Calories				76.0%
Nutrient Guideline		450-600		

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9-12 Breakfast

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Tue - 01/22/2019				
9-12 Breakfast	Total			
OR- FRENCH TOAST STICKS WG	4 EACH	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
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OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- SYRUP	1 OZ	100	0.06	25.06
Weighted Daily Average		527	11.34	98.03
% of Calories				74.4%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/23/2019				
9-12 Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
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OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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		493	11.63	86.72
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Jan 1, 2019 thru Jan 31, 2019

9-12 Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/24/2019				
9-12 Breakfast	Total			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	254	1.00	27.16
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average % of Calories		523	11.13	84.61 64.7%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/25/2019				
9-12 Breakfast	Total			
OR- ROLL LONG JOHN	1 EACH	365	3.00	49.68
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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 % of Calories		535	12.33	93.51 70.0%
Nutrient Guideline		450-600		

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Base Menu Spreadsheet

Portion Values - Detailed

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9-12 Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/28/2019				
9-12 Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- POTATO, HASHBROWN PATTY	1 EACH	130	1.50	15.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		515	12.99	90.32
% of Calories				70.2%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/29/2019				
9-12 Breakfast	Total			
OR- FRENCH TOAST STICKS WG	4 EACH	210	2.00	28.0
OR- FRUIT TOPPING, WARM	1/4 CUP	57	1.35	14.24
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- PEACHES, CND COMM - 1c	1 CUP	185	0.00	45.05
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- SYRUP	1 OZ	100	0.06	25.06
Weighted Daily Average		527	11.34	98.03
% of Calories				74.4%
Nutrient Guideline		450-600		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

9-12 Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/30/2019				
9-12 Breakfast	Total			
OR- PIZZA TONY'S, GALAXY CHEES	1 ea	290	3.00	31.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CEREAL BAR/CHEESE STICK	SERVINGS	240	3.00	30.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- TOAST DRY	1 EACH	70	2.00	14.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		521	11.98	88.47
% of Calories				68.0%
Nutrient Guideline		450-600		

Thu - 01/31/2019				
9-12 Breakfast	Total			
OR- SAND , EGG, HAM&CHEESE HB	1 EACH	254	1.00	27.16
OR- SAND , SAUSAGE&CHEESE HB	1 EACH	387	2.00	24.0
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAGEL WG, 2OZ CREAM CHEESE	1 EACH	184	3.98	29.85
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
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OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
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
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- SALSA COMM	2 TBSP	5	0.00	1.0
Weighted Daily Average		523	11.13	84.61
% of Calories				64.7%
Nutrient Guideline		450-600		

Weighted Average		518	11.84	90.70
				70.0%

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

9-12 Breakfast

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Portion Size Cals (kcal) Fiber (g) Carb (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	518		450 - 600	100%				
Fiber (g)	11.84							
Carbohydrate (g)	90.70	69.98%						

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