

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:08 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/07/2019				
9-12 Lunch	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- TACO, PORK CARNITA	2 EA	445	4.00	46.68
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	1 EACH	414	4.26	52.99

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 Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-BS, SEC	SALAD	293	3.78	32.94
OR- SALAD G&G CHX CSR-BS SEC	SALAD	367	5.43	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
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	120	2.00	28.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN,CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		810	18.56	117.64
% of Calories				58.1%
Nutrient Guideline		750-850		

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9-12 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/08/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- BREADSTICK CHZ STUFFED-HS	SERVING	443	1.43	44.29
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	0.00	2.86
OR- PEPPERS, SWEET, RED, RAW	1 CUP	29	1.93	5.55
OR- CORN, FROZEN SYSCO CUP	1 CUP	120	1.50	28.5
OR- BEANS, BLACK, CANNED -1 c	1 CUP	319	14.17	56.67
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		849	20.12	124.73
% of Calories				58.7%
Nutrient Guideline		750-850		

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Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/09/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	515	7.08	65.96
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- BLUEBERRIES,FRZ,COMM-1c	1 CUP	80	4.00	20.0
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		848	21.53	128.17
% of Calories				60.4%
Nutrient Guideline		750-850		

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OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- BREADSTICK CHZ STUFFED-HS	SERVING	443	1.43	44.29
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- HOTDOG, CHILI WG FOOTLONG	1 EACH	496	6.27	37.07
OR- HOT DOG BAR TOPPINGS	1 EA	11	0.86	2.41
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
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OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	376	3.90	40.02
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OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
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OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- SPINACH - 1 CUP	1 CUP	13	1.23	2.03
OR- TOMATO, GRAPE/ CHERRY-1c	1 CUP	41	2.00	9.01
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- PEAS, GREEN FROZEN 1 C	1 CUP	147	10.39	26.95
OR- BEANS, KIDNEY, CANNED -1c	1 CUP	208	9.16	36.0
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:08 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		877	22.33	125.96
% of Calories				57.5%
Nutrient Guideline		750-850		

Fri - 01/11/2019				
	Total			
9-12 Lunch				
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- TACO, PORK CARNITA	2 EA	445	4.00	46.68
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:08 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN,CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		855	23.30	125.62
% of Calories				58.8%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:08 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/14/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- TACO, PORK CARNITA	2 EA	445	4.00	46.68
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	1 EACH	414	4.26	52.99

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-BS, SEC	SALAD	293	3.78	32.94
OR- SALAD G&G CHX CSR-BS SEC	SALAD	367	5.43	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
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	120	2.00	28.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN,CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		810	18.56	117.64
% of Calories				58.1%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/15/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- BREADSTICK CHZ STUFFED-HS	SERVING	443	1.43	44.29
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	0.00	2.86
OR- PEPPERS, SWEET, RED, RAW	1 CUP	29	1.93	5.55
OR- CORN, FROZEN SYSCO CUP	1 CUP	120	1.50	28.5
OR- BEANS, BLACK, CANNED -1 c	1 CUP	319	14.17	56.67
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		849	20.12	124.73
% of Calories				58.7%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/16/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	515	7.08	65.96
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- BLUEBERRIES,FRZ,COMM-1c	1 CUP	80	4.00	20.0
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		848	21.53	128.17
% of Calories				60.4%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/17/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- BREADSTICK CHZ STUFFED-HS	SERVING	443	1.43	44.29
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
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, BACON CHEESE HS	1 EACH	300	3.00	25.06
OR- HAMBURGER BAR TOPPINGS	1 EA	12	0.92	2.68
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- SPINACH - 1 CUP	1 CUP	13	1.23	2.03
OR- TOMATO, GRAPE/ CHERRY-1c	1 CUP	41	2.00	9.01
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- PEAS, GREEN FROZEN 1 C	1 CUP	147	10.39	26.95
OR- BEANS, KIDNEY,CANNED -1c	1 CUP	208	9.16	36.0
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		853	21.96	124.81
% of Calories				58.5%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/18/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- TACO, PORK CARNITA	2 EA	445	4.00	46.68
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN,CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		855	23.30	125.62
% of Calories				58.8%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/22/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- BREADSTICK CHZ STUFFED-HS	SERVING	443	1.43	44.29
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	0.00	2.86
OR- PEPPERS, SWEET, RED, RAW	1 CUP	29	1.93	5.55
OR- CORN, FROZEN SYSCO CUP	1 CUP	120	1.50	28.5
OR- BEANS, BLACK, CANNED -1 c	1 CUP	319	14.17	56.67
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		849	20.12	124.73
% of Calories				58.7%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/23/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	515	7.08	65.96
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- BLUEBERRIES,FRZ,COMM-1c	1 CUP	80	4.00	20.0
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		848	21.53	128.17
% of Calories				60.4%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 24

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:09 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/24/2019				
9-12 Lunch	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- BREADSTICK CHZ STUFFED-HS	SERVING	443	1.43	44.29
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- LASAGNA, BEEF - ADV	SERVINGS	304	3.06	32.55
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY & CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- SPINACH - 1 CUP	1 CUP	13	1.23	2.03
OR- TOMATO, GRAPE/ CHERRY-1c	1 CUP	41	2.00	9.01
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- PEAS, GREEN FROZEN 1 C	1 CUP	147	10.39	26.95
OR- BEANS, KIDNEY, CANNED -1c	1 CUP	208	9.16	36.0
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 25

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		851	22.26	125.89
% of Calories				59.2%
Nutrient Guideline		750-850		

Fri - 01/25/2019				
	Total			
9-12 Lunch				
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- TACO, PORK CARNITA	2 EA	445	4.00	46.68
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 26

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		855	23.30	125.62
% of Calories				58.8%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/28/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH SUPRME, 16"-HS	SLICE	386	4.71	38.19
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- CARROTS,FRESH,MATCHSTICKS	1/4 CUP	9	0.73	2.18
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- TACO, PORK CARNITA	2 EA	445	4.00	46.68
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- BURRITO BEEF	1 EACH	349	5.00	34.56
OR- BURRITO BEAN	1 EACH	425	8.95	44.98
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	1 EACH	414	4.26	52.99

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 28

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-BS, SEC	SALAD	293	3.78	32.94
OR- SALAD G&G CHX CSR-BS SEC	SALAD	367	5.43	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
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	120	2.00	28.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN,CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		810	18.56	117.64
% of Calories				58.1%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 29

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/29/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- BREADSTICK CHZ STUFFED-HS	SERVING	443	1.43	44.29
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- PASTA SPGHETTI, SAUSAGE	servings	418	7.63	48.61
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- PASTA, CHICKEN ALFREDO SEC	SERVING	406	4.25	44.44
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 30

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY & CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1c	1 CUP	17	0.00	2.86
OR- PEPPERS, SWEET, RED, RAW	1 CUP	29	1.93	5.55
OR- CORN, FROZEN SYSCO CUP	1 CUP	120	1.50	28.5
OR- BEANS, BLACK, CANNED -1 c	1 CUP	319	14.17	56.67
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		849	20.12	124.73
% of Calories				58.7%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 31

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/30/2019				
9-12 Lunch				
	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH HAWAII, 16"- HS	SLICE	341	4.25	37.77
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- BEEF NUGGET, TERIYAKI	4 EACH	163	1.02	6.11
OR- STIRFRY BEEF/BROCCOLI-SEC	SERVING	248	1.02	16.11
OR- STIRFRY SWT&SR CHX POP-SEC	SERVING	372	3.02	34.11
OR- STIRFRY SZECHUAN CHIX-SEC	SERVING	302	3.02	22.11
OR- BROCCOLI,FRESH - 1/4c	1/4 CUP	4	0.00	0.72
OR- TOMATO, FRESH, DICED	2 TBSP	5	0.25	1.04
OR- ONIONS, FRESH, DICED	1 TBSP	4	0.18	0.86
OR- OLIVES, BLACK,CND	1 OZ	44	0.00	1.74
OR- JALAPENO PEPPERS, CND	1 OZ	3	0.57	0.57
OR- RICE, BROWN COOKED	1 CUP	278	3.27	60.46
OR- PASTA, SPAGHETTI WW - 2 G	1 CUP	213	5.06	41.51
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- WRAP, TACO	WRAP	515	7.08	65.96
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPINGS	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, TUNA SEC	SUB	398	3.92	38.15
OR- DELI TOPPINGS	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 32

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1c	1 CUP	17	0.00	2.86
OR- CARROTS BABY FRESH - 1c	1 CUP	50	4.06	11.46
OR- BLUEBERRIES,FRZ,COMM-1c	1 CUP	80	4.00	20.0
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- BEANS, PINTO, CANNED -1c	1 CUP	235	11.33	41.63
OR- BEANS, GREEN, CND - 1c	1 CUP	46	5.61	9.54
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8
Weighted Daily Average		848	21.53	128.17
% of Calories				60.4%
Nutrient Guideline		750-850		

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 33

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/31/2019				
9-12 Lunch	Total			
OR- PIZZA RICH CHEESE, 16"-HS	SLICE	355	4.23	36.12
OR- PIZZA RICH PEPP, 16"-HS	SLICE	371	4.23	36.18
OR- PIZZA RICH VEG, 16"-HS	SLICE	357	4.34	36.58
OR- BREADSTICK CHZ STUFFED-HS	SERVING	443	1.43	44.29
OR- SAUCE, MARINARA 1/2 CUP	1/2 CUP	55	1.46	10.33
OR- GRAVY TURKEY JENNIO	1/2 cup	208	1.60	18.84
OR- CARROTS, OVEN RSTD	1/2 CUP	55	2.18	8.57
OR- ROLL, DINNER HS WG	1 EACH	170	3.40	28.0
OR- BURGER, BEEF - ADVANCE	EACH	260	3.00	23.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
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- CHICKEN, NUGGETS/ROLL70364	5 EACH	333	4.50	29.25
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- TACO BEEF HARD - TACO MEAT	2 EACH	418	4.26	37.98
OR- TACO BEEF SOFT - TACO MEAT	2 EACH	290	5.00	35.28
OR- TACO BEAN HARD - R BEANS	2 EACH	366	8.29	49.14
OR- TACO BEAN SOFT - R BEANS	2 EACH	326	8.95	45.42
OR- SALAD TACO, SEC ADV	SALAD	386	4.27	34.15
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
OR- NACHOS, BEAN/CHEESE, SEC	1 EACH	418	5.57	42.57
OR- BEANS, REFRIED	1/2 CUP	43	2.48	7.43
OR- BEANS, BLACK ZESTY	1/2 CUP	141	9.36	24.99
OR- BEANS, PINTO ZESTY	1/2 CUP	169	7.66	29.38
OR- RICE, SPANISH ELEM	1/2 CUP	90	1.30	19.47
OR- SALSA TOPPING	1 EA	52	0.83	4.37
OR- SUB, TURKEY &CHSE SEC DELI	1 EACH	376	3.90	40.02
OR- SUB, HAM & CHEESE DELI	1 EACH	382	3.90	38.67
OR- SUB, ITALN COMBO SEC DELI	1 EACH	415	3.90	39.34
OR- SUB, VEGGIE - 2.0M	1 EACH	427	4.98	49.77
OR- SUB, CHIC SALAD SEC	SUB	426	4.01	45.07
OR- DELI TOPPING	1 EA	11	0.69	2.47
OR- SAND, ITALN COMBO SEC G+G	EACH	447	4.26	53.67
OR- SAND, HAM & CHEESE G+G	EACH	414	4.26	52.99
OR- SAND, TURKEY &CHS SEC G+G	EACH	408	4.26	54.35
OR- CRACKERS, SALTINE WG=2	12 EACH	180	3.00	27.0
OR- WRAP, HAM SEC G+G	WRAP	327	4.67	31.24
OR- WRAP, TURKEY SEC G+G	WRAP	321	4.67	32.96
OR- WRAP CHICKEN CAESAR	WRAP	348	4.30	31.31
OR- SALAD G&G CHEF-ROLL, SEC	SALAD	303	4.10	32.94
OR- SALAD G&G CHX CSR-ROLL SEC	SALAD	377	5.75	32.28
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- SPINACH - 1 CUP	1 CUP	13	1.23	2.03
OR- TOMATO, GRAPE/ CHERRY-1c	1 CUP	41	2.00	9.01
OR- ORANGES, WHOLE- HS	1 CUP	181	19.83	36.49
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- PEAS, GREEN FROZEN 1 C	1 CUP	147	10.39	26.95
OR- BEANS, KIDNEY,CANNED -1c	1 CUP	208	9.16	36.0
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
OR- HS CONDIMENT BAR	1 EA	99	0.00	4.8

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Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 34

Jan 1, 2019 thru Jan 31, 2019

9-12 Lunch

Generated on: 12/19/2018 7:54:10 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		842	21.97	124.50
% of Calories				59.1%
Nutrient Guideline		750-850		

Weighted Average		845	21.15	124.58
				59.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	845		750 - 850	100%				
Fiber (g)	21.15							
Carbohydrate (g)	124.58	58.99%						

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