

Oregon Trail SD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

BIC Breakfast

Generated on: 12/19/2018 7:56:23 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 01/07/2019				
BIC Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		419	5.71	69.56
% of Calories				66.3%
Nutrient Guideline		350-500		

Tue - 01/08/2019				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
OR- BAGELFULS CINNAMON	1 EA	180	3.00	32.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	91	9.92	18.24
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		434	10.09	73.19
% of Calories				67.4%
Nutrient Guideline		350-500		

Wed - 01/09/2019				
BIC Breakfast	Total			
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	0.00	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	1.00	19.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		427	5.13	76.06
% of Calories				71.2%
Nutrient Guideline		350-500		

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

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Jan 1, 2019 thru Jan 31, 2019

BIC Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/10/2019				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		402	4.49	72.33
% of Calories				72.0%
Nutrient Guideline		350-500		

Fri - 01/11/2019				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		386	5.65	59.68
% of Calories				61.8%
Nutrient Guideline		350-500		

Mon - 01/14/2019				
BIC Breakfast	Total			
OR- BAGEL MINI CINNAMON	1 EA	240	2.00	41.0
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		452	5.63	74.06
% of Calories				65.5%
Nutrient Guideline		350-500		

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Jan 1, 2019 thru Jan 31, 2019

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/15/2019				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
OR- BAGELFULS CINNAMON	1 EA	180	3.00	32.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	91	9.92	18.24
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		434	10.09	73.19
% of Calories				67.4%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 01/16/2019				
BIC Breakfast	Total			
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	0.00	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	1.00	19.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		427	5.13	76.06
% of Calories				71.2%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/17/2019				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		402	4.49	72.33
% of Calories				72.0%
Nutrient Guideline		350-500		

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Jan 1, 2019 thru Jan 31, 2019

BIC Breakfast

Generated on: 12/19/2018 7:56:23 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 01/18/2019				
BIC Breakfast	Total			
OR- CRESCENT GRAPE	1 EA	210	2.00	35.0
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		415	4.88	72.31
% of Calories				69.7%
Nutrient Guideline		350-500		

Tue - 01/22/2019				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
OR- BAGELFULS CINNAMON	1 EA	180	3.00	32.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	91	9.92	18.24
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		434	10.09	73.19
% of Calories				67.4%
Nutrient Guideline		350-500		

Wed - 01/23/2019				
BIC Breakfast	Total			
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	0.00	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	1.00	19.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		427	5.13	76.06
% of Calories				71.2%
Nutrient Guideline		350-500		

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Jan 1, 2019 thru Jan 31, 2019

BIC Breakfast

Generated on: 12/19/2018 7:56:23 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 01/24/2019				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		402	4.49	72.33
% of Calories				72.0%
Nutrient Guideline		350-500		

Fri - 01/25/2019				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- BAR STRAW CRUNCH	1 EACH	250	2.00	41.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		386	5.65	59.68
% of Calories				61.8%
Nutrient Guideline		350-500		

Mon - 01/28/2019				
BIC Breakfast	Total			
OR- MUFFIN BLUEBERRY LOAF	1 EACH	196	2.10	35.0
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		419	5.71	69.56
% of Calories				66.3%
Nutrient Guideline		350-500		

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Jan 1, 2019 thru Jan 31, 2019

BIC Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 01/29/2019				
BIC Breakfast	Total			
OR- ROLL, CINN, MINI	1 EACH	240	2.00	40.0
OR- BAGELFULS CINNAMON	1 EA	180	3.00	32.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	91	9.92	18.24
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		434	10.09	73.19
% of Calories				67.4%
Nutrient Guideline		350-500		

Wed - 01/30/2019				
BIC Breakfast	Total			
OR- YOGURT STRAWBERRY BANANA	1 EACH	100	0.00	20.0
OR- GRAHAMS, CRACKER GOLDFISH	1 EACH	120	1.00	19.0
OR- CINNAMON BREAKFAST ROUND	1 EACH	270	6.00	44.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- MILK 1% DARIGOLD	HALF PINT	110	0.00	13.0
OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		427	5.13	76.06
% of Calories				71.2%
Nutrient Guideline		350-500		

Thu - 01/31/2019				
BIC Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- FRENCH TOAST MINI BERRY	1 EACH	220	2.00	37.0
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
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		402	4.49	72.33
% of Calories				72.0%
Nutrient Guideline		350-500		

Weighted Average		418	6.22	71.73
				68.6%

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BIC Breakfast

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Fiber (g) Shortfall	Carb (g) Overage	Error Messages (if any)
Calories	418		350 - 500	100%				
Fiber (g)	6.22							
Carbohydrate (g)	71.73	68.56%						

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