

# Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Cedar Ridge Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 02/01/2019				
Cedar Ridge Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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		432	15.66	83.42
% of Calories				77.2%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/05/2019				
Cedar Ridge Breakfast	Total			
OR- SAND , TURK SAUSGE&CHSE HB	1 EACH	218	2.00	23.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		406	6.13	74.33
% of Calories				73.3%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 02/06/2019				
Cedar Ridge Breakfast	Total			
OR- BAR BREAKFAST	1 EA	316	3.00	41.16
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	91	9.92	18.24
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		461	11.49	84.08
% of Calories				73.0%
Nutrient Guideline		400-550		

\*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)
<b>Thu - 02/07/2019</b>				
Cedar Ridge Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		397	6.48	79.81
% of Calories				80.5%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
<b>Fri - 02/08/2019</b>				
Cedar Ridge Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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		429	15.63	82.70
% of Calories				77.2%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
<b>Mon - 02/11/2019</b>				
Cedar Ridge Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		504	14.64	96.82
% of Calories				76.8%
Nutrient Guideline		400-550		

Tue - 02/12/2019				
Cedar Ridge Breakfast	Total			
OR- SAND , EGG&CHEESE HB	1 EACH	238	1.00	27.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		414	5.74	75.89
% of Calories				73.4%
Nutrient Guideline		400-550		

Wed - 02/13/2019				
Cedar Ridge Breakfast	Total			
OR- ROLL, CINN, 2.6 WG	1 EACH	245	3.00	50.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	91	9.92	18.24
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		432	11.49	87.62
% of Calories				81.0%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 02/14/2019				
Cedar Ridge Breakfast	Total			
OR- PANCAKES MINI STRWB	1 EACH	230	3.00	40.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		428	6.84	84.92
% of Calories				79.3%
Nutrient Guideline		400-550		

Fri - 02/15/2019				
Cedar Ridge Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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		432	15.66	83.42
% of Calories				77.2%
Nutrient Guideline		400-550		

Tue - 02/19/2019				
Cedar Ridge Breakfast	Total			
OR- SAND , TURK SAUSGE&CHSE HB	1 EACH	218	2.00	23.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		406	6.13	74.33
% of Calories				73.3%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
<b>Wed - 02/20/2019</b>				
Cedar Ridge Breakfast	Total			
OR- BAR BREAKFAST	1 EA	316	3.00	41.16
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- PEARS, CND COMM - 1c	1 CUP	120	4.00	32.0
OR- ORANGES, SECTIONS 1 CUP	1 CUP	91	9.92	18.24
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		461	11.49	84.08
% of Calories				73.0%
Nutrient Guideline		400-550		

<b>Thu - 02/21/2019</b>				
Cedar Ridge Breakfast	Total			
OR- WAFFLES MINI MAPLE MADNESS	1 EACH	166	2.24	30.03
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
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		397	6.48	79.81
% of Calories				80.5%
Nutrient Guideline		400-550		

<b>Fri - 02/22/2019</b>				
Cedar Ridge Breakfast	Total			
OR- PIZZA TONY'S, BREAKFAST	1 slice	210	2.00	26.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
OR- APPLESAUCE, USDA 1cup	1 cup	102	2.00	28.0
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		429	15.63	82.70
% of Calories				77.2%
Nutrient Guideline		400-550		

Mon - 02/25/2019				
Cedar Ridge Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
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OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
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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		504	14.64	96.82
% of Calories				76.8%
Nutrient Guideline		400-550		

Tue - 02/26/2019				
Cedar Ridge Breakfast	Total			
OR- SAND , EGG&CHEESE HB	1 EACH	238	1.00	27.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
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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		414	5.74	75.89
% of Calories				73.4%
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Wed - 02/27/2019				
Cedar Ridge Breakfast	Total			
OR- ROLL, CINN, 2.6 WG	1 EACH	245	3.00	50.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
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OR- ORANGES, SECTIONS 1 CUP	1 CUP	91	9.92	18.24
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		432	11.49	87.62
% of Calories				81.0%
Nutrient Guideline		400-550		

Thu - 02/28/2019				
Cedar Ridge Breakfast	Total			
OR- PANCAKES MINI STRWB	1 EACH	230	3.00	40.0
OR- OATMEAL: ASST OTSD	SERVINGS	157	3.25	32.4
OR- CEREAL: BWL ASST OTSD	SERVINGS	108	2.08	22.91
OR- TOAST MARG	1 EACH	71	2.00	14.0
OR- PARFAIT VANILLA BREAK	1 parfait	185	1.50	35.98
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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		428	6.84	84.92
% of Calories				79.3%
Nutrient Guideline		400-550		

Weighted Average		434	10.46	83.29
				76.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	434		400 - 550	100%				
Fiber (g)	10.46							
Carbohydrate (g)	83.29	76.82%						

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