

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 02/01/2019				
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
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		492	12.33	93.62
% of Calories				76.0%
Nutrient Guideline		450-600		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/05/2019				
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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 2

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 02/06/2019				
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 - 02/07/2019				
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		

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 3

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 02/08/2019				
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 - 02/11/2019				
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		

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 4

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/12/2019				
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 - 02/13/2019				
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		

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 5

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 02/14/2019				
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 - 02/15/2019				
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
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		492	12.33	93.62
% of Calories				76.0%
Nutrient Guideline		450-600		

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 6

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/19/2019				
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 - 02/20/2019				
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		

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 7

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 02/21/2019				
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 - 02/22/2019				
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		

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 8

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 02/25/2019				
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		

Tue - 02/26/2019				
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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 9

Generated on: 1/29/2019 2:06:38 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 02/27/2019				
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 - 02/28/2019				
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		

Weighted Average		517	11.80	90.88
				70.3%

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

9-12 Breakfast

Portion Values - Detailed

Page 10

Generated on: 1/29/2019 2:06:38 PM

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	517		450 - 600	100%				
Fiber (g)	11.80							
Carbohydrate (g)	90.88	70.29%						

**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*

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.