

Oregon Trail SD

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 02/01/2019				
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, 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		416	4.39	72.25
% of Calories				69.4%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/05/2019				
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		433	8.60	73.26
% of Calories				67.7%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 02/06/2019				
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, 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		422	4.56	74.29
% of Calories				70.4%
Nutrient Guideline		350-500		

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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 02/07/2019				
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		400	4.09	71.67
% of Calories				71.6%
Nutrient Guideline		350-500		

Fri - 02/08/2019				
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, 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		387	5.16	59.62
% of Calories				61.6%
Nutrient Guideline		350-500		

Mon - 02/11/2019				
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		454	5.14	74.00
% of Calories				65.2%
Nutrient Guideline		350-500		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/12/2019				
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		433	8.60	73.26
% of Calories				67.7%
Nutrient Guideline		350-500		

Wed - 02/13/2019				
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, 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		429	4.63	76.00
% of Calories				70.9%
Nutrient Guideline		350-500		

Thu - 02/14/2019				
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		400	4.09	71.67
% of Calories				71.6%
Nutrient Guideline		350-500		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 02/15/2019				
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, 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		416	4.39	72.25
% of Calories				69.4%
Nutrient Guideline		350-500		

Tue - 02/19/2019				
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		433	8.60	73.26
% of Calories				67.7%
Nutrient Guideline		350-500		

Wed - 02/20/2019				
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, 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		422	4.56	74.29
% of Calories				70.4%
Nutrient Guideline		350-500		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 02/21/2019				
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		400	4.09	71.67
% of Calories				71.6%
Nutrient Guideline		350-500		

Fri - 02/22/2019				
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, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
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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		387	5.16	59.62
% of Calories				61.6%
Nutrient Guideline		350-500		

Mon - 02/25/2019				
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		454	5.14	74.00
% of Calories				65.2%
Nutrient Guideline		350-500		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/26/2019				
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
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OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		433	8.60	73.26
% of Calories				67.7%
Nutrient Guideline		350-500		

Wed - 02/27/2019				
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, 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		429	4.63	76.00
% of Calories				70.9%
Nutrient Guideline		350-500		

Thu - 02/28/2019				
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		400	4.09	71.67
% of Calories				71.6%
Nutrient Guideline		350-500		

Weighted Average		419	5.47	71.78
				68.5%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Cals	Fiber	Carb	Error Messages (if any)
				Size	(kcal)	(g)	(g)	
Calories	419		350 - 500	100%				
Fiber (g)	5.47							
Carbohydrate (g)	71.78	68.47%						

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