

# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/01/2019				
Cedar Ridge Lunch	Total			
OR- CHILI FRITOS 2 GE	1 EACH	629	15.66	63.85
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN,CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		711	11.79	97.94
% of Calories				55.1%
Nutrient Guideline		600-700		

\*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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Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/04/2019				
Cedar Ridge Lunch	Total			
OR- SAND HOT CHEESESTEAK	1 sandwich	421	3.41	42.94
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		693	10.24	96.94
% of Calories				56.0%
Nutrient Guideline		600-700		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/05/2019				
Cedar Ridge Lunch	Total			
OR- PASTA, SPAGHETTI.MTBL - ADV	servings	381	6.51	49.96
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- SPINACH - 1 CUP	1 CUP	13	1.23	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH HALF	1 EACH	45	1.31	11.53
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		696	14.07	98.66
% of Calories				56.7%
Nutrient Guideline		600-700		

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Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/06/2019				
Cedar Ridge Lunch	Total			
OR- STIR FRY OR CHX NUG FC	SERVING	491	3.23	77.4
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	2.20	9.5
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		687	9.38	98.43
% of Calories				57.3%
Nutrient Guideline		600-700		

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Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/07/2019				
Cedar Ridge Lunch	Total			
OR- TACO, CHICKEN SOFT SHELL	2 EACH	326	4.00	32.81
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- PEAS, GREEN FROZEN	1/2 CUP	74	5.20	13.48
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		736	14.02	106.51
% of Calories				57.9%
Nutrient Guideline		600-700		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/08/2019				
Cedar Ridge Lunch	Total			
OR- CHICKEN POTATO BOWL	SERVING	378	4.90	41.96
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		684	10.60	95.53
% of Calories				55.9%
Nutrient Guideline		600-700		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/11/2019				
Cedar Ridge Lunch	Total			
OR- HOT DOG,TKY WG BUN W/CHIP	1 EACH	330	2.90	31.0
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI,FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS,GREEN,CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS,FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		682	10.18	95.51
% of Calories				56.0%
Nutrient Guideline		600-700		

\*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

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/12/2019				
Cedar Ridge Lunch	Total			
OR- PASTA RAVIOLI, CHS EXTREME	servings	339	5.18	41.37
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- SPINACH - 1 CUP	1 CUP	13	1.23	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH HALF	1 EACH	45	1.31	11.53
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		691	13.90	97.54
% of Calories				56.5%
Nutrient Guideline		600-700		

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# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/13/2019				
Cedar Ridge Lunch	Total			
OR- STIRFRY BEEF/BROCCOLI	SERVING	483	5.92	74.27
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	2.20	9.5
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		685	9.83	97.89
% of Calories				57.1%
Nutrient Guideline		600-700		

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# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/14/2019				
Cedar Ridge Lunch	Total			
OR- NACHOS, TACO BF/BEAN, SEC	1 EACH	450	4.19	38.86
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- PEAS, GREEN FROZEN	1/2 CUP	74	5.20	13.48
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		753	14.05	107.35
% of Calories				57.0%
Nutrient Guideline		600-700		

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# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/15/2019				
Cedar Ridge Lunch	Total			
OR- RICE BOWL, PEPPER STEAK	SERVINGS	296	2.80	42.58
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		675	10.37	95.60
% of Calories				56.7%
Nutrient Guideline		600-700		

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# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/18/2019				
Cedar Ridge Lunch	Total			
OR- SLOPPY JOE ON A ROLL CHIP	SERVINGS	329	4.13	40.8
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- PEACHES, CND COMM - 1/2c	1/2 CUP	60	1.00	14.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		682	10.32	96.68
% of Calories				56.7%
Nutrient Guideline		600-700		

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# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/19/2019				
Cedar Ridge Lunch	Total			
OR- PASTA LASAGNA ROLL EXTREME	servings	368	5.60	43.66
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD,YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- SPINACH - 1 CUP	1 CUP	13	1.23	2.03
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS,FRESH HALF	1 EACH	45	1.31	11.53
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		695	13.95	97.84
% of Calories				56.3%
Nutrient Guideline		600-700		

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# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/20/2019				
Cedar Ridge Lunch	Total			
OR- STIR FRY SWT/SOUR CHX NUG	SERVING	481	3.32	72.71
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- POTATO, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- BLUEBERRIES, FRZ, COMM-1/2c	1/2 CUP	40	2.20	9.5
OR- APPLESAUCE, USDA 1/2 cup	1/2 CUP	51	1.00	14.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		685	9.39	97.63
% of Calories				57.0%
Nutrient Guideline		600-700		

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# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/21/2019				
Cedar Ridge Lunch	Total			
OR- QUESADILLA CHICKEN SCHWANS	1 EACH	300	3.00	31.0
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, SAUSAGE	1/8TH	408	4.12	43.15
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- PEAS, GREEN FROZEN	1/2 CUP	74	5.20	13.48
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	91	9.92	18.24
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		732	13.88	106.25
% of Calories				58.1%
Nutrient Guideline		600-700		

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# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

Cedar Ridge Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/22/2019				
Cedar Ridge Lunch	Total			
OR- TURKEY GRAVY BOWL	1 EA	285	5.33	49.66
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, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- CHICK, NUGG - 2M 2G *WGR	5 EACH	333	4.50	29.25
OR- CHICK, SPICY NUGG - 2M ,2G	5 EACH	330	5.00	30.0
OR- POTATO, OVEN KK FRIES	1/2 CUP	171	2.64	26.35
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, HAWAN 8 CUT	1/8TH	423	4.12	44.94
OR- SUB G&G AMERICAN CLUB	SUB	382	2.90	38.49
OR- SUB G&G TURKEY - 2.0M	SUB	401	2.90	37.0
OR- SUB G&G HAM - 2.0M	SUB	376	2.90	38.98
OR- SAND, PB AND J SMUCKERS	1 EA	510	4.00	46.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SALAD CHX CAESR-BS, ELEM	SALAD	359	3.29	28.38
OR- SALAD ENT CHEF, BS, ELEM	SALAD	342	4.20	33.91
OR- DRESS, RANCH LITE, POUCH	2 TBSP	50	1.00	8.0
OR- KETCHUP, POUCH #515500	1 TBSP	20	0.00	5.0
OR- MUSTARD, YLW POUCH #652000	1 TSP	0	0.00	0.0
OR- MAYO LITE, POUCH	1 TBSP	50	0.00	4.0
OR- SALAD, MIX W/COLOR	1 CUP	2	0.21	0.38
OR- BROCCOLI, FRESH - 1/2c	1/2 CUP	9	0.00	1.43
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	60	1.00	15.0
OR- ORANGES, WHOLE	1/2 CUP	91	9.92	18.24
OR- BANANAS, FRESH WHOLE	1 EACH	90	2.63	23.07
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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
Weighted Daily Average		673	10.65	96.37
% of Calories				57.2%
Nutrient Guideline		600-700		

Weighted Average		697	11.67	98.92
				56.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	697		600 - 700	100%				
Fiber (g)	11.67							
Carbohydrate (g)	98.92	56.73%						

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