

# Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

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|                               | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-------------|-----------|----------|
| Fri - 03/01/2019              |              |             |           |          |
| K-5 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            |              | 350-500     |           |          |

|                               |           |         |       |        |
|-------------------------------|-----------|---------|-------|--------|
| Mon - 03/04/2019              |           |         |       |        |
| K-5 Breakfast                 | Total     |         |       |        |
| OR- MUFFIN BLUEBERRY LOAF     | 1 EACH    | 196     | 2.10  | 35.0   |
| 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     | 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   |
| Weighted Daily Average        |           | 518     | 14.33 | 104.09 |
| % of Calories                 |           |         |       | 80.5%  |
| Nutrient Guideline            |           | 350-500 |       |        |

|                               |           |         |      |       |
|-------------------------------|-----------|---------|------|-------|
| Tue - 03/05/2019              |           |         |      |       |
| K-5 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- 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        |           | 444     | 6.52 | 81.42 |
| % of Calories                 |           |         |      | 73.3% |
| Nutrient Guideline            |           | 350-500 |      |       |

\*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

K-5 Breakfast

Portion Values - Detailed

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|                               | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-------------|-----------|----------|
| Wed - 03/06/2019              |              |             |           |          |
| K-5 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- 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        |              | 426         | 11.49     | 83.62    |
| % of Calories                 |              |             |           | 78.4%    |
| Nutrient Guideline            |              | 350-500     |           |          |

|                               |           |         |      |       |
|-------------------------------|-----------|---------|------|-------|
| Thu - 03/07/2019              |           |         |      |       |
| K-5 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- 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        |           | 432     | 5.96 | 79.20 |
| % of Calories                 |           |         |      | 73.4% |
| Nutrient Guideline            |           | 350-500 |      |       |

|                               |           |     |       |       |
|-------------------------------|-----------|-----|-------|-------|
| Fri - 03/08/2019              |           |     |       |       |
| K-5 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- 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  |

\*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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Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

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|                        | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|------------------------|--------------|-------------|-----------|----------|
| Weighted Daily Average |              | 417         | 16.06     | 80.37    |
| % of Calories          |              |             |           | 77.0%    |
| Nutrient Guideline     |              | 350-500     |           |          |

| Mon - 03/11/2019              |           |         |       |        |
|-------------------------------|-----------|---------|-------|--------|
| K-5 Breakfast                 | Total     |         |       |        |
| OR- CINNAMON BREAKFAST ROUND  | 1 EACH    | 270     | 6.00  | 44.0   |
| 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     | 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   |
| Weighted Daily Average        |           | 542     | 15.80 | 106.90 |
| % of Calories                 |           |         |       | 78.8%  |
| Nutrient Guideline            |           | 350-500 |       |        |

| Tue - 03/12/2019              |           |         |      |       |
|-------------------------------|-----------|---------|------|-------|
| K-5 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- 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        |           | 417     | 6.52 | 84.86 |
| % of Calories                 |           |         |      | 81.5% |
| Nutrient Guideline            |           | 350-500 |      |       |

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Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|--------------------------------|--------------|-------------|-----------|----------|
| Wed - 03/13/2019               |              |             |           |          |
| K-5 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- 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         |              | 401         | 11.18     | 79.63    |
| % of Calories                  |              |             |           | 79.4%    |
| Nutrient Guideline             |              | 350-500     |           |          |

|                               |           |         |      |       |
|-------------------------------|-----------|---------|------|-------|
| Thu - 03/14/2019              |           |         |      |       |
| K-5 Breakfast                 | Total     |         |      |       |
| OR- SAND , SAUSAGE&CHEESE HB  | 1 EACH    | 387     | 2.00 | 24.0  |
| 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        |           | 494     | 6.38 | 77.16 |
| % of Calories                 |           |         |      | 62.5% |
| Nutrient Guideline            |           | 350-500 |      |       |

|                               |           |         |       |       |
|-------------------------------|-----------|---------|-------|-------|
| Fri - 03/15/2019              |           |         |       |       |
| K-5 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            |           | 350-500 |       |       |

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Base Menu Spreadsheet

K-5 Breakfast

Portion Values - Detailed

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|                               | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|-------------------------------|--------------|-------------|-----------|----------|
| Mon - 03/18/2019              |              |             |           |          |
| K-5 Breakfast                 | Total        |             |           |          |
| OR- MUFFIN BLUEBERRY LOAF     | 1 EACH       | 196         | 2.10      | 35.0     |
| 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        | 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     |
| Weighted Daily Average        |              | 518         | 14.33     | 104.09   |
| % of Calories                 |              |             |           | 80.5%    |
| Nutrient Guideline            |              | 350-500     |           |          |

|                               |           |         |      |       |
|-------------------------------|-----------|---------|------|-------|
| Tue - 03/19/2019              |           |         |      |       |
| K-5 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- 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        |           | 444     | 6.52 | 81.42 |
| % of Calories                 |           |         |      | 73.3% |
| Nutrient Guideline            |           | 350-500 |      |       |

|                               |           |     |      |       |
|-------------------------------|-----------|-----|------|-------|
| Wed - 03/20/2019              |           |     |      |       |
| K-5 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- 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  |

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## Base Menu Spreadsheet

K-5 Breakfast

### Portion Values - Detailed

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|                        | Portion Size | Cals (kcal) | Fiber (g) | Carb (g) |
|------------------------|--------------|-------------|-----------|----------|
| Weighted Daily Average |              | 426         | 11.49     | 83.62    |
| % of Calories          |              |             |           | 78.4%    |
| Nutrient Guideline     |              | 350-500     |           |          |

| Thu - 03/21/2019              |           |         |      |       |
|-------------------------------|-----------|---------|------|-------|
| K-5 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- 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        |           | 432     | 5.96 | 79.20 |
| % of Calories                 |           |         |      | 73.4% |
| Nutrient Guideline            |           | 350-500 |      |       |

| Fri - 03/22/2019              |           |         |       |       |
|-------------------------------|-----------|---------|-------|-------|
| K-5 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- 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        |           | 417     | 16.06 | 80.37 |
| % of Calories                 |           |         |       | 77.0% |
| Nutrient Guideline            |           | 350-500 |       |       |

|                  |  |     |       |       |
|------------------|--|-----|-------|-------|
| Weighted Average |  | 449 | 11.24 | 85.71 |
|                  |  |     |       | 76.3% |

| Nutrient         | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories         | 449      |           | 350 - 500     | 100%        |           |           |         |                         |
| Fiber (g)        | 11.24    |           |               |             |           |           |         |                         |
| Carbohydrate (g) | 85.71    | 76.33%    |               |             |           |           |         |                         |

\*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.