

Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/01/2019				
K-5 Lunch	Total			
OR- FISH NUGGET WG - ROLL/TOTS	1 EACH	425	6.08	50.57
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
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- MILK, CHOC DARIGOLD	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
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- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24
Weighted Daily Average		609	7.10	85.18
% of Calories				55.9%
Nutrient Guideline		550-650		

Mon - 03/04/2019				
K-5 Lunch	Total			
OR- HOT DOG, TKY WG BUN	1 EACH	250	2.00	23.0
OR- CHIPS, POTATO .5 OZ	.5 OZ	40	0.45	4.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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
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- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		589	7.34	80.85
% of Calories				54.9%
Nutrient Guideline		550-650		

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Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/05/2019				
K-5 Lunch	Total			
OR- BRKFST4LUNCH BUN,EGG&CHS	1 EACH	227	2.00	24.0
OR- POTATO, TATER TOTS MCCAIN	1/2 CUP	125	2.08	14.57
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, TURKEY & CHEES W/CHIP	1 EACH	336	2.90	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		608	7.85	84.51
% of Calories				55.6%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/06/2019				
K-5 Lunch	Total			
OR- PASTA RAVIOLI, CHEESE	servings	271	4.27	37.52
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- MUNCHABLE, GRAMWICH, STRAW	EACH	580	6.00	56.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- 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- POTATO WEDGE, DELI ROASTERS	1/2 CUP	178	2.55	31.85
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		610	6.67	87.43
% of Calories				57.4%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/07/2019				
K-5 Lunch	Total			
OR- QUESADILLA CHICKEN SCHWANS	1 EACH	300	3.00	31.0
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- SUB, TUNA ELEM W/CHIP	SUB	316	2.91	31.64
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		651	8.49	93.98
% of Calories				57.7%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/08/2019				
K-5 Lunch	Total			
OR- SAND HOT GRILL CHZ - 2.0M	1 EACH	290	4.00	32.0
OR- SOUP, TOMATO, COND	3/4 CUP	135	1.50	30.05
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
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- MILK, CHOC DARIGOLD	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
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- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24
Weighted Daily Average		609	7.02	86.79
% of Calories				57.0%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/11/2019				
K-5 Lunch	Total			
OR- SLOPPY JOE ON A ROLL	SERVINGS	249	3.23	32.8
OR- CHIPS, POTATO .5 OZ	.5 OZ	40	0.45	4.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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
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- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		588	7.74	84.08
% of Calories				57.2%
Nutrient Guideline		550-650		

Tue - 03/12/2019				
K-5 Lunch	Total			
OR- CHICKEN, STRIPS - 2M	3 EACH	263	3.03	16.19
OR- GOLDFISH	1 EACH	100	1.00	14.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, AMER CLUB WITH CHIPS	1 EACH	338	2.90	33.34
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		610	7.84	82.78
% of Calories				54.2%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/13/2019				
K-5 Lunch	Total			
OR- PASTA, MAC & CHEESE:JTM.WH	1 CUP	359	4.25	45.48
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- MUNCHABLE, GRAMWICH, STRAW	EACH	580	6.00	56.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- 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- POTATO WEDGE, DELI ROASTERS	1/2 CUP	178	2.55	31.85
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		623	6.67	88.62
% of Calories				56.9%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/14/2019				
K-5 Lunch	Total			
OR- BURRITO BN/CH, FERNANDO	EACH	310	9.00	40.0
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- SUB, HAM & CHEESE W/CHIP	1 EACH	342	2.90	32.67
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		655	9.68	95.87
% of Calories				58.5%
Nutrient Guideline		550-650		

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/15/2019				
K-5 Lunch	Total			
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
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- MILK, CHOC DARIGOLD	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
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- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24
Weighted Daily Average		594	6.45	82.87
% of Calories				55.8%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/18/2019				
K-5 Lunch	Total			
OR- CORN DOG CHICKEN WG SYSCO	1 EACH	243	5.06	30.37
OR- CHIPS, POTATO .5 OZ	.5 OZ	40	0.45	4.0
OR- CHICKEN, NUGGET - 2M *WGR	5 EACH	263	2.50	16.25
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- MILK, CHOC DARIGOLD	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
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- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		586	8.35	83.28
% of Calories				56.8%
Nutrient Guideline		550-650		

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Oregon Trail SD

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Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/19/2019				
K-5 Lunch	Total			
OR- BRKFST4LUN FRTSTLINK- ELEM	SERVING	330	2.00	28.0
OR- PIZZA BIG DDY, PEP 8 CUT	1/8TH	425	4.00	43.09
OR- PIZZA BIG DDY, CHSE 8 CUT	1/8TH	400	4.00	43.0
OR- SUB, TURKEY & CHEES W/CHIP	1 EACH	336	2.90	34.02
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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	20	1.64	4.62
OR- CORN, FROZEN SYSCO	1/2 CUP	60	0.75	14.25
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	60	2.00	16.0
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		604	7.43	82.40
% of Calories				54.6%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/20/2019				
K-5 Lunch	Total			
OR- PASTA LASAGNA ROLL	servings	294	4.68	39.71
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
OR- BURGER, CHEESE ADVANCE	EACH	310	3.00	23.0
OR- MUNCHABLE, GRAMWICH, STRAW	EACH	580	6.00	56.0
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- 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- POTATO WEDGE, DELI ROASTERS	1/2 CUP	178	2.55	31.85
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		613	6.73	87.76
% of Calories				57.3%
Nutrient Guideline		550-650		

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Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/21/2019				
K-5 Lunch	Total			
OR- TACO, CHICKEN SOFT SHELL	2 EACH	326	4.00	32.81
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- SUB, TUNA ELEM W/CHIP	SUB	316	2.91	31.64
OR- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- MILK, CHOC DARIGOLD	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
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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	20	1.64	4.62
OR- BEANS, PINTO, CANNED -1/2c	1/2 CUP	118	5.66	20.82
OR- ORANGES, SECTIONS	1/2 CUP	45	4.96	9.12
OR- PEARS, CND COMM - 1/2c	1/2 CUP	98	0.00	24.41
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
Weighted Daily Average		656	8.69	94.34
% of Calories				57.5%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/22/2019				
K-5 Lunch	Total			
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	462	7.60	53.0
OR- BURGER, CHX 70304-928	1 EACH	390	5.00	37.99
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- MILK, CHOC DARIGOLD	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
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- Apples 163 ct	Apple	72	3.31	19.06
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- BEANS, GREEN, CND - 1/2c	1/2 CUP	23	2.81	4.77
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
OR- COOKIE, SUGAR RF OTIS	1 EACH	111	0.00	19.24
Weighted Daily Average		615	7.31	85.52
% of Calories				55.7%
Nutrient Guideline		550-650		

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Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Average		614	7.59	86.64 56.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	614		550 - 650	100%				
Fiber (g)	7.59							
Carbohydrate (g)	86.64	56.46%						

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