

Oregon Trail SD

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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Generated on: 2/20/2019 2:27:03 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/01/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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	72.44
% of Calories				69.6%
Nutrient Guideline		350-500		

Mon - 03/04/2019				
BIC Breakfast	Total			
OR- BAGEL MINI CINNAMON	1 EA	240	2.00	41.0
OR- MUFFIN APPLE WG	1 EACH	150	1.00	23.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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		414	4.14	72.44
% of Calories				70.0%
Nutrient Guideline		350-500		

Tue - 03/05/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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	73.45
% of Calories				67.9%
Nutrient Guideline		350-500		

Wed - 03/06/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		422	4.56	74.48
% of Calories				70.5%
Nutrient Guideline		350-500		

Thu - 03/07/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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	4.09	71.86
% of Calories				71.8%
Nutrient Guideline		350-500		

Fri - 03/08/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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		388	5.16	59.81
% of Calories				61.7%
Nutrient Guideline		350-500		

Mon - 03/11/2019				
BIC Breakfast	Total			
OR- BAGEL MINI CINNAMON	1 EA	240	2.00	41.0
OR- MUFFIN STRAWBERRY	1 EACH	150	1.00	23.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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		414	4.14	72.44
% of Calories				70.0%
Nutrient Guideline		350-500		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/12/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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	73.45
% of Calories				67.9%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/13/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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	74.48
% of Calories				70.5%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/14/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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	4.09	71.86
% of Calories				71.8%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/15/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		416	4.39	72.44
% of Calories				69.6%
Nutrient Guideline		350-500		

Mon - 03/18/2019				
BIC Breakfast	Total			
OR- BAGEL MINI CINNAMON	1 EA	240	2.00	41.0
OR- MUFFIN APPLE WG	1 EACH	150	1.00	23.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- RAISINS, PACK	1 EACH	129	1.59	34.05
OR- JUICE BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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		414	4.14	72.44
% of Calories				70.0%
Nutrient Guideline		350-500		

Tue - 03/19/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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	73.45
% of Calories				67.9%
Nutrient Guideline		350-500		

Wed - 03/20/2019				
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
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% of Calories				70.5%
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BIC Breakfast

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/21/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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	4.09	71.86
% of Calories				71.8%
Nutrient Guideline		350-500		

Fri - 03/22/2019				
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 BAR, 100% APPLE EVE	EACH	61	0.00	14.95
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		388	5.16	59.81
% of Calories				61.7%
Nutrient Guideline		350-500		

Weighted Average		414	5.20	71.32
				69.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	414		350 - 500	100%				
Fiber (g)	5.20							
Carbohydrate (g)	71.32	68.98%						

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