

Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

Cedar Ridge Breakfast

Portion Values - Detailed

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Generated on: 4/29/2019 11:42:54 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/01/2019				
Cedar Ridge 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- 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		447	11.49	80.60
% of Calories				72.1%
Nutrient Guideline		400-550		

Thu - 05/02/2019				
Cedar Ridge 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- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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	6.48	80.44
% of Calories				80.5%
Nutrient Guideline		400-550		

Fri - 05/03/2019				
Cedar Ridge 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		435	15.66	83.98
% of Calories				77.3%
Nutrient Guideline		400-550		

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 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/06/2019				
Cedar Ridge 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- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		508	14.64	97.57
% of Calories				76.9%
Nutrient Guideline		400-550		

Tue - 05/07/2019				
Cedar Ridge 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- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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	5.74	76.51
% of Calories				73.4%
Nutrient Guideline		400-550		

Wed - 05/08/2019				
Cedar Ridge 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- 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		419	11.49	84.14
% of Calories				80.4%
Nutrient Guideline		400-550		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/09/2019				
Cedar Ridge 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- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		431	6.84	85.55
% of Calories				79.3%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/10/2019				
Cedar Ridge 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		463	15.66	91.26
% of Calories				78.9%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/13/2019				
Cedar Ridge Breakfast	Total			
OR- PANCAKE BITES 2G	1 EA	380	2.00	37.99
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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		589	14.24	105.30
% of Calories				71.5%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/14/2019				
Cedar Ridge Breakfast	Total			
OR- SAND , SAUSAGE&CHEESE HB	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- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		475	6.13	75.34
% of Calories				63.4%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/15/2019				
Cedar Ridge 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- 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		447	11.49	80.60
% of Calories				72.1%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/16/2019				
Cedar Ridge 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- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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	6.48	80.44
% of Calories				80.5%
Nutrient Guideline		400-550		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/17/2019				
Cedar Ridge 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		435	15.66	83.98
% of Calories				77.3%
Nutrient Guideline		400-550		

Mon - 05/20/2019				
Cedar Ridge 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- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		508	14.64	97.57
% of Calories				76.9%
Nutrient Guideline		400-550		

Tue - 05/21/2019				
Cedar Ridge 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- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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	5.74	76.51
% of Calories				73.4%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/22/2019				
Cedar Ridge 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- 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		419	11.49	84.14
% of Calories				80.4%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/23/2019				
Cedar Ridge 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- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		431	6.84	85.55
% of Calories				79.3%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/24/2019				
Cedar Ridge 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
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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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		463	15.66	91.26
% of Calories				78.9%
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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/28/2019				
Cedar Ridge Breakfast	Total			
OR- SAND , SAUSAGE&CHEESE HB	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
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OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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OR- MILK SKIM DARIGOLD	HALF PINT	90	0.00	13.0
Weighted Daily Average		475	6.13	75.34
% of Calories				63.4%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/29/2019				
Cedar Ridge 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- 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		447	11.49	80.60
% of Calories				72.1%
Nutrient Guideline		400-550		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/30/2019				
Cedar Ridge 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- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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	6.48	80.44
% of Calories				80.5%
Nutrient Guideline		400-550		

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Base Menu Spreadsheet

Cedar Ridge Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/31/2019				
Cedar Ridge 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		435	15.66	83.98
% of Calories				77.3%
Nutrient Guideline		400-550		

Mon - 06/03/2019				
Cedar Ridge 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- PEARS, CND COMM - 1c	1 CUP	195	0.00	48.83
OR- ORANGES, SECTIONS- HS	1 CUP	181	19.83	36.49
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		508	14.64	97.57
% of Calories				76.9%
Nutrient Guideline		400-550		

Tue - 06/04/2019				
Cedar Ridge 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- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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	5.74	76.51
% of Calories				73.4%
Nutrient Guideline		400-550		

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Base Menu Spreadsheet

Cedar Ridge Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 06/05/2019				
Cedar Ridge 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- 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		419	11.49	84.14
% of Calories				80.4%
Nutrient Guideline		400-550		

Thu - 06/06/2019				
Cedar Ridge 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- FRUIT MIX, DICED COMM-1c	1 CUP	120	2.00	30.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		431	6.84	85.55
% of Calories				79.3%
Nutrient Guideline		400-550		

Fri - 06/07/2019				
Cedar Ridge 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		463	15.66	91.26
% of Calories				78.9%
Nutrient Guideline		400-550		

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Base Menu Spreadsheet

Cedar Ridge Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 06/10/2019				
Cedar Ridge Breakfast	Total			
OR- PANCAKE BITES 2G	1 EA	380	2.00	37.99
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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		589	14.24	105.30
% of Calories				71.5%
Nutrient Guideline		400-550		

Tue - 06/11/2019				
Cedar Ridge Breakfast	Total			
OR- SAND , SAUSAGE&CHEESE HB	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- PEACHES, CND COMM - 1c	1 CUP	120	2.00	28.0
OR- Apples 163 ct	Apple	72	3.31	19.06
OR- JUICE BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		475	6.13	75.34
% of Calories				63.4%
Nutrient Guideline		400-550		

Wed - 06/12/2019				
Cedar Ridge 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- 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 BAR, 100% CEDAR RIDG	EACH	62	0.00	15.0
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		447	11.49	80.60
% of Calories				72.1%
Nutrient Guideline		400-550		

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Base Menu Spreadsheet

Cedar Ridge Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Average		454	10.75	85.25 75.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	454		400 - 550	100%				
Fiber (g)	10.75							
Carbohydrate (g)	85.25	75.18%						

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