

Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 4/29/2019 11:28:11 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/01/2019				
K-8 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- 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- 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- MUNCHABLE, TURKEY STICK	EACH	380	3.00	39.0
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- PEPPERS, SWEET, GREEN, RAW	1/2 CUP	9	0.78	2.13
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, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		585	6.73	79.79
% of Calories				54.5%
Nutrient Guideline		600-650		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/02/2019				
K-8 Lunch	Total			
OR- QUESADILLA CHICKEN SCHWANS	1 EACH	300	3.00	31.0
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- 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- 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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		623	10.54	90.29
% of Calories				57.9%
Nutrient Guideline		600-650		

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May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 4/29/2019 11:28:12 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/03/2019				
K-8 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- 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- 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- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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- STRAWB, SLICD UNSWT, 1/2 C	1/2 CUP	40	3.24	11.34
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		604	8.10	86.77
% of Calories				57.5%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/06/2019				
K-8 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- 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- 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- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
Weighted Daily Average		566	6.82	76.35
% of Calories				53.9%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/07/2019				
K-8 Lunch	Total			
OR- CHICKEN, SWT&SOUR NUGGET	SERVING	572	5.00	84.48
OR- COOKIE, FORTUNE	1 EACH	22	0.10	4.84
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- 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- 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- 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- 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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		680	11.74	99.34
% of Calories				58.5%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/08/2019				
K-8 Lunch	Total			
OR- PASTA LASAGNA ROLL	servings	294	4.68	39.71
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- 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- MUNCHABLE, TURKEY STICK	EACH	380	3.00	39.0
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- PEPPERS,SWEET, GREEN,RAW	1/2 CUP	9	0.78	2.13
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, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		572	6.46	78.26
% of Calories				54.7%
Nutrient Guideline		600-650		

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Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/09/2019				
K-8 Lunch	Total			
OR- BURRITO BN/CH, FERNANDO	EACH	310	9.00	40.0
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- 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- 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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		626	11.74	92.12
% of Calories				58.9%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/10/2019				
K-8 Lunch	Total			
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
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- 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- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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- STRAWB, SLICD UNSWT, 1/2 C	1/2 CUP	40	3.24	11.34
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		564	6.65	76.68
% of Calories				54.3%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/13/2019				
K-8 Lunch	Total			
OR- SUB MEATBALL CHICKEN	SUB	328	4.45	32.08
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- 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- 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- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
Weighted Daily Average		581	7.26	77.99
% of Calories				53.7%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/14/2019				
K-8 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- 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- 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- 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- 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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		632	11.19	88.34
% of Calories				55.9%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/15/2019				
K-8 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- 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- 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- MUNCHABLE, TURKEY STICK	EACH	380	3.00	39.0
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- PEPPERS,SWEET, GREEN,RAW	1/2 CUP	9	0.78	2.13
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, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		582	6.39	79.12
% of Calories				54.4%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 12

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/16/2019				
K-8 Lunch	Total			
OR- TACO, CHICKEN SOFT SHELL	2 EACH	326	4.00	32.81
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- 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- 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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		628	10.74	90.65
% of Calories				57.7%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 13

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/17/2019				
K-8 Lunch	Total			
OR- NACHOS, BEAN/CHEESE, 1.75	1 EACH	462	7.60	53.0
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- 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- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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- STRAWB, SLICD UNSWT, 1/2 C	1/2 CUP	40	3.24	11.34
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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		617	8.86	83.51
% of Calories				54.1%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/20/2019				
K-8 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- 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- 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- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
Weighted Daily Average		565	7.37	77.68
% of Calories				55.0%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 15

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/21/2019				
K-8 Lunch	Total			
OR- CHICKEN, ORANGE NUGGET	SERVING	549	4.78	78.37
OR- COOKIE, FORTUNE	1 EACH	22	0.10	4.84
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- 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- 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- 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- 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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		675	11.70	98.24
% of Calories				58.2%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/22/2019				
K-8 Lunch	Total			
OR- GRAVY TURKEY COM	1/2 cup	240	1.60	21.39
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- 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- MUNCHABLE, TURKEY STICK	EACH	380	3.00	39.0
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- PEPPERS,SWEET, GREEN,RAW	1/2 CUP	9	0.78	2.13
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, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		564	5.99	75.51
% of Calories				53.5%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/23/2019				
K-8 Lunch	Total			
OR- SALAD ENT SW TACO, ELEM	SALAD	395	3.42	36.03
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- 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- 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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		643	10.62	91.32
% of Calories				56.8%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/24/2019				
K-8 Lunch	Total			
OR- FISH NUGGET WG - ROLL/TOTS	serving	425	6.08	50.57
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- 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- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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- STRAWB, SLICD UNSWT, 1/2 C	1/2 CUP	40	3.24	11.34
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		604	8.31	82.64
% of Calories				54.7%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/28/2019				
K-8 Lunch	Total			
OR- CHICKEN, STRIPS - 2M	3 EACH	263	3.03	16.19
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- 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- 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- 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- 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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		633	11.73	88.55
% of Calories				56.0%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/29/2019				
K-8 Lunch	Total			
OR- PASTA LASAGNA ROLL	servings	294	4.68	39.71
OR- ROLL, DINNER WW	1 EACH	70	2.00	13.0
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- 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- MUNCHABLE, TURKEY STICK	EACH	380	3.00	39.0
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- PEPPERS, SWEET, GREEN, RAW	1/2 CUP	9	0.78	2.13
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, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		572	6.46	78.26
% of Calories				54.7%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/30/2019				
K-8 Lunch	Total			
OR- QUESADILLA CHICKEN SCHWANS	1 EACH	300	3.00	31.0
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- 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- 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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		623	10.54	90.29
% of Calories				57.9%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 22

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/31/2019				
K-8 Lunch	Total			
OR- SLOPPY JOE ON A ROLL	SERVINGS	249	3.23	32.8
OR- POTATO, SMILES 1/2 C	4 EA	130	2.00	19.0
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- 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- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		575	7.03	79.68
% of Calories				55.4%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 23

Generated on: 4/29/2019 11:28:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 06/03/2019				
K-8 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- 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- 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- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
Weighted Daily Average		566	6.82	76.35
% of Calories				53.9%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 4/29/2019 11:28:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 06/04/2019				
K-8 Lunch	Total			
OR- CHICKEN, SWT&SOUR NUGGET	SERVING	572	5.00	84.48
OR- COOKIE, FORTUNE	1 EACH	22	0.10	4.84
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- 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- 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- 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- 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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		680	11.74	99.34
% of Calories				58.5%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 4/29/2019 11:28:13 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 06/05/2019				
K-8 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- 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- 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- MUNCHABLE, TURKEY STICK	EACH	380	3.00	39.0
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- PEPPERS,SWEET, GREEN,RAW	1/2 CUP	9	0.78	2.13
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, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		582	6.39	79.12
% of Calories				54.4%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 06/06/2019				
K-8 Lunch	Total			
OR- BURRITO BN/CH, FERNANDO	EACH	310	9.00	40.0
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- 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- 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- CORN, CANNED 1/2c	1/2 CUP	140	3.96	31.95
OR- CARROTS BABY FRESH - 1/2c	1/2 CUP	25	2.03	5.73
OR- CUCUMBERS, SLICED - 1/2c	1/2 CUP	12	0.41	2.97
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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		626	11.74	92.12
% of Calories				58.9%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 06/07/2019				
K-8 Lunch	Total			
OR- BREADSTICK CHZ STUFFED-2M	SERVING	315	1.45	34.02
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- 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- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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- STRAWB, SLICD UNSWT, 1/2 C	1/2 CUP	40	3.24	11.34
OR- FRUIT MIX, DICED COMM-1/2c	1/2 CUP	0	0.00	0.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		564	6.65	76.68
% of Calories				54.3%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 06/10/2019				
K-8 Lunch	Total			
OR- SUB MEATBALL CHICKEN	SUB	328	4.45	32.08
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- 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- 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- PARFAIT VANILLA LUNCH	1 parfait	426	4.35	86.2
OR- SAND, PB AND J ADVANCE	1 EA	510	4.00	47.0
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, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
Weighted Daily Average		581	7.26	77.99
% of Calories				53.7%
Nutrient Guideline		600-650		

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 06/11/2019				
K-8 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- 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- 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- 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- 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- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0
Weighted Daily Average		632	11.19	88.34
% of Calories				55.9%
Nutrient Guideline		600-650		

Wed - 06/12/2019				
K-8 Lunch	Total			
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- 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- MUNCHABLE, TURKEY STICK	EACH	380	3.00	39.0
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- PEPPERS, SWEET, GREEN, RAW	1/2 CUP	9	0.78	2.13
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, OVEN ROASTED	1/2 CUP	73	1.65	13.03
OR- JUICE, APPLE 100% SUNCUP	1 EACH	50	0.00	13.0
OR- JUICE, ORANGE 100% SUNCUP	1 EACH	60	0.00	14.0

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		576	6.20	76.05
% of Calories				52.8%
Nutrient Guideline		600-650		

Weighted Average		604	8.70	84.25
				55.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	604		600 - 650	100%				
Fiber (g)	8.70							
Carbohydrate (g)	84.25	55.78%						

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