

Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/29/2019 11:45:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/01/2019				
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		

Thu - 05/02/2019				
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 - 05/03/2019				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
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		403	5.91	57.06
% of Calories				56.7%
Nutrient Guideline		350-500		

Mon - 05/06/2019				
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

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

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Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		414	4.14	72.44
% of Calories				70.0%
Nutrient Guideline		350-500		

Tue - 05/07/2019				
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 - 05/08/2019				
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		

Thu - 05/09/2019				
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		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/10/2019				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
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		403	5.91	57.06
% of Calories				56.7%
Nutrient Guideline		350-500		

Mon - 05/13/2019				
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 - 05/14/2019				
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 - 05/15/2019				
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

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BIC Breakfast

Portion Values - Detailed

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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 - 05/16/2019				
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 - 05/17/2019				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
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		403	5.91	57.06
% of Calories				56.7%
Nutrient Guideline		350-500		

Mon - 05/20/2019				
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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May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/21/2019				
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 - 05/22/2019				
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		

Thu - 05/23/2019				
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 - 05/24/2019				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
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
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Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		403	5.91	57.06
% of Calories				56.7%
Nutrient Guideline		350-500		

Tue - 05/28/2019				
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 - 05/29/2019				
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		

Thu - 05/30/2019				
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
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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/31/2019				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
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
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% of Calories				56.7%
Nutrient Guideline		350-500		

Mon - 06/03/2019				
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		

Tue - 06/04/2019				
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
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% of Calories				67.9%
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Wed - 06/05/2019				
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
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Weighted Daily Average		422	4.56	74.48
% of Calories				70.5%
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Thu - 06/06/2019				
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
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Fri - 06/07/2019				
BIC Breakfast	Total			
OR- BREAKFAST ON A STICK	1 EA	172	3.03	18.17
OR- BAR, PB AND J GRAM STR	1 EACH	310	5.00	30.0
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		403	5.91	57.06
% of Calories				56.7%
Nutrient Guideline		350-500		

Mon - 06/10/2019				
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		

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Oregon Trail SD

May 1, 2019 thru Jun 12, 2019

Base Menu Spreadsheet

BIC Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 06/11/2019				
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 - 06/12/2019				
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		

Weighted Average		415	5.47	69.93
				67.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	415		350 - 500	100%				
Fiber (g)	5.47							
Carbohydrate (g)	69.93	67.44%						

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