

CHOCTAW PUBLIC SCHOOLS

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 9/2/2021 10:39:56 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/01/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
BAKED POTATO	1 EACH	1	42.72
BROCCOLI,raw: fresh	1/2 CUP	1	3.02
RANCH DRESSING	2 TBSP	1	2.8
BANANAS	1 EACH	1	23.07
GIANT GRAHAMS	PACKAGE	1	0.06
Weighted Daily Average			106.68
% of Calories			58.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/02/2021			
ELEMENTARY LUNCH	Total	1	
Chicken, Breaded	serving	1	0.0
MEAT LOAF	3/4" SLICE	1	7.96
Macaroni & Cheese	serving	1	2.0
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
MIXED FRUIT: frozen,sweetened	1/2 CUP	1	30.29
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			69.66
% of Calories			33.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/03/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Goldfish crackers	0.75 oz	1	14.0
CUCUMBER,RAW	4 OZ	1	2.45
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			89.78
% of Calories			49.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/07/2021			
ELEMENTARY LUNCH	Total	1	
TURKEY W/CHEESE SANDWICH	1 EACH	1	53.89
BBQ Rib	1 each	1	13.0
Sweet Potato Fries	serving	1	17.0
GRAPES,Fresh	1/2 CUP	1	7.89
PICKLES,DILL	1 EACH	1	1.57
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			114.73
% of Calories			52.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/08/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Salad, Chef	1 each	1	6.42
Chips, Sun Harvest Cheddar	package	1	18.03
ORANGES HALVES	1 EACH	1	11.28
GREEN BELL PEPPER	SERVING	1	17.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			109.11
% of Calories			46.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/09/2021			
ELEMENTARY LUNCH	Total	1	
CHICKEN, BARBECUED	SERVING	1	16.16
CHICKEN FRIED STEAK	1 EACH	1	16.0
MASHED POTATOES: flakes, mlk+but	1/2 CUP	1	5.71
Gravy, Peppered	serving	1	31.75
GREEN BEANS: canned, cooked	1/2 CUP	1	2.28
APPLES, Fresh	1/2 EACH	1	9.53
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			102.80
% of Calories			41.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/10/2021			
ELEMENTARY LUNCH	Total	1	
Chicken Sandwich	1 Each	1	37.0
CORN DOG: Turkey Jumbo State F	1 EACH	1	27.0
Goldfish crackers	0.75 oz	1	14.0
BANANAS	1 EACH	1	23.07
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.8
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			130.86
% of Calories			46.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 09/13/2021			
ELEMENTARY LUNCH	Total	1	
Chicken Taquitos	1 each	1	20.0
Enchiladas, Beef & Cheese	serving	1	34.38
Chips, Nacho	serving	1	17.0
SALSA: COMMODITY	2 OZ	1	7.94
pinto beans can	.75	1	27.91
PEACHES: canned, light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			152.95
% of Calories			52.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/14/2021			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	SERVING	1	19.0
Teriyaki Meatballs	serving	1	18.0
RICE,Cooked White	servings	1	27.81
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
MIXED FRUIT: frozen,sweetened	1/2 CUP	1	30.29
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			131.66
% of Calories			55.3%
Nutrient Guideline			

Wed - 09/15/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
BBQ Pulled Pork Sandwich	Serving	1	594.65
BANANAS	1 EACH	1	23.07
CAULIFLOWER,raw: fresh	1/2 CUP	1	2.49
Ranch Dressing Fat Free	1 each	1	0.0
Rice Krispies Treat Mini	1 each	1	3.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			679.59
% of Calories			80.4%
Nutrient Guideline			

Thu - 09/16/2021			
ELEMENTARY LUNCH	Total	1	
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
FISH, DIXIE CRUNCH	SERVING	1	27.0
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
CORN: canned, yellow	1/2 CUP	1	11.76
Mandarin Oranges	1/2 cup	1	18.63
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			125.11
% of Calories			51.8%
Nutrient Guideline			

Fri - 09/17/2021			
ELEMENTARY LUNCH	Total	1	
Ham & Cheese Sandwich	1 each	1	29.81
CORN DOG:Turkey Jumbo State F	1 EACH	1	27.0
Chips, Sun Harvest Cheddar	package	1	18.03
Cinnamon Apples	serving	1	32.92
SALAD,TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			115.92 50.0%
Nutrient Guideline			

Mon - 09/20/2021			
ELEMENTARY LUNCH	Total	1	
RAVIOLI BEEF	1 CUP	1	36.0
BEAN BURRITO	SERVINGS	1	38.4
Nacho Chips	28 g.	1	20.0
SALSA:COMMODITY	2 OZ	1	7.94
pinto beans can	.75	1	27.91
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			170.66 63.9%
Nutrient Guideline			

Tue - 09/21/2021			
ELEMENTARY LUNCH	Total	1	
LASAGNA WITH GROUND BEEF	SERVINGS	1	27.87
Breadstick Cheese Filled	1 each	1	16.0
Chicken Egg Roll WG	1 each	1	19.0
RICE,Cooked White	servings	1	27.81
SALAD,TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
GRAPES,Fresh	1/2 CUP	1	7.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			128.12 52.5%
Nutrient Guideline			

Wed - 09/22/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
BAKED POTATO	1 EACH	1	42.72
BANANAS	1 EACH	1	23.07
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			162.28 60.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/23/2021			
ELEMENTARY LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
Turkey, Sliced	serving	1	2.61
MASHED POTATOES: flakes, mlk+but	1/2 CUP	1	5.71
Gravy, Peppered	serving	1	31.75
GREEN BEANS: canned, cooked	1/2 CUP	1	2.28
Roll Whole Grain	1.1	1	15.0
MIXED FRUIT: frozen, sweetened	1/2 CUP	1	30.29
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			116.97
% of Calories			47.9%
Nutrient Guideline			

Fri - 09/24/2021			
ELEMENTARY LUNCH	Total	1	
Cheeseburger	1 each	1	25.74
Chips, Sun Harvest Cheddar	package	1	18.03
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
APPLES, Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			99.38
% of Calories			51.1%
Nutrient Guideline			

Mon - 09/27/2021			
ELEMENTARY LUNCH	Total	1	
TACO SALAD	SERVINGS	1	21.54
BEEF TACO	2 EACH	1	19.86
SALSA: COMMUNITY	2 OZ	1	7.94
pinto beans can	.75	1	27.91
PEARS: canned, light syrup	1/2 CUP	1	19.04
Brownie	Serving	1	26.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			143.66
% of Calories			50.9%
Nutrient Guideline			

Tue - 09/28/2021			
ELEMENTARY LUNCH	Total	1	
BBQ Pulled Pork Sandwich	Serving	1	594.65
CORN DOG: Turkey Jumbo State F	1 EACH	1	27.0
CARROTS: canned, cooked	3/4 CUP	1	6.07
BANANAS	1 EACH	1	23.07
Chips, Sun Harvest Cheddar	package	1	18.03
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			690.20
% of Calories			80.7%
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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/29/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
CELERY STICKS	1/2 CUP	1	2.21
RANCH DRESSING	2 TBSP	1	2.55
ORANGES HALVES	1 EACH	1	11.28
Rice Krispies Treat Mini	1 each	1	3.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			85.91
% of Calories			38.6%
Nutrient Guideline			

Thu - 09/30/2021			
ELEMENTARY LUNCH	Total	1	
Chicken & Cheese Quesadilla WG	1 each	1	33.0
Cheeseburger	1 each	1	25.74
BROCCOLI,raw: fresh	1/2 CUP	1	3.02
RANCH DRESSING	2 TBSP	1	2.55
APPLES,Fresh	1 EACH	1	19.06
CRACKERS,GRAHAM	1 EACH	1	22.02
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.76
% of Calories			50.7%
Nutrient Guideline			

Weighted Average			173.94
			58.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	173.94	58.64%						

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