

CHOCTAW PUBLIC SCHOOLS

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 1

Generated on: 9/2/2021 1:17:22 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/01/2021			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
BAKED POTATO	1 EACH	1	42.72
Breadstick Cheese Filled	1 each	1	16.0
CARROTS: canned, cooked	3/4 CUP	1	6.07
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			144.24
% of Calories			57.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/02/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken popcorn	serving	1	14.05
MEAT LOAF	3/4" SLICE	1	7.96
Macaroni & Cheese	serving	1	2.0
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			71.49
% of Calories			38.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/03/2021			
CHOCTAW MIDDLE SCHO	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
RANCH DRESSING	2 TBSP	1	2.55
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			92.33
% of Calories			48.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/07/2021			
CHOCTAW MIDDLE SCHO	Total	1	
TURKEY W/CHEESE SANDWICH	1 EACH	1	53.89
Rib Sandwich	1 Each	1	28.4
Sweet Potato Fries	serving	1	17.0
PICKLES,DILL	1 EACH	1	1.57
GRAPES,Fresh	1/2 CUP	1	7.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			130.13
% of Calories			53.1%
Nutrient Guideline			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 2

Generated on: 9/2/2021 1:17:22 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/08/2021			
CHOCTAW MIDDLE SCHO	Total	1	
CORN DOG:Turkey Jumbo State F	1 EACH	1	27.0
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
Chips, Sun Harvest Cheddar	package	1	18.03
GREEN BELL PEPPER	SERVING	1	17.0
ORANGES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			105.19
% of Calories			44.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/09/2021			
CHOCTAW MIDDLE SCHO	Total	1	
CHICKEN,BARBECUED	SERVING	1	16.16
Chicken Fry Steak	patty	1	14.1
MASHED POTATOES:flakes,mlk+but	1/2 CUP	1	5.71
Gravy, Peppered	serving	1	31.75
GREEN BEANS: canned,cooked	3/4 CUP	1	3.42
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.06
% of Calories			43.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/10/2021			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Chicken Sandwich	1 Each	1	37.0
Goldfish crackers	0.75 oz	1	14.0
SALAD,TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			138.61
% of Calories			46.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 09/13/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken Taquitos	2 each	1	40.0
Enchiladas, Beef & Cheese	serving	1	34.38
Chips, Nacho	serving	1	17.0
SALSA:COMMODITY	4 OZ	1	15.88
pinto beans can	.75	1	27.91
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 3

Generated on: 9/2/2021 1:17:22 PM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			180.88
% of Calories			51.3%
Nutrient Guideline			

Tue - 09/14/2021			
CHOCTAW MIDDLE SCHO	Total	1	
ORANGE CHICKEN	SERVING	1	19.0
Teriyaki Meatballs	serving	1	18.0
RICE, ASIAN BROWN	SERVING	1	42.0
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			133.62
% of Calories			54.4%
Nutrient Guideline			

Wed - 09/15/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Salad, Chef	1 each	1	6.42
Ham, sliced	slice	1	0.0
BBQ Pulled Pork Sandwich	Serving	1	594.65
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
BANANAS	1 EACH	1	23.07
Rice Krispies Treat Mini	2 each	1	6.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			659.55
% of Calories			79.8%
Nutrient Guideline			

Thu - 09/16/2021			
CHOCTAW MIDDLE SCHO	Total	1	
SPAGHETTI AND MEAT SAUCE	1 CUP	1	37.37
STROMBOLI	SERVINGS	1	20.94
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			124.57
% of Calories			53.2%
Nutrient Guideline			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 4

Generated on: 9/2/2021 1:17:22 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/17/2021			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Ham & Cheese Sandwich	1 each	1	29.81
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
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			145.30
% of Calories			50.9%
Nutrient Guideline			

Mon - 09/20/2021			
CHOCTAW MIDDLE SCHO	Total	1	
RAVIOLI BEEF	1 CUP	1	36.0
BEAN BURRITO	SERVINGS	1	38.4
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
CHEESE SAUCE	2 TBSP	1	5.6
PEARS: canned, light syrup	1/2 CUP	1	19.04
CRACKERS, GRAHAM	1 EACH	1	22.02
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			147.35
% of Calories			62.7%
Nutrient Guideline			

Tue - 09/21/2021			
CHOCTAW MIDDLE SCHO	Total	1	
LASAGNA WITH GROUND BEEF	SERVINGS	1	27.87
Breadstick Cheese Filled	1 each	1	16.0
Teriyaki Chicken	3/4 cup	1	21.8
RICE, ASIAN BROWN	SERVING	1	42.0
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			145.11
% of Calories			51.0%
Nutrient Guideline			

Wed - 09/22/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Cheeseburger	1 each	1	25.74
Chicken Alfredo	serving	1	13.29
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
BANANAS	1 EACH	1	23.07
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 5

Generated on: 9/2/2021 1:17:22 PM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			123.58
% of Calories			44.0%
Nutrient Guideline			

Thu - 09/23/2021			
CHOCTAW MIDDLE SCHO	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
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			104.24
% of Calories			44.9%
Nutrient Guideline			

Fri - 09/24/2021			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Breadstick Cheese Filled	1 each	1	16.0
GREEN BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.55
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			110.99
% of Calories			49.6%
Nutrient Guideline			

Mon - 09/27/2021			
CHOCTAW MIDDLE SCHO	Total	1	
TACO SALAD	SERVINGS	1	21.54
BEEF TACO	2 EACH	1	19.86
Chips, Nacho	serving	1	17.0
SALSA:COMMODITY	4 OZ	1	15.88
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			168.60
% of Calories			51.4%
Nutrient Guideline			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 6

Generated on: 9/2/2021 1:17:22 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/28/2021			
CHOCTAW MIDDLE SCHO	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%
Nutrient Guideline			

Wed - 09/29/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Salad, Chef	1 each	1	6.42
Diced Chicken	2 oz.	1	0.0
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
ORANGES	1 EACH	1	11.28
CORN: canned, yellow	1/2 CUP	1	11.76
Rice Krispies Treat Mini	2 each	1	6.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			67.33
% of Calories			32.4%
Nutrient Guideline			

Thu - 09/30/2021			
CHOCTAW MIDDLE SCHO	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	2.8
APPLES,Fresh	1 EACH	1	19.06
CRACKERS,GRAHAM	1 EACH	1	22.02
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			127.01
% of Calories			50.8%
Nutrient Guideline			

Weighted Average			177.92
			57.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	177.92	57.15%						

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.