

# CHOCTAW PUBLIC SCHOOLS

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/01/2021			
ELEMENTARY LUNCH	Total	1	
CHICKEN TACO	2 EACH	1	19.87
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
Chips, Sun Harvest Cheddar	package	1	18.03
CORN: canned, yellow	1/2 CUP	1	11.76
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			105.88
% of Calories			49.1%
Nutrient Guideline			

Mon - 10/04/2021			
ELEMENTARY LUNCH	Total	1	
Chili Pie	serving	1	22.77
Chicken Ranch Quesadilla	1 each	1	22.7
pinto beans can	.75	1	27.91
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			135.81
% of Calories			49.0%
Nutrient Guideline			

Tue - 10/05/2021			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	SERVING	1	19.0
Teriyaki Meatballs	serving	1	18.0
Rice, Brown Long Grain	1/2 cup	1	25.91
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			102.96
% of Calories			50.7%
Nutrient Guideline			

Wed - 10/06/2021			
ELEMENTARY LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Chicken Salad w/Croissant	1	1	52.83
SALAD, TOSSED: no dressing	1 CUP	1	5.61
PEACHES: canned,light syrup	1/2 CUP	1	24.35
Rice Krispies Treat Mini	1 each	1	3.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			150.17
% of Calories			38.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/07/2021			
ELEMENTARY LUNCH	Total	1	
BBQ Pulled Pork Sandwich	Serving	1	594.65
MEAT LOAF	3/4" SLICE	1	7.96
CARROTS: canned, cooked	3/4 CUP	1	6.07
FRENCH FRIES: oven heat	serving	1	15.6
STRAWBERRIES: frozen	.5 cup	1	33.05
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			678.70
% of Calories			82.5%
Nutrient Guideline			

Fri - 10/08/2021			
ELEMENTARY LUNCH	Total	1	
Ham, Turkey & Cheese Sub	1	1	29.37
Mama Mia Pasta Bake	3/4 cup	1	39.42
GREEN BELL PEPPER	SERVING	1	17.0
GRAPES,Fresh	1/2 CUP	1	7.89
Chips, Sun Harvest Cheddar	package	1	18.03
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			133.09
% of Calories			45.9%
Nutrient Guideline			

Mon - 10/11/2021			
ELEMENTARY LUNCH	Total	1	
BARBECUED CHICKEN	SERVINGS	1	15.83
CORN DOG:Turkey Jumbo State F	1 EACH	1	27.0
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
BAKED BEANS	1/2 CUP	1	37.04
BROCCOLI,raw: fresh	1/2 CUP	1	3.02
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			143.11
% of Calories			40.3%
Nutrient Guideline			

Tue - 10/12/2021			
ELEMENTARY LUNCH	Total	1	
GOULASH	servings	1	17.1
FISH, DIXIE CRUNCH	SERVING	1	27.0
TARTAR SAUCE	2 TBSP	1	5.48
CORN: canned, yellow	1/2 CUP	1	11.76
APPLES,Fresh	1 EACH	1	19.06
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.71
% of Calories			48.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/13/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Chicken popcorn	serving	1	14.05
MACARONI AND CHEESE	2/3 CUP	1	30.52
CARROTS: canned, cooked	3/4 CUP	1	6.07
STRAWBERRIES: frozen	.5 cup	1	33.05
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			140.07
% of Calories			45.5%
Nutrient Guideline			

Tue - 10/19/2021			
ELEMENTARY LUNCH	Total	1	
CHEESEBURGER ON A BUN	1 EACH	1	22.41
CORN DOG:Turkey Jumbo State F	1 EACH	1	27.0
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
Rice Krispies Treat Mini	1 each	1	3.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			100.01
% of Calories			37.9%
Nutrient Guideline			

Wed - 10/20/2021			
ELEMENTARY LUNCH	Total	1	
Pizza, Pepperoni	slice	1	40.56
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
BROCCOLI,raw: fresh	1/2 CUP	1	3.02
RANCH DRESSING	2 TBSP	1	2.55
Brownie	Serving	1	26.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			139.85
% of Calories			49.9%
Nutrient Guideline			

Thu - 10/21/2021			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	SERVING	1	19.0
Teriyaki Meatballs	serving	1	18.0
Rice, Brown Long Grain	1/2 cup	1	25.91
CARROTS: canned, cooked	3/4 CUP	1	6.07
ORANGES HALVES	1/2 EACH	1	5.64
MILK - Variety	HALF PINT	1	21.38
Brownie	Serving	1	26.0
MILK - Variety	HALF PINT	1	21.38

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			143.38
% of Calories			53.7%
Nutrient Guideline			

Fri - 10/22/2021			
ELEMENTARY LUNCH	Total	1	
Pig in the Blanket	1 each	1	35.83
Western Baked Potato	1	1	51.94
GREEN BELL PEPPER	SERVING	1	17.0
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
Chips, Sun Harvest Cheddar	package	1	18.03
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			161.13
% of Calories			42.4%
Nutrient Guideline			

Mon - 10/25/2021			
ELEMENTARY LUNCH	Total	1	
Beef, Bean & Cheese Burrito	1	1	36.99
CHICKEN TACO	2 EACH	1	19.87
Nacho Chips	28 g.	1	20.0
SALSA:COMMUNITY	3 OZ	1	11.91
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			157.09
% of Calories			56.7%
Nutrient Guideline			

Tue - 10/26/2021			
ELEMENTARY LUNCH	Total	1	
BB-Q Pork Sliced	1	1	55.45
Meatball Sub	serving	1	29.56
CELERY STICKS	1/2 CUP	1	2.21
RANCH DRESSING	2 TBSP	1	2.55
APPLE CRISP	SERVINGS	1	28.19
FRENCH FRIES: oven heat	serving	1	15.6
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			154.93
% of Calories			49.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/27/2021			
ELEMENTARY LUNCH	Total	1	
Pizza, Pepperoni	slice	1	40.56
Salad, Chef	1 each	1	6.42
Ham, sliced	slice	1	0.0
RANCH DRESSING	2 TBSP	1	2.55
CARROT STICKS	.75 CUP	1	12.63
APPLE CRISP	SERVINGS	1	28.19
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			111.73
% of Calories			42.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/28/2021			
ELEMENTARY LUNCH	Total	1	
Chicken Fry Steak	patty	1	14.1
CORN DOG:Turkey Jumbo State F	1 EACH	1	27.0
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
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
ORANGES HALVES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			127.99
% of Calories			42.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/29/2021			
ELEMENTARY LUNCH	Total	1	
Chili Pie	serving	1	22.77
Italian Sub	1	1	36.08
CORN: canned, yellow	1/2 CUP	1	11.76
PEACHES: canned,light syrup	1/2 CUP	1	24.35
Wacky Cake	servings	1	25.62
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			141.95
% of Calories			54.2%
Nutrient Guideline			

Weighted Average			164.14
			51.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	164.14	51.62%						

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