

CHOCTAW PUBLIC SCHOOLS

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

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Generated on: 9/7/2021 3:38:56 PM

| | Portion Size | Reimb Qty | Carb (g) |
|-----------------------------|--------------|-----------|----------|
| Fri - 10/01/2021 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| PIZZA ALPHA WG PEPPERONI | slice | 1 | 35.0 |
| HOT DOG ON A BUN:turkey hot | SERVING | 1 | 22.47 |
| CHILI CON CARNE W/ BEANS | 1/4 CUP | 1 | 4.11 |
| CORN: canned, yellow | 1/2 CUP | 1 | 11.76 |
| PEACHES: canned,light syrup | 1/2 CUP | 1 | 24.35 |
| Chips, Sun Harvest Cheddar | package | 1 | 18.03 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 137.11 |
| % of Calories | | | 46.9% |
| Nutrient Guideline | | | |

| | | | |
|---------------------------|-----------|---|--------|
| Mon - 10/04/2021 | | | |
| CHOCTAW MIDDLE SCHO | 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 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| ORANGE CHICKEN | SERVING | 1 | 19.0 |
| Teriyaki Meatballs | serving | 1 | 18.0 |
| Rice, Brown Long Grain | 3/4 cup | 1 | 38.87 |
| BROCCOLI: frozen, boiled | 3/4 CUP | 1 | 7.38 |
| APPLESAUCE:cnnd,unswtnd,+vit C | 1/2 CUP | 1 | 13.75 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 118.38 |
| % of Calories | | | 53.4% |
| Nutrient Guideline | | | |

| | | | |
|----------------------------|-----------|---|--------|
| Wed - 10/06/2021 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Ham, Turkey & Cheese Sub | 1 | 1 | 29.37 |
| Mama Mia Pasta Bake | 3/4 cup | 1 | 39.42 |
| Chips, Sun Harvest Cheddar | package | 1 | 18.03 |
| GRAPES,Fresh | 1/2 CUP | 1 | 7.89 |
| GREEN BELL PEPPER | SERVING | 1 | 17.0 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 133.09 |
| % of Calories | | | 45.9% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------|--------------|-----------|----------|
| Thu - 10/07/2021 | | | |
| CHOCTAW MIDDLE SCHO | 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 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| PIZZA ALPHA WG PEPPERONI | slice | 1 | 35.0 |
| Chicken Salad w/Croissant | 1 | 1 | 52.83 |
| SALAD,TOSSED: no dressing | 1 CUP | 1 | 5.61 |
| RANCH DRESSING | 2 TBSP | 1 | 2.8 |
| PEACHES: canned,light syrup | 1/2 CUP | 1 | 24.35 |
| Rice Krispies Treat Mini | 2 each | 1 | 6.0 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 147.97 |
| % of Calories | | | 35.6% |
| Nutrient Guideline | | | |

| | | | |
|-------------------------------|-----------|---|--------|
| Mon - 10/11/2021 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| BARBECUED CHICKEN | SERVINGS | 1 | 15.83 |
| CORN DOG:Turkey Jumbo State F | 1 EACH | 1 | 27.0 |
| BAKED BEANS | 1/2 CUP | 1 | 37.04 |
| BROCCOLI,raw: fresh | 1/2 CUP | 1 | 3.02 |
| RANCH DRESSING | 2 TBSP | 1 | 2.8 |
| PEACHES: canned,light syrup | 1/2 CUP | 1 | 24.35 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 131.43 |
| % of Calories | | | 38.3% |
| Nutrient Guideline | | | |

| | | | |
|------------------------|-----------|---|--------|
| Tue - 10/12/2021 | | | |
| CHOCTAW MIDDLE SCHO | 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 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Chicken popcorn | serving | 1 | 14.05 |
| SLOPPY JOE ON A BUN | SERVINGS | 1 | 10.5 |
| 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 | | | 115.56 |
| % of Calories | | | 44.6% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|-----------|---|--------|
| Tue - 10/19/2021 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Cheeseburger | 1 each | 1 | 25.74 |
| CORN DOG:Turkey Jumbo State F | 1 EACH | 1 | 27.0 |
| SALAD,TOSSED: no dressing | 1 CUP | 1 | 5.61 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 1 | 18.07 |
| Rice Krispies Treat Mini | 2 each | 1 | 6.0 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| RANCH DRESSING | 2 TBSP | 1 | 2.8 |
| Weighted Daily Average | | | 106.60 |
| % of Calories | | | 41.3% |
| Nutrient Guideline | | | |

| | | | |
|----------------------------|------------|---|--------|
| Wed - 10/20/2021 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Western Baked Potato | 1 | 1 | 51.94 |
| SPAGHETTI AND MEAT SAUCE | 1 CUP | 1 | 37.37 |
| ROLLS: scratch(Yeast)-1 oz | Each 1 oz. | 1 | 14.85 |
| Cinnamon Apples | serving | 1 | 32.92 |
| BROCCOLI,raw: fresh | 1/2 CUP | 1 | 3.02 |
| RANCH DRESSING | 2 TBSP | 1 | 2.8 |
| Brownie | Serving | 1 | 26.0 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 190.28 |
| % of Calories | | | 46.9% |
| Nutrient Guideline | | | |

| | | | |
|-------------------------|-----------|---|-------|
| Thu - 10/21/2021 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| ORANGE CHICKEN | SERVING | 1 | 19.0 |
| Teriyaki Meatballs | serving | 1 | 18.0 |
| Rice, Brown Long Grain | 3/4 cup | 1 | 38.87 |
| CARROTS: canned, cooked | 3/4 CUP | 1 | 6.07 |
| ORANGES | 1 EACH | 1 | 11.28 |
| MILK - Variety | HALF PINT | 1 | 21.38 |

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| | Portion Size | Reimb Qty | Carb (g) |
|------------------------|--------------|-----------|----------|
| Weighted Daily Average | | | 114.59 |
| % of Calories | | | 52.7% |
| Nutrient Guideline | | | |

| Fri - 10/22/2021 | | | |
|--------------------------------|-----------|---|--------|
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| PIZZA ALPHA WG PEPPERONI | slice | 1 | 35.0 |
| Pig in the Blanket | 1 each | 1 | 35.83 |
| Red Bell Pepper | Serving | 1 | *N/A* |
| 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 | | | 127.19 |
| % of Calories | | | 45.5% |
| Nutrient Guideline | | | |

| Mon - 10/25/2021 | | | |
|-----------------------------|-----------|---|--------|
| CHOCTAW MIDDLE SCHO | 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 | 4 OZ | 1 | 15.88 |
| 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 | | | 161.06 |
| % of Calories | | | 57.1% |
| Nutrient Guideline | | | |

| Tue - 10/26/2021 | | | |
|-------------------------|-----------|---|--------|
| CHOCTAW MIDDLE SCHO | 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 | 2.8 |
| 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 | | | 160.04 |
| % of Calories | | | 54.4% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------|--------------|-----------|----------|
| Wed - 10/27/2021 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Salad, Chef | 1 each | 1 | 6.42 |
| Ham, sliced | slice | 1 | 0.0 |
| TURKEY W/CHEESE SANDWICH | 1 EACH | 1 | 53.89 |
| CARROT STICKS | 3/4 CUP | 1 | 12.63 |
| RANCH DRESSING | 2 TBSP | 1 | 2.8 |
| APPLE CRISP | SERVINGS | 1 | 28.19 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 125.31 |
| % of Calories | | | 47.6% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 10/28/2021 | | | |
| CHOCTAW MIDDLE SCHO | 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 | 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 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| PIZZA ALPHA WG PEPPERONI | slice | 1 | 35.0 |
| 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 | | | 154.18 |
| % of Calories | | | 55.5% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|--------|
| Weighted Average | | | 166.22 |
| | | | 51.9% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 166.22 | 51.92% | | | | | | |

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