

CHOCTAW PUBLIC SCHOOLS

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 10/27/2021 10:36:57 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 11/01/2021			
ELEMENTARY LUNCH	Total	1	
BEEF TACO	2 EACH	1	19.86
Chicken Enchiladas	serving	1	29.61
Nacho Chips	28 g.	1	20.0
SALSA:COMMUNITY	2 OZ	1	7.94
REFRIED BEANS	1/2 CUP	1	35.23
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			153.08
% of Calories			52.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 11/02/2021			
ELEMENTARY LUNCH	Total	1	
Beef Shepards Pie	2 oz	1	22.71
Teriyaki Chicken	1/2 cup	1	14.53
Rice, Brown Long Grain	1/2 cup	1	25.91
CARROT STICKS	3/4 CUP	1	12.63
RANCH	GRAMS	1	0.05
ORANGES HALVES	1 EACH	1	11.28
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			122.98
% of Calories			57.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 11/03/2021			
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
APPLE CRISP	SERVINGS	1	28.19
Goldfish crackers	0.75 oz	1	14.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			144.32
% of Calories			55.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 11/04/2021			
ELEMENTARY LUNCH	Total	1	
Cheeseburger	1 each	1	25.74
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
FRENCH FRIES: oven heat	serving	1	15.6
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
GRAPES,Fresh	3/4 CUP	1	11.83
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			93.07
% of Calories			42.9%
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

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

Generated on: 10/27/2021 10:36:57 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 11/08/2021			
ELEMENTARY LUNCH	Total	1	
Chicken Ranch Quesadilla	1 each	1	22.7
Chili Pie	serving	1	22.77
CORN: canned, yellow	1/2 CUP	1	11.76
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			119.66
% of Calories			47.6%
Nutrient Guideline			

Tue - 11/09/2021			
ELEMENTARY LUNCH	Total	1	
Teriyaki Chicken Nachos	3 oz	1	33.24
Beef Fingers	3 oz	1	0.0
Gravy, Peppered	serving	1	31.75
MIXED VEGETABLES:frozen,boiled	1/2 CUP	1	11.91
BANANAS	1 EACH	1	23.07
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			135.85
% of Calories			47.1%
Nutrient Guideline			

Wed - 11/10/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Ham, Turkey & Cheese Sub	1	1	29.37
Chips, Sun Harvest Cheddar	package	1	18.03
GREEN BELL PEPPER	SERVING	1	17.0
GRAPES,Fresh	3/4 CUP	1	11.83
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			132.61
% of Calories			47.8%
Nutrient Guideline			

Thu - 11/11/2021			
ELEMENTARY LUNCH	Total	1	
Italian Sub	1	1	36.08
BBQ Pulled Pork Sandwich	Serving	1	594.65
CARROTS: canned, cooked	3/4 CUP	1	6.07
FRENCH FRIES: oven heat	serving	1	15.6
ORANGES HALVES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			685.05
% of Calories			84.3%
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

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 3

Generated on: 10/27/2021 10:36:57 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 11/12/2021			
ELEMENTARY LUNCH	Total	1	
Frito Burrito	1	1	71.73
Cheeseburger	1 each	1	25.74
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH	GRAMS	1	0.05
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			151.85
% of Calories			43.2%
Nutrient Guideline			

Mon - 11/15/2021			
ELEMENTARY LUNCH	Total	1	
Ham & Cheese Sandwich	1 each	1	29.81
Chicken Taquitos	1 each	1	20.0
BAKED BEANS	1/2 CUP	1	37.04
CELERY STICKS	1/2 CUP	1	2.21
RANCH	GRAMS	1	0.05
PEACHES: canned, light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			134.83
% of Calories			62.5%
Nutrient Guideline			

Tue - 11/16/2021			
ELEMENTARY LUNCH	Total	1	
Breadsticks w/Marinara & Meatb	2, 1, & 3	1	37.52
BARBECUED CHICKEN	SERVINGS	1	15.83
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
ORANGES HALVES	1/2 EACH	1	5.64
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			110.23
% of Calories			27.2%
Nutrient Guideline			

Wed - 11/17/2021			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Chicken popcorn	serving	1	14.05
CARROT STICKS	3/4 CUP	1	12.63
RANCH	GRAMS	1	0.05
GRAPES, Fresh	3/4 CUP	1	11.83
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

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

Generated on: 10/27/2021 10:36:57 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			94.94
% of Calories			44.1%
Nutrient Guideline			

Thu - 11/18/2021			
ELEMENTARY LUNCH	Total	1	
TURKEY AND DRESSING SUPREME	SERVINGS	1	17.04
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	1/2 CUP	1	2.28
ROLLS, WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
PEACH COBLER	SERVINGS	1	41.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			147.82
% of Calories			43.4%
Nutrient Guideline			

Fri - 11/19/2021			
ELEMENTARY LUNCH	Total	1	
Corn Dog, All Meat	corn dog	1	27.0
Chicken Sandwich	1 Each	1	37.0
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH	GRAMS	1	0.05
PINEAPPLE JUICE: canned, unswtn	1/2 CUP	1	16.09
Chips, Sun Harvest Cheddar	package	1	18.03
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			125.16
% of Calories			45.8%
Nutrient Guideline			

Mon - 11/29/2021			
ELEMENTARY LUNCH	Total	1	
CHICKEN TACO	2 EACH	1	19.87
Enchiladas, Beef & Cheese	serving	1	50.25
pinto beans can	.75	1	27.91
PEACHES: canned, light syrup	1/2 CUP	1	24.35
PUDDINGS, CHOC, DRY MIX, INST, PRE	1/2 CUP	1	27.72
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			171.48
% of Calories			54.2%
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

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 5

Generated on: 10/27/2021 10:36:57 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 11/30/2021			
ELEMENTARY LUNCH	Total	1	
Taco Soup	6 oz	1	53.91
Corn Chips	serving	1	15.68
Western Baked Potato	1	1	51.94
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH	GRAMS	1	0.05
ORANGES HALVES	1 EACH	1	11.28
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			184.78
% of Calories			44.3%
Nutrient Guideline			

Weighted Average			169.23
			52.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	169.23	52.63%						

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.