

# CHOCTAW PUBLIC SCHOOLS

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 1

Generated on: 10/27/2021 10:44:37 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 11/01/2021			
CHOCTAW MIDDLE SCHO	Total	1	
BEEF TACO	2 EACH	1	19.86
Chicken Enchiladas	serving	1	29.61
Nacho Chips	28 g.	1	20.0
SALSA:COMMUNITY	4 OZ	1	15.88
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			161.01
% of Calories			53.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 11/02/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Teriyaki Chicken	3/4 cup	1	21.8
Rice, Brown Long Grain	1/2 cup	1	25.91
Beef Shepards Pie	2 oz	1	22.71
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
ORANGES HALVES	1/2 EACH	1	5.64
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			127.11
% of Calories			53.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 11/03/2021			
CHOCTAW MIDDLE SCHO	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
BAKED POTATO	1 EACH	1	42.72
BROCCOLI,raw: fresh	1/2 CUP	1	3.02
RANCH	GRAMS	1	0.05
Chips, Sun Harvest Cheddar	package	1	18.03
APPLE CRISP	SERVINGS	1	28.19
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			121.36
% of Calories			55.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 11/04/2021			
CHOCTAW MIDDLE SCHO	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	1/2 CUP	1	7.89
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

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 2

Generated on: 10/27/2021 10:44:37 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			89.13
% of Calories			41.9%
Nutrient Guideline			

Mon - 11/08/2021			
CHOCTAW MIDDLE SCHO	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
Weighted Daily Average			98.28
% of Calories			45.6%
Nutrient Guideline			

Tue - 11/09/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Teriyaki Chicken Nachos	4 oz	1	44.33
Beef Fingers	3 oz	1	0.0
Gravy, Peppered	serving	1	31.75
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
MIXED VEGETABLES:frozen,boiled	1/2 CUP	1	11.91
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			146.93
% of Calories			46.9%
Nutrient Guideline			

Wed - 11/10/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Cheeseburger	1 each	1	25.74
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	1/2 CUP	1	7.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			119.40
% of Calories			46.7%
Nutrient Guideline			

Thu - 11/11/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Frito Burrito	1	1	71.73
BB-Q Pork Sliced	1	1	55.45
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

\*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

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 3

Generated on: 10/27/2021 10:44:37 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			181.50
% of Calories			49.7%
Nutrient Guideline			

Fri - 11/12/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Pizza, Pepperoni	slice	1	40.56
Italian Sub	1	1	36.08
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			136.78
% of Calories			53.9%
Nutrient Guideline			

Mon - 11/15/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Ham & Cheese Sandwich	1 each	1	29.81
Chicken Taquitos	2 each	1	40.0
BAKED BEANS	3/4 CUP	1	55.57
CELERY STICKS	3/4 CUP	1	3.31
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			177.21
% of Calories			59.7%
Nutrient Guideline			

Tue - 11/16/2021			
CHOCTAW MIDDLE SCHO	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
APPLES, Fresh	1 EACH	1	19.06
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			123.65
% of Calories			29.6%
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

<sup>1</sup> - 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

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 4

Generated on: 10/27/2021 10:44:37 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 11/17/2021			
CHOCTAW MIDDLE SCHO	Total	1	
HOT DOG ON A BUN:turkey hot	SERVING	1	22.47
CHILI CON CARNE W/ BEANS	1/4 CUP	1	4.11
Chicken popcorn	serving	1	14.05
CORN: canned, yellow	1/2 CUP	1	11.76
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.8
GRAPES,Fresh	1/2 CUP	1	7.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			97.10
% of Calories			44.2%
Nutrient Guideline			

Thu - 11/18/2021			
CHOCTAW MIDDLE SCHO	Total	1	
CHICKEN FRIED STEAK	1 EACH	1	16.0
TURKEY AND DRESSING SUPREME	SERVINGS	1	17.04
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 COBBLER	SERVINGS	1	41.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			149.72
% of Calories			45.1%
Nutrient Guideline			

Fri - 11/19/2021			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
CORN DOG:Turkey Jumbo State F	1 EACH	1	27.0
SALAD,TOSSD: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.8
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			126.78
% of Calories			44.1%
Nutrient Guideline			

Mon - 11/29/2021			
CHOCTAW MIDDLE SCHO	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

\*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

CHOCTAW MIDDLE SCHOOL

Portion Values - Detailed

Page 5

Generated on: 10/27/2021 10:44:37 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			171.48 54.2%
Nutrient Guideline			

Tue - 11/30/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Taco Soup	6 oz	1	53.91
Corn Chips	serving	1	15.68
BAKED POTATO	1 EACH	1	42.72
CHILI CON CARNE W/ BEANS	1/2 CUP	1	8.23
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.8
ORANGES HALVES	1 EACH	1	11.28
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			186.55 55.3%
Nutrient Guideline			

Weighted Average			138.37 48.3%
------------------	--	--	-----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	138.37	48.31%						

\*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.