

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2022 thru Jan 31, 2022

CHOCTAW MIDDLE SCHOOL

Generated on: 1/3/2022 10:08:18 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/04/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Potato Soup w/Ham & Cheese	1 cup	1	21.64
Turkey & Pasta	3/4 cup	1	26.31
PEAS GREEN,CANNED,DRAINED	1 CUP	1	16.07
ORANGES	1 EACH	1	11.28
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
MILK - Variety	HALF PINT	1	21.38
Rice Krispies Treat Mini	2 each	1	6.0
Weighted Daily Average			117.17
% of Calories			57.7%
Nutrient Guideline			

Wed - 01/05/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken Sandwich Breaded	1 each	1	42.0
SPAGHETTI AND MEAT SAUCE	1 CUP	1	37.37
Breadstick Cheese Filled	1 each	1	16.0
CORN: canned, yellow	1 CUP	1	23.52
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			163.34
% of Calories			54.0%
Nutrient Guideline			

Thu - 01/06/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Beef Shepards Pie	3 oz	1	34.06
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
CARROTS: canned, cooked	1 CUP	1	8.09
FRENCH FRIES: oven heat	serving	1	15.6
GRAPES,Fresh	1 CUP	1	15.78
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			105.40
% of Calories			46.1%
Nutrient Guideline			

Fri - 01/07/2022			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Cheeseburger	1 each	1	25.74
SALAD,TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
PEACHES: canned,light syrup	1 CUP	1	48.69
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			163.91
% of Calories			51.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 01/10/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken Enchiladas	serving	1	29.61
BEEF TACO	2 EACH	1	19.86
pinto beans can	.75	1	27.91
ORANGES	1 EACH	1	11.28
Nacho Chips	28 g.	1	20.0
SALSA:COMMODITY	2 OZ	1	7.94
Rice Krispies Treat Mini	2 each	1	6.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			143.97
% of Calories			50.4%
Nutrient Guideline			

Tue - 01/11/2022			
CHOCTAW MIDDLE SCHO	Total	1	
MACARONI AND CHEESE(NEW)	2/3 CUP	1	39.35
Ham, sliced	slice	1	0.0
Fish Nuggets	serving	1	22.0
TARTAR SAUCE	2 TBSP	1	5.48
MIXED VEGETABLES:frozen,boiled	1 CUP	1	23.82
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
APPLESAUCE:cnnd,unswtnd,+vit C	1 CUP	1	27.5
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			154.02
% of Calories			51.2%
Nutrient Guideline			

Wed - 01/12/2022			
CHOCTAW MIDDLE SCHO	Total	1	
CHICKEN POT PIE	1 CUP	1	22.59
GOULASH	servings	1	17.1
GREEN BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.55
Breadstick Cheese Filled	1 each	1	16.0
GRAPES,Fresh	1 CUP	1	15.78
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			112.39
% of Calories			42.3%
Nutrient Guideline			

Thu - 01/13/2022			
CHOCTAW MIDDLE SCHO	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
BB-Q Pork Sandwich	4 oz.	1	51.0
Sweet Potato Fries	serving	1	17.0
PEAS GREEN,CANNED,DRAINED	1 CUP	1	16.07
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38

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CHOCTAW MIDDLE SCHOOL

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			132.46
% of Calories			53.8%
Nutrient Guideline			

Fri - 01/14/2022			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Italian Sub	1	1	36.08
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
FRUIT COCKTAIL:canned,lt syrup	1 CUP	1	36.13
Wacky Cake	servings	1	25.62
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			162.37
% of Calories			55.2%
Nutrient Guideline			

Tue - 01/18/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Cheeseburger	1 each	1	25.74
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	1.11
Corn Dog, All Meat	corn dog	1	27.0
CORN: canned, yellow	1 CUP	1	23.52
BANANAS	1 EACH	1	23.07
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			146.74
% of Calories			50.6%
Nutrient Guideline			

Wed - 01/19/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Western Baked Potato	1	1	46.31
Chicken popcorn	serving	1	14.05
CARROT STICKS	1 CUP	1	16.84
RANCH DRESSING	2 TBSP	1	2.55
FRUIT COCKTAIL:canned,lt syrup	1 CUP	1	36.13
CRACKERS, GRAHAM	1 EACH	1	22.02
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			159.28
% of Calories			52.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/20/2022			
CHOCTAW MIDDLE SCHO	Total	1	
BB-Q Pork Sliced	1	1	55.45
Turkey, Sliced	serving	1	2.61
MASHED POTATOES:flakes,mlk+but	3/4 CUP	1	8.56
Gravy, Peppered	serving	1	31.75
GREEN BEANS: canned,cooked	1 CUP	1	4.56
ORANGES	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			150.08
% of Calories			54.0%
Nutrient Guideline			

Fri - 01/21/2022			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Ham & Cheese Sandwich	1 each	1	29.81
BAKED BEANS (VEGETARIAN)	SERVINGS	1	36.7
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	1	33.89
APPLE CRISP	SERVINGS	1	28.19
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			184.98
% of Calories			57.8%
Nutrient Guideline			

Mon - 01/24/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Enchilada, Beef & Cheese	1	1	16.48
CHICKEN TACO	2 EACH	1	19.87
pinto beans can	.75	1	27.91
Nacho Chips	28 g.	1	20.0
SALSA:COMMODITY	2 OZ	1	7.94
PEARS: canned,light syrup	1 CUP	1	38.08
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			151.65
% of Calories			57.8%
Nutrient Guideline			

Tue - 01/25/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Mama Mia Pasta Bake	1/2 cup	1	26.28
TURKEY W/CHEESE SANDWICH	1 EACH	1	53.89
PEAS GREEN,CANNED,DRAINED	1 CUP	1	16.07
ORANGES	1 EACH	1	11.28
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			153.83
% of Calories			54.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Wed - 01/26/2022</u>			
CHOCTAW MIDDLE SCHO	Total	1	
Frito Burrito	1	1	22.89
Grilled Cheese Sandwich	1 each	1	31.99
VEGETABLE SOUP	1 CUP	1	8.74
Chips, Sun Harvest Cheddar	package	1	18.03
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.10
% of Calories			53.8%
Nutrient Guideline			

<u>Thu - 01/27/2022</u>			
CHOCTAW MIDDLE SCHO	Total	1	
Grilled Chicken Sandwich	1 each	1	43.22
BB-Q Pork Sandwich	4 oz.	1	51.0
CARROT STICKS	1 CUP	1	16.84
RANCH DRESSING	2 TBSP	1	2.55
FRENCH FRIES: oven heat	serving	1	15.6
Rice Krispies Treat Mini	2 each	1	6.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			156.58
% of Calories			55.0%
Nutrient Guideline			

<u>Fri - 01/28/2022</u>			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Fish Nuggets	serving	1	22.0
TARTAR SAUCE	2 TBSP	1	5.48
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
APPLESAUCE:cnnd,unswtnd,+vit C	1 CUP	1	27.5
Wacky Cake	servings	1	25.62
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			145.13
% of Calories			48.2%
Nutrient Guideline			

Weighted Average			146.08
			52.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	146.08	52.56%						

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