

# CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2022 thru Jan 31, 2022

ELEMENTARY LUNCH

Generated on: 1/3/2022 10:09:42 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/04/2022			
ELEMENTARY LUNCH	Total	1	
Potato Soup w/Ham & Cheese	3/4 cup	1	16.23
Turkey & Pasta	3/4 cup	1	26.31
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
ORANGES HALVES	1 EACH	1	11.28
Roll Whole Grain	1.1	1	15.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			98.24
% of Calories			62.0%
Nutrient Guideline			

Wed - 01/05/2022			
ELEMENTARY LUNCH	Total	1	
Pizza, Cheese	Slice	1	40.48
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
CORN: frozen, yellow	1/2 CUP	1	15.92
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Breadstick Cheese Filled	1 each	1	16.0
Weighted Daily Average			148.70
% of Calories			53.9%
Nutrient Guideline			

Thu - 01/06/2022			
ELEMENTARY LUNCH	Total	1	
Beef Shepards Pie	3 oz	1	34.06
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
CARROTS: canned, cooked	3/4 CUP	1	6.07
FRENCH FRIES: oven heat	serving	1	15.6
GRAPES,Fresh	1/2 CUP	1	7.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			95.49
% of Calories			43.7%
Nutrient Guideline			

Fri - 01/07/2022			
ELEMENTARY LUNCH	Total	1	
Cheeseburger	1 each	1	25.74
Chicken Sandwich	1 Each	1	37.0
SALAD,TOSSED: no dressing	1 CUP	1	5.61
PEACHES: canned,light syrup	1/2 CUP	1	24.35
Cookie Choc. Chip Otis	1 each	1	18.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			132.07
% of Calories			48.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 01/10/2022</b>			
ELEMENTARY LUNCH	Total	1	
Chicken Enchiladas	serving	1	29.61
BEEF TACO	2 EACH	1	19.86
pinto beans can	.75	1	27.91
ORANGES HALVES	1/2 EACH	1	5.64
Rice Krispies Treat Mini	1 each	1	3.0
Nacho Chips	28 g.	1	20.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			127.40
% of Calories			49.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 01/11/2022</b>			
ELEMENTARY LUNCH	Total	1	
Macaroni & Cheese	serving	1	2.0
Ham, sliced	slice	1	0.0
Fish Nuggets	serving	1	22.0
MIXED VEGETABLES:frozen,boiled	3/4 CUP	1	17.87
ROLLS: scratch(Yeast)-1 oz	Each 1 oz.	1	14.85
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
MILK - Variety	HALF PINT	1	21.38
TARTAR SAUCE	2 TBSP	1	5.48
Weighted Daily Average			97.32
% of Calories			45.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 01/12/2022</b>			
ELEMENTARY LUNCH	Total	1	
Pizza, Cheese	Slice	1	40.48
Italian Sub	1	1	36.08
GRAPES,Fresh	1/2 CUP	1	7.89
GREEN BELL PEPPER	SERVING	1	17.0
CRACKERS,GRAHAM	1 EACH	1	22.02
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			144.85
% of Calories			61.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 01/13/2022</b>			
ELEMENTARY LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
BB-Q Pork Sandwich	4 oz.	1	51.0
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
Sweet Potato Fries	serving	1	17.0
APPLES,Fresh	1/2 EACH	1	9.53
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			114.90
% of Calories			50.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 01/14/2022</b>			
ELEMENTARY LUNCH	Total	1	
CHICKEN POT PIE	1 CUP	1	22.59
GOULASH	servings	1	17.1
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
Cookie Choc. Chip Otis	1 each	1	18.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			105.29
% of Calories			43.3%
Nutrient Guideline			

<b>Tue - 01/18/2022</b>			
ELEMENTARY LUNCH	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	1/2 CUP	1	11.76
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			110.05
% of Calories			46.3%
Nutrient Guideline			

<b>Wed - 01/19/2022</b>			
ELEMENTARY LUNCH	Total	1	
Pizza, Cheese	Slice	1	40.48
Chicken popcorn	serving	1	14.05
CARROT STICKS	3/4 CUP	1	12.63
Ranch Dressing Fat Free	2 each	1	0.0
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
CRACKERS, GRAHAM	1 EACH	1	22.02
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			128.62
% of Calories			55.3%
Nutrient Guideline			

<b>Thu - 01/20/2022</b>			
ELEMENTARY LUNCH	Total	1	
BB-Q Pork Sliced	1	1	55.45
Turkey, Sliced	serving	1	2.61
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
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

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			139.30 52.9%
Nutrient Guideline			

Fri - 01/21/2022			
ELEMENTARY LUNCH	Total	1	
Western Baked Potato	1	1	46.31
Ham & Cheese Sandwich	1 each	1	29.81
BAKED BEANS (VEGETARIAN)	SERVINGS	1	36.7
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			151.15 54.5%
Nutrient Guideline			

Mon - 01/24/2022			
ELEMENTARY LUNCH	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	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			132.61 54.2%
Nutrient Guideline			

Tue - 01/25/2022			
ELEMENTARY LUNCH	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	1/2 CUP	1	8.03
ORANGES HALVES	1/2 EACH	1	5.64
CRACKERS,GRAHAM	1 EACH	1	22.02
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			137.24 53.5%
Nutrient Guideline			

Wed - 01/26/2022			
ELEMENTARY LUNCH	Total	1	
Pizza, Cheese	Slice	1	40.48
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

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			143.69
% of Calories			55.7%
Nutrient Guideline			

Thu - 01/27/2022			
ELEMENTARY LUNCH	Total	1	
Grilled Chicken Sandwich	1 each	1	43.22
BB-Q Pork Sandwich	4 oz.	1	51.0
CARROT STICKS	3/4 CUP	1	12.63
FRENCH FRIES: oven heat	serving	1	15.6
Rice Krispies Treat Mini	1 each	1	3.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			146.83
% of Calories			56.8%
Nutrient Guideline			

Fri - 01/28/2022			
ELEMENTARY LUNCH	Total	1	
Frito Burrito	1	1	22.89
Fish Nuggets	serving	1	22.0
SALAD, TOSSED: no dressing	1 CUP	1	5.61
Ranch Fat Free	Tble	1	3.0
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
Cookie Choc. Chip Otis	1 each	1	18.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			106.63
% of Calories			52.6%
Nutrient Guideline			

Mon - 01/31/2022			
ELEMENTARY LUNCH	Total	1	
TACO SALAD	SERVINGS	1	21.54
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
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			141.71
% of Calories			52.0%
Nutrient Guideline			

Weighted Average			126.43
			52.1%

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ELEMENTARY LUNCH

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	126.43	52.14%						

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