

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

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Apr 1, 2022 thru Apr 30, 2022

CHOCTAW MIDDLE SCHOOL

Generated on: 4/1/2022 8:08:30 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/01/2022			
CHOCTAW MIDDLE SCHO SUPERVISOR'S CHOICES	Total 1 EACH	1 1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 04/04/2022			
CHOCTAW MIDDLE SCHO Chicken & Cheese Quesadilla WG	Total 1 each	1 1	33.0
Chili Pie	serving	1	22.77
PINTO BEANS: cooked	1/2 CUP	1	22.42
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
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			158.73
% of Calories			51.8%
Nutrient Guideline			

Tue - 04/05/2022			
CHOCTAW MIDDLE SCHO ORANGE CHICKEN	Total SERVING	1 1	19.0
Teriyaki Meatballs	serving	1	18.0
Rice, Brown Long Grain	3/4 cup	1	38.87
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
Frozen Juice Cup Swirl	1 each	1	29.0
FRUIT, FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			147.64
% of Calories			59.3%
Nutrient Guideline			

Wed - 04/06/2022			
CHOCTAW MIDDLE SCHO Grilled Chicken Sandwich	Total 1 each	1 1	43.22
Grilled Cheese Sandwich	1 each	1	31.99
TOMATO SOUP	1 CUP	1	28.0
SALAD, TOSSED: no dressing	1 CUP	1	5.61
Ranch Dressing Fat Free	1 each	1	0.0
PEACHES: canned, light syrup	1/2 CUP	1	24.35
FRUIT, FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			171.03
% of Calories			58.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/07/2022			
CHOCTAW MIDDLE SCHO	Total	1	
BB-Q Pork Sandwich	4 oz.	1	51.0
Chicken popcorn	serving	1	14.05
BAKED BEANS	3/4 CUP	1	55.57
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
APPLES,Fresh	1 EACH	1	19.06
FRUIT,FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			185.56
% of Calories			64.7%
Nutrient Guideline			

Fri - 04/08/2022			
CHOCTAW MIDDLE SCHO	Total	1	
SUPERVISOR'S CHOICES	1 EACH	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 04/11/2022			
CHOCTAW MIDDLE SCHO	Total	1	
CHICKEN FAJITAS	1 EACH	1	38.83
TACO SALAD	SERVINGS	1	21.54
REFRIED BEANS	1/3 CUP	1	23.49
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			152.22
% of Calories			49.4%
Nutrient Guideline			

Tue - 04/12/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Cheeseburger	1 each	1	25.74
Hot Dog w/ Chili & Cheese	1	1	42.01
FRENCH FRIES: oven heat	serving	1	15.6
SALAD,TOSSED: no dressing	1 CUP	1	5.61
Ranch Dressing Fat Free	1 each	1	0.0
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
FRUIT,FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			140.56
% of Calories			50.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/13/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Turkey & Pasta	1 cup	1	35.08
STROMBOLI	SERVINGS	1	20.94
CARROT STICKS	1 CUP	1	16.84
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
BANANAS	1 EACH	1	23.07
FRUIT,FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			141.82
% of Calories			61.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 04/14/2022			
CHOCTAW MIDDLE SCHO	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
SPAGHETTI AND MEAT SAUCE	1 CUP	1	37.37
CORN: canned, yellow	1/2 CUP	1	11.76
PEACHES: canned,light syrup	1/2 CUP	1	24.35
Roll Whole Grain	2.0	1	15.0
FRUIT,FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			134.29
% of Calories			54.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/15/2022			
CHOCTAW MIDDLE SCHO	Total	1	
SUPERVISOR'S CHOICES	1 EACH	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 04/18/2022			
CHOCTAW MIDDLE SCHO	Total	1	
TACO BURGER W/PORK	1 EACH	1	23.52
Enchiladas, Beef & Cheese	serving	1	50.25
pinto beans can	.75	1	27.91
SALAD,TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
STRAWBERRIES: frozen	.5 cup	1	33.05
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			164.27
% of Calories			51.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 04/19/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Chili Pie	serving	1	22.77
Ham & Cheese Sandwich	1 each	1	29.81
PEA SALAD	servings	1	18.54
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			123.72
% of Calories			49.1%
Nutrient Guideline			

Wed - 04/20/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Salad, Chef	1 each	1	6.42
Ham, sliced	slice	1	0.0
RANCH DRESSING	2 TBSP	1	2.55
Breadstick Cheese Filled	1 each	1	16.0
CARROT STICKS	1 CUP	1	16.84
Frozen Juice Cup Swirl	1 each	1	29.0
FRUIT, FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			151.65
% of Calories			50.3%
Nutrient Guideline			

Thu - 04/21/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Turkey, Sliced	serving	1	2.61
Beef Shepards Pie	2 oz	1	22.71
MACARONI AND CHEESE	2/3 CUP	1	30.52
GREEN BEANS: canned, cooked	1/2 CUP	1	2.28
Roll Whole Grain	2.0	1	15.0
PEACHES: canned, light syrup	1/2 CUP	1	24.35
FRUIT, FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			135.31
% of Calories			49.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Fri - 04/22/2022</u>			
CHOCTAW MIDDLE SCHO	Total	1	
Simple Simon's Pizza	Slice	1	31.0
Cheeseburger	1 each	1	25.74
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	1	1.11
FRENCH FRIES: oven heat	1 serving	1	15.6
PICKLES, DILL	2 EACH	1	3.13
MIXED FRUIT: frozen, sweetened	1/2 CUP	1	30.29
FRUIT, FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			144.71
% of Calories			55.8%
Nutrient Guideline			

<u>Mon - 04/25/2022</u>			
CHOCTAW MIDDLE SCHO	Total	1	
Beef, Bean & Cheese Burrito	1	1	36.99
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
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH	GRAMS	1	0.05
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			162.81
% of Calories			57.2%
Nutrient Guideline			

<u>Tue - 04/26/2022</u>			
CHOCTAW MIDDLE SCHO	Total	1	
Meatball Sub	serving	1	29.56
Chicken Sandwich Breaded	1 each	1	42.0
Chips, Sun Harvest Cheddar	package	1	18.03
GREEN BEANS: canned, cooked	1/2 CUP	1	2.28
SALAD, TOSSED: no dressing	1 CUP	1	5.61
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			143.26
% of Calories			49.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/27/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Salad, Chef	1 each	1	6.42
Ham, sliced	slice	1	0.0
RANCH DRESSING	2 TBSP	1	2.55
Pizza Burger	1	1	24.08
Breadstick Cheese Filled	1 each	1	16.0
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
CHEESE SAUCE	2 TBSP	1	5.6
CARROT STICKS	.75 CUP	1	12.63
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			112.61
% of Calories			41.0%
Nutrient Guideline			

Thu - 04/28/2022			
CHOCTAW MIDDLE SCHO	Total	1	
ORANGE CHICKEN	SERVING	1	19.0
Rice, Brown Long Grain	3/4 cup	1	38.87
CHICKEN POT PIE	1 CUP	1	22.59
CORN: canned, yellow	1/2 CUP	1	11.76
SALAD, TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
FRUIT,FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			151.97
% of Calories			57.3%
Nutrient Guideline			

Fri - 04/29/2022			
CHOCTAW MIDDLE SCHO	Total	1	
SUPERVISOR'S CHOICES	1 EACH	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Weighted Average			148.36
			53.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	148.36	53.46%						

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