

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

Page 1

Apr 1, 2022 thru Apr 30, 2022

HIGH SCHOOL LUNCH

Generated on: 3/29/2022 11:40:59 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/01/2022			
HIGH SCHOOL LUNCH	Total	1	
Simple Simon's Pizza	Slice	1	31.0
GOULASH	servings	1	17.1
CARROTS: canned, cooked	CUP	1	8.09
FRUIT COCKTAIL:canned,lt syrup	CUP	1	36.13
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			130.17
% of Calories			58.7%
Nutrient Guideline			

Mon - 04/04/2022			
HIGH SCHOOL LUNCH	Total	1	
Chicken & Cheese Quesadilla WG	each	1	33.0
Chili Pie	serving	1	22.77
pinto beans can	.75	1	27.91
SALAD,TOSED: no dressing	CUP	1	5.61
Ranch Dressing Fat Free	each	1	0.0
Nacho Chips	28 g.	1	20.0
SALSA:COMMODITY	OZ	1	3.97
BANANAS	EACH	1	23.07
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			174.17
% of Calories			55.0%
Nutrient Guideline			

Tue - 04/05/2022			
HIGH SCHOOL LUNCH	Total	1	
ORANGE CHICKEN	SERVING	1	19.0
Teriyaki Meatballs	serving	1	18.0
Rice, Brown Long Grain	1 cup	1	51.82
BROCCOLI: frozen, boiled	CUP	1	9.84
SALAD,TOSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
Frozen Juice Cup Swirl	each	1	29.0
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			173.68
% of Calories			60.0%
Nutrient Guideline			

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Page 2

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HIGH SCHOOL LUNCH

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	Portion Size	Reimb Qty	Carb (g)
<u>Wed - 04/06/2022</u>			
HIGH SCHOOL LUNCH	Total	1	
Chicken Sandwich Breaded	each	1	42.0
Grilled Cheese Sandwich	each	1	31.99
TOMATO SOUP	1 CUP	1	28.0
SALAD, TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
PEACHES: canned, light syrup	CUP	1	48.69
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			196.70
% of Calories			59.1%
Nutrient Guideline			

<u>Thu - 04/07/2022</u>			
HIGH SCHOOL LUNCH	Total	1	
BB-Q Pork Sandwich	4 oz.	1	51.0
Chicken popcorn	serving	1	14.05
MACARONI AND CHEESE(NEW)	2/3 CUP	1	39.35
PEAS GREEN, CANNED, DRAINED	CUP	1	16.07
SALAD, TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
APPLES, Fresh	EACH	1	19.06
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			185.54
% of Calories			54.8%
Nutrient Guideline			

<u>Fri - 04/08/2022</u>			
HIGH SCHOOL LUNCH	Total	1	
Simple Simon's Pizza	Slice	1	31.0
Corn Dog, All Meat	corn dog	1	27.0
Sweet Potato Fries	serving	1	17.0
Mandarin Oranges	cup	1	37.26
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			150.11
% of Calories			57.0%
Nutrient Guideline			

<u>Mon - 04/11/2022</u>			
HIGH SCHOOL LUNCH	Total	1	
CHICKEN FAJITAS	EACH	1	38.83
TACO SALAD	SERVINGS	1	21.54
REFRIED BEANS: canned	CUP	1	24.19
PEARS: canned, light syrup	CUP	1	38.08
Nacho Chips	28 g.	1	20.0
SALSA: COMMODITY	OZ	1	3.97
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38

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Page 3

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HIGH SCHOOL LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			184.46 54.7%
Nutrient Guideline			

Tue - 04/12/2022			
HIGH SCHOOL LUNCH	Total	1	
Cheeseburger	each	1	25.74
Hot Dog	each	1	11.17
CHILI CON CARNE W/ BEANS	1/4 CUP	1	4.11
Cheese, Shredded	.5 oz	1	0.51
GREEN BEANS: canned,cooked	CUP	1	4.56
SALAD,TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
APPLESAUCE:cnnd,unswtnd,+vit C	CUP	1	27.5
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			119.60 47.5%
Nutrient Guideline			

Wed - 04/13/2022			
HIGH SCHOOL LUNCH	Total	1	
STROMBOLI	SERVINGS	1	20.94
Turkey & Pasta	1 cup	1	35.08
CARROT STICKS	CUP	1	16.84
PEAS GREEN,CANNED,DRAINED	CUP	1	16.07
BANANAS	EACH	1	23.07
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			157.73 63.8%
Nutrient Guideline			

Thu - 04/14/2022			
HIGH SCHOOL LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
SPAGHETTI AND MEAT SAUCE	1 CUP	1	37.37
CORN: canned, yellow	CUP	1	23.52
SALAD,TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
Roll Whole Grain	2.0	1	15.0
FRUIT,FRESH ASSORTED	EACH	1	16.47
PEACHES: canned,light syrup	CUP	1	48.69
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			178.56 59.3%
Nutrient Guideline			

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CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

Page 4

Apr 1, 2022 thru Apr 30, 2022

HIGH SCHOOL LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/15/2022			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 04/18/2022			
HIGH SCHOOL LUNCH	Total	1	
TACO BURGER W/PORK	EACH	1	23.52
Enchiladas, Beef & Cheese	serving	1	50.25
pinto beans can	.75	1	27.91
SALAD, TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
STRAWBERRIES: frozen	.5 cup	1	33.05
FRUIT, FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			180.74
% of Calories			53.9%
Nutrient Guideline			

Tue - 04/19/2022			
HIGH SCHOOL LUNCH	Total	1	
Ham & Cheese Sandwich	each	1	29.81
Chili Pie	serving	1	22.77
SALAD, TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
PEA SALAD	servings	1	18.54
BANANAS	EACH	1	23.07
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			140.19
% of Calories			52.3%
Nutrient Guideline			

Wed - 04/20/2022			
HIGH SCHOOL LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Salad, Chef	each	1	6.42
Ham, sliced	slice	1	0.0
CARROT STICKS	CUP	1	16.84
CELERY STICKS	CUP	1	4.41
RANCH DRESSING	2 TBSP	1	2.55
Breadstick Cheese Filled	each	1	16.0
Frozen Juice Cup Swirl	1 each	1	29.0
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			156.07
% of Calories			50.9%
Nutrient Guideline			

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Weighted Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/21/2022			
HIGH SCHOOL LUNCH	Total	1	
CHICKEN FRIED STEAK	EACH	1	16.0
Turkey, Sliced	serving	1	2.61
MASHED POTATOES:flakes,mlk+but	CUP	1	11.41
Gravy, Peppered	serving	1	31.75
GREEN BEANS: canned,cooked	CUP	1	4.56
Roll Whole Grain	2.0	1	15.0
PEACHES: canned,light syrup	CUP	1	48.69
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			167.88
% of Calories			54.4%
Nutrient Guideline			

Fri - 04/22/2022			
HIGH SCHOOL LUNCH	Total	1	
Simple Simon's Pizza	Slice	1	31.0
Cheeseburger	each	1	25.74
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	1.11
FRENCH FRIES: oven heat	serving	1	15.6
SALAD,TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
Frozen Juice Cup Swirl	each	1	29.0
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			148.45
% of Calories			54.8%
Nutrient Guideline			

Mon - 04/25/2022			
HIGH SCHOOL LUNCH	Total	1	
Beef, Bean & Cheese Burrito	1	1	36.99
CHICKEN TACO	2 EACH	1	19.87
pinto beans can	.75	1	27.91
SALAD,TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
Nacho Chips	28 g.	1	20.0
SALSA:COMMODITY	OZ	1	3.97
BANANAS	EACH	1	23.07
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			177.82
% of Calories			58.2%
Nutrient Guideline			

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Page 6

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HIGH SCHOOL LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Tue - 04/26/2022			
HIGH SCHOOL LUNCH	Total	1	
Meatball Sub	serving	1	29.56
Chicken Sandwich	Each	1	37.0
Chips, Sun Harvest Cheddar	package	1	18.03
SALAD, TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
GREEN BEANS: canned, cooked	CUP	1	4.56
PEACHES: canned, light syrup	CUP	1	48.69
FRUIT, FRESH ASSORTED	1 EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			183.85
% of Calories			53.0%
Nutrient Guideline			

Wed - 04/27/2022			
HIGH SCHOOL LUNCH	Total	1	
Salad, Chef	each	1	6.42
Ham, sliced	slice	1	0.0
Cheese, Shredded	1 oz	1	1.01
Pizza Burger	1	1	24.08
Breadstick Cheese Filled	each	1	16.0
BROCCOLI: frozen, boiled	CUP	1	9.84
CHEESE SAUCE	2 TBSP	1	5.6
CARROT STICKS	CUP	1	16.84
PEARS: canned, light syrup	1/2 CUP	1	19.04
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			136.67
% of Calories			43.9%
Nutrient Guideline			

Thu - 04/28/2022			
HIGH SCHOOL LUNCH	Total	1	
ORANGE CHICKEN	SERVING	1	19.0
Rice, Brown Long Grain	3/4 cup	1	38.87
Beef Shepards Pie	3 oz	1	34.06
CORN: frozen, yellow	1/2 CUP	1	15.92
SALAD, TOSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
Roll Whole Grain	2.0	1	15.0
APPLESAUCE: cnnd, unswtnd, +vit C	1/2 CUP	1	13.75
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			182.61
% of Calories			61.5%
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 Page 7

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/29/2022			
HIGH SCHOOL LUNCH	Total	1	
Simple Simon's Pizza	Slice	1	31.0
Hamburger	each	1	26.8
FRENCH FRIES: oven heat	serving	1	15.6
Mandarin Oranges	cup	1	37.26
FRUIT,FRESH ASSORTED	EACH	1	16.47
SALAD,TOSSSED: no dressing	CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.55
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			156.67
% of Calories			57.5%
Nutrient Guideline			

Weighted Average			164.08
			55.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	164.08	55.42%						

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