

CHOCTAW PUBLIC SCHOOLS

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 02/01/2023			
ELEMENTARY LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Grilled Chicken Sandwich	1 each	1	43.22
Broccoli with Cheese	1/2 cup	1	6.13
CORN: canned, yellow	1/2 CUP	1	11.76
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			144.54
% of Calories			55.1%
Nutrient Guideline			

Thu - 02/02/2023			
ELEMENTARY LUNCH	Total	1	
Beef Shepards Pie	3/4 cup	1	22.46
Fish Sticks, Pollack	4 oz	1	22.0
Roll Whole Grain	2.0	1	15.0
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
Sweet Potato Fries	serving	1	17.0
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			124.46
% of Calories			56.1%
Nutrient Guideline			

Fri - 02/03/2023			
ELEMENTARY LUNCH	Total	1	
NACHOS WITH GROUND BEEF	SERVINGS	1	21.23
Sloppy Joe on Roll	1	1	34.78
Creamy Cole Slaw	1/2 cup	1	7.69
FRENCH FRIES: oven heat	serving	1	15.6
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			117.63
% of Calories			46.3%
Nutrient Guideline			

Mon - 02/06/2023			
ELEMENTARY LUNCH	Total	1	
Ham & Cheese Sandwich	1 sandwich	1	29.81
Chicken Pot Pie	3/4 cup	1	38.48
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
SALAD,TOSSED: no dressing	1 CUP	1	5.14
RANCH DRESSING	2 TBSP	1	2.8
Cinnamon Apples	1/2 cup	1	30.6
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			130.50
% of Calories			57.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 02/07/2023			
ELEMENTARY LUNCH	Total	1	
BEEF TACO	2 EACH	1	19.86
Taco Veggies	1/2 cup	1	3.48
Chicken Fajitas	2	1	39.02
Fajita Onions & Peppers	1/2 cup	1	9.04
Refried Beans (Dehydrated)	1/3 cup	1	21.2
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.8
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			152.48
% of Calories			52.4%
Nutrient Guideline			

Wed - 02/08/2023			
ELEMENTARY LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
HOT DOG ON A BUN:turkey hot	SERVING	1	22.47
FRENCH FRIES: oven heat	serving	1	15.6
BROCCOLI,raw: fresh	1/2 CUP	1	3.02
RANCH DRESSING	2 TBSP	1	2.8
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.34
% of Calories			51.1%
Nutrient Guideline			

Thu - 02/09/2023			
ELEMENTARY LUNCH	Total	1	
LASAGNA WITH GROUND BEEF	SERVINGS	1	23.46
Breadsticks Elem & MS	1 oz	1	12.66
Chicken Sandwich Breaded	1 each	1	42.0
Caesar Salad	1 cup	1	5.8
CORN: canned, yellow	1/2 CUP	1	11.76
ORANGES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			128.34
% of Calories			45.0%
Nutrient Guideline			

Fri - 02/10/2023			
ELEMENTARY LUNCH	Total	1	
Grilled Cheese Sandwich	1 each	1	31.99
CORN DOG	serving	1	30.0
TOMATO SOUP	3/4 CUP	1	21.0
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			131.46
% of Calories			51.1%
Nutrient Guideline			

Mon - 02/13/2023			
ELEMENTARY LUNCH	Total	1	
Frito Chili Pie Elem. & MS	1 cup	1	21.39
Chicken Ranch Quesadilla	1 each	1	22.1
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.8
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			106.40
% of Calories			42.9%
Nutrient Guideline			

Tue - 02/14/2023			
ELEMENTARY LUNCH	Total	1	
Chicken popcorn	serving	1	14.05
CHEESEBURGER ON A BUN	1 EACH	1	25.68
SANDWICH VEGGIES	1/2 cup	1	4.04
FRENCH FRIES: oven heat	serving	1	15.6
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
APPLES,Fresh	1 EACH	1	19.06
Pink Cookies	1.5 oz	1	27.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			129.08
% of Calories			47.9%
Nutrient Guideline			

Wed - 02/15/2023			
ELEMENTARY LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Italian Sub	1	1	36.08
VEGGIE CUP	1/2 cup	1	4.97
RANCH DRESSING	2 TBSP	1	2.8
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			143.06
% of Calories			59.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 02/16/2023			
ELEMENTARY LUNCH	Total	1	
Turkey & Pasta	3/4 cup	1	26.31
Breadsticks Elem & MS	1 oz	1	12.66
BB-Q Pork Sandwich	4 oz.	1	51.0
BAKED BEANS	1/2 CUP	1	37.04
SALAD, TOSSED: no dressing	1 CUP	1	5.14
RANCH DRESSING	2 TBSP	1	2.8
PEARS: canned, light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			175.38
% of Calories			64.0%
Nutrient Guideline			

Fri - 02/17/2023			
ELEMENTARY LUNCH	Total	1	
GOULASH	servings	1	17.1
BB-Q Chicken Legs	1	1	11.0
Breadsticks Elem & MS	1 oz	1	12.66
Sweet Potato Fries	serving	1	17.0
GREEN BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.8
PINEAPPLE CHUNKS: canned, lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			115.88
% of Calories			40.5%
Nutrient Guideline			

Mon - 02/20/2023			
ELEMENTARY LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Tue - 02/21/2023			
ELEMENTARY LUNCH	Total	1	
MACARONI AND CHEESE	2/3 CUP	1	30.52
Breadsticks Elem & MS	1 oz	1	12.66
Pizza Burger	1	1	24.08
PEAS GREEN, CANNED, DRAINED	1/2 CUP	1	8.03
Sweet Potato Fries	serving	1	17.0
ORANGES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			124.95
% of Calories			48.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 02/22/2023			
ELEMENTARY LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
ORANGE CHICKEN	4.3 oz	1	25.33
Rice, Brown Long Grain	1/2 cup	1	25.91
Broccoli with Cheese	1/2 cup	1	6.13
CORN: canned, yellow	1/2 CUP	1	11.76
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			157.86
% of Calories			58.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 02/23/2023			
ELEMENTARY LUNCH	Total	1	
Chicken Fry Steak	patty	1	14.1
MEAT LOAF	3/4" SLICE	1	7.96
MASHED POTATOES:flakes,mlk+but	1/2 CUP	1	5.71
Gravy, Peppered	serving	1	7.94
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
Roll Whole Grain	2.0	1	15.0
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			97.43
% of Calories			40.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 02/24/2023			
ELEMENTARY LUNCH	Total	1	
BB=-Q Rib Patty Sanwich	1	1	38.36
BB-Q Chicken Sandwich	1 Sandwich	1	39.43
BAKED BEANS	1/2 CUP	1	37.04
Creamy Cole Slaw	1/2 cup	1	7.69
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			162.97
% of Calories			60.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 02/27/2023			
ELEMENTARY LUNCH	Total	1	
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
Breadsticks Elem & MS	1 oz	1	12.66
Chicken Sandwich Breaded	1 each	1	42.0
Caesar Salad	1 cup	1	5.8
CORN: canned, yellow	1/2 CUP	1	11.76
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			148.51
% of Calories			47.7%
Nutrient Guideline			

Tue - 02/28/2023			
ELEMENTARY LUNCH	Total	1	
Frito Burrito	1	1	32.82
CHICKEN TACO	2 EACH	1	19.87
Taco Veggies	1/2 cup	1	3.48
PINTO BEANS: cooked	1/2 CUP	1	22.42
RED BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.8
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			137.83
% of Calories			52.4%
Nutrient Guideline			

Weighted Average			134.48
			51.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	134.48	51.36%						

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