

CHOCTAW PUBLIC SCHOOLS

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Weighted Values - Detailed

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Generated on: 1/27/2023 3:46:25 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Wed - 02/01/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | 1 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 | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|-----------------------------|--------------|-----------|----------|
| Thu - 02/02/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | 1 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 | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------|--------------|-----------|----------|
| Fri - 02/03/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------|--------------|-----------|----------|
| Mon - 02/06/2023 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Ham & Cheese Sandwich | 1 sandwich | 1 | 29.81 |
| CHICKEN POT PIE | 3/4 CUP | 1 | 16.94 |
| GREEN BEANS: canned,cooked | 1/2 CUP | 1 | 2.28 |
| SALAD, TOSSED: no dressing | 1 CUP | 1 | 5.14 |
| RANCH DRESSING | 2 TBSP | 1 | 2.55 |
| Cinnamon Apples | 1/2 cup | 1 | 30.6 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 108.70 |
| % of Calories | | | 53.2% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------|--------------|-----------|----------|
| Tue - 02/07/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | 1/3 CUP | 1 | 23.49 |
| CARROT STICKS | 3/4 CUP | 1 | 12.63 |
| RANCH DRESSING | 2 TBSP | 1 | 2.55 |
| BANANAS | 1 EACH | 1 | 23.07 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 154.51 |
| % of Calories | | | 52.9% |
| Nutrient Guideline | | | |

| | | | |
|---------------------------|-----------|---|--------|
| Wed - 02/08/2023 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Grilled Cheese Sandwich | 1 each | 1 | 31.99 |
| CORN DOG | serving | 1 | 30.0 |
| TOMATO SOUP | 1 CUP | 1 | 28.0 |
| PEAS GREEN,CANNED,DRAINED | 1/2 CUP | 1 | 8.03 |
| APPLES,Fresh | 1 EACH | 1 | 19.06 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 138.46 |
| % of Calories | | | 50.8% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------|-----------|---|--------|
| Thu - 02/09/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Big Daddys Cheese Pizza | slice | 1 | 43.0 |
| Hot Dog w/ Chili & Cheese | 1 | 1 | 30.54 |
| FRENCH FRIES: oven heat | serving | 1 | 15.6 |
| BROCCOLI,raw: fresh | 1/2 CUP | 1 | 3.02 |
| RANCH DRESSING | 2 TBSP | 1 | 2.55 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 1 | 18.07 |
| MILK - Variety | HALF PINT | 1 | 21.38 |

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| | Portion Size | Reimb Qty | Carb (g) |
|---|--------------|-----------|-----------------|
| Weighted Daily Average % of Calories | | | 134.15 50.5% |
| Nutrient Guideline | | | |

| Mon - 02/13/2023 | | | |
|---|-----------|---|-----------------|
| CHOCTAW MIDDLE SCHO | 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 | 2.55 |
| PINEAPPLE CHUNKS:canned,lt syr | 1/2 CUP | 1 | 16.95 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average % of Calories | | | 115.63 40.4% |
| Nutrient Guideline | | | |

| Tue - 02/14/2023 | | | |
|---|-----------|---|-----------------|
| CHOCTAW MIDDLE SCHO | 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 % of Calories | | | 129.08 47.9% |
| Nutrient Guideline | | | |

| Wed - 02/15/2023 | | | |
|---|-----------|---|-----------------|
| CHOCTAW MIDDLE SCHO | 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 | 2.55 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 1 | 18.07 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average % of Calories | | | 106.14 42.7% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------|--------------|-----------|----------|
| Thu - 02/16/2023 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Turkey & Pasta | 3/4 cup | 1 | 26.31 |
| Breadsticks Elem & MS | 1 oz | 1 | 12.66 |
| BB=-Q Rib Patty Sanwich | 1 | 1 | 38.36 |
| BAKED BEANS | 1/2 CUP | 1 | 37.04 |
| SALAD, TOSSED: no dressing | 1 CUP | 1 | 5.14 |
| RANCH DRESSING | 2 TBSP | 1 | 2.55 |
| PEARS: canned, light syrup | 1/2 CUP | 1 | 19.04 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 162.48 |
| % of Calories | | | 61.8% |
| Nutrient Guideline | | | |

| | | | |
|-------------------------|-----------|---|--------|
| Fri - 02/17/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | 2.55 |
| 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 | | | 142.81 |
| % of Calories | | | 59.3% |
| Nutrient Guideline | | | |

| | | | |
|------------------------|---------|---|------|
| Mon - 02/20/2023 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| NO SCHOOL TODAY | SERVING | 1 | 0.0 |
| Weighted Daily Average | | | 0.00 |
| % of Calories | | | 0.0% |
| Nutrient Guideline | | | |

| | | | |
|-----------------------------|-----------|---|--------|
| Tue - 02/21/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | | | |
| CHOCTAW MIDDLE SCHO | 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 | | | |

| | | | |
|--------------------------------|------------|---|-------|
| Thu - 02/23/2023 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| Chicken Fried Steak WG | 1 each | 1 | 16.0 |
| 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 | | | 99.33 |
| % of Calories | | | 44.2% |
| Nutrient Guideline | | | |

| | | | |
|-----------------------------|-----------|---|--------|
| Fri - 02/24/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | | | |

| | | | |
|--------------------------|-----------|---|--------|
| Mon - 02/27/2023 | | | |
| CHOCTAW MIDDLE SCHO | Total | 1 | |
| SPAGHETTI AND MEAT SAUCE | 3/4 CUP | 1 | 31.85 |
| 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 |
| Weighted Daily Average | | | 135.86 |
| % of Calories | | | 46.9% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Tue - 02/28/2023 | | | |
| CHOCTAW MIDDLE SCHO | 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 | 2.55 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 1 | 18.07 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 137.58 |
| % of Calories | | | 52.3% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|--------|
| Weighted Average | | | 132.92 |
| | | | 51.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 132.92 | 51.11% | | | | | | |

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