

CHOCTAW PUBLIC SCHOOLS

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 1

Generated on: 1/27/2023 3:15:27 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 02/01/2023			
HIGH SCHOOL LUNCH	Total	1	
Beefy Nachos HS	1.66 cup	1	32.87
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
ORANGES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			140.55
% of Calories			48.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 02/02/2023			
HIGH SCHOOL 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
PEACHES: canned,light syrup	1/2 CUP	1	24.35
GRAPES,Fresh	1/2 CUP	1	7.89
Sweet Potato Fries	serving	1	17.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			132.35
% of Calories			57.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 02/03/2023			
HIGH SCHOOL LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Grilled Chicken Sandwich	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
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			163.58
% of Calories			58.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 02/06/2023			
HIGH SCHOOL LUNCH	Total	1	
Ham & Cheese Sandwich	1 sandwich	1	29.81
CHICKEN POT PIE	CUP	1	22.59
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
SALAD,TOSSED: no dressing	CUP	1	5.14
RANCH DRESSING	2 TBSP	1	2.55
Cinnamon Apples	1/2 cup	1	30.6
Frozen Juice Cup Swirl	each	1	29.0
MILK - Variety	HALF PINT	1	21.38

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 2

Generated on: 1/27/2023 3:15:27 PM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			143.35 56.7%
Nutrient Guideline			

Tue - 02/07/2023			
HIGH SCHOOL 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)	1/2 cup	1	31.81
CARROT STICKS	CUP	1	16.84
RANCH DRESSING	2 TBSP	1	2.55
BANANAS	EACH	1	23.07
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			186.08 55.9%
Nutrient Guideline			

Wed - 02/08/2023			
HIGH SCHOOL LUNCH	Total	1	
Grilled Cheese Sandwich	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	EACH	1	19.06
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			155.41 53.8%
Nutrient Guideline			

Thu - 02/09/2023			
HIGH SCHOOL LUNCH	Total	1	
LASAGNA WITH GROUND BEEF	SERVINGS	1	23.46
Breadsticks Elem & MS	1oz	1	12.66
Chicken Sandwich Breaded	each	1	42.0
Caesar Salad	1 cup	1	5.8
CORN: canned, yellow	1/2 CUP	1	11.76
ORANGES	EACH	1	11.28
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			152.68 49.6%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 3

Generated on: 1/27/2023 3:15:27 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 02/10/2023			
HIGH SCHOOL LUNCH	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
GRAPES,Fresh	1/2 CUP	1	7.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			142.04
% of Calories			52.0%
Nutrient Guideline			

Mon - 02/13/2023			
HIGH SCHOOL LUNCH	Total	1	
GOULASH	servings	1	17.1
BB-Q Chicken Legs	1	1	11.0
Breadstick HS	2oz	1	25.31
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
BANANAS	EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			151.35
% of Calories			45.8%
Nutrient Guideline			

Tue - 02/14/2023			
HIGH SCHOOL LUNCH	Total	1	
Chicken popcorn	serving	1	14.05
CHEESEBURGER ON A BUN	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	EACH	1	19.06
PEACHES: canned,light syrup	CUP	1	48.69
Pink Cookies	1.5 oz	1	27.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			177.77
% of Calories			56.4%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 4

Generated on: 1/27/2023 3:15:27 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 02/15/2023			
HIGH SCHOOL LUNCH	Total	1	
Frito Chili Pie HS	1.5 cup	1	38.41
Chicken Ranch Quesadilla	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
BANANAS	EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			146.50
% of Calories			46.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 02/16/2023			
HIGH SCHOOL LUNCH	Total	1	
Turkey & Pasta	3/4 cup	1	26.31
Breadsticks Elem & MS	1oz	1	12.66
BB-Q Pork Sandwich	4 oz.	1	51.0
BAKED BEANS	1/2 CUP	1	37.04
SALAD,TOSSED: no dressing	CUP	1	5.14
RANCH DRESSING	2 TBSP	1	2.8
PEARS: canned,light syrup	CUP	1	38.08
ORANGES	EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			205.69
% of Calories			67.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 02/17/2023			
HIGH SCHOOL 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
GRAPES,Fresh	1/2 CUP	1	7.89
Frozen Juice Cup Swirl	each	1	29.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			156.88
% of Calories			62.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 02/20/2023			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 5

Generated on: 1/27/2023 3:15:28 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 02/21/2023			
HIGH SCHOOL LUNCH	Total	1	
MACARONI AND CHEESE	2/3 CUP	1	30.52
Breadsticks Elem & MS	1oz	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	EACH	1	11.28
BANANAS	EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			148.02
% of Calories			52.3%
Nutrient Guideline			

Wed - 02/22/2023			
HIGH SCHOOL 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	EACH	1	19.06
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			182.01
% of Calories			63.6%
Nutrient Guideline			

Thu - 02/23/2023			
HIGH SCHOOL LUNCH	Total	1	
CHICKEN FRIED STEAK	EACH	1	16.0
MEAT LOAF	3/4" SLICE	1	7.96
MASHED POTATOES:flakes,mlk+but	CUP	1	11.41
Gravy, Peppered	serving	1	7.94
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
Roll Whole Grain	2.0	1	15.0
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
BANANAS	EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			123.10
% of Calories			47.4%
Nutrient Guideline			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CHOCTAW PUBLIC SCHOOLS

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 6

Generated on: 1/27/2023 3:15:28 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 02/24/2023			
HIGH SCHOOL 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
APPLES,Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			176.91
% of Calories			61.7%
Nutrient Guideline			

Mon - 02/27/2023			
HIGH SCHOOL LUNCH	Total	1	
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
Breadsticks Elem & MS	1oz	1	12.66
Chicken Sandwich Breaded	each	1	42.0
Caesar Salad	1 cup	1	5.8
CORN: canned, yellow	1/2 CUP	1	11.76
BANANAS	EACH	1	23.07
GRAPES,Fresh	1/2 CUP	1	7.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			156.40
% of Calories			49.1%
Nutrient Guideline			

Tue - 02/28/2023			
HIGH SCHOOL 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	2.55
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
ORANGES	EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			148.86
% of Calories			54.2%
Nutrient Guideline			

Weighted Average			157.34
			54.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	157.34	54.57%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.