

CHOCTAW PUBLIC SCHOOLS

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

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Generated on: 2/23/2023 10:17:11 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/01/2023			
HIGH SCHOOL LUNCH	Total	1	
Grilled Chicken Sandwich	each	1	43.22
BB-Q Pork Sandwich	4 oz.	1	51.0
Creamy Cole Slaw	1/2 cup	1	7.69
BAKED BEANS	1/2 CUP	1	37.04
PEACHES: canned,light syrup	1/2 CUP	1	24.35
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			203.74
% of Calories			66.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/02/2023			
HIGH SCHOOL LUNCH	Total	1	
Chicken Pot Pie	3/4 cup	1	38.48
Ham & Cheese Sandwich	1 sandwich	1	29.81
Sweet Potato Fries	serving	1	17.0
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
ORANGES	EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			137.18
% of Calories			57.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 03/03/2023			
HIGH SCHOOL LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Beefy Nachos HS	1.66 cup	1	32.87
SALAD,TOSSED: no dressing	CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.8
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
PEARS: canned,light syrup	CUP	1	38.08
Frozen Juice Cup Swirl	each	1	29.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			181.29
% of Calories			56.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/06/2023			
HIGH SCHOOL LUNCH	Total	1	
Beef Shepards Pie	3/4 cup	1	22.46
Grilled Cheese Sandwich	each	1	31.99
TOMATO SOUP	1 CUP	1	28.0
Caesar Salad	1 cup	1	5.8
Cinnamon Apples	1/2 cup	1	30.6
ORANGES	EACH	1	11.28
CRACKERS	4 EACH	1	8.89
MILK - Variety	HALF PINT	1	21.38

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			160.39 49.2%
Nutrient Guideline			

Tue - 03/07/2023			
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
GREEN BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.8
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 % of Calories			187.79 56.1%
Nutrient Guideline			

Wed - 03/08/2023			
HIGH SCHOOL LUNCH	Total	1	
Pepperoni Pizza	1 slice	1	*43.0
Italian Sub	1	1	37.09
Sweet Potato Fries	servicing	1	17.0
SALAD, TOSSED: no dressing	CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.8
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			*169.51 *56.9%
Nutrient Guideline			

Thu - 03/09/2023			
HIGH SCHOOL LUNCH	Total	1	
ORANGE CHICKEN	4.3 oz	1	25.33
Rice, Brown Long Grain	1/2 cup	1	25.91
SPAGHETTI AND MEAT SAUCE	1 CUP	1	37.37
Roll Whole Grain	2.0	1	15.0
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.8
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			177.17 62.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 03/10/2023			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 03/20/2023			
HIGH SCHOOL LUNCH	Total	1	
CHEESEBURGER ON A BUN	EACH	1	25.68
SANDWICH VEGGIES	1/2 cup	1	4.04
Corn Dog	each	1	22.0
FRENCH FRIES: oven heat	serving	1	15.6
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.8
BANANAS	EACH	1	23.07
GRAPES,Fresh	CUP	1	15.78
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			142.97
% of Calories			50.9%
Nutrient Guideline			

Tue - 03/21/2023			
HIGH SCHOOL LUNCH	Total	1	
Enchiladas, Beef & Cheese	serving	1	50.25
Frito Chili Pie HS	1.5 cup	1	38.41
PINTO BEANS: cooked	1/2 CUP	1	22.42
CORN: canned, yellow	1/2 CUP	1	11.76
PEARS: canned,light syrup	1/2 CUP	1	19.04
ORANGES	EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			174.54
% of Calories			46.4%
Nutrient Guideline			

Wed - 03/22/2023			
HIGH SCHOOL LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Hot Dog w/ Chili & Cheese	1	1	30.54
Sweet Potato Fries	serving	1	17.0
Broccoli with Cheese	1/2 cup	1	6.13
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
Cinnamon Apples	1/2 cup	1	30.6
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			166.71
% of Calories			54.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 03/23/2023			
HIGH SCHOOL LUNCH	Total	1	
Chicken Fried Steak WG	each	1	16.0
Fish Sticks, Pollack	4 oz	1	22.0
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
PEACHES: canned,light syrup	1 CUP	1	48.69
APPLES,Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			158.06
% of Calories			59.3%
Nutrient Guideline			

Fri - 03/24/2023			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 03/27/2023			
HIGH SCHOOL LUNCH	Total	1	
MACARONI AND CHEESE	2/3 CUP	1	30.52
Breadstick HS	2oz	1	25.31
Pizza Burger	1	1	24.08
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
BANANAS	EACH	1	23.07
Sweet Potato Fries	serving	1	17.0
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			167.46
% of Calories			53.9%
Nutrient Guideline			

Tue - 03/28/2023			
HIGH SCHOOL LUNCH	Total	1	
CHICKEN TACO	2 EACH	1	19.87
Taco Veggies	1/2 cup	1	3.48
Frito Burrito	1	1	32.82
PINTO BEANS: cooked	1/2 CUP	1	22.42
BROCCOLI,raw: fresh	CUP	1	6.04
RANCH DRESSING	2 TBSP	1	2.8
PEARS: canned,light syrup	1/2 CUP	1	19.04
GRAPES,Fresh	CUP	1	15.78
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			143.63
% of Calories			53.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 03/29/2023			
HIGH SCHOOL LUNCH	Total	1	
Pepperoni Pizza	1 slice	1	*43.0
BB=Q Rib Patty Sanwich	1	1	38.36
FRENCH FRIES: oven heat	serving	1	15.6
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
ORANGES	EACH	1	11.28
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			*148.84
% of Calories			*54.6%
Nutrient Guideline			

Thu - 03/30/2023			
HIGH SCHOOL LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
Grilled Chicken Sandwich	each	1	43.22
Roll Whole Grain	2.0	1	15.0
MASHED POTATOES:flakes,mlk+but	1/2 CUP	1	5.71
Gravy, Peppered	serving	1	7.94
CORN: canned, yellow	1/2 CUP	1	11.76
APPLES,Fresh	EACH	1	19.06
PEACHES: canned,light syrup	CUP	1	48.69
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			180.72
% of Calories			61.7%
Nutrient Guideline			

Weighted Average			*166.67
			*55.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	166.67	55.79%			Missing			

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