

# CHOCTAW PUBLIC SCHOOLS

May 1, 2023 thru May 19, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 1

Generated on: 4/27/2023 3:43:49 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/01/2023</b>			
HIGH SCHOOL LUNCH	Total	1	
MACARONI AND CHEESE	2/3 CUP	1	30.52
Breadstick HS	1 oz	1	12.66
Ham & Cheese Sandwich	1 sandwich	1	29.81
Broccoli with Cheese	1/2 cup	1	6.13
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
APPLES,Fresh	EACH	1	19.06
ORANGES	EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			138.87
% of Calories			54.1%
Nutrient Guideline			

<b>Tue - 05/02/2023</b>			
HIGH SCHOOL LUNCH	Total	1	
CHEESEBURGER ON A BUN	EACH	1	25.68
SANDWICH VEGGIES	1/2 cup	1	4.04
CORN DOG	serving	1	30.0
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
Creamy Cole Slaw	1/2 cup	1	7.69
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			132.20
% of Calories			49.3%
Nutrient Guideline			

<b>Wed - 05/03/2023</b>			
HIGH SCHOOL LUNCH	Total	1	
Beefy Nachos HS	1.66 cup	1	32.87
Chicken Ranch Quesadilla	each	1	22.1
PINTO BEANS: cooked	1/2 CUP	1	22.42
RED BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.8
PEACHES: canned,light syrup	CUP	1	48.69
APPLES,Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			186.32
% of Calories			58.5%
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

<sup>1</sup> - 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

May 1, 2023 thru May 19, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 2

Generated on: 4/27/2023 3:43:49 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 05/04/2023			
HIGH SCHOOL LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
SPAGHETTI AND MEAT SAUCE	1 CUP	1	37.37
Roll Whole Grain	2.0	1	15.0
Caesar Salad	1 cup	1	5.8
CORN: frozen, yellow	1/2 CUP	1	15.92
PEARS: canned,light syrup	1/2 CUP	1	19.04
BANANAS	EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			145.54
% of Calories			48.6%
Nutrient Guideline			

Fri - 05/05/2023			
HIGH SCHOOL LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Sloppy Joe on Roll	1	1	34.78
FRENCH FRIES: oven heat	serving	1	15.6
SALAD, TOSSED: no dressing	CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.8
GRAPES, Fresh	3/4 CUP	1	11.83
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			152.47
% of Calories			54.6%
Nutrient Guideline			

Mon - 05/08/2023			
HIGH SCHOOL LUNCH	Total	1	
Beef Shepards Pie	3/4 cup	1	22.46
Chicken popcorn	serving	1	14.05
BROCCOLI,raw: fresh	1/2 CUP	1	3.02
RANCH DRESSING	2 TBSP	1	2.8
CORN: frozen, yellow	1 CUP	1	31.85
BANANAS	EACH	1	23.07
ORANGES	EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			129.90
% of Calories			56.1%
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

<sup>1</sup> - 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

May 1, 2023 thru May 19, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 3

Generated on: 4/27/2023 3:43:49 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 05/09/2023			
HIGH SCHOOL LUNCH	Total	1	
Taco Burger	1 sandwich	1	32.17
CHICKEN TACO	2 EACH	1	19.87
Taco Veggies	1/2 cup	1	3.48
Refried Beans (Dehydrated)	1/2 cup	1	31.81
CARROT STICKS	CUP	1	16.84
RANCH DRESSING	2 TBSP	1	2.8
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
APPLES,Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			164.35
% of Calories			54.1%
Nutrient Guideline			

Wed - 05/10/2023			
HIGH SCHOOL LUNCH	Total	1	
GOULASH	servings	1	17.1
Breadstick HS	1 oz	1	12.66
Rib Sandwich	Each	1	28.4
BAKED BEANS	1/2 CUP	1	37.04
Caesar Salad	1 cup	1	5.8
GRAPES,Fresh	3/4 CUP	1	11.83
STRAWBERRIES: frozen	.5 cup	1	33.05
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			167.26
% of Calories			51.4%
Nutrient Guideline			

Thu - 05/11/2023			
HIGH SCHOOL LUNCH	Total	1	
Grilled Chicken Sandwich	each	1	43.22
Italian Sub	1	1	37.09
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
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			166.01
% of Calories			61.6%
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

<sup>1</sup> - 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

May 1, 2023 thru May 19, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 4

Generated on: 4/27/2023 3:43:49 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 05/12/2023			
HIGH SCHOOL LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Hot Dog w/ Chili & Cheese	1	1	30.54
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	1/2 CUP	1	19.04
ORANGES	EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			142.21
% of Calories			53.3%
Nutrient Guideline			

Mon - 05/15/2023			
HIGH SCHOOL LUNCH	Total	1	
CORN DOG	serving	1	30.0
Pizza Burger	1	1	24.08
VEGGIE CUP	1/2 cup	1	4.97
RANCH DRESSING	2 TBSP	1	2.8
Sweet Potato Fries	serving	1	17.0
PEARS: canned,light syrup	1/2 CUP	1	19.04
BANANAS	EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			142.34
% of Calories			52.3%
Nutrient Guideline			

Tue - 05/16/2023			
HIGH SCHOOL LUNCH	Total	1	
SUPERVISOR'S CHOICES	EACH	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Wed - 05/17/2023			
HIGH SCHOOL LUNCH	Total	1	
SUPERVISOR'S CHOICES	EACH	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Thu - 05/18/2023			
HIGH SCHOOL LUNCH	Total	1	
SUPERVISOR'S CHOICES	EACH	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

<sup>1</sup> - 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

May 1, 2023 thru May 19, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

Page 5

Generated on: 4/27/2023 3:43:49 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 05/19/2023			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average % of Calories			0.00 0.0%
Nutrient Guideline			

Weighted Average			151.59 53.9%
------------------	--	--	-----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	151.59	53.94%						

\*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.