

CHOCTAW PUBLIC SCHOOLS

Dec 1, 2023 thru Dec 22, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Weighted Values - Detailed

Page 1

Generated on: 11/10/2023 11:15:13 AM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 12/01/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| CHEESEBURGER ON A BUN | 1 EACH | 1 | 25.68 |
| SANDWICH VEGGIES | 1/2 cup | 1 | 4.04 |
| CORN DOG | serving | 1 | 30.0 |
| Sweet Potato Fries | serving | 1 | 17.0 |
| MIXED VEGETABLES:frozen,boiled | 1/2 CUP | 1 | 11.91 |
| ORANGES | 1 EACH | 1 | 11.28 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 121.29 |
| % of Calories | | | 46.5% |
| Nutrient Guideline | | | |

| | | | |
|----------------------------|-----------|---|--------|
| Mon - 12/04/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| Fish Sticks, Pollack | 3 oz | 1 | 16.5 |
| TARTAR SAUCE | 2 TBSP | 1 | 5.48 |
| Sloppy Joe on Roll | 1 | 1 | 34.78 |
| FRENCH FRIES: oven heat | serving | 1 | 15.6 |
| GREEN BEANS: canned,cooked | 1/2 CUP | 1 | 2.28 |
| BANANAS | 1 EACH | 1 | 23.07 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 119.08 |
| % of Calories | | | 52.9% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|-----------|---|--------|
| Tue - 12/05/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| BEEF TACO | 2 EACH | 1 | 19.86 |
| CHICKEN TACO | 2 EACH | 1 | 19.87 |
| Taco Veggies | 1/2 cup | 1 | 3.48 |
| REFRIED BEANS | 1/3 CUP | 1 | 23.49 |
| CORN: frozen, yellow | 1/2 CUP | 1 | 15.92 |
| PINEAPPLE CHUNKS:canned,lt syr | 1/2 CUP | 1 | 16.95 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 120.94 |
| % of Calories | | | 50.1% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|-----------|---|-------|
| Wed - 12/06/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| Pizza, Cheese | Slice | 1 | 40.48 |
| Chicken popcorn | serving | 1 | 14.05 |
| PEAS GREEN,CANNED,DRAINED | 1/2 CUP | 1 | 8.03 |
| CARROT STICKS | 1/2 CUP | 1 | 8.42 |
| RANCH DRESSING | 1 TBSP | 1 | 1.27 |
| Breadsticks Elem & MS | 1 oz | 1 | 12.66 |
| 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 | | | 124.36 |
| % of Calories | | | 52.9% |
| Nutrient Guideline | | | |

| Thu - 12/07/2023 | | | |
|-----------------------------|-----------|---|--------|
| ELEMENTARY LUNCH | Total | 1 | |
| SPAGHETTI AND MEAT SAUCE | 3/4 CUP | 1 | 28.03 |
| BAKED POTATO W/FIXINGS | 1/2 EACH | 1 | 25.3 |
| Roll Whole Grain | 2.0 | 1 | 15.0 |
| Caesar Salad | 1 cup | 1 | 5.8 |
| BROCCOLI,raw: fresh | 1/2 CUP | 1 | 3.02 |
| RANCH DRESSING | 1 TBSP | 1 | 1.27 |
| PEACHES: canned,light syrup | 1/2 CUP | 1 | 24.35 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 124.15 |
| % of Calories | | | 46.7% |
| Nutrient Guideline | | | |

| Fri - 12/08/2023 | | | |
|----------------------------|-----------|---|--------|
| ELEMENTARY LUNCH | Total | 1 | |
| Frito Chili Pie Elem. & MS | 1 cup | 1 | 21.39 |
| HAMBURGER ON A BUN | SERVING | 1 | 26.0 |
| SANDWICH VEGGIES | 1/2 cup | 1 | 4.04 |
| Sweet Potato Fries | serving | 1 | 17.0 |
| VEGGIE CUP | 1/2 cup | 1 | 4.97 |
| 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 | | | 116.37 |
| % of Calories | | | 41.1% |
| Nutrient Guideline | | | |

| Mon - 12/11/2023 | | | |
|---------------------------|-----------|---|--------|
| ELEMENTARY LUNCH | Total | 1 | |
| Grilled Cheese Sandwich | 1 each | 1 | 31.99 |
| Corn Dog | 1 each | 1 | 22.0 |
| TOMATO SOUP | 3/4 CUP | 1 | 21.0 |
| PEAS GREEN,CANNED,DRAINED | 1/2 CUP | 1 | 8.03 |
| BANANAS | 1 EACH | 1 | 23.07 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 127.48 |
| % of Calories | | | 51.1% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|---------------------------|--------------|-----------|----------|
| Tue - 12/12/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| Frito Burrito | 1 | 1 | 32.82 |
| NACHOS WITH GROUND BEEF | SERVINGS | 1 | 21.23 |
| PINTO BEANS: cooked | 1/2 CUP | 1 | 22.42 |
| Mexicali Corn | 1/2 cup | 1 | 15.92 |
| PEARS: canned,light syrup | 1/2 CUP | 1 | 19.04 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 132.81 |
| % of Calories | | | 49.4% |
| Nutrient Guideline | | | |

| | | | |
|-------------------------|-----------|---|--------|
| Wed - 12/13/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| Pizza, Pepperoni | slice | 1 | 40.56 |
| 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 |
| CELERY STICKS | 1/2 CUP | 1 | 2.21 |
| RANCH DRESSING | 2 TBSP | 1 | 2.55 |
| ORANGES | 1 EACH | 1 | 11.28 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 123.28 |
| % of Calories | | | 45.6% |
| Nutrient Guideline | | | |

| | | | |
|-----------------------------|------------|---|--------|
| Thu - 12/14/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| MEAT LOAF | 3/4" SLICE | 1 | 7.96 |
| Breadsticks Elem & MS | 1 oz | 1 | 12.66 |
| 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 |
| PEACHES: canned,light syrup | 1/2 CUP | 1 | 24.35 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 123.71 |
| % of Calories | | | 52.5% |
| Nutrient Guideline | | | |

| | | | |
|---------------------------|------------|---|-------|
| Fri - 12/15/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| Grilled Chicken Sandwich | 1 each | 1 | 43.22 |
| Ham & Cheese Sandwich | 1 sandwich | 1 | 29.81 |
| SALAD,TOSSED: no dressing | 1 CUP | 1 | 6.13 |
| RANCH DRESSING | 2 TBSP | 1 | 2.55 |
| CARROTS: canned, cooked | 1/2 CUP | 1 | 4.04 |
| 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 % of Calories | | | 126.20 57.5% |
| Nutrient Guideline | | | |

| Mon - 12/18/2023 | | | |
|---|-----------|---|----------------|
| ELEMENTARY LUNCH | Total | 1 | |
| Beef Shepards Pie | 3/4 cup | 1 | 22.46 |
| Chicken popcorn | serving | 1 | 14.05 |
| CARROTS: canned, cooked | 1/2 CUP | 1 | 4.04 |
| Caesar Salad | 1 cup | 1 | 5.8 |
| PEARS: canned,light syrup | 1/2 CUP | 1 | 19.04 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Breadsticks Elem & MS | 1 oz | 1 | 12.66 |
| Weighted Daily Average % of Calories | | | 99.42 40.9% |
| Nutrient Guideline | | | |

| Tue - 12/19/2023 | | | |
|---|-----------|---|-----------------|
| ELEMENTARY LUNCH | Total | 1 | |
| Enchilada, Beef & Cheese | 1 | 1 | 15.74 |
| Chicken Ranch Quesadilla | 1 each | 1 | 22.1 |
| Black Beans | 1/2 cup | 1 | 23.06 |
| MIXED VEGETABLES:frozen,boiled | 1/2 CUP | 1 | 11.91 |
| Cinnamon Apples | 1/2 cup | 1 | 30.6 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average % of Calories | | | 124.79 52.0% |
| Nutrient Guideline | | | |

| Wed - 12/20/2023 | | | |
|---|-----------|---|-----------------|
| ELEMENTARY LUNCH | Total | 1 | |
| HOT DOG ON A BUN:turkey hot | SERVING | 1 | 22.47 |
| Pizza, Cheese | Slice | 1 | 40.48 |
| FRENCH FRIES: oven heat | serving | 1 | 15.6 |
| RED BELL PEPPER | SERVING | 1 | 17.0 |
| RANCH DRESSING | 2 TBSP | 1 | 2.55 |
| ORANGES | 1 EACH | 1 | 11.28 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average % of Calories | | | 130.76 53.1% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 12/21/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| TURKEY AND DRESSING SUPREME | SERVINGS | 1 | 17.04 |
| Chicken Fried Steak WG | 1 each | 1 | 16.0 |
| 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 |
| APPLESAUCE:cnnd,unswtnd,+vit C | 1/2 CUP | 1 | 13.75 |
| MILK - Variety | HALF PINT | 1 | 21.38 |
| Weighted Daily Average | | | 99.10 |
| % of Calories | | | 43.8% |
| Nutrient Guideline | | | |

| | | | |
|------------------------|--------|---|------|
| Fri - 12/22/2023 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| SUPERVISOR'S CHOICES | 1 EACH | 1 | 0.0 |
| Weighted Daily Average | | | 0.00 |
| % of Calories | | | 0.0% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|--------|
| Weighted Average | | | 120.92 |
| | | | 48.9% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 120.92 | 48.87% | | | | | | |

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