

CHOCTAW PUBLIC SCHOOLS

Dec 1, 2023 thru Dec 22, 2023

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Weighted Values - Detailed

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Generated on: 11/10/2023 10:20:57 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 12/01/2023			
CHOCTAW MIDDLE SCHO	Total	1	
Pepperoni Pizza	1 slice	1	*43.0
CHEESEBURGER ON A BUN	1 EACH	1	25.68
SANDWICH VEGGIES	1/2 cup	1	4.04
Sweet Potato Fries	1 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			*134.29
% of Calories			*47.6%
Nutrient Guideline			

Mon - 12/04/2023			
CHOCTAW MIDDLE SCHO	Total	1	
Fish Sticks, Pollack	4 oz	1	22.0
TARTAR SAUCE	2 TBSP	1	5.48
Sloppy Joe on Roll	1	1	34.78
FRENCH FRIES: oven heat	1 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			124.58
% of Calories			52.3%
Nutrient Guideline			

Tue - 12/05/2023			
CHOCTAW MIDDLE SCHO	Total	1	
BEEF TACO	2 EACH	1	19.86
Taco Veggies	1/2 cup	1	3.48
CHICKEN TACO	2 EACH	1	19.87
Taco Veggies	1/2 cup	1	3.48
Refried Beans (Dehydrated)	1/3 cup	1	21.2
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			122.14
% of Calories			49.8%
Nutrient Guideline			

Wed - 12/06/2023			
CHOCTAW MIDDLE SCHO	Total	1	
Frito Chili Pie Elem. & MS	1 cup	1	21.39
Chicken popcorn	1 serving	1	14.05
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
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			110.75
% of Calories			41.8%
Nutrient Guideline			

Thu - 12/07/2023			
CHOCTAW MIDDLE SCHO	Total	1	
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
BAKED POTATO W/FIXINGS	1 EACH	1	50.6
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	2 TBSP	1	2.55
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			154.54
% of Calories			44.0%
Nutrient Guideline			

Fri - 12/08/2023			
CHOCTAW MIDDLE SCHO	Total	1	
Pizza, Cheese	Slice	1	40.48
Hamburger	1 each	1	26.8
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			136.26
% of Calories			52.6%
Nutrient Guideline			

Mon - 12/11/2023			
CHOCTAW MIDDLE SCHO	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			
CHOCTAW MIDDLE SCHO	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
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			138.11
% of Calories			50.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 12/13/2023			
CHOCTAW MIDDLE SCHO	Total	1	
Grilled Chicken Sandwich	1 each	1	43.22
SANDWICH VEGGIES	1/2 cup	1	4.04
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			129.99
% of Calories			48.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 12/14/2023			
CHOCTAW MIDDLE SCHO	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
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			119.71
% of Calories			51.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 12/15/2023			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Ham & Cheese Sandwich	1 sandwich	1	29.81
SALAD,TOSSED: no dressing	1 CUP	1	6.13
SALAD DRESSING,Assorted	2 TBSP	1	3.89
CARROTS: canned, cooked	3/4 CUP	1	6.07
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			121.34
% of Calories			47.5%
Nutrient Guideline			

Mon - 12/18/2023			
CHOCTAW MIDDLE SCHO	Total	1	
Beef Shepards Pie	3/4 cup	1	22.46
Chicken popcorn	serving	1	14.05
CARROTS: canned, cooked	3/4 CUP	1	6.07
Caesar Salad	1 cup	1	5.8
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			88.79
% of Calories			39.7%
Nutrient Guideline			

Tue - 12/19/2023			
CHOCTAW MIDDLE SCHO	Total	1	
Enchiladas, Beef & Cheese	serving	1	50.25
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			159.31
% of Calories			54.0%
Nutrient Guideline			

Wed - 12/20/2023			
CHOCTAW MIDDLE SCHO	Total	1	
Hot Dog w/ Chili & Cheese	1	1	30.54
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
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			128.06
% of Calories			46.7%
Nutrient Guideline			

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Thu - 12/21/2023			
CHOCTAW MIDDLE SCHO	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			
CHOCTAW MIDDLE SCHO	Total	1	
SUPERVISOR'S CHOICES	1 EACH	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Weighted Average			*126.30
			*48.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	126.30	48.12%			Missing			

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