

CHOCTAW PUBLIC SCHOOLS

Dec 1, 2023 thru Dec 22, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

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Generated on: 11/14/2023 8:39:31 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 12/01/2023			
HIGH SCHOOL LUNCH	Total	1	
Pepperoni Pizza	1 slice	1	*43.0
CHEESEBURGER ON A BUN	EACH	1	25.68
SANDWICH VEGGIES	1/2 cup	1	4.04
Sweet Potato Fries	serving	1	17.0
MIXED VEGETABLES:frozen,boiled	CUP	1	23.82
ORANGES	EACH	1	11.28
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			*162.67
% of Calories			*52.0%
Nutrient Guideline			

Mon - 12/04/2023			
HIGH SCHOOL LUNCH	Total	1	
CHEESEBURGER ON A BUN	EACH	1	25.68
SANDWICH VEGGIES	1/2 cup	1	4.04
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
FRENCH FRIES: oven heat	serving	1	15.6
GREEN BEANS: canned,cooked	CUP	1	4.56
BANANAS	EACH	1	23.07
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			121.28
% of Calories			49.1%
Nutrient Guideline			

Tue - 12/05/2023			
HIGH SCHOOL LUNCH	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)	1/2 cup	1	31.81
CORN: frozen, yellow	1 CUP	1	31.85
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			165.13
% of Calories			55.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/06/2023			
HIGH SCHOOL LUNCH	Total	1	
Frito Chili Pie HS	1.5 cup	1	38.82
Chicken popcorn	serving	1	14.05
PEAS GREEN,CANNED,DRAINED	CUP	1	16.07
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
Breadstick HS	2oz	1	25.31
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			165.34
% of Calories			44.7%
Nutrient Guideline			

Thu - 12/07/2023			
HIGH SCHOOL LUNCH	Total	1	
SPAGHETTI AND MEAT SAUCE	1 CUP	1	37.37
BAKED POTATO W/FIXINGS	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
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			176.54
% of Calories			47.2%
Nutrient Guideline			

Fri - 12/08/2023			
HIGH SCHOOL LUNCH	Total	1	
Pizza, Cheese	Slice	1	40.48
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	CUP	1	38.08
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			170.97
% of Calories			57.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/11/2023			
HIGH SCHOOL LUNCH	Total	1	
Grilled Cheese Sandwich	each	1	31.99
Corn Dog	each	1	22.0
TOMATO SOUP	1 CUP	1	28.0
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
BANANAS	EACH	1	23.07
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			150.95
% of Calories			53.8%
Nutrient Guideline			

Tue - 12/12/2023			
HIGH SCHOOL LUNCH	Total	1	
Frito Burrito	1	1	32.82
Beefy Nachos HS	1.66 cup	1	32.87
pinto beans can	.75	1	27.91
Mexicali Corn	1/2 cup	1	15.92
PEACHES: canned,light syrup	1/2 CUP	1	24.35
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			171.71
% of Calories			53.4%
Nutrient Guideline			

Wed - 12/13/2023			
HIGH SCHOOL LUNCH	Total	1	
Grilled Chicken Sandwich	each	1	43.22
SANDWICH VEGGIES	1/2 cup	1	4.04
CHEESEBURGER ON A BUN	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	EACH	1	11.28
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			146.46
% of Calories			51.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/14/2023			
HIGH SCHOOL LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
Breadstick HS	2oz	1	25.31
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	CUP	1	4.56
FRUIT COCKTAIL:canned,lt syrup	CUP	1	36.13
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			169.18
% of Calories			58.4%
Nutrient Guideline			

Fri - 12/15/2023			
HIGH SCHOOL LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Philly Cheese Steak	1	1	2.74
SALAD,TOSSED: no dressing	CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.55
CARROTS: canned, cooked	CUP	1	8.09
APPLES,Fresh	EACH	1	19.06
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			111.42
% of Calories			43.3%
Nutrient Guideline			

Mon - 12/18/2023			
HIGH SCHOOL LUNCH	Total	1	
Beef Shepards Pie	3/4 cup	1	22.46
Chicken popcorn	serving	1	14.05
Breadstick HS	2oz	1	25.31
CARROTS: canned, cooked	CUP	1	8.09
Caesar Salad	1 cup	1	5.8
PEARS: canned,light syrup	CUP	1	38.08
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			151.63
% of Calories			50.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/19/2023			
HIGH SCHOOL LUNCH	Total	1	
Enchilada, Beef & Cheese	1	1	15.74
Chicken Ranch Quesadilla	each	1	22.1
Black Beans	1/2 cup	1	23.06
MIXED VEGETABLES:frozen,boiled	CUP	1	23.82
Cinnamon Apples	1/2 cup	1	30.6
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			153.18
% of Calories			56.6%
Nutrient Guideline			

Wed - 12/20/2023			
HIGH SCHOOL LUNCH	Total	1	
Hot Dog w/ Chili & Cheese	1	1	30.54
CHEESEBURGER ON A BUN	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	EACH	1	11.28
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			144.53
% of Calories			49.8%
Nutrient Guideline			

Thu - 12/21/2023			
HIGH SCHOOL LUNCH	Total	1	
TURKEY AND DRESSING SUPREME	SERVINGS	1	17.04
Chicken Fried Steak WG	each	1	16.0
Roll Whole Grain	2.0	1	15.0
MASHED POTATOES:flakes,mlk+but	CUP	1	11.41
Gravy, Peppered	serving	1	7.94
GREEN BEANS: canned,cooked	CUP	1	4.56
APPLESAUCE:cnnd,unswtnd,+vit C	CUP	1	27.5
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			137.30
% of Calories			50.8%
Nutrient Guideline			

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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Average			*153.22 *51.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	153.22	51.49%			Missing			

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