

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

Page 1

Apr 1, 2024 thru Apr 30, 2024

ELEMENTARY LUNCH

Generated on: 3/5/2024 10:24:37 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 04/01/2024			
ELEMENTARY LUNCH	Total	1	
Pizza Burger	1	1	24.08
CORN DOG	serving	1	30.0
Caesar Salad	1 cup	1	5.8
MIXED VEGETABLES:frozen,boiled	1/2 CUP	1	11.91
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			116.24
% of Calories			42.4%
Nutrient Guideline			

Tue - 04/02/2024			
ELEMENTARY LUNCH	Total	1	
Chicken Ranch Quesadilla	1 each	1	22.1
Frito Burrito	1	1	32.82
pinto beans can	1/2 cup	1	18.6
Mexicali Corn	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			127.77
% of Calories			52.0%
Nutrient Guideline			

Wed - 04/03/2024			
ELEMENTARY LUNCH	Total	1	
Pizza, Cheese	Slice	1	40.48
Ham & Cheese Sandwich	1 sandwich	1	29.81
Sweet Potato Fries	serving	1	17.0
VEGGIE CUP	1/2 cup	1	4.97
Ranch Fat Free	Tble	1	3.0
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			130.40
% of Calories			58.1%
Nutrient Guideline			

Thu - 04/04/2024			
ELEMENTARY LUNCH	Total	1	
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
Fish Sticks, Pollack	4 oz	1	22.0
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
SALAD,TOSSED: no dressing	1 CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.55
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			125.47
% of Calories			53.2%
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

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.

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

Page 2

Apr 1, 2024 thru Apr 30, 2024

ELEMENTARY LUNCH

Generated on: 3/5/2024 10:24:37 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/05/2024			
ELEMENTARY LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 04/08/2024			
ELEMENTARY LUNCH	Total	1	
MACARONI AND CHEESE	2/3 CUP	1	30.52
Breadsticks Elem & MS	1 oz	1	12.66
CHEESEBURGER ON A BUN	1 EACH	1	25.68
SANDWICH VEGGIES	1/2 cup	1	4.04
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
CORN: frozen, yellow	1/2 CUP	1	15.92
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			138.19
% of Calories			50.4%
Nutrient Guideline			

Tue - 04/09/2024			
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 (Dehydrated)	1/3 cup	1	21.2
CARROT STICKS	3/4 CUP	1	12.63
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			125.32
% of Calories			49.3%
Nutrient Guideline			

Wed - 04/10/2024			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Ham & Cheese Sandwich	1 sandwich	1	29.81
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
Cool Tropics Juice Pouch	4 oz	1	13.0
ORANGES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			118.51
% of Calories			51.2%
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

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.

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

Page 3

Apr 1, 2024 thru Apr 30, 2024

ELEMENTARY LUNCH

Generated on: 3/5/2024 10:24:37 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 04/11/2024			
ELEMENTARY LUNCH	Total	1	
Chicken Fried Steak WG	1 each	1	16.0
Turkey, Sliced	serving	1	2.61
MASHED POTATOES:flakes,mlk+but	3/4 CUP	1	8.56
Gravy, Peppered	serving	1	7.94
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
Cinnamon Apples	1/2 cup	1	30.6
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			103.85
% of Calories			46.9%
Nutrient Guideline			

Fri - 04/12/2024			
ELEMENTARY LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 04/15/2024			
ELEMENTARY LUNCH	Total	1	
Chicken popcorn	serving	1	14.05
Tater Tot Casserole	3/4 cup	1	22.82
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
RED BELL PEPPER	SERVING	1	17.0
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			118.92
% of Calories			46.3%
Nutrient Guideline			

Tue - 04/16/2024			
ELEMENTARY LUNCH	Total	1	
CHICKEN FAJITAS	1 EACH	1	38.83
Fajita Onions & Peppers	1/2 cup	1	9.04
Taco Burger	1 sandwich	1	32.17
Black Beans	1/2 cup	1	23.06
SALAD,TOSSED: no dressing	1 CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.55
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			152.22
% of Calories			51.3%
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

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.

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

Page 4

Apr 1, 2024 thru Apr 30, 2024

ELEMENTARY LUNCH

Generated on: 3/5/2024 10:24:37 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 04/17/2024			
ELEMENTARY LUNCH	Total	1	
Pizza, Cheese	Slice	1	40.48
Fish Sticks, Pollack	4 oz	1	22.0
Chips, Sun Harvest Cheddar	package	1	18.03
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
ORANGES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			136.38
% of Calories			54.5%
Nutrient Guideline			

Thu - 04/18/2024			
ELEMENTARY LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
ROLLS,WHEAT: scratch 1 oz	Each 1.1 oz.	1	14.49
Italian Sub	1	1	37.09
FRENCH FRIES: oven heat	serving	1	15.6
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			121.35
% of Calories			44.1%
Nutrient Guideline			

Fri - 04/19/2024			
ELEMENTARY LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 04/22/2024			
ELEMENTARY LUNCH	Total	1	
CORN DOG	serving	1	30.0
Frito Chili Pie Elem. & MS	1 cup	1	21.39
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			113.71
% of Calories			42.5%
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

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.

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

Page 5

Apr 1, 2024 thru Apr 30, 2024

ELEMENTARY LUNCH

Generated on: 3/5/2024 10:24:37 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/23/2024			
ELEMENTARY LUNCH	Total	1	
NACHOS WITH GROUND BEEF	SERVINGS	1	21.23
Chicken Enchiladas	1	1	8.55
pinto beans can	1/2 cup	1	18.6
SALAD, TOSSED: no dressing	1 CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.55
PEARS: canned, light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Nacho Chips	28 g.	1	20.0
SALSA: COMMUNITY	2 OZ	1	7.94
Weighted Daily Average			125.42
% of Calories			47.7%
Nutrient Guideline			

Wed - 04/24/2024			
ELEMENTARY LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
STROMBOLI	SERVINGS	1	20.94
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
CARROTS: frozen, boiled	3/4 CUP	1	8.46
PEACHES, FRESH	1/2 EACH	1	4.15
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			94.86
% of Calories			44.2%
Nutrient Guideline			

Thu - 04/25/2024			
ELEMENTARY LUNCH	Total	1	
Sloppy Joe on Roll	1	1	34.78
Chicken Pot Pie	3/4 cup	1	38.48
PEAS GREEN, CANNED, DRAINED	1/2 CUP	1	8.03
Cool Tropics Juice Pouch	4 oz	1	13.0
GRAPES, Fresh	1/2 CUP	1	7.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			123.57
% of Calories			52.3%
Nutrient Guideline			

Fri - 04/26/2024			
ELEMENTARY LUNCH	Total	1	
SUPERVISOR'S CHOICES	1 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

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.

CHOCTAW PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH

Weighted Values - Detailed

Page 6

Generated on: 3/5/2024 10:24:37 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 04/29/2024			
ELEMENTARY LUNCH	Total	1	
HOT DOG ON A BUN:turkey hot	SERVING	1	22.47
HAMBURGER ON A BUN	SERVING	1	26.0
SANDWICH VEGGIES	1/2 cup	1	4.04
FRENCH FRIES: oven heat	serving	1	15.6
Creamy Cole Slaw	1/2 cup	1	7.69
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			110.93
% of Calories			46.2%
Nutrient Guideline			

Tue - 04/30/2024			
ELEMENTARY LUNCH	Total	1	
Beef, Bean & Cheese Burrito	1	1	36.99
Chicken Ranch Quesadilla	1 each	1	22.1
Refried Beans (Dehydrated)	1/3 cup	1	21.2
Mexicali Corn	1/2 cup	1	15.92
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			140.66
% of Calories			55.7%
Nutrient Guideline			

Weighted Average			123.54
			49.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	123.54	49.26%						

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.