

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

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Apr 1, 2024 thru Apr 30, 2024

CHOCTAW MIDDLE SCHOOL

Generated on: 3/5/2024 10:19:54 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 04/01/2024			
CHOCTAW MIDDLE SCHO	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			
CHOCTAW MIDDLE SCHO	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			
CHOCTAW MIDDLE SCHO	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 DRESSING	2 TBSP	1	2.55
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			129.95
% of Calories			56.2%
Nutrient Guideline			

Thu - 04/04/2024			
CHOCTAW MIDDLE SCHO	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			

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

Mon - 04/08/2024			
CHOCTAW MIDDLE SCHO	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			
CHOCTAW MIDDLE SCHO	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)	1/2 cup	1	31.81
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
PEACHES,FRESH	1/2 EACH	1	4.15
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			115.72
% of Calories			45.3%
Nutrient Guideline			

Wed - 04/10/2024			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Philly Cheese Steak	1	1	2.74
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			91.44
% of Calories			39.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/11/2024			
CHOCTAW MIDDLE SCHO	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			
CHOCTAW MIDDLE SCHO	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 04/15/2024			
CHOCTAW MIDDLE SCHO	Total	1	
ORANGE CHICKEN	4.3 oz	1	25.33
Rice, Brown Long Grain	1/2 cup	1	25.91
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			156.11
% of Calories			54.6%
Nutrient Guideline			

Tue - 04/16/2024			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken Fajitas	2	1	39.02
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	2.8
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			152.66
% of Calories			53.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/17/2024			
CHOCTAW MIDDLE SCHO	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	2.8
ORANGES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			136.64
% of Calories			54.6%
Nutrient Guideline			

Thu - 04/18/2024			
CHOCTAW MIDDLE SCHO	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			
CHOCTAW MIDDLE SCHO	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 04/22/2024			
CHOCTAW MIDDLE SCHO	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			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 04/23/2024			
CHOCTAW MIDDLE SCHO	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
Weighted Daily Average			97.49
% of Calories			44.8%
Nutrient Guideline			

Wed - 04/24/2024			
CHOCTAW MIDDLE SCHO	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: canned, light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			115.06
% of Calories			49.4%
Nutrient Guideline			

Thu - 04/25/2024			
CHOCTAW MIDDLE SCHO	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 CUP	1	15.78
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			131.46
% of Calories			53.8%
Nutrient Guideline			

Fri - 04/26/2024			
CHOCTAW MIDDLE SCHO	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 04/29/2024			
CHOCTAW MIDDLE SCHO	Total	1	
Hot Dog w/ Chili & Cheese	1	1	30.54
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			119.00
% of Calories			46.1%
Nutrient Guideline			

Tue - 04/30/2024			
CHOCTAW MIDDLE SCHO	Total	1	
Beef, Bean & Cheese Burrito	1	1	36.99
Chicken Ranch Quesadilla	1 each	1	22.1
Refried Beans (Dehydrated)	1/2 cup	1	31.81
Mexicali Corn	1/2 cup	1	15.92
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			151.26
% of Calories			55.6%
Nutrient Guideline			

Weighted Average			124.63
			49.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	124.63	49.20%						

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