

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet
Weighted Values - Detailed

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Apr 1, 2024 thru Apr 30, 2024

HIGH SCHOOL LUNCH

Generated on: 3/5/2024 10:22:32 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 04/01/2024			
HIGH SCHOOL 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	CUP	1	23.82
BANANAS	EACH	1	23.07
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			144.62
% of Calories			47.4%
Nutrient Guideline			

Tue - 04/02/2024			
HIGH SCHOOL LUNCH	Total	1	
Chicken Ranch Quesadilla	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
Nacho Chips	28 g.	1	20.0
SALSA:COMMODITY	4 OZ	1	15.88
PINEAPPLE CHUNKS:canned,lt syr	CUP	1	33.89
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			197.06
% of Calories			59.1%
Nutrient Guideline			

Wed - 04/03/2024			
HIGH SCHOOL 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 DRESSING	2 TBSP	1	2.55
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			160.17
% of Calories			61.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/04/2024			
HIGH SCHOOL LUNCH	Total	1	
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
Fish Sticks, Pollack	4 oz	1	22.0
Roll Whole Grain	2.0	1	15.0
SALAD, TOSSED: no dressing	CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.55
PEAS GREEN, CANNED, DRAINED	CUP	1	16.07
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			169.52
% of Calories			60.8%
Nutrient Guideline			

Fri - 04/05/2024			
HIGH SCHOOL 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			
HIGH SCHOOL LUNCH	Total	1	
MACARONI AND CHEESE	2/3 CUP	1	30.52
Breadstick HS	1 oz	1	12.66
CHEESEBURGER ON A BUN	EACH	1	25.68
SANDWICH VEGGIES	1/2 cup	1	4.04
BROCCOLI: frozen, boiled	CUP	1	9.84
CORN: frozen, yellow	CUP	1	31.85
BANANAS	EACH	1	23.07
FRUIT, FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			175.50
% of Calories			56.0%
Nutrient Guideline			

Tue - 04/09/2024			
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
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
Nacho Chips	28 g.	1	20.0
SALSA: COMMUNITY	4 OZ	1	15.88
PEACHES: canned, light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			175.27 52.6%
Nutrient Guideline			

Wed - 04/10/2024			
HIGH SCHOOL LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Philly Cheese Steak	1	1	2.74
PEAS GREEN,CANNED,DRAINED	CUP	1	16.07
Cool Tropics Juice Pouch	4 oz	1	13.0
ORANGES	EACH	1	11.28
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			115.94 44.4%
Nutrient Guideline			

Thu - 04/11/2024			
HIGH SCHOOL LUNCH	Total	1	
Chicken Fried Steak WG	each	1	16.0
Turkey, Sliced	serving	1	2.61
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
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 % of Calories			125.97 51.5%
Nutrient Guideline			

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

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	Portion Size	Reimb Qty	Carb (g)
Mon - 04/15/2024			
HIGH SCHOOL LUNCH	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
Roll Whole Grain	2.0	1	15.0
GREEN BEANS: canned,cooked	CUP	1	4.56
RED BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.55
PEACHES: canned,light syrup	CUP	1	48.69
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			199.72
% of Calories			61.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/16/2024			
HIGH SCHOOL LUNCH	Total	1	
CHICKEN FAJITAS	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	CUP	1	6.13
RANCH DRESSING	2 TBSP	1	2.55
APPLES,Fresh	EACH	1	19.06
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			168.69
% of Calories			54.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 04/17/2024			
HIGH SCHOOL LUNCH	Total	1	
Pizza, Cheese	Slice	1	40.48
Fish Sticks, Pollack	4 oz	1	22.0
PEAS GREEN,CANNED,DRAINED	CUP	1	16.07
CARROT STICKS	CUP	1	16.84
Ranch Fat Free	Tble	1	3.0
Chips, Sun Harvest Cheddar	package	1	18.03
ORANGES	EACH	1	11.28
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			165.55
% of Calories			60.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/18/2024			
HIGH SCHOOL LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
Roll Whole Grain	2.0	1	15.0
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	CUP	1	38.08
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			157.37
% of Calories			51.2%
Nutrient Guideline			

Fri - 04/19/2024			
HIGH SCHOOL 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			
HIGH SCHOOL LUNCH	Total	1	
CORN DOG	serving	1	30.0
Frito Chili Pie HS	1.5 cup	1	38.82
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			149.89
% of Calories			43.8%
Nutrient Guideline			

Tue - 04/23/2024			
HIGH SCHOOL LUNCH	Total	1	
Beefy Nachos HS	1.66 cup	1	32.87
Chicken Enchiladas	1	1	8.55
pinto beans can	1/2 cup	1	18.6
SALAD,TOSSED: no dressing	CUP	1	6.13
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			144.63
% of Calories			52.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/24/2024			
HIGH SCHOOL LUNCH	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
STROMBOLI	SERVINGS	1	20.94
BROCCOLI: frozen, boiled	CUP	1	9.84
CARROTS:frozen, boiled	CUP	1	11.29
PEACHES: canned,light syrup	CUP	1	48.69
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			163.62
% of Calories			58.1%
Nutrient Guideline			

Thu - 04/25/2024			
HIGH SCHOOL LUNCH	Total	1	
Philly Cheese Steak	1	1	2.74
Chicken Pot Pie	3/4 cup	1	38.48
PEAS GREEN,CANNED,DRAINED	CUP	1	16.07
Cool Tropics Juice Pouch	4 oz	1	13.0
GRAPES,Fresh	CUP	1	15.78
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			123.92
% of Calories			49.4%
Nutrient Guideline			

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

Mon - 04/29/2024			
HIGH SCHOOL LUNCH	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	CUP	1	27.5
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			149.22
% of Calories			52.0%
Nutrient Guideline			

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HIGH SCHOOL LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Tue - 04/30/2024			
HIGH SCHOOL LUNCH	Total	1	
Beef, Bean & Cheese Burrito	1	1	36.99
Chicken Ranch Quesadilla	each	1	22.1
Refried Beans (Dehydrated)	1/2 cup	1	31.81
Mexicali Corn	1/2 cup	1	15.92
Nacho Chips	28 g.	1	20.0
SALSA:COMMODITY	4 OZ	1	15.88
BANANAS	EACH	1	23.07
FRUIT,FRESH ASSORTED	EACH	1	16.47
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			203.61
% of Calories			59.3%
Nutrient Guideline			

Weighted Average			160.57 54.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	160.57	54.23%						

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