

CHOCTAW PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/01/2022			
HIGH SCHOOL LUNCH	Total	1	
BEEF TACO	2 EACH	1	19.86
Taco Veggies	1/2 cup	1	3.48
Chicken Fajitas	2	1	39.02
REFRIED BEANS: canned	1/2 CUP	1	12.09
SALSA:COMMODITY	2 OZ	1	7.94
VEGGIE CUP	1/2 cup	1	4.97
RANCH DRESSING	2 TBSP	1	2.55
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
APPLES,Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			148.41
% of Calories			53.5%
Nutrient Guideline			

Wed - 11/02/2022			
HIGH SCHOOL LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Hamburger	each	1	26.8
Sweet Potato Fries	serving	1	17.0
SALAD,TOSSED: no dressing	1 CUP	1	6.16
RANCH DRESSING	2 TBSP	1	2.55
PEACHES: canned,light syrup	1/2 CUP	1	24.35
BANANAS	EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			164.30
% of Calories			55.8%
Nutrient Guideline			

Thu - 11/03/2022			
HIGH SCHOOL LUNCH	Total	1	
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
Beef Shepards Pie	3/4 cup	1	22.46
Roll Whole Grain	2.0	1	15.0
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
RED BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.55
ORANGES	EACH	1	11.28
APPLES,Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			142.85
% of Calories			55.3%
Nutrient Guideline			

Fri - 11/04/2022			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0

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Weighted Daily Average % of Calories			0.00 0.0%
Nutrient Guideline			

Mon - 11/07/2022			
HIGH SCHOOL LUNCH	Total	1	
Pizza Burger	1	1	24.08
Fish Sticks, Pollack	2 oz	1	11.0
TARTAR SAUCE	2 TBSP	1	5.48
Breadsticks Elem & MS	1oz	1	12.66
FRENCH FRIES: oven heat	serving	1	15.6
SALAD,TOSSED: no dressing	CUP	1	6.16
RANCH DRESSING	2 TBSP	1	2.55
PEACHES: canned,light syrup	1/2 CUP	1	24.35
APPLES,Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			142.30
% of Calories			55.1%
Nutrient Guideline			

Tue - 11/08/2022			
HIGH SCHOOL LUNCH	Total	1	
Chicken Ranch Quesadilla	each	1	22.1
Chili Pie	serving	1	45.58
PINTO BEANS: cooked	1/2 CUP	1	22.42
Nacho Chips	28 g.	1	20.0
SALSA:COMMODITY	2 OZ	1	7.94
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
BANANAS	EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			176.24
% of Calories			52.9%
Nutrient Guideline			

Wed - 11/09/2022			
HIGH SCHOOL LUNCH	Total	1	
Grilled Cheese Sandwich	each	1	31.99
Chicken Sandwich Breaded	each	1	42.0
TOMATO SOUP	1 CUP	1	28.0
VEGGIE CUP	1/2 cup	1	4.97
RANCH DRESSING	2 TBSP	1	2.55
CRACKERS	4 EACH	1	8.89
GRAPES,Fresh	1/2 CUP	1	7.89
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	18.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			165.74
% of Calories			54.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/10/2022			
HIGH SCHOOL LUNCH	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
Corn Dog	each	1	22.0
Sweet Potato Fries	serving	1	17.0
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
Roll Whole Grain	2.0	1	15.0
BANANAS	EACH	1	23.07
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			127.73
% of Calories			52.1%
Nutrient Guideline			

Fri - 11/11/2022			
HIGH SCHOOL LUNCH	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
BB-Q Rib Patty Sanwich	1	1	38.36
CORN: canned, yellow	1/2 CUP	1	11.76
Creamy Cole Slaw	1/2 cup	1	7.69
PEACHES: canned,light syrup	1/2 CUP	1	24.35
APPLES,Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			165.60
% of Calories			58.7%
Nutrient Guideline			

Mon - 11/14/2022			
HIGH SCHOOL LUNCH	Total	1	
Chicken popcorn	serving	1	14.05
GOULASH	servings	1	17.1
Breadsticks Elem & MS	1oz	1	12.66
VEGGIE CUP	1/2 cup	1	4.97
RANCH DRESSING	2 TBSP	1	2.55
Broccoli with Cheese	1/2 cup	1	6.13
BANANAS	EACH	1	23.07
PEACHES: canned,light syrup	1/2 CUP	1	24.35
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.25
% of Calories			49.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/15/2022			
HIGH SCHOOL LUNCH	Total	1	
CHICKEN TACO	2 EACH	1	19.87
Taco Veggies	1/2 cup	1	3.48
Frito Burrito	1	1	22.94
PINTO BEANS: cooked	1/2 CUP	1	22.42
CORN: canned, yellow	1/2 CUP	1	11.76
SALSA:COMMODITY	2 OZ	1	7.94
APPLES,Fresh	EACH	1	19.06
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			145.79
% of Calories			57.0%
Nutrient Guideline			

Wed - 11/16/2022			
HIGH SCHOOL LUNCH	Total	1	
Hot Dog w/ Chili & Cheese	1	1	30.54
Grilled Chicken Sandwich	each	1	43.22
SANDWICH VEGGIES	1/2 cup	1	4.04
Sweet Potato Fries	serving	1	17.0
RED BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.55
ORANGES	EACH	1	11.28
PEARS: canned,light syrup	CUP	1	38.08
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			185.09
% of Calories			60.1%
Nutrient Guideline			

Thu - 11/17/2022			
HIGH SCHOOL LUNCH	Total	1	
Chicken Fried Steak WG	each	1	16.0
CHEESEBURGER ON A BUN	EACH	1	25.68
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
Cinnamon Apples	1/2 cup	1	30.6
Fruit Cobbler	1/2 cup	1	67.72
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			192.30
% of Calories			54.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/18/2022			
HIGH SCHOOL LUNCH	Total	1	
Pepperoni Pizza	1 slice	1	*43.0
Sloppy Joe on Roll	1	1	34.78
FRENCH FRIES: oven heat	serving	1	15.6
SALAD, TOSSED: no dressing	CUP	1	6.16
RANCH DRESSING	2 TBSP	1	2.55
Frozen Juice Cup Swirl	each	1	29.0
APPLES, Fresh	EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			*171.52
% of Calories			*56.1%
Nutrient Guideline			

Mon - 11/21/2022			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Tue - 11/22/2022			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Wed - 11/23/2022			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Thu - 11/24/2022			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Fri - 11/25/2022			
HIGH SCHOOL LUNCH	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			0.00 0.0%
Nutrient Guideline			

Mon - 11/28/2022			
HIGH SCHOOL LUNCH	Total	1	
MACARONI AND CHEESE	2/3 CUP	1	30.52
Breadsticks Elem & MS	1oz	1	12.66
Chicken Pot Pie	3/4 cup	1	38.48
Broccoli with Cheese	1/2 cup	1	6.13
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
BANANAS	EACH	1	23.07
Cinnamon Apples	1/2 cup	1	30.6
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			178.01
% of Calories			55.6%
Nutrient Guideline			

Tue - 11/29/2022			
HIGH SCHOOL LUNCH	Total	1	
Chicken Ranch Quesadilla	each	1	22.1
Beefy Nachos HS	1.66 cup	1	32.87
SALSA:COMMODITY	2 OZ	1	7.94
REFRIED BEANS	1/3 CUP	1	23.49
Caesar Salad	1 cup	1	5.8
PEACHES: canned,light syrup	1/2 CUP	1	24.35
ORANGES	EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			149.20
% of Calories			45.6%
Nutrient Guideline			

Wed - 11/30/2022			
HIGH SCHOOL LUNCH	Total	1	
STROMBOLI	SERVINGS	1	20.94
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
Roll Whole Grain	2.0	1	15.0
VEGGIE CUP	1/2 cup	1	4.97
RANCH DRESSING	2 TBSP	1	2.55
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
APPLES,Fresh	EACH	1	19.06
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			142.82
% of Calories			55.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Weighted Average			*157.76 *54.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	157.76	54.49%			Missing			

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