

CHOCTAW PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

CHOCTAW MIDDLE SCHOOL

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/01/2022			
CHOCTAW MIDDLE SCHO	Total	1	
BEEF TACO	2 EACH	1	19.86
Chicken Fajitas	2	1	39.02
Taco Veggies	1/2 cup	1	3.48
Fajita Onions & Peppers	1/2 cup	1	9.04
REFRIED BEANS	1/3 CUP	1	23.49
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
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			149.79
% of Calories			51.8%
Nutrient Guideline			

Wed - 11/02/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Big Daddys Cheese Pizza	slice	1	43.0
Hamburger	1 each	1	26.8
SALAD,TOSSED: no dressing	1 CUP	1	6.16
RANCH DRESSING	2 TBSP	1	2.55
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			130.99
% of Calories			51.3%
Nutrient Guideline			

Thu - 11/03/2022			
CHOCTAW MIDDLE SCHO	Total	1	
SPAGHETTI AND MEAT SAUCE	3/4 CUP	1	31.85
Beef Shepards Pie	3/4 cup	1	22.46
Breadsticks Elem & MS	1 oz	1	12.66
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	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			121.45
% of Calories			50.2%
Nutrient Guideline			

Fri - 11/04/2022			
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 - 11/07/2022			
CHOCTAW MIDDLE SCHO	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	1 oz	1	12.66
FRENCH FRIES: oven heat	serving	1	15.6
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
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			123.24
% of Calories			51.3%
Nutrient Guideline			

Tue - 11/08/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken Ranch Quesadilla	1 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
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			162.49
% of Calories			50.8%
Nutrient Guideline			

Wed - 11/09/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Grilled Cheese Sandwich	1 each	1	31.99
Chicken Sandwich Breaded	1 each	1	42.0
TOMATO SOUP	3/4 CUP	1	21.0
VEGGIE CUP	1/2 cup	1	4.97
RANCH DRESSING	2 TBSP	1	2.55
GRAPES,Fresh	1/2 CUP	1	7.89
CRACKERS	4 EACH	1	8.89
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			140.67
% of Calories			51.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/10/2022			
CHOCTAW MIDDLE SCHO	Total	1	
MEAT LOAF	3/4" SLICE	1	7.96
Breadsticks Elem & MS	1 oz	1	12.66
Corn Dog	1 each	1	22.0
Sweet Potato Fries	serving	1	17.0
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			102.31
% of Calories			45.6%
Nutrient Guideline			

Fri - 11/11/2022			
CHOCTAW MIDDLE SCHO	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
APPLES,Fresh	1 EACH	1	19.06
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			141.25
% of Calories			54.5%
Nutrient Guideline			

Mon - 11/14/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken popcorn	serving	1	14.05
GOULASH	servings	1	17.1
Breadsticks Elem & MS	1 oz	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	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			101.90
% of Calories			43.9%
Nutrient Guideline			

Tue - 11/15/2022			
CHOCTAW MIDDLE SCHO	Total	1	
CHICKEN TACO	2 EACH	1	19.87
Frito Burrito	1	1	22.94
pinto beans can	.75	1	27.91
CORN: canned, yellow	1/2 CUP	1	11.76
SALSA:COMMODITY	2 OZ	1	7.94
APPLES,Fresh	1 EACH	1	19.06
Taco Veggies	1/2 cup	1	3.48
MILK - Variety	HALF PINT	1	21.38

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			134.33 54.0%
Nutrient Guideline			

Wed - 11/16/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Hot Dog w/ Chili & Cheese	1	1	30.54
Grilled Chicken Sandwich	1 each	1	43.22
Sweet Potato Fries	serving	1	17.0
RED BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.55
ORANGES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			142.97 53.5%
Nutrient Guideline			

Thu - 11/17/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken Fried Steak WG	1 each	1	16.0
CHEESEBURGER ON A BUN	1 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 % of Calories			192.30 54.9%
Nutrient Guideline			

Fri - 11/18/2022			
CHOCTAW MIDDLE SCHO	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	1 CUP	1	6.16
RANCH DRESSING	2 TBSP	1	2.55
Frozen Juice Cup Swirl	1 each	1	29.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average % of Calories			*152.46 *52.9%
Nutrient Guideline			

Mon - 11/21/2022			
CHOCTAW MIDDLE SCHO	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			

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

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

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

Fri - 11/25/2022			
CHOCTAW MIDDLE SCHO NO SCHOOL TODAY	Total SERVING	1 1	0.0 0.0
Weighted Daily Average % of Calories			0.00 0.0%
Nutrient Guideline			

Mon - 11/28/2022			
CHOCTAW MIDDLE SCHO	Total	1	
MACARONI AND CHEESE	2/3 CUP	1	30.52
Breadsticks Elem & MS	1 oz	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	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			147.41
% of Calories			50.8%
Nutrient Guideline			

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Tue - 11/29/2022			
CHOCTAW MIDDLE SCHO	Total	1	
Chicken Ranch Quesadilla	1 each	1	22.1
NACHOS WITH GROUND BEEF	SERVINGS	1	21.23
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
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.28
% of Calories			43.1%
Nutrient Guideline			

Wed - 11/30/2022			
CHOCTAW MIDDLE SCHO	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
PEARS: canned,light syrup	1/2 CUP	1	19.04
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			123.77
% of Calories			52.0%
Nutrient Guideline			

Weighted Average			*137.10 *50.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	137.10	50.88%			Missing			

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