

CHOCTAW PUBLIC SCHOOLS

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 1, 2021 thru Dec 17, 2021

CHOCTAW MIDDLE SCHOOL

Generated on: 10/27/2021 12:44:28 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 12/01/2021			
CHOCTAW MIDDLE SCHO	Total	1	
GOULASH	servings	1	17.1
Turkey & Pasta	1 cup	1	35.08
SALAD,TOSSED: no dressing	1 CUP	1	5.61
BANANAS	1 EACH	1	23.07
ROLLS: scratch(Yeast)-1 oz	Each 1 oz.	1	14.85
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			117.09
% of Calories			53.7%
Nutrient Guideline			

Thu - 12/02/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Cheeseburger	1 each	1	25.74
SLOPPY JOE ON A BUN	SERVINGS	1	10.5
BROCCOLI,raw: fresh	1/2 CUP	1	3.02
RANCH DRESSING	2 TBSP	1	2.8
STRAWBERRIES: frozen	.5 cup	1	33.05
Sweet Potato Fries	serving	1	17.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			113.49
% of Calories			47.1%
Nutrient Guideline			

Fri - 12/03/2021			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
SPAGHETTI AND MEAT SAUCE	1 CUP	1	37.37
ROLLS: scratch(Yeast)-1 oz	Each 1 oz.	1	14.85
CORN: canned, yellow	1/2 CUP	1	11.76
PEACHES: canned,light syrup	1/2 CUP	1	24.35
Gelatin, Strawberry	serving	1	17.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			161.70
% of Calories			54.2%
Nutrient Guideline			

Mon - 12/06/2021			
CHOCTAW MIDDLE SCHO	Total	1	
BEEF TACO	2 EACH	1	19.86
Chicken Enchiladas	serving	1	29.61
REFRIED BEANS: canned	3/4 CUP	1	18.14
PEARS: canned,light syrup	1/2 CUP	1	19.04
Wacky Cake	servings	1	25.62
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			133.64
% of Calories			51.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/07/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Grilled Cheese Sandwich	1 each	1	31.99
TURKEY W/CHEESE SANDWICH	1 EACH	1	53.89
TOMATO SOUP	3/4 CUP	1	21.0
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	13.75
Rice Krispies Treat Mini	2 each	1	6.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			148.01
% of Calories			52.9%
Nutrient Guideline			

Wed - 12/08/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Teriyaki Chicken Nachos	4 oz	1	44.33
Meatball Sub	serving	1	29.56
Chips, Sun Harvest Cheddar	package	1	18.03
GRAPES,Fresh	3/4 CUP	1	11.83
GREEN BELL PEPPER	SERVING	1	17.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			142.13
% of Calories			48.0%
Nutrient Guideline			

Thu - 12/09/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Fish Nuggets	serving	1	22.0
BBQ Pulled Pork Sandwich	Serving	1	594.65
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	8.03
Sweet Potato Fries	serving	1	17.0
ORANGES HALVES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			674.34
% of Calories			82.6%
Nutrient Guideline			

Fri - 12/10/2021			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
Beef Fingers	4 oz	1	0.0
Gravy, Peppered	serving	1	31.75
SALAD,TOSSED: no dressing	1 CUP	1	5.61
RANCH DRESSING	2 TBSP	1	2.8
PEACHES: canned,light syrup	1/2 CUP	1	24.35
Rice Krispies Treat Mini	2 each	1	6.0
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.90
% of Calories			37.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/13/2021			
CHOCTAW MIDDLE SCHO	Total	1	
CHICKEN TACO	2 EACH	1	19.87
TACO BURGER W/PORK	1 EACH	1	23.52
pinto beans can	.75	1	27.91
BROCCOLI: frozen, boiled	1/2 CUP	1	4.92
CHEESE SAUCE	2 TBSP	1	5.6
BANANAS	1 EACH	1	23.07
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			126.26
% of Calories			50.5%
Nutrient Guideline			

Tue - 12/14/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Taco Soup	6 oz	1	53.91
CORNBREAD	SERVINGS	1	20.16
Corn Dog, All Meat	corn dog	1	27.0
GREEN BELL PEPPER	SERVING	1	17.0
RANCH DRESSING	2 TBSP	1	2.8
GRAPES, Fresh	1/2 CUP	1	7.89
Fudge Cookie	servings	1	24.93
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			175.08
% of Calories			53.5%
Nutrient Guideline			

Wed - 12/15/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Fish Nuggets	serving	1	22.0
Cheeseburger	1 each	1	25.74
CARROT STICKS	3/4 CUP	1	12.63
RANCH DRESSING	2 TBSP	1	2.55
Chips, Sun Harvest Cheddar	package	1	18.03
ORANGES HALVES	1 EACH	1	11.28
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			113.61
% of Calories			46.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/16/2021			
CHOCTAW MIDDLE SCHO	Total	1	
Turkey, Sliced	serving	1	2.61
Beef Shepards Pie	4 oz	1	45.42
MASHED POTATOES:flakes,mlk+but	1/2 CUP	1	5.71
Gravy, Peppered	serving	1	31.75
GREEN BEANS: canned,cooked	1/2 CUP	1	2.28
APPLES,Fresh	1/2 EACH	1	9.53
ROLLS: scratch(Yeast)-1 oz	Each 1 oz.	1	14.85
Wacky Cake	servings	1	25.62
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			159.13
% of Calories			46.7%
Nutrient Guideline			

Fri - 12/17/2021			
CHOCTAW MIDDLE SCHO	Total	1	
PIZZA ALPHA WG PEPPERONI	slice	1	35.0
CHICKEN NUGGETS	serving	1	14.87
CELERY STICKS	3/4 CUP	1	3.31
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	16.95
Chips, Sun Harvest Cheddar	package	1	18.03
MILK - Variety	HALF PINT	1	21.38
Weighted Daily Average			109.54
% of Calories			45.3%
Nutrient Guideline			

Weighted Average			176.99
			55.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	176.99	55.38%						

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