

Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

Lunch K-6

Generated on: 1/11/2019 8:36:34 AM

	Portion Size	Carb (g)
Fri - 02/01/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Cheese, Amr Slice 1 USDA	slice	1.01
Potatoes, Wedges	1/2 cup	20.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Chocolate Chip	cookie	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		187.07
% of Calories		67.2%
Nutrient Guideline		

Mon - 02/04/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Crispitos	crispitos (2)	46.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Beans, Refried with Salsa	1/2 cup	19.62
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Salsa, Can USDA 2oz	2 oz	4.0
Weighted Daily Average		255.91
% of Calories		59.1%
Nutrient Guideline		

Tue - 02/05/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Pizza, Fiestada	slice	39.0
Beans, Pinto Can	1/2 cup	23.73
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 2oz	2 oz	10.06
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Weighted Daily Average		226.77
% of Calories		62.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/06/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
French Toast Sticks - 2	serving (2)	17.5
Chicken Tenders Crispy 2ct	tenders (2)	11.33
Potatoes, Tots	tots (8)	14.0
Mixed Vegetables USDA	servings	*N/A*
Milk Choice	milk	18.0
Fresh Fruit Choice	fruit	27.37
Honey Mustard Pack	pack	7.0
Syrup, Pancake Table 1 each	syrup	20.0
Ketchup 4	packs (4)	12.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		280.31
% of Calories		62.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 02/07/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Corn Dog	corn dog	30.0
Potatoes, Wedges	1/2 cup	20.0
Peas, Black Eyed Can USDA	1/2 cup	19.0
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		231.53
% of Calories		67.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 02/08/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Bun, Hamburger	bun	27.0
Chicken Brd Breast Patty Mild	patty	19.43
Cheese, Amr Slice 1 USDA	slice	1.01
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown 1/4c	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Carnival	cookie	18.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		243.66
% of Calories		62.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 02/11/2019		
Lunch K-6	Total meal	104.16
February Big O Meal	meal	
Pizza, French Bread	pizza	34.0
Potatoes, Tots	tots (8)	14.0
Side Salad	side salad	12.4
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		65.86
% of Calories		55.4%
Nutrient Guideline		

Tue - 02/12/2019		
Lunch K-6	Total meal	104.16
February Big O Meal	meal	
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Cheese, Amr Slice 1 Purchased	slice	0.0
Potatoes, Wedges	1/2 cup	20.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		219.01
% of Calories		59.2%
Nutrient Guideline		

Wed - 02/13/2019		
Lunch K-6	Total meal	104.16
February Big O Meal	meal	
Chicken Bites - 6 ct	serving (6ct)	21.0
Waffles Mini Maple	pouch	38.0
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown 1/4c	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Honey Mustard Pack	pack	7.0
Ketchup 2	packs (2)	6.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		156.08
% of Calories		60.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 02/14/2019		
Lunch K-6	Total meal	104.16
February Big O Meal	meal	104.16
Pizza, Cheesy Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	1 each	7.13
Beans, Pinto Can	1/2 cup	23.73
Mixed Vegetables USDA	servings	*N/A*
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ranch Dressing 2oz	2 oz	2.07
Cake, White	serving	33.47
Whipped Topping	2 tbsp	2.0
Strawberries, Frozen 1/4 cup	1/4 cup	5.85
Weighted Daily Average		257.78
% of Calories		66.6%
Nutrient Guideline		

Fri - 02/15/2019		
Lunch K-6	Total meal	104.16
February Big O Meal	meal	104.16
Fish Nuggets	nuggets (4)	22.0
Hushpuppies, Sweet Corn 3ct	hushpuppies (3)	21.75
Peas, Black Eyed Can USDA	1/2 cup	19.0
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		123.76
% of Calories		64.0%
Nutrient Guideline		

Mon - 02/18/2019		
Lunch K-6	Total holiday	0.0
Holiday	holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 02/19/2019		
Lunch K-6	Total meal	104.16
February Big O Meal	meal	104.16
Pizza, Fiestada	slice	39.0
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Weighted Daily Average		114.76
% of Calories		65.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/20/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Pancakes - 3	pancakes (3)	41.14
Sausage Patty	patty	0.0
Blueberries, Frozen 1/2 c	1/2 cup	8.77
Strawberries, Frozen 1/4 cup	1/4 cup	5.85
Syrup, Pancake Table 1 each	syrup	20.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		149.88
% of Calories		65.2%
Nutrient Guideline		

Thu - 02/21/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Baked	1/2 cup	47.76
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		93.53
% of Calories		58.2%
Nutrient Guideline		

Fri - 02/22/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Chicken Wings 5ct PLAIN	servings	3.81
Biscuit	biscuit	27.0
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown 1/4c	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	27.37
BBQ Sauce Bulk 2oz	2 oz	14.57
Buffalo Sauce 2oz	2 oz	0.0
Milk Choice	milk	18.0
Cookie, Chocolate Chip	cookie	18.0

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	Portion Size	Carb (g)
Weighted Daily Average		234.60
% of Calories		53.2%
Nutrient Guideline		

Mon - 02/25/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Bun, Hamburger	bun	27.0
Beef, Breaded Country Patty	patty	19.0
Gravy, Chicken 1/4c	serving	4.83
Potatoes, Wedges	1/2 cup	20.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		235.84
% of Calories		60.0%
Nutrient Guideline		

Tue - 02/26/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Beef, Taco/Nacho 2 oz USDA	2oz meat	25.01
Chips, Doritos Nacho Cheese	bag	20.0
Chips, Doritos Ranch	bag	19.0
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Salsa, Can USDA 2oz	2 oz	4.0
Sour Cream Pack	pack	4.0
Cheese Sauce, Can Plain 2oz	2 oz	10.06
Weighted Daily Average		136.29
% of Calories		64.0%
Nutrient Guideline		

Wed - 02/27/2019		
Lunch K-6	Total	
February Big O Meal	meal	104.16
Chicken Bites - 6 ct	serving (6ct)	21.0
Roll, Non-Bake Slider	bun	15.0
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown 1/4c	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ranch Dressing 2oz	2 oz	2.07
Ketchup 2	packs (2)	6.0
Cake, Strawberry Dump 1/2 cup	serving	48.94

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	Portion Size	Carb (g)
Weighted Daily Average		132.11
% of Calories		61.0%
Nutrient Guideline		

Thu - 02/28/2019		
Lunch K-6	Total meal	104.16
February Big O Meal	crisпитos (2)	46.0
Crisпитos	tots (8)	14.0
Potatoes, Tots	1/2 cup	19.24
Beans, Refried with Cheese	fruit	27.37
Fresh Fruit Choice	milk	18.0
Milk Choice	packs (2)	6.0
Ketchup 2	2 oz	4.0
Salsa, Can USDA 2oz		
Weighted Daily Average		238.77
% of Calories		56.0%
Nutrient Guideline		

Weighted Average		188.61
		61.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	188.61	61.37%						

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