

Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 1, 2019 thru Feb 28, 2019

OMS Lunch 7-8

Generated on: 1/11/2019 8:36:55 AM

	Portion Size	Carb (g)
Fri - 02/01/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
Rice, Brown 1 cup	1 cup	33.0
Chicken Nugget - 5ct	serving (5)	15.67
Asian, General Tso Sauce 2oz	2 oz	32.0
Asian, Honey Citrus Pepper 2oz	2 oz	36.0
Asian, Sweet Chili Sauce 2oz	2 oz	34.0
Sweet & Sour Sauce Bulk 2oz	serving	18.0
Egg Roll, Vegetable	eggroll	22.0
Vegetables, Frozen Stir Fry	1/2 cup	4.02
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		408.65
% of Calories		63.9%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Mon - 02/04/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Salsa, Can USDA 2oz	2 oz	4.0
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Weighted Daily Average		307.37
% of Calories		52.6%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Tue - 02/05/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
Chips, Tortilla (20 Chips)	chips (20)	38.0
Chicken Diced 2oz	2 oz	1.0
Buffalo Sauce 2oz	2 oz	0.0
Ranch Dressing 2oz	2 oz	2.07
Cheese Sauce, Can Plain 2oz	2 oz	10.06
Salsa, Can USDA 2oz	2 oz	4.0
Corn, Frozen	1/2 cup	17.25
Broccoli Salad	1/2 cup	14.94
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Sour Cream Pack	pack	4.0
Peppers, Jalapeno 1 oz svg	1 oz	1.74
Onions, Fresh Chop/Diced 1/4c	1/4 cup	4.55
Lettuce, Romaine Shd/Chp 1/4c	1/4 cup	0.48
Tomatoes Diced Fresh 1/4 cup	1/4 cup	2.34
Weighted Daily Average		296.39
% of Calories		51.0%
Nutrient Guideline		118.00

Wed - 02/06/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
French Toast Sticks - 2	serving (2)	17.5
Chicken Tenders Crispy 2ct	tenders (2)	11.33
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Salad, Romaine 1 cup	1 cup	1.9
Crackers, Club Salad 1 pack	pack	5.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ranch Dressing 2oz	2 oz	2.07
Syrup, Bulk 2 oz serving	2 oz	50.0
Ketchup 4	packs (4)	12.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		357.32
% of Calories		60.1%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Thu - 02/07/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		277.96
% of Calories		58.0%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Fri - 02/08/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
Bun, Hamburger	bun	27.0
Chicken Brd Brst Spicy Patty	patty	16.27
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
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Cookie, Carnival	cookie	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		287.32
% of Calories		56.0%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Mon - 02/11/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Cheese Round 5"	pizza	40.0
Chicken Diced 1oz	1 oz	0.5
Turkey, Ham Diced 1oz	1 oz	0.51
Cheese, Mozz Shred 2oz USDA	2 oz	4.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Potatoes, Tots	tots (8)	14.0
Beans, Refried with Salsa	1/2 cup	19.62
Salad, Romaine 1 cup	1 cup	1.9
Crackers, Club Salad 1 pack	pack	5.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Buffalo Sauce 1oz	1 oz	0.0
BBQ Sauce Bulk 1oz	1 oz	7.29
Ranch Dressing 2oz	2 oz	2.07
Ketchup 2	packs (2)	6.0
Olives, Black 1 tbsp	1 tbsp	0.0
Weighted Daily Average		77.90
% of Calories		40.5%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Tue - 02/12/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Onions, Fresh Chop/Diced 1/4c	1/4 cup	4.55
Pickles, Dill Slices (8ct)	8 ct	0.0
Weighted Daily Average		272.41
% of Calories		53.5%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Wed - 02/13/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Salad, Romaine 1 cup	1 cup	1.9
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Ranch Dressing 2oz	2 oz	2.07
Ketchup 4	packs (4)	12.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		178.79
% of Calories		57.6%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Thu - 02/14/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
Pizza, Cheesy Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	1 each	7.13
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Cake, White	serving	33.47
Whipped Topping	2 tbsp	2.0
Strawberries, Frozen 1/4 cup	1/4 cup	5.85
Weighted Daily Average		319.38
% of Calories		58.7%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Fri - 02/15/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
Alfredo Pasta	1 cup	52.19
Chicken Diced 2oz	2 oz	1.0
Vegetables, Frozen Stir Fry	1/2 cup	4.02
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Cheese, Parmesan Grated	1 oz	0.0
Milk Choice	milk	18.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		153.96
% of Calories		51.6%
Nutrient Guideline		118.00

Mon - 02/18/2019		
OMS Lunch 7-8	Total	
Holiday	holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		118.00

Tue - 02/19/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
Chicken Brd Breast Patty Mild	patty	19.43
Bun, Hamburger	bun	27.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mayonnaise	pack	1.0
Mustard	packs (2)	0.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Weighted Daily Average		158.64
% of Calories		57.5%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Wed - 02/20/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Strawberry Glaze	1/4 cup	24.0
Syrup, Bulk 2 oz serving	2 oz	50.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Salad, Romaine 1 cup	1 cup	1.9
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Ranch Dressing 2oz	2 oz	2.07
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		200.09
% of Calories		61.4%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Thu - 02/21/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Salad, Romaine 1 cup	1 cup	1.9
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Crackers, Club Salad 1 pack	pack	5.0
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
Sauerkraut, Shredded Can 2oz	serving	1.97
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Onions, Fresh Chop/Diced 1/4c	1/4 cup	4.55
Hot Dog Chili Sauce 2 oz	2 oz	3.54
Weighted Daily Average		103.03
% of Calories		55.6%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Fri - 02/22/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Ketchup 2	packs (2)	6.0
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
Weighted Daily Average		287.02
% of Calories		49.2%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Mon - 02/25/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		282.26
% of Calories		53.3%
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	Portion Size	Carb (g)
Tue - 02/26/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
Beef, Taco/Nacho 2 oz USDA	2oz meat	25.01
Chips, Tortilla (1oz/10chips)	chips (10)	19.0
Rice, Brown with Salsa 1/2c	1/2 cup	20.45
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Salad, Romaine 1 cup	1 cup	1.9
Crackers, Club Salad 1 pack	pack	5.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Salsa, Can USDA 2oz	2 oz	4.0
Peppers, Jalapeno 1 oz svg	1 oz	1.74
Sour Cream Pack	pack	4.0
Tomatoes Diced Fresh 1/4 cup	1/4 cup	2.34
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Weighted Daily Average		159.25
% of Calories		58.0%
Nutrient Guideline		118.00

Wed - 02/27/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
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
Salad, Romaine 1 cup	1 cup	1.9
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Ranch Dressing 2oz	2 oz	2.07
Ketchup 4	packs (4)	12.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		157.29
% of Calories		55.3%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Thu - 02/28/2019		
OMS Lunch 7-8	Total	
February Big O Meal	meal	104.16
Pizza, Manager Choice	slice	35.43
Crispitos	crispitos (2)	46.0
Potatoes, Tots	tots (8)	14.0
Beans, Refried with Cheese	1/2 cup	19.24
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Salsa, Can USDA 2oz	2 oz	4.0
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		290.23
% of Calories		50.3%
Nutrient Guideline		118.00

Weighted Average		240.80
		55.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	240.80	55.24%	118.00					

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.