

Oxford City Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Lunch K-6

Portion Values - Detailed

Page 1

Generated on: 10/30/2018 10:18:44 AM

	Portion Size	Carb (g)
Mon - 12/03/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Pizza, Fiestada	slice	39.0
Potatoes, Crinkle Fries	fries (10)	13.5
Beans, Baked	1/2 cup	47.76
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		380.91
% of Calories		72.1%
Nutrient Guideline		

Tue - 12/04/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Chili - 1 cup	1 cup	29.88
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Saltines 2 packs	packs (2)	14.0
Sour Cream Pack	pack	4.0
Potatoes, Tots	tots (8)	14.0
Side Salad	side salad	10.47
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		355.03
% of Calories		64.1%
Nutrient Guideline		

Wed - 12/05/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Chicken, Tenders Crispy 3ct	tenders (3)	17.0
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
Ketchup 2	packs (2)	6.0
Ranch Dressing 2oz	2 oz	2.07
Honey Mustard Pack	pack	7.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		361.41
% of Calories		65.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 12/06/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Croissant	croissant	15.0
Ham Sliced 2oz USDA	2 oz	3.95
Cheese, Amr Slice 1 USDA	slice	1.01
Chips, Cheetos	bag	17.0
Carrots, Baby Pack	pack	5.98
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
Ranch Dressing 2oz	2 oz	2.07
Weighted Daily Average		329.14
% of Calories		67.8%
Nutrient Guideline		

Fri - 12/07/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Crispito	crispito	23.0
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
Cookie, Chocolate Chip	cookie	18.0
Salsa, Can USDA 2oz	2 oz	4.0
Weighted Daily Average		360.63
% of Calories		68.8%
Nutrient Guideline		

Mon - 12/10/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Bun, Hamburger	bun	27.0
Chicken, Brd Breast Patty Mild	patty	19.43
Potatoes, Tots	tots (8)	14.0
Carrots, Baked	1/2 cup	8.89
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		356.97
% of Calories		68.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 12/11/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Taco Soup - Modified	1 cup	38.35
Quesadilla Cheese 1ct	quesadilla	18.0
Potatoes, Wedges	1/2 cup	20.0
Side Salad	side salad	10.47
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Sour Cream Pack	pack	4.0
Crackers, Saltines 1 pack	pack	7.04
Weighted Daily Average		374.54
% of Calories		63.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 12/12/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Chicken Bites - 3 ct	serving (3)	10.5
Waffles Mini Maple	pouch	38.0
Syrup, Pancake Table 1 each	syrup	20.0
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
Ketchup 2	packs (2)	6.0
Ranch Dressing 2oz	2 oz	2.07
Honey Mustard Pack	pack	7.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		397.91
% of Calories		67.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 12/13/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Potatoes, Crinkle Fries	fries (10)	13.5
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
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		365.91
% of Calories		67.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 12/14/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Lasagna Cheese Rollup	rollup	19.0
Cheese, Mozz Shred 2oz USDA	2 oz	4.0
Spaghetti, Sauce USDA 1/4 cup	1/4 cup	5.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Beans, Pinto Can	1/2 cup	23.73
Side Salad	side salad	10.47
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		364.33
% of Calories		60.2%
Nutrient Guideline		

Mon - 12/17/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Pizza, Cheesy Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	1 each	7.13
Potatoes, Wedges	1/2 cup	20.0
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Chocolate Chip	cookie	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		377.03
% of Calories		69.8%
Nutrient Guideline		

Tue - 12/18/2018		
Lunch K-6	Total	
December Big O Meal	meal	93.16
Chicken Nugget - 5ct	serving (5)	15.67
Roll, Non-Bake Slider	bun	15.0
Potatoes, Tots	tots (8)	14.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Vanilla Sugar	cookie	18.0
Ketchup 4	packs (4)	12.0
Ranch Dressing 2oz	2 oz	2.07
Honey Mustard Pack	pack	7.0
Weighted Daily Average		362.09
% of Calories		64.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 12/19/2018		
Lunch K-6	Total	
Break	break	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 12/20/2018		
Lunch K-6	Total	
Break	break	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 12/21/2018		
Lunch K-6	Total	
Break	break	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 12/24/2018		
Lunch K-6	Total	
Break	break	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 12/25/2018		
Lunch K-6	Total	
Break	break	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 12/26/2018		
Lunch K-6	Total	
Break	break	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 12/27/2018		
Lunch K-6	Total	
Break	break	0.0

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

Fri - 12/28/2018		
Lunch K-6 Break	Total break	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Mon - 12/31/2018		
Lunch K-6 Break	Total break	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Weighted Average		365.49 66.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	365.49	66.59%						

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