

Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2019 thru May 31, 2019

Lunch K-6

Generated on: 1/11/2019 8:36:08 AM

	Portion Size	Carb (g)
Fri - 03/01/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Cheese, Amr Slice 1 USDA	slice	1.01
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Mixed Vegetables USDA	servings	*N/A*
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		239.32
% of Calories		59.8%
Nutrient Guideline		

Mon - 03/04/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Pizza, Cheese Round 5"	pizza	40.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Beans, Refried with Cheese	1/2 cup	19.24
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Weighted Daily Average		218.27
% of Calories		60.7%
Nutrient Guideline		

Tue - 03/05/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Fish Nuggets	nuggets (4)	22.0
Hushpuppies, Sweet Corn 3ct	hushpuppies (3)	21.75
Corn, Frozen	1/2 cup	17.25
Side Salad	side salad	12.4
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		230.95
% of Calories		62.0%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Wed - 03/06/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Chicken Bites - 6 ct	serving (6ct)	21.0
Waffles Mini Maple	pouch	38.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Ketchup 4	packs (4)	12.0
Honey Mustard Pack	pack	7.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		316.00
% of Calories		59.9%
Nutrient Guideline		

Thu - 03/07/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Corn Dog	corn dog	30.0
Potatoes, Wedges	1/2 cup	20.0
Mixed Vegetables USDA	servings	*N/A*
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		212.55
% of Calories		66.1%
Nutrient Guideline		

Fri - 03/08/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Bun, Hamburger	bun	27.0
Chicken Brd Breast Patty Mild	patty	19.43
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
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		242.66
% of Calories		62.9%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Mon - 03/11/2019		
Lunch K-6	Total meal	104.17
March Big O Meal	meal	104.17
Pizza, Cheesy Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	1 each	7.13
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Side Salad	side salad	12.4
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Weighted Daily Average		212.55
% of Calories		62.8%
Nutrient Guideline		

Tue - 03/12/2019		
Lunch K-6	Total meal	104.17
March Big O Meal	meal	104.17
Pancakes - 3	pancakes (3)	41.14
Sausage Patty	patty	0.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		236.20
% of Calories		62.4%
Nutrient Guideline		

Wed - 03/13/2019		
Lunch K-6	Total meal	104.17
March Big O Meal	meal	104.17
Chicken Wings 5ct PLAIN	servings	3.81
Biscuit	biscuit	27.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
BBQ Sauce Bulk 2oz	2 oz	14.57
Buffalo Sauce 2oz	2 oz	0.0
Ketchup 2	packs (2)	6.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		293.60
% of Calories		55.9%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Thu - 03/14/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Corn, Frozen	1/2 cup	17.25
Mixed Vegetables USDA	servings	*N/A*
Fresh Fruit Choice	fruit	27.37
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		183.80
% of Calories		60.0%
Nutrient Guideline		

Fri - 03/15/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Beef, Breaded Country Patty	patty	19.0
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
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		223.23
% of Calories		58.6%
Nutrient Guideline		

Mon - 03/18/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Pizza, Fiestada	slice	39.0
Potatoes, Wedges	1/2 cup	20.0
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		226.95
% of Calories		64.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 03/19/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Chips, Doritos Nacho Cheese	bag	20.0
Chips, Doritos Ranch	bag	19.0
Beef, Taco/Nacho 2 oz USDA	2oz meat	25.01
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
Sour Cream - 2 packs	packs (2)	8.0
Salsa, Can USDA 2oz	2 oz	4.0
Weighted Daily Average		266.54
% of Calories		65.1%
Nutrient Guideline		

Wed - 03/20/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Chicken Tenders Crispy 2ct	tenders (2)	11.33
French Toast Sticks - 2	serving (2)	17.5
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
Honey Mustard Pack	pack	7.0
Ketchup 4	packs (4)	12.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		268.01
% of Calories		61.0%
Nutrient Guideline		

Thu - 03/21/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Pepperoni Pocket	sandwich	32.0
Beans, Refried with Cheese	1/2 cup	19.24
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
Weighted Daily Average		210.26
% of Calories		59.3%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Fri - 03/22/2019		
Lunch K-6	Total	
March Big O Meal	meal	104.17
Crispitos	crispitos (2)	46.0
Potatoes, Tots	tots (8)	14.0
Peas, Green Can	1/2 cup	14.77
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Salsa, Can USDA 2oz	2 oz	4.0
Ketchup 2	packs (2)	6.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		252.31
% of Calories		56.8%
Nutrient Guideline		

Mon - 03/25/2019		
Lunch K-6	Total	
Holiday	holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 03/26/2019		
Lunch K-6	Total	
Holiday	holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 03/27/2019		
Lunch K-6	Total	
Holiday	holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 03/28/2019		
Lunch K-6	Total	
Holiday	holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 03/29/2019		
Lunch K-6	Total	
Holiday	holiday	0.0

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

Mon - 04/01/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Pizza, French Bread	pizza	34.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
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
Weighted Daily Average		353.89
% of Calories		68.0%
Nutrient Guideline		

Tue - 04/02/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Cheese, Amr Slice 1 USDA	slice	1.01
Potatoes, Tots	tots (8)	14.0
Side Salad	side salad	12.4
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		341.07
% of Calories		65.7%
Nutrient Guideline		

Wed - 04/03/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Chicken Bites - 6 ct	serving (6ct)	21.0
Waffle Sticks - 2	2 sticks	14.67
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
Honey Mustard Pack	pack	7.0
Syrup, Pancake Table 1 each	syrup	20.0
Cake, Strawberry Dump 1/2 cup	serving	48.94

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Mar 1, 2019 thru May 31, 2019

Lunch K-6

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	Portion Size	Carb (g)
Weighted Daily Average		412.95
% of Calories		64.1%
Nutrient Guideline		

Thu - 04/04/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Pizza, Cheesy Dippers	sticks (2)	34.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	5.51
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Marinara Sauce Dipping Cup	1 each	7.13
Weighted Daily Average		346.29
% of Calories		70.4%
Nutrient Guideline		

Fri - 04/05/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Crispitos	crispitos (2)	46.0
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
Cheese Sauce, Cheddar Dry 2 oz	2 oz	9.62
Cookie, Carnival	cookie	18.0
Weighted Daily Average		392.25
% of Calories		64.7%
Nutrient Guideline		

Mon - 04/08/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Pizza, Cheese Round 5"	pizza	40.0
Corn, Frozen	1/2 cup	17.25
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
Weighted Daily Average		340.38
% of Calories		69.0%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Tue - 04/09/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Pancakes - 3	pancakes (3)	41.14
Sausage Patty	patty	0.0
Potatoes, Tots	tots (8)	14.0
Potatoes, Sweet Yams 2ct	yams (2)	45.75
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		400.54
% of Calories		69.9%
Nutrient Guideline		

Wed - 04/10/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Chicken Wings 5ct PLAIN	servings	3.81
Biscuit	biscuit	27.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Honey Mustard Pack	pack	7.0
BBQ Sauce Bulk 2oz	2 oz	14.57
Buffalo Sauce 2oz	2 oz	0.0
Ketchup 2	packs (2)	6.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		424.71
% of Calories		59.6%
Nutrient Guideline		

Thu - 04/11/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Side Salad	side salad	12.4
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		363.82
% of Calories		67.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/12/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Bun, Hamburger	bun	27.0
Chicken Brd Breast Patty Mild	patty	19.43
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
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cheese, Amr Slice 1 Purchased	slice	0.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		366.76
% of Calories		66.4%
Nutrient Guideline		

Mon - 04/15/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Pizza, Fiestada	slice	39.0
Corn, Frozen	1/2 cup	17.25
Beans, Refried with Cheese	1/2 cup	19.24
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Weighted Daily Average		349.14
% of Calories		67.0%
Nutrient Guideline		

Tue - 04/16/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Fish Nuggets	nuggets (4)	22.0
Hushpuppies, Sweet Corn 3ct	hushpuppies (3)	21.75
Potatoes, Wedges	1/2 cup	20.0
Side Salad	side salad	12.4
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup 4	packs (4)	12.0
Weighted Daily Average		363.80
% of Calories		68.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/17/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Chicken Tenders Crispy 2ct	tenders (2)	11.33
French Toast Sticks - 2	serving (2)	17.5
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
Honey Mustard Pack	pack	7.0
Ketchup 2	packs (2)	6.0
Syrup, Pancake Table 1 each	syrup	20.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		406.11
% of Calories		67.0%
Nutrient Guideline		

Thu - 04/18/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Beans, Pinto Can	1/2 cup	23.73
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		354.38
% of Calories		69.9%
Nutrient Guideline		

Fri - 04/19/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Bun, Hamburger	bun	27.0
Beef, Breaded Country Patty	patty	19.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Potatoes, Sweet Yams 2ct	yams (2)	45.75
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Gravy, Chicken 1/4c	serving	4.83
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		404.70
% of Calories		66.6%
Nutrient Guideline		

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Base Menu Spreadsheet

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Mar 1, 2019 thru May 31, 2019

Lunch K-6

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	Portion Size	Carb (g)
Mon - 04/22/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Pizza, French Bread	pizza	34.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
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
Weighted Daily Average		353.89
% of Calories		68.0%
Nutrient Guideline		

Tue - 04/23/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Cheese, Amr Slice 1 USDA	slice	1.01
Potatoes, Tots	tots (8)	14.0
Side Salad	side salad	12.4
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		341.07
% of Calories		65.7%
Nutrient Guideline		

Wed - 04/24/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Chicken Wings HOT 3ct	wings (3)	2.78
Waffles Mini Maple	pouch	38.0
Potatoes, Wedges	1/2 cup	20.0
Potatoes, Sweet Yams 2ct	yams (2)	45.75
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Ketchup 2	packs (2)	6.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		455.12
% of Calories		64.7%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Thu - 04/25/2019		
Lunch K-6	Total meal	92.16
April Big O Meal	meal	92.16
Pizza, Cheesy Dippers	sticks (2)	34.0
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
Marinara Sauce Dipping Cup	1 each	7.13
Weighted Daily Average		355.75
% of Calories		69.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 04/26/2019		
Lunch K-6	Total meal	92.16
April Big O Meal	meal	92.16
Bun, Hamburger	bun	27.0
Chicken Brd Breast Patty Mild	patty	19.43
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
Cheese, Amr Slice 1 USDA	slice	1.01
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		367.78
% of Calories		66.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 04/29/2019		
Lunch K-6	Total meal	92.16
April Big O Meal	meal	92.16
Pizza, Cheese Round 5"	pizza	40.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Carrots, Can	1/2 cup	5.51
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Weighted Daily Average		328.64
% of Calories		69.5%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Tue - 04/30/2019		
Lunch K-6	Total	
April Big O Meal	meal	92.16
Chips, Doritos Nacho Cheese	bag	20.0
Chips, Doritos Ranch	bag	19.0
Beef, Taco/Nacho 2 oz USDA	2oz meat	25.01
Cheese Sauce, Can Plain 2oz	2 oz	10.06
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
Sour Cream Pack	pack	4.0
Salsa, Can USDA 2oz	2 oz	4.0
Weighted Daily Average		396.71
% of Calories		67.9%
Nutrient Guideline		

Wed - 05/01/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
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
Ketchup 2	packs (2)	6.0
Honey Mustard Pack	pack	7.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		410.29
% of Calories		65.4%
Nutrient Guideline		

Thu - 05/02/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Potatoes, Wedges	1/2 cup	20.0
Side Salad	side salad	12.4
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		364.07
% of Calories		70.0%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Fri - 05/03/2019		
Lunch K-6	Total meal	109.17
May 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	2 oz	4.0
Salsa, Can USDA 2oz	2 oz	9.62
Cheese Sauce, Cheddar Dry 2 oz	packs (2)	6.0
Ketchup 2	cookie	18.0
Cookie, Chocolate Chip		
Weighted Daily Average		407.53
% of Calories		64.3%
Nutrient Guideline		

Mon - 05/06/2019		
Lunch K-6	Total meal	109.17
May Big O Meal	slice	39.0
Pizza, Fiestada	1/2 cup	17.25
Corn, Frozen	1/2 cup	19.24
Beans, Refried with Cheese	fruit	27.37
Fresh Fruit Choice	milk	18.0
Milk Choice		
Weighted Daily Average		366.16
% of Calories		69.2%
Nutrient Guideline		

Tue - 05/07/2019		
Lunch K-6	Total meal	109.17
May Big O Meal	pancakes (3)	41.14
Pancakes - 3	patty	0.0
Sausage Patty	tots (8)	14.0
Potatoes, Tots	yams (2)	45.75
Potatoes, Sweet Yams 2ct	fruit	27.37
Fresh Fruit Choice	milk	18.0
Milk Choice	syrup	20.0
Syrup, Pancake Table 1 each	packs (2)	6.0
Ketchup 2		
Weighted Daily Average		208.78
% of Calories		71.9%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Wed - 05/08/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Chicken Wings 5ct PLAIN	servings	3.81
Biscuit	biscuit	27.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Honey Mustard Pack	pack	7.0
BBQ Sauce Bulk 2oz	2 oz	14.57
Buffalo Sauce 2oz	2 oz	0.0
Ketchup 2	packs (2)	6.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		220.86
% of Calories		61.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/09/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Side Salad	side salad	12.4
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		190.42
% of Calories		69.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/10/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Bun, Hamburger	bun	27.0
Chicken Brd Breast Patty Mild	patty	19.43
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
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cheese, Amr Slice 1 Purchased	slice	0.0
Cookie, Vanilla Sugar	cookie	18.0

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Lunch K-6

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	Portion Size	Carb (g)
Weighted Daily Average		191.89
% of Calories		68.5%
Nutrient Guideline		

Mon - 05/13/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Pizza, French Bread	pizza	34.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
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
Weighted Daily Average		370.90
% of Calories		70.1%
Nutrient Guideline		

Tue - 05/14/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Cheese, Amr Slice 1 USDA	slice	1.01
Potatoes, Tots	tots (8)	14.0
Side Salad	side salad	12.4
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		358.08
% of Calories		67.9%
Nutrient Guideline		

Wed - 05/15/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Chicken Tenders Crispy 2ct	tenders (2)	11.33
French Toast Sticks - 2	serving (2)	17.5
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
Syrup, Pancake Table 1 each	syrup	20.0
Honey Mustard Pack	pack	7.0
Cake, Strawberry Dump 1/2 cup	serving	48.94

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Lunch K-6

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	Portion Size	Carb (g)
Weighted Daily Average		423.13
% of Calories		68.9%
Nutrient Guideline		

Thu - 05/16/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Crispitos	crispitos (2)	46.0
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
Cheese Sauce, Cheddar Dry 2 oz	2 oz	9.62
Weighted Daily Average		391.27
% of Calories		66.8%
Nutrient Guideline		

Fri - 05/17/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Bun, Hamburger	bun	27.0
Beef, Breaded Country Patty	patty	19.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	5.51
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Gravy, Chicken 1/4c	serving	4.83
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		398.00
% of Calories		67.8%
Nutrient Guideline		

Mon - 05/20/2019		
Lunch K-6	Total	
May Big O Meal	meal	109.17
Pizza, Cheese Round 5"	pizza	40.0
Potatoes, Tots	tots (8)	14.0
Beans, Refried with Cheese	1/2 cup	19.24
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		369.91
% of Calories		69.5%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Tue - 05/21/2019		
Lunch K-6	Total meal	109.17
May Big O Meal	meal	109.17
Chips, Doritos Nacho Cheese	bag	20.0
Chips, Doritos Ranch	bag	19.0
Beef, Taco/Nacho 2 oz USDA	2oz meat	25.01
Cheese Sauce, Can Plain 2oz	2 oz	10.06
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
Sour Cream Pack	pack	4.0
Salsa, Can USDA 2oz	2 oz	4.0
Weighted Daily Average		413.72
% of Calories		69.9%
Nutrient Guideline		

Wed - 05/22/2019		
Lunch K-6	Total meal	109.17
May Big O Meal	meal	109.17
Chicken Wings HOT 3ct	wings (3)	2.78
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
Honey Mustard Pack	pack	7.0
Ketchup 2	packs (2)	6.0
Syrup, Pancake Table 1 each	syrup	20.0
Weighted Daily Average		193.06
% of Calories		61.3%
Nutrient Guideline		

Thu - 05/23/2019		
Lunch K-6	Total meal	109.17
May Big O Meal	meal	109.17
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	5.51
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		357.18
% of Calories		70.2%
Nutrient Guideline		

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Lunch K-6

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	Portion Size	Carb (g)
Weighted Average		321.60 65.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	321.60	65.79%						

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