

Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

Generated on: 1/11/2019 8:35:04 AM

	Portion Size	Carb (g)
Fri - 03/01/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Cheese, Amr Slice 1 Purchased	slice	0.0
Potatoes, Baked - Medium	potato	3562.97
Mixed Vegetables USDA	servings	*N/A*
Juice, Shelf Stable Fruit 4oz	box	15.04
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
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Onions, Fresh Sliced 1/4 cup	1/4 cup	3.07
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Sour Cream Pack	pack	4.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		3834.45
% of Calories		86.7%
Nutrient Guideline		

Mon - 03/04/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
Crispitos	crispitos (2)	46.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Beans, Refried with Cheese	1/2 cup	19.24
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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, Cheddar Dry 2 oz	2 oz	9.62
Weighted Daily Average		326.26
% of Calories		52.6%
Nutrient Guideline		

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 03/05/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
Fish Nuggets	nuggets (4)	22.0
Hushpuppies, Sweet Corn 3ct	hushpuppies (3)	21.75
Corn, Frozen	1/2 cup	17.25
Broccoli Salad	1/2 cup	14.94
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		299.58
% of Calories		52.5%
Nutrient Guideline		

Wed - 03/06/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Orange 4oz	box	15.67
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Honey Mustard 2oz Bulk	2 oz	10.0
Ranch Dressing 2oz	2 oz	2.07
Syrup, Pancake Table 1 each	syrup	20.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		384.66
% of Calories		53.6%
Nutrient Guideline		

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 03/07/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
Corn Dog	corn dog	30.0
Potatoes, Wedges	1/2 cup	20.0
Mixed Vegetables USDA	servings	*N/A*
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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		273.63
% of Calories		57.7%
Nutrient Guideline		

Fri - 03/08/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		307.03
% of Calories		56.7%
Nutrient Guideline		

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 03/11/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
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
Beans, Refried with Cheese	1/2 cup	19.24
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		280.47
% of Calories		54.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 03/12/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
Pancakes - 3	pancakes (3)	41.14
Sausage Patty	patty	0.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Syrup, Bulk 2 oz serving	2 oz	50.0
Strawberries, Frozen USDA	1/2 cup	20.51
Blueberries, Frozen 1/4 c	1/4 cup	4.39
Weighted Daily Average		357.19
% of Calories		60.6%
Nutrient Guideline		

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Wed - 03/13/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
BBQ Sauce Bulk 2oz	2 oz	14.57
Buffalo Sauce 2oz	2 oz	0.0
Ranch Dressing 2oz	2 oz	2.07
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		353.26
% of Calories		51.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 03/14/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
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*
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Hot Dog Chili Sauce 2 oz	2 oz	3.54
Sauerkraut, Shredded Can 2oz	serving	1.97
Onions, Fresh Chop/Diced 1/4c	1/4 cup	4.55
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Weighted Daily Average		277.98
% of Calories		53.8%
Nutrient Guideline		

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Fri - 03/15/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Gravy, Chicken 1/4c	serving	4.83
Ketchup 2	packs (2)	6.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		297.02
% of Calories		54.3%
Nutrient Guideline		

Mon - 03/18/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
Bun, Hamburger	bun	27.0
Chicken Brd Brst Spicy Patty	patty	16.27
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	5.51
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Pickles, Dill Slices (8ct)	8 ct	0.0
Weighted Daily Average		293.82
% of Calories		57.3%
Nutrient Guideline		

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 03/19/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
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
Beans, Pinto Can	1/2 cup	23.73
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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		324.87
% of Calories		56.2%
Nutrient Guideline		

Wed - 03/20/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
Chicken Tenders Crispy 3ct	tenders (3)	17.0
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
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Ranch Dressing 2oz	2 oz	2.07
Honey Mustard 2oz Bulk	2 oz	10.0
Syrup, Bulk 2 oz serving	2 oz	50.0
Cake, Strawberry Dump 1/2 cup	serving	48.94

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	Portion Size	Carb (g)
Weighted Daily Average		386.33
% of Calories		55.5%
Nutrient Guideline		

Thu - 03/21/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		271.35
% of Calories		53.5%
Nutrient Guideline		

Fri - 03/22/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	104.17
Pizza, Manager Choice	slice	35.43
Crispitos	crispitos (2)	46.0
Potatoes, Tots	tots (8)	14.0
Peas, Green Can	1/2 cup	14.77
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
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		324.90
% of Calories		53.1%
Nutrient Guideline		

Mon - 03/25/2019		
Oxford High Lunch 9-12	Total	
Holiday	holiday	0.0

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

Tue - 03/26/2019		
Oxford High Lunch 9-12 Holiday	Total holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 03/27/2019		
Oxford High Lunch 9-12 Holiday	Total holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 03/28/2019		
Oxford High Lunch 9-12 Holiday	Total holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 03/29/2019		
Oxford High Lunch 9-12 Holiday	Total holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 04/01/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Crispitos	crispitos (2)	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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, Cheddar Dry 2 oz	2 oz	9.62
Weighted Daily Average		299.22
% of Calories		52.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/02/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Pancakes - 3	pancakes (3)	41.14
Blueberries, Frozen 1/4 c	1/4 cup	4.39
Strawberries, Frozen USDA	1/2 cup	20.51
Syrup, Bulk 2 oz serving	2 oz	50.0
Sausage Patty	patty	0.0
Potatoes, Diced	potatoes	25.11
Broccoli Salad	1/2 cup	14.94
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
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		365.71
% of Calories		57.4%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

Generated on: 1/11/2019 8:35:05 AM

	Portion Size	Carb (g)
Wed - 04/03/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Syrup, Bulk 2 oz serving	2 oz	50.0
Honey Mustard 2oz Bulk	2 oz	10.0
Ranch Dressing 2oz	2 oz	2.07
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		184.74
% of Calories		53.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/04/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
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
Peas, Black Eyed Can USDA	1/2 cup	19.0
Salad, Romaine 1 cup	1 cup	1.9
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Crackers, Club Salad 1 pack	pack	5.0
Juice, Shelf Stable Apple 4oz	box	13.16
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		108.40
% of Calories		56.5%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

Generated on: 1/11/2019 8:35:05 AM

	Portion Size	Carb (g)
Fri - 04/05/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		273.41
% of Calories		53.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 04/08/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
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
Beans, Refried with Cheese	1/2 cup	19.24
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		268.46
% of Calories		52.9%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 04/09/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Fish Nuggets	nuggets (4)	22.0
Hushpuppies, Sweet Corn 3ct	hushpuppies (3)	21.75
Corn, Frozen	1/2 cup	17.25
Beans, Baked	1/2 cup	47.76
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		320.39
% of Calories		57.8%
Nutrient Guideline		

Wed - 04/10/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Ranch Dressing 2oz	2 oz	2.07
BBQ Sauce Bulk 2oz	2 oz	14.57
Buffalo Sauce 2oz	2 oz	0.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		173.62
% of Calories		51.4%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 04/11/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Mixed Vegetables USDA	servings	*N/A*
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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		255.62
% of Calories		55.2%
Nutrient Guideline		

Fri - 04/12/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		295.01
% of Calories		55.5%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 04/15/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Crispitos	crispitos (2)	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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, Cheddar Dry 2 oz	2 oz	9.62
Weighted Daily Average		299.22
% of Calories		52.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/16/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Alfredo Pasta	1 cup	52.19
Chicken Diced 2oz	2 oz	1.0
Mixed Vegetables USDA	servings	*N/A*
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		97.86
% of Calories		53.6%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Wed - 04/17/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Chicken Tenders Crispy 3ct	tenders (3)	17.0
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
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Honey Mustard 2oz Bulk	2 oz	10.0
Syrup, Bulk 2 oz serving	2 oz	50.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		184.16
% of Calories		54.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/18/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
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
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Crackers, Club Salad 1 pack	pack	5.0
Juice, Shelf Stable Apple 4oz	box	13.16
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		113.20
% of Calories		57.6%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

Generated on: 1/11/2019 8:35:05 AM

	Portion Size	Carb (g)
Fri - 04/19/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		273.41
% of Calories		53.1%
Nutrient Guideline		

Mon - 04/22/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
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
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		295.68
% of Calories		52.6%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

Generated on: 1/11/2019 8:35:05 AM

	Portion Size	Carb (g)
Tue - 04/23/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
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
Beans, Pinto Can	1/2 cup	23.73
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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		312.86
% of Calories		55.1%
Nutrient Guideline		

Wed - 04/24/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Chicken Wings HOT 3ct	wings (3)	2.78
Waffles Mini Maple	pouch	38.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	5.51
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Syrup, Bulk 2 oz serving	2 oz	50.0
Ranch Dressing 2oz	2 oz	2.07
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		187.21
% of Calories		54.4%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 04/25/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Mixed Vegetables USDA	servings	*N/A*
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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		255.62
% of Calories		55.2%
Nutrient Guideline		

Fri - 04/26/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
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
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		291.86
% of Calories		55.7%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru May 31, 2019

Oxford High Lunch 9-12

Generated on: 1/11/2019 8:35:06 AM

	Portion Size	Carb (g)
Mon - 04/29/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Crispitos	crispitos (2)	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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, Cheddar Dry 2 oz	2 oz	9.62
Weighted Daily Average		299.22
% of Calories		52.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/30/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	92.16
Pizza, Manager Choice	slice	35.43
Pancakes - 3	pancakes (3)	41.14
Blueberries, Frozen 1/4 c	1/4 cup	4.39
Strawberries, Frozen USDA	1/2 cup	20.51
Syrup, Bulk 2 oz serving	2 oz	50.0
Sausage Patty	patty	0.0
Potatoes, Diced	potatoes	25.11
Broccoli Salad	1/2 cup	14.94
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
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		365.71
% of Calories		57.4%
Nutrient Guideline		

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Base Menu Spreadsheet

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Wed - 05/01/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Syrup, Bulk 2 oz serving	2 oz	50.0
Honey Mustard 2oz Bulk	2 oz	10.0
Ranch Dressing 2oz	2 oz	2.07
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		193.25
% of Calories		54.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
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
Peas, Black Eyed Can USDA	1/2 cup	19.0
Salad, Romaine 1 cup	1 cup	1.9
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Crackers, Club Salad 1 pack	pack	5.0
Juice, Shelf Stable Apple 4oz	box	13.16
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		109.54
% of Calories		56.9%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Fri - 05/03/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		290.43
% of Calories		55.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 05/06/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
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
Beans, Refried with Cheese	1/2 cup	19.24
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		285.47
% of Calories		55.3%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 05/07/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Fish Nuggets	nuggets (4)	22.0
Hushpuppies, Sweet Corn 3ct	hushpuppies (3)	21.75
Corn, Frozen	1/2 cup	17.25
Beans, Baked	1/2 cup	47.76
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		337.40
% of Calories		60.0%
Nutrient Guideline		

Wed - 05/08/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Ranch Dressing 2oz	2 oz	2.07
BBQ Sauce Bulk 2oz	2 oz	14.57
Buffalo Sauce 2oz	2 oz	0.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		182.13
% of Calories		53.3%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 05/09/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Mixed Vegetables USDA	servings	*N/A*
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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		272.63
% of Calories		57.8%
Nutrient Guideline		

Fri - 05/10/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
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
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		312.03
% of Calories		57.9%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 05/13/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Crispitos	crispitos (2)	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Juice, Shelf Stable Apple 4oz	box	13.16
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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, Cheddar Dry 2 oz	2 oz	9.62
Weighted Daily Average		316.23
% of Calories		55.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 05/14/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Alfredo Pasta	1 cup	52.19
Chicken Diced 2oz	2 oz	1.0
Mixed Vegetables USDA	servings	*N/A*
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Juice, Shelf Stable Grape 4oz	box	18.17
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		103.53
% of Calories		55.9%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Wed - 05/15/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Chicken Tenders Crispy 3ct	tenders (3)	17.0
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
Juice, Shelf Stable Orange 4oz	box	15.67
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
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
Honey Mustard 2oz Bulk	2 oz	10.0
Syrup, Bulk 2 oz serving	2 oz	50.0
Cake, Strawberry Dump 1/2 cup	serving	48.94
Weighted Daily Average		192.67
% of Calories		56.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/16/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
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
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Crackers, Club Salad 1 pack	pack	5.0
Juice, Shelf Stable Apple 4oz	box	13.16
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		114.33
% of Calories		58.0%
Nutrient Guideline		

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Base Menu Spreadsheet

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Fri - 05/17/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	5.51
Juice, Shelf Stable Fruit 4oz	box	15.04
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Dill Slices (8ct)	8 ct	0.0
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		290.43
% of Calories		55.5%
Nutrient Guideline		

Mon - 05/20/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Potatoes, Tots	tots (8)	14.0
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	27.37
Juice, Variety 4 oz Shelf Stab	juice	15.51
Milk Choice	milk	18.0
Weighted Daily Average		236.73
% of Calories		65.8%
Nutrient Guideline		

Tue - 05/21/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.17
Pizza, Manager Choice	slice	35.43
Potatoes, Tots	tots (8)	14.0
Broccoli	1/2 cup	4.45
Fresh Fruit Choice	fruit	27.37
Juice, Variety 4 oz Shelf Stab	juice	15.51
Milk Choice	milk	18.0

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		223.93
% of Calories		65.6%
Nutrient Guideline		

Wed - 05/22/2019		
Oxford High Lunch 9-12	Total meal	109.17
May Big O Meal	slice	35.43
Pizza, Manager Choice	tots (8)	14.0
Potatoes, Tots	1/2 cup	3.69
Beans, Green Can	fruit	27.37
Fresh Fruit Choice	juice	15.51
Juice, Variety 4 oz Shelf Stab	milk	18.0
Milk Choice		
Weighted Daily Average		223.18
% of Calories		65.9%
Nutrient Guideline		

Thu - 05/23/2019		
Oxford High Lunch 9-12	Total meal	109.17
May Big O Meal	slice	35.43
Pizza, Manager Choice	tots (8)	14.0
Potatoes, Tots	1/2 cup	23.73
Beans, Pinto Can	fruit	27.37
Fresh Fruit Choice	juice	15.51
Juice, Variety 4 oz Shelf Stab	milk	18.0
Milk Choice		
Weighted Daily Average		243.21
% of Calories		66.4%
Nutrient Guideline		

Weighted Average		328.01
		60.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	328.01	60.22%						

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