

Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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Generated on: 3/18/2019 10:27:45 AM

	Portion Size	Carb (g)
Mon - 03/18/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Entree, Spicy Chicken Sandwich	sandwich	43.05
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	10.85
Juice, Apple 4oz	carton	13.16
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Weighted Daily Average		255.04
% of Calories		53.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 03/19/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Chips, Tortilla (20 Chips)	chips (20)	38.0
Chicken Diced 2oz	2 oz	1.0
Buffalo Sauce 2oz	2 oz	0.0
Dressing, Ranch Homemade	2 oz	2.07
Cheese Sauce, Can 2oz	2 oz	10.06
Salsa, Can USDA	2 oz	4.11
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Juice, Grape 4oz	carton	1.74
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Sour Cream	pack	4.0
Jalapeno Peppers	1 oz	1.74
Onions, Fresh Chop/Diced	1/4 cup	4.55
Lettuce, Romaine Shd/Chp	1/4 cup	0.48
Tomatoes Diced Fresh	1/4 cup	2.34
Weighted Daily Average		273.65
% of Calories		52.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 03/20/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Entree, Chicken & French Toast	serving	54.0
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.69
Juice, Orange 4oz	carton	15.67
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Ketchup	pack	3.0
Dressing, Ranch Homemade	2 oz	2.07
Honey Mustard Pack	pack	7.0
Syrup, Pancake	pack	20.0
Dessert	serving	0.0
Weighted Daily Average		286.00
% of Calories		53.1%
Nutrient Guideline		

Thu - 03/21/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Pepperoni Pocket	sandwich	32.0
Beans, Refried with Cheese	1/2 cup	19.49
Broccoli with Cheese USDA	1/2 cup	8.67
Juice, Apple 4oz	carton	13.16
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		235.89
% of Calories		50.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 03/22/2019		
Oxford High Lunch 9-12	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Potatoes, Tots	tots (8)	14.0
Peas, Green Can	1/2 cup	22.15
Juice, Fruit 4oz	carton	15.04
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Ketchup	pack	3.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		280.77
% of Calories		50.2%
Nutrient Guideline		

Mon - 03/25/2019		
Oxford High Lunch 9-12	Total	
Break	day	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

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

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

Thu - 03/28/2019		
Oxford High Lunch 9-12	Total	
Break	day	0.0

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

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

Mon - 04/01/2019		
Oxford High Lunch 9-12	Total meal	95.66
April Big O Meal	slice	37.0
Pizza, Manager Choice	2 crispitos	46.0
Crispitos (2)	1/2 cup	23.73
Beans, Pinto Can	1/2 cup	17.25
Corn, Frozen	juice	14.0
Juice, Frozen Apple	fruit	25.42
Fresh Fruit Choice	cup	1.9
Salad, Romaine	2 oz	2.07
Dressing, Ranch Homemade	tomatoes (3)	1.5
Tomatoes Grape (3ct)	2 oz	2.02
Cheese, USDA Shred 2oz	milk	18.0
Milk Choice	2 pack	2.02
Taco Sauce Pack		
Weighted Daily Average		286.57
% of Calories		53.8%
Nutrient Guideline		

Tue - 04/02/2019		
Oxford High Lunch 9-12	Total meal	95.66
April Big O Meal	slice	37.0
Pizza, Manager Choice	serving	35.0
Entree, Pancakes Mini & Sausag	tots (8)	14.0
Potatoes, Tots	1/2 cup	8.67
Broccoli with Cheese USDA	cup	1.9
Salad, Romaine	2 oz	2.07
Dressing, Ranch Homemade	2 oz	2.02
Cheese, USDA Shred 2oz	tomatoes (3)	1.5
Tomatoes Grape (3ct)	juice	14.0
Juice, Frozen Apple	fruit	25.42
Fresh Fruit Choice	milk	18.0
Milk Choice	pack	20.0
Syrup, Pancake	pack	3.0
Ketchup		
Weighted Daily Average		278.25
% of Calories		55.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/03/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Chicken Bites & Waffl	serving	59.09
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Juice, Frozen Apple	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Syrup, Pancake	pack	20.0
Honey Mustard Pack	pack	7.0
Ketchup	pack	3.0
Dessert	serving	0.0
Weighted Daily Average		154.18
% of Calories		54.0%
Nutrient Guideline		

Thu - 04/04/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Hot Dog	entree	27.73
Potatoes, Wedges	1/2 cup	20.0
Peas, Black-Eyed Can USDA	1/2 cup	19.0
Salad, Romaine	cup	1.9
Cheese, USDA Shred 2oz	2 oz	2.02
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Juice, Frozen Apple	juice	14.0
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cheese, USDA Shred 2oz	2 oz	2.02
Chili Sauce	1 oz	1.79
Weighted Daily Average		98.85
% of Calories		51.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/05/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Cheeseburger USDA	cheeseburger	27.86
Potatoes, Baked - Medium	potato	28.5
Carrots, Can	1/2 cup	10.85
Juice, Frozen Apple	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Sugar	cookie	18.0
Margarine, Whipped Spread	margarine cup	0.0
Cheese, USDA Shred 2oz	2 oz	2.02
Weighted Daily Average		290.21
% of Calories		51.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 04/08/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Cheesy Pizza Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	marinara cup	7.13
Broccoli with Cheese USDA	1/2 cup	8.67
Beans, Refried with Cheese	1/2 cup	19.49
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Weighted Daily Average		271.86
% of Calories		55.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/09/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Fish Nuggets & Hush	serving	65.99
Corn, Frozen	1/2 cup	17.25
Beans, Baked	1/2 cup	47.76
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup	pack	3.0
Weighted Daily Average		338.58
% of Calories		58.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/10/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Wings & Biscuit	serving	30.49
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	23.73
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
BBQ Sauce 2oz	1 oz	9.0
Buffalo Sauce 2oz	2 oz	0.0
Dessert	serving	0.0
Weighted Daily Average		144.40
% of Calories		50.6%
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	Portion Size	Carb (g)
Thu - 04/11/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Vegetables, Mixed USDA	servings	0.0
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		250.57
% of Calories		56.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 04/12/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Crispy Chicken Sandwic	sandwich	53.99
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		301.66
% of Calories		56.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/15/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Juice, Frozen Orange/Pineapple	juice	15.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Taco Sauce Pack	2 pack	2.02
Weighted Daily Average		287.57
% of Calories		54.0%
Nutrient Guideline		

Tue - 04/16/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Alfredo Pasta	cup	52.19
Chicken Diced 2oz	2 oz	1.0
Vegetables, Mixed USDA	servings	0.0
Corn Nuggets	nuggets (7)	36.76
Juice, Frozen Orange/Pineapple	juice	15.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Weighted Daily Average		96.17
% of Calories		54.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/17/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Chicken & French Toast	serving	54.0
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Juice, Frozen Orange/Pineapple	juice	15.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Honey Mustard Pack	pack	7.0
Syrup, Pancake	pack	20.0
Dessert	serving	0.0
Weighted Daily Average		152.13
% of Calories		55.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/18/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Hot Dog	entree	27.73
Potatoes, Wedges	1/2 cup	20.0
Beans, Baked	1/2 cup	47.76
Salad, Romaine	cup	1.9
Cheese, USDA Shred 2oz	2 oz	2.02
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Juice, Frozen Orange/Pineapple	juice	15.0
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cheese, USDA Shred 2oz	2 oz	2.02
Chili Sauce	1 oz	1.79
Weighted Daily Average		104.47
% of Calories		53.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/19/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Cheeseburger USDA	cheeseburger	27.86
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	10.85
Juice, Frozen Orange/Pineapple	juice	15.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		274.68
% of Calories		53.0%
Nutrient Guideline		

Mon - 04/22/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Country Steak Sandwich	sandwich	45.92
Corn Nuggets	nuggets (7)	36.76
Broccoli with Cheese USDA	1/2 cup	8.67
Juice, Frozen Fruit Punch	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		291.92
% of Calories		54.6%
Nutrient Guideline		

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 04/23/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Chips, Tortilla (20 Chips)	chips (20)	38.0
Chicken Diced 2oz	2 oz	1.0
Buffalo Sauce 2oz	2 oz	0.0
Dressing, Ranch Homemade	2 oz	2.07
Cheese, USDA Shred 2oz	2 oz	2.02
Salsa, Can USDA	2 oz	4.11
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Juice, Frozen Fruit Punch	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Sour Cream	pack	4.0
Jalapeno Peppers	1 oz	1.74
Lettuce, Romaine Shd/Chp	1/4 cup	0.48
Tomatoes Diced Fresh	1/4 cup	2.34
Weighted Daily Average		294.32
% of Calories		53.1%
Nutrient Guideline		

Wed - 04/24/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Hot Wings & Waffles	serving	38.83
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	10.85
Juice, Frozen Fruit Punch	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Syrup, Pancake	pack	20.0
Dessert	serving	0.0
Weighted Daily Average		145.12
% of Calories		58.1%
Nutrient Guideline		

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Oxford City Schools

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Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 04/25/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Vegetables, Mixed USDA	servings	0.0
Juice, Frozen Fruit Punch	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		245.57
% of Calories		56.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 04/26/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Spicy Chicken Sandwich	sandwich	43.05
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Juice, Frozen Fruit Punch	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Sugar	cookie	18.0
Weighted Daily Average		285.73
% of Calories		57.0%
Nutrient Guideline		

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 04/29/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Juice, Frozen Orange	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Taco Sauce Pack	2 pack	2.02
Weighted Daily Average		286.57
% of Calories		53.8%
Nutrient Guideline		

Tue - 04/30/2019		
Oxford High Lunch 9-12	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Pancakes Mini & Sausag	serving	35.0
Syrup, Pancake	pack	20.0
Potatoes, Tots	tots (8)	14.0
Broccoli with Cheese USDA	1/2 cup	8.67
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Cheese, USDA Shred 2oz	2 oz	2.02
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Juice, Frozen Orange	juice	14.0
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		278.25
% of Calories		55.1%
Nutrient Guideline		

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/01/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Chicken Bites & Waffl	serving	59.09
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Juice, Frozen Orange	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Syrup, Pancake	pack	20.0
Honey Mustard Pack	pack	7.0
Ketchup	pack	3.0
Dessert	serving	0.0
Weighted Daily Average		161.19
% of Calories		55.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Hot Dog	entree	27.73
Potatoes, Wedges	1/2 cup	20.0
Peas, Black-Eyed Can USDA	1/2 cup	19.0
Salad, Romaine	cup	1.9
Cheese, USDA Shred 2oz	2 oz	2.02
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Juice, Frozen Orange	juice	14.0
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cheese, USDA Shred 2oz	2 oz	2.02
Chili Sauce	1 oz	1.79
Weighted Daily Average		99.82
% of Calories		52.2%
Nutrient Guideline		

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Oxford City Schools

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Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/03/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Cheeseburger USDA	cheeseburger	27.86
Potatoes, Baked - Medium	potato	28.5
Carrots, Can	1/2 cup	10.85
Fresh Fruit Choice	fruit	25.42
Juice, Frozen Orange	juice	14.0
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Chocolate Chip	cookie	18.0
Margarine, Whipped Spread	margarine cup	0.0
Cheese, USDA Shred 2oz	2 oz	2.02
Sour Cream	pack	4.0
Weighted Daily Average		308.23
% of Calories		53.3%
Nutrient Guideline		

Mon - 05/06/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Cheesy Pizza Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	marinara cup	7.13
Broccoli with Cheese USDA	1/2 cup	8.67
Beans, Refried with Cheese	1/2 cup	19.49
Juice, Frozen Apple	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Weighted Daily Average		280.88
% of Calories		56.5%
Nutrient Guideline		

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/07/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Fish Nuggets & Hush	serving	65.99
Corn, Frozen	1/2 cup	17.25
Beans, Baked	1/2 cup	47.76
Juice, Frozen Apple	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup	pack	3.0
Weighted Daily Average		347.60
% of Calories		60.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/08/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Wings & Biscuit	serving	30.49
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	23.73
Juice, Frozen Apple	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
BBQ Sauce 2oz	1 oz	9.0
Buffalo Sauce 2oz	2 oz	0.0
Dessert	serving	0.0
Weighted Daily Average		148.91
% of Calories		51.9%
Nutrient Guideline		

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 05/09/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Vegetables, Mixed USDA	servings	0.0
Juice, Frozen Apple	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		259.60
% of Calories		58.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/10/2019		
Oxford High Lunch 9-12	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Crispy Chicken Sandwic	sandwich	53.99
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Juice, Frozen Apple	juice	14.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Sugar	cookie	18.0
Weighted Daily Average		310.68
% of Calories		58.3%
Nutrient Guideline		

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/13/2019		
Oxford High Lunch 9-12	Total	
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Taco Sauce Pack	2 pack	2.02
Weighted Daily Average		196.34
% of Calories		49.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 05/14/2019		
Oxford High Lunch 9-12	Total	
Pizza, Manager Choice	slice	37.0
Entree, Spicy Chicken Sandwich	sandwich	43.05
Vegetables, Mixed USDA	servings	0.0
Corn Nuggets	nuggets (7)	36.76
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		64.19
% of Calories		53.2%
Nutrient Guideline		

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Oxford City Schools

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Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/15/2019		
Oxford High Lunch 9-12	Total	
Pizza, Manager Choice	slice	37.0
Entree, Chicken & French Toast	serving	54.0
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Honey Mustard Pack	pack	7.0
Syrup, Pancake	pack	20.0
Dessert	serving	0.0
Weighted Daily Average		106.52
% of Calories		52.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/16/2019		
Oxford High Lunch 9-12	Total	
Pizza, Manager Choice	slice	37.0
Entree, Hot Dog	entree	27.73
Potatoes, Wedges	1/2 cup	20.0
Beans, Baked	1/2 cup	47.76
Salad, Romaine	cup	1.9
Cheese, USDA Shred 2oz	2 oz	2.02
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cheese, USDA Shred 2oz	2 oz	2.02
Chili Sauce	1 oz	1.79
Weighted Daily Average		101.50
% of Calories		53.3%
Nutrient Guideline		

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/17/2019		
Oxford High Lunch 9-12	Total	
Pizza, Manager Choice	slice	37.0
Entree, Cheeseburger USDA	cheeseburger	27.86
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	10.85
Juice, Frozen Grape	juice	19.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		183.45
% of Calories		47.8%
Nutrient Guideline		

Mon - 05/20/2019		
Oxford High Lunch 9-12	Total	
Manager Choice Entree	1 each	*N/A*
Pizza, Manager Choice	slice	37.0
Potatoes, Tots	tots (8)	14.0
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	25.42
Juice, Frozen Variety	juice	15.2
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		129.87
% of Calories		62.1%
Nutrient Guideline		

Tue - 05/21/2019		
Oxford High Lunch 9-12	Total	
Manager Choice Entree	1 each	*N/A*
Pizza, Manager Choice	slice	37.0
Potatoes, Tots	tots (8)	14.0
Broccoli	1/2 cup	4.45
Fresh Fruit Choice	fruit	25.42
Juice, Frozen Variety	juice	15.2
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		117.06
% of Calories		61.5%
Nutrient Guideline		

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

Oxford High Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/22/2019		
Oxford High Lunch 9-12	Total	
Manager Choice Entree	1 each	*N/A*
Pizza, Manager Choice	slice	37.0
Potatoes, Tots	tots (8)	14.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Juice, Frozen Variety	juice	15.2
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		116.31
% of Calories		61.9%
Nutrient Guideline		

Thu - 05/23/2019		
Oxford High Lunch 9-12	Total	
Manager Choice Entree	1 each	*N/A*
Pizza, Manager Choice	slice	37.0
Potatoes, Tots	tots (8)	14.0
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	25.42
Juice, Frozen Variety	juice	15.2
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		136.35
% of Calories		63.4%
Nutrient Guideline		

Weighted Average		217.22
		54.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	217.22	54.67%						

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

* - 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.