

Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 9, 2019 thru Jan 31, 2019

Oxford High Lunch 9-12

Generated on: 12/6/2018 2:08:47 PM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 01/09/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| French Toast Sticks - 2 | serving (2) | 17.5 |
| Chicken, Tenders Crispy 2ct | tenders (2) | 11.33 |
| Potatoes, Tots | tots (8) | 14.0 |
| Broccoli Salad | 1/2 cup | 14.94 |
| Salad, Romaine 1 cup | 1 cup | 1.9 |
| Tomatoes Grape (3ct) | tomatoes (3) | 1.5 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Ranch Dressing 2oz | 2 oz | 2.07 |
| Juice, Shelf Stable Orange 4oz | box | 15.67 |
| Fresh Fruit Choice | fruit | 27.37 |
| Milk Choice | milk | 18.0 |
| Ranch Dressing 2oz | 2 oz | 2.07 |
| Syrup, Bulk 2 oz serving | 2 oz | 50.0 |
| Ketchup 4 | packs (4) | 12.0 |
| Cookie, Carnival | cookie | 18.0 |
| Weighted Daily Average | | 375.80 |
| % of Calories | | 56.6% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|---------------|--------|
| Thu - 01/10/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| 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 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Cheese Sauce, Nacho Dry 2oz | 2 oz | 8.25 |
| Salsa, Can USDA 2oz | 2 oz | 4.0 |
| Milk Choice | milk | 18.0 |
| Weighted Daily Average | | 331.18 |
| % of Calories | | 54.1% |
| Nutrient Guideline | | |

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Jan 9, 2019 thru Jan 31, 2019

Oxford High Lunch 9-12

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Fri - 01/11/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Chicken Wings, Unseasoned | servings | 3.81 |
| Waffles Mini Maple | pouch | 38.0 |
| Potatoes, Wedges | 1/2 cup | 20.0 |
| 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 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Ketchup 2 | packs (2) | 6.0 |
| BBQ Sauce Bulk 2oz | 2 oz | 14.57 |
| Buffalo Sauce 2oz | 2 oz | 0.0 |
| Syrup, Bulk 2 oz serving | 2 oz | 50.0 |
| Milk Choice | milk | 18.0 |
| Cookie, Chocolate Chip | cookie | 18.0 |
| Weighted Daily Average | | 387.91 |
| % of Calories | | 56.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|--------|
| Mon - 01/14/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Chicken, Brd Breast Patty Mild | patty | 19.43 |
| Bun, Hamburger | bun | 27.0 |
| Potatoes, Tots | tots (8) | 14.0 |
| Beans, Pinto Can | 1/2 cup | 23.73 |
| 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 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Milk Choice | milk | 18.0 |
| Ketchup 4 | packs (4) | 12.0 |
| Mayonnaise | pack | 1.0 |
| Mustard | packs (2) | 0.0 |
| Lettuce, Leaf | leaf | 0.37 |
| Tomatoes Sliced | slice | 1.03 |
| Onions, Fresh Sliced 1/4 cup | 1/4 cup | 3.07 |
| Pickles, Dill Slices (8ct) | 8 ct | 0.0 |
| Weighted Daily Average | | 333.59 |
| % of Calories | | 57.1% |
| Nutrient Guideline | | |

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Jan 9, 2019 thru Jan 31, 2019

Oxford High Lunch 9-12

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Tue - 01/15/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Taco Soup - Modified | 1 cup | 38.35 |
| Quesadilla Cheese 2ct | servings (2) | 36.0 |
| Potatoes, Baked - Medium | potato | 3562.9 |
| Salad, Romaine 1 cup | 1 cup | 1.9 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Ranch Dressing 2oz | 2 oz | 2.07 |
| Juice, Shelf Stable Grape 4oz | box | 18.17 |
| Fresh Fruit Choice | fruit | 27.37 |
| Milk Choice | milk | 18.0 |
| Margarine, Whpd Spread Cup | 1 each | 0.0 |
| Sour Cream - 2 packs | packs (2) | 8.0 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Saltines 1 pack | pack | 7.04 |
| Weighted Daily Average | | 3891.3 |
| % of Calories | | 85.6% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|---------------|----------|
| Wed - 01/16/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| 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 |
| Salad, Romaine 1 cup | 1 cup | 1.9 |
| Tomatoes Grape (3ct) | tomatoes (3) | 1.5 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Ranch Dressing 2oz | 2 oz | 2.07 |
| Juice, Shelf Stable Orange 4oz | box | 15.67 |
| Fresh Fruit Choice | fruit | 27.37 |
| Milk Choice | milk | 18.0 |
| Ranch Dressing 2oz | 2 oz | 2.07 |
| Honey Mustard 2oz Bulk | 2 oz | 10.0 |
| Ketchup 2 | packs (2) | 6.0 |
| Cookie, Vanilla Sugar | cookie | 18.0 |
| Weighted Daily Average | | 329.71 |
| % of Calories | | 50.8% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Thu - 01/17/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Pizza, Cheesy Dippers | sticks (2) | 34.0 |
| Marinara Sauce Dipping Cup | 1 each | 7.13 |
| Potatoes, Wedges | 1/2 cup | 20.0 |
| 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 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Milk Choice | milk | 18.0 |
| Ketchup 2 | packs (2) | 6.0 |
| Weighted Daily Average | | 308.56 |
| % of Calories | | 57.0% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|-------------|--------|
| Fri - 01/18/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Alfredo Pasta | 1 cup | 52.19 |
| Chicken Diced | 2 oz | 1.0 |
| Vegetables, Frozen Stir Fry | 1/2 cup | 4.02 |
| Corn, Nuggets Frozen 7ct/.5c | nuggets (7) | 36.76 |
| 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 |
| Cheese, Parmesan Grated | 1 oz | 0.0 |
| Milk Choice | milk | 18.0 |
| Cookie, Carnival | cookie | 18.0 |
| Weighted Daily Average | | 345.80 |
| % of Calories | | 52.8% |
| Nutrient Guideline | | |

| | | |
|------------------------|---------|------|
| Mon - 01/21/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| Holiday | holiday | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Tue - 01/22/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| 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 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 |
| 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 |
| Pickles, Dill Slices (8ct) | 8 ct | 0.0 |
| Lettuce, Leaf | leaf | 0.37 |
| Tomatoes Sliced | slice | 1.03 |
| Onions, Fresh Sliced 1/4 cup | 1/4 cup | 3.07 |
| Weighted Daily Average | | 313.40 |
| % of Calories | | 57.4% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|---------------|----------|
| Wed - 01/23/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Chicken Bites - 6 ct | serving (6ct) | 21.0 |
| Waffles Mini Maple | pouch | 38.0 |
| Potatoes, Tots | tots (8) | 14.0 |
| Corn, Frozen | 1/2 cup | 17.25 |
| Juice, Shelf Stable Orange 4oz | box | 15.67 |
| Fresh Fruit Choice | fruit | 27.37 |
| Salad, Romaine 1 cup | 1 cup | 1.9 |
| 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, Pancake Table 1 each | syrup | 20.0 |
| Ranch Dressing 2oz | 2 oz | 2.07 |
| Ketchup 4 | packs (4) | 12.0 |
| Cookie, Vanilla Sugar | cookie | 18.0 |
| Weighted Daily Average | | 376.21 |
| % of Calories | | 57.2% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Thu - 01/24/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Bun, Hamburger | bun | 27.0 |
| Beef, Patty USDA | patty | 0.0 |
| Cheese, Amr Slice 1 USDA | slice | 1.01 |
| Potatoes, Wedges | 1/2 cup | 20.0 |
| Beans, Baked | 1/2 cup | 47.76 |
| 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 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Milk Choice | milk | 18.0 |
| Ketchup 4 | packs (4) | 12.0 |
| Mustard | packs (2) | 0.0 |
| Mayonnaise | pack | 1.0 |
| Lettuce, Leaf | leaf | 0.37 |
| Tomatoes Sliced | slice | 1.03 |
| Onions, Fresh Sliced 1/4 cup | 1/4 cup | 3.07 |
| Pickles, Dill Slices (8ct) | 8 ct | 0.0 |
| Weighted Daily Average | | 345.21 |
| % of Calories | | 58.0% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Fri - 01/25/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Soup, Chicken Noodle | 1 cup | 7.92 |
| Sandwich, Grill Chs 1oz USDA | sandwich | 32.02 |
| Broccoli | 1/2 cup | 4.45 |
| Cheese Sauce, Can Plain 1oz | 1 oz | 5.03 |
| Carrots, Frozen | 1/2 cup | 7.16 |
| 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 |
| Cookie, Chocolate Chip | cookie | 18.0 |
| Weighted Daily Average | | 308.41 |
| % of Calories | | 55.7% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Mon - 01/28/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Beef, Breaded Country Patty | patty | 19.0 |
| Gravy, Chicken 1/4c | serving | 4.83 |
| 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 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 |
| 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 | | 292.47 |
| % of Calories | | 53.5% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Tue - 01/29/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Soup, Potato and Cheese | 1 cup | 85.67 |
| Pepperoni Pocket | sandwich | 32.0 |
| Carrots, Baby Pack | pack | 5.98 |
| 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 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Milk Choice | milk | 18.0 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Sour Cream Pack | pack | 4.0 |
| Weighted Daily Average | | 403.41 |
| % of Calories | | 56.2% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 01/30/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Pancakes - 3 | pancakes (3) | 41.14 |
| Sausage Links 2 ct | links (2) | 0.0 |
| Blueberries, Frozen 1/2 c | 1/2 cup | 8.77 |
| Strawberries, Frozen 1/4 cup | 1/4 cup | 5.85 |
| Syrup, Bulk 2 oz serving | 2 oz | 50.0 |
| Potatoes, Tots | tots (8) | 14.0 |
| Broccoli Salad | 1/2 cup | 14.94 |
| Salad, Romaine 1 cup | 1 cup | 1.9 |
| Tomatoes Grape (3ct) | tomatoes (3) | 1.5 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| Ranch Dressing 2oz | 2 oz | 2.07 |
| Juice, Shelf Stable Orange 4oz | box | 15.67 |
| Fresh Fruit Choice | fruit | 27.37 |
| Milk Choice | milk | 18.0 |
| Ketchup 2 | packs (2) | 6.0 |
| Cookie, Carnival | cookie | 18.0 |
| Weighted Daily Average | | 197.33 |
| % of Calories | | 57.3% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Thu - 01/31/2019 | | |
| Oxford High Lunch 9-12 | Total | |
| January Big O Meal | meal | 110.17 |
| Pizza, Manager Choice | slice | 52.25 |
| Hot Dog Frank, Beef | frank | 1.0 |
| Bun, Hot Dog | bun | 27.0 |
| Potatoes, Wedges | 1/2 cup | 20.0 |
| Beans, Baked | 1/2 cup | 47.76 |
| Salad, Romaine 1 cup | 1 cup | 1.9 |
| Cheese, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Ranch Dressing 2oz | 2 oz | 2.07 |
| Crackers, Club Salad 1 pack | pack | 5.0 |
| 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, Ched Shred 2oz USDA | 2 oz | 2.02 |
| Onions, Fresh Chop/Diced 1/4c | 1/4 cup | 4.55 |
| Hot Dog Chili Sauce 2 oz | 2 oz | 3.54 |
| Weighted Daily Average | | 115.08 |
| % of Calories | | 54.9% |
| Nutrient Guideline | | |

| | | |
|------------------|--|--------|
| Weighted Average | | 540.96 |
| | | 66.0% |

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Portion Size Carb (g)

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 540.96 | 66.01% | | | | | | |

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