

Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:23:25 PM

	Portion Size	Carb (g)
Wed - 04/01/2020		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Waffles, Mini Maple	pouch	38.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, French Bread	pizza	34.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.75
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Applesauce	1/2 cup	13.92
Fresh Fruit Choice	fruit	25.42
Syrup, Pancake	pack	20.0
Ketchup 2pk	packs(2)	6.0
Honey Mustard Pack	pack	7.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		317.36
% of Calories		50.5%
Nutrient Guideline		

Thu - 04/02/2020		
Oxford High Lunch 9-12	Total	
Crispitos (2)	2 crispitos	46.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, French Bread	pizza	34.0
Potatoes, Crinkle Fries	fries (10)	13.5
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Salsa, Ortega 2 oz	2 oz	4.0
Applesauce	1/2 cup	13.92
Fresh Fruit Choice	fruit	25.42
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		280.89
% of Calories		49.2%
Nutrient Guideline		

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Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Fri - 04/03/2020		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, French Bread	pizza	34.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Applesauce	1/2 cup	13.92
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		276.52
% of Calories		49.4%
Nutrient Guideline		

Mon - 04/06/2020		
Oxford High Lunch 9-12	Total	
Sausage Dog	dog	2.0
Bun, Hot Dog	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Potatoes, Crinkle Fries	fries (10)	13.5
Beans, Green Can	1/2 cup	3.75
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		265.59
% of Calories		50.2%
Nutrient Guideline		

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Portion Values - Detailed

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Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:23:25 PM

	Portion Size	Carb (g)
Tue - 04/07/2020		
Oxford High Lunch 9-12	Total	
Beef, Country Steak Patty	patty	19.0
Biscuit, Southern Style	biscuit	28.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Cake Mix, White	serving	28.07
Icing, Vanilla	serving	23.81
Ketchup 2pk	packs(2)	6.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		340.42
% of Calories		52.0%
Nutrient Guideline		

Wed - 04/08/2020		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Potatoes, Tots	tots (8)	14.04
Corn, Can Butter USDA	1/2 cup	15.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Oxford High Lunch 9-12

Generated on: 6/18/2019 3:23:25 PM

	Portion Size	Carb (g)
Weighted Daily Average		148.10
% of Calories		50.6%
Nutrient Guideline		

Thu - 04/09/2020		
Oxford High Lunch 9-12	Total	
Cheesy Dippers	pieces (2)	34.0
Marinara Sauce Dipping Cup	1 cup	7.13
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Beans, Pinto Can	1/2 cup	22.48
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		284.07
% of Calories		53.0%
Nutrient Guideline		

Fri - 04/10/2020		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Potatoes, Wedges	1/2 cup	20.0
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Honey Mustard Pack	pack	7.0
Cake Mix, White	serving	28.07
Icing, Vanilla	serving	23.81
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		119.41
% of Calories		52.2%
Nutrient Guideline		

Mon - 04/13/2020		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Fiestada	slice	39.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		304.30
% of Calories		52.8%
Nutrient Guideline		

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Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 04/14/2020		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Fiestada	slice	39.0
Potatoes, Crinkle Fries	fries (10)	13.5
Carrots, Can Glazed	1/2 cup	10.85
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		266.18
% of Calories		52.5%
Nutrient Guideline		

Wed - 04/15/2020		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Waffles, Mini Maple	pouch	38.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Fiestada	slice	39.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.75
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Honey Mustard Pack	pack	7.0
Syrup, Pancake	pack	20.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		332.44
% of Calories		51.3%
Nutrient Guideline		

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Portion Values - Detailed

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Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:23:25 PM

	Portion Size	Carb (g)
Thu - 04/16/2020		
Oxford High Lunch 9-12	Total	
Corn Dog	corn dog	30.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Fiestada	slice	39.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Corn, Can Butter USDA	1/2 cup	15.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Ketchup 2pk	packs(2)	6.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		278.47
% of Calories		51.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 04/17/2020		
Oxford High Lunch 9-12	Total	
Pork, BBQ with Sauce USDA	servings	7.2
Bun, Hamburger	bun	27.0
Chips, Cheetos	bag	17.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Fiestada	slice	39.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	22.48
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Cinnamon Roll - Baked	rolls	36.0
Icing, Homemade	1/2 oz	2.19
Pickles, Slices (8ct)	8 ct	0.0
BBQ Sauce 2oz	2 oz	18.0
Ketchup 2pk	packs(2)	6.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		368.20
% of Calories		53.7%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 04/20/2020		
Oxford High Lunch 9-12	Total	
Beef, Country Steak Patty	patty	19.0
Bun, Hamburger	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Mini Cheese Round	pizza	40.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.75
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Ketchup 2pk	packs(2)	6.0
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		286.44
% of Calories		51.1%
Nutrient Guideline		

Tue - 04/21/2020		
Oxford High Lunch 9-12	Total	
Pancakes Mini Strawberry	pouch	40.0
Sausage Patty	patty	0.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Mini Cheese Round	pizza	40.0
Potatoes, Tots	tots (8)	14.04
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Syrup, Pancake	pack	20.0
Ketchup 2pk	packs(2)	6.0
Cookie, Chocolate Chip	cookie	18.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		321.22
% of Calories		53.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/22/2020		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Mini Cheese Round	pizza	40.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Corn, Can Butter USDA	1/2 cup	15.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		289.30
% of Calories		52.1%
Nutrient Guideline		

Thu - 04/23/2020		
Oxford High Lunch 9-12	Total	
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Mini Cheese Round	pizza	40.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	22.48
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Chili Sauce for Hot Dog	1 oz	1.91
Cheese Sauce, Dry 2oz	2 oz	9.62
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		307.34
% of Calories		52.7%
Nutrient Guideline		

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Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:23:26 PM

	Portion Size	Carb (g)
Fri - 04/24/2020		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Mini Cheese Round	pizza	40.0
Potatoes, Crinkle Fries	fries (10)	13.5
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Ketchup 4pk	packs(4)	12.0
Honey Mustard Pack	pack	7.0
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		305.83
% of Calories		50.0%
Nutrient Guideline		

Mon - 04/27/2020		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, French Bread	pizza	34.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Applesauce	1/2 cup	13.92
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		147.61
% of Calories		52.5%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 04/28/2020		
Oxford High Lunch 9-12	Total	
Beef, Taco/Nacho USDA	2 oz serving	7.12
Chips, Doritos Nacho Cheese	bag	20.0
Cheese Sauce, Dry 2oz	2 oz	9.62
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, French Bread	pizza	34.0
Corn, Can Butter USDA	1/2 cup	15.0
Beans, Pinto Can	1/2 cup	22.48
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Applesauce	1/2 cup	13.92
Fresh Fruit Choice	fruit	25.42
Cookie, Sugar	cookie	18.0
Rice, Brown 1/2 cup	1/2 cup	17.01
Jalapeno Peppers	1 oz	1.74
Sour Cream	pack	4.0
Salsa, Ortega 2 oz	2 oz	4.0
Lettuce, Romaine Shd/Chp	1/4 cup	0.48
Tomatoes Diced Fresh	1/4 cup	2.34
Cheese, Shred 2oz USDA	2 oz	2.02
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		327.07
% of Calories		50.2%
Nutrient Guideline		

Wed - 04/29/2020		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Waffles, Mini Maple	pouch	38.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, French Bread	pizza	34.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.75
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Applesauce	1/2 cup	13.92
Fresh Fruit Choice	fruit	25.42
Syrup, Pancake	pack	20.0
Ketchup 2pk	packs(2)	6.0
Honey Mustard Pack	pack	7.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		317.36
% of Calories		50.5%
Nutrient Guideline		

Thu - 04/30/2020		
Oxford High Lunch 9-12	Total	
Crispitos (2)	2 crispitos	46.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, French Bread	pizza	34.0
Potatoes, Crinkle Fries	fries (10)	13.5
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Salsa, Ortega 2 oz	2 oz	4.0
Applesauce	1/2 cup	13.92
Fresh Fruit Choice	fruit	25.42
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		280.89
% of Calories		49.2%
Nutrient Guideline		

Fri - 05/01/2020		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, French Bread	pizza	34.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Applesauce	1/2 cup	13.92
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Oxford City Schools

Base Menu Spreadsheet

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		276.52
% of Calories		49.4%
Nutrient Guideline		

Mon - 05/04/2020		
Oxford High Lunch 9-12	Total	
Sausage Dog	dog	2.0
Bun, Hot Dog	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Potatoes, Crinkle Fries	fries (10)	13.5
Beans, Green Can	1/2 cup	3.75
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		265.59
% of Calories		50.2%
Nutrient Guideline		

Tue - 05/05/2020		
Oxford High Lunch 9-12	Total	
Beef, Country Steak Patty	patty	19.0
Biscuit, Southern Style	biscuit	28.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Cake Mix, White	serving	28.07
Icing, Vanilla	serving	23.81
Ketchup 2pk	packs(2)	6.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Oxford City Schools

Base Menu Spreadsheet

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		340.42
% of Calories		52.0%
Nutrient Guideline		

Wed - 05/06/2020		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Potatoes, Tots	tots (8)	14.04
Corn, Can Butter USDA	1/2 cup	15.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		148.10
% of Calories		50.6%
Nutrient Guideline		

Thu - 05/07/2020		
Oxford High Lunch 9-12	Total	
Cheesy Dippers	pieces (2)	34.0
Marinara Sauce Dipping Cup	1 cup	7.13
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Beans, Pinto Can	1/2 cup	22.48
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Base Menu Spreadsheet

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		284.07
% of Calories		53.0%
Nutrient Guideline		

Fri - 05/08/2020		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Cereal/Sandwich/Cheese CT	entree	50.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Potatoes, Wedges	1/2 cup	20.0
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Pineapple, Chunks Can Drain	1/2 cup	16.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Honey Mustard Pack	pack	7.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		102.11
% of Calories		48.8%
Nutrient Guideline		

Mon - 05/11/2020		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Pizza, Fiestada	slice	39.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		254.30
% of Calories		55.8%
Nutrient Guideline		

Tue - 05/12/2020		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Pizza, Fiestada	slice	39.0
Potatoes, Crinkle Fries	fries (10)	13.5
Carrots, Can Glazed	1/2 cup	10.85
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		216.18
% of Calories		55.9%
Nutrient Guideline		

Wed - 05/13/2020		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Waffles, Mini Maple	pouch	38.0
Pizza, Fiestada	slice	39.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.75
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Honey Mustard Pack	pack	7.0
Syrup, Pancake	pack	20.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		282.44
% of Calories		53.5%
Nutrient Guideline		

Thu - 05/14/2020		
Oxford High Lunch 9-12	Total	
Corn Dog	corn dog	30.0
Pizza, Fiestada	slice	39.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Corn, Can Butter USDA	1/2 cup	15.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Ketchup 2pk	packs(2)	6.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		228.47
% of Calories		54.7%
Nutrient Guideline		

Fri - 05/15/2020		
Oxford High Lunch 9-12	Total	
Pork, BBQ with Sauce USDA	servings	7.2
Bun, Hamburger	bun	27.0
Chips, Cheetos	bag	17.0
Pizza, Fiestada	slice	39.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	22.48
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Oranges, Mandarin Can Drained	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Cinnamon Roll - Baked	rolls	36.0
Icing, Homemade	1/2 oz	2.19
Pickles, Slices (8ct)	8 ct	0.0
BBQ Sauce 2oz	2 oz	18.0
Ketchup 2pk	packs(2)	6.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		318.20
% of Calories		56.3%
Nutrient Guideline		

Mon - 05/18/2020		
Oxford High Lunch 9-12	Total	
Beef, Country Steak Patty	patty	19.0
Bun, Hamburger	bun	27.0
Pizza, Mini Cheese Round	pizza	40.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.75
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Ketchup 2pk	packs(2)	6.0
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		236.44
% of Calories		53.7%
Nutrient Guideline		

Tue - 05/19/2020		
Oxford High Lunch 9-12	Total	
Pancakes Mini Strawberry	pouch	40.0
Sausage Patty	patty	0.0
Pizza, Mini Cheese Round	pizza	40.0
Potatoes, Tots	tots (8)	14.04
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Syrup, Pancake	pack	20.0
Ketchup 2pk	packs(2)	6.0
Cookie, Chocolate Chip	cookie	18.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		271.22
% of Calories		55.7%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

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Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Wed - 05/20/2020		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Pizza, Mini Cheese Round	pizza	40.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Corn, Can Butter USDA	1/2 cup	15.0
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		239.30
% of Calories		55.0%
Nutrient Guideline		

Thu - 05/21/2020		
Oxford High Lunch 9-12	Total	
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Pizza, Mini Cheese Round	pizza	40.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	22.48
Salad, Romaine 1 cup	1 cup	1.9
Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
Dressing, Ranch FF Pack	packs (2)	6.0
Cheese, Shred 2oz USDA	2 oz	2.02
Peaches, Can Sliced Drain	1/2 cup	17.0
Fresh Fruit Choice	fruit	25.42
Ketchup 4pk	packs(4)	12.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Chili Sauce for Hot Dog	1 oz	1.91
Cheese Sauce, Dry 2oz	2 oz	9.62
Milk - Chocolate FF	milk	22.0
Milk - Strawberry FF	milk	21.0
Milk - 1%	milk	12.0
Milk - Skim	milk	12.0
Weighted Daily Average		257.34
% of Calories		55.5%
Nutrient Guideline		

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.

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2020 thru May 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:23:26 PM

	Portion Size	Carb (g)
Weighted Average		267.18 52.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	267.18	52.13%						

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

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