

Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:18 AM

	Portion Size	Carb (g)
Mon - 08/05/2019		
Oxford High Lunch 9-12	Total	
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
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	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
Cheese, Shred 2oz USDA	2 oz	2.02
Chili Sauce for Hot Dog	1 oz	1.91
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		40.70
% of Calories		48.3%
Nutrient Guideline		

Tue - 08/06/2019		
Oxford High Lunch 9-12	Total	
Pancakes Mini Maple	pouch	35.0
Sausage Patty	patty	0.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
Ketchup 2pk	packs(2)	6.0
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		48.06
% of Calories		52.5%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:18 AM

	Portion Size	Carb (g)
Wed - 08/07/2019		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	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
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		118.08
% of Calories		52.1%
Nutrient Guideline		

Thu - 08/08/2019		
Oxford High Lunch 9-12	Total	
Crispitos (2)	2 crispitos	46.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
Taco Sauce Pack	2 pack	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		107.17
% of Calories		48.4%
Nutrient Guideline		

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:18 AM

	Portion Size	Carb (g)
Fri - 08/09/2019		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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		107.38
% of Calories		60.2%
Nutrient Guideline		

Mon - 08/12/2019		
Oxford High Lunch 9-12	Total	
Corn Dog	corn dog	30.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	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
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		98.05
% of Calories		60.0%
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)
Tue - 08/13/2019		
Oxford High Lunch 9-12	Total	
Beef, Taco/Nacho USDA	2 oz serving	7.12
Chips, Doritos Nacho Cheese	bag	20.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
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		121.55
% of Calories		52.0%
Nutrient Guideline		

Wed - 08/14/2019		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Roll, Non-Bake Slider	roll	15.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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
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 High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		107.45
% of Calories		49.2%
Nutrient Guideline		

Thu - 08/15/2019		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Crinkle Fries	fries (10)	13.5
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
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		99.47
% of Calories		54.5%
Nutrient Guideline		

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Fri - 08/16/2019		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Salad, Romaine 1 cup	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
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		118.23
% of Calories		58.0%
Nutrient Guideline		

Mon - 08/19/2019		
Oxford High Lunch 9-12	Total	
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	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
Chili Sauce for Hot Dog	1 oz	1.91
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

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		101.03
% of Calories		47.8%
Nutrient Guideline		

Tue - 08/20/2019		
Oxford High Lunch 9-12	Total	
Cheesy Dippers	pieces (2)	34.0
Marinara Sauce Dipping Cup	1 cup	7.13
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
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	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		103.33
% of Calories		58.9%
Nutrient Guideline		

Wed - 08/21/2019		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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		104.06
% of Calories		52.4%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 08/22/2019		
Oxford High Lunch 9-12	Total	
Crispitos (2)	2 crispitos	46.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
Taco Sauce Pack	2 pack	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		103.43
% of Calories		48.0%
Nutrient Guideline		

Fri - 08/23/2019		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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		115.95
% of Calories		58.2%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 08/26/2019		
Oxford High Lunch 9-12	Total	
Corn Dog	corn dog	30.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Beans, Pinto Can Plain	1/2 cup	21.88
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Salad, Romaine 1 cup	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 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		89.32
% of Calories		60.9%
Nutrient Guideline		

Tue - 08/27/2019		
Oxford High Lunch 9-12	Total	
Beef, Country Steak Patty	patty	19.0
Roll, Non-Bake Slider	roll	15.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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, Chocolate Chip	cookie	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		105.15
% of Calories		51.9%
Nutrient Guideline		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Wed - 08/28/2019		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Waffles, Mini Maple	pouch	38.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
Syrup, Pancake	pack	20.0
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		143.58
% of Calories		53.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 08/29/2019		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	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		101.77
% of Calories		53.3%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Fri - 08/30/2019		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Crinkle Fries	fries (10)	13.5
Corn, Can Butter	1/2 cup	18.0
Salad, Romaine 1 cup	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		114.89
% of Calories		58.7%
Nutrient Guideline		

Mon - 09/02/2019		
Oxford High Lunch 9-12	Total	
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
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	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
Cheese, Shred 2oz USDA	2 oz	2.02
Chili Sauce for Hot Dog	1 oz	1.91
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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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Weighted Daily Average		40.70
% of Calories		48.3%
Nutrient Guideline		

Tue - 09/03/2019		
Oxford High Lunch 9-12	Total	
Pancakes Mini Maple	pouch	35.0
Sausage Patty	patty	0.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
Ketchup 2pk	packs(2)	6.0
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		48.06
% of Calories		52.5%
Nutrient Guideline		

Wed - 09/04/2019		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	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
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

Page 13

Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Weighted Daily Average		118.08
% of Calories		52.1%
Nutrient Guideline		

Thu - 09/05/2019		
Oxford High Lunch 9-12	Total	
Crispitos (2)	2 crispitos	46.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
Taco Sauce Pack	2 pack	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		107.17
% of Calories		48.4%
Nutrient Guideline		

Fri - 09/06/2019		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Weighted Daily Average		107.38
% of Calories		60.2%
Nutrient Guideline		

Mon - 09/09/2019		
Oxford High Lunch 9-12	Total	
Corn Dog	corn dog	30.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	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
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		98.05
% of Calories		60.0%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Tue - 09/10/2019		
Oxford High Lunch 9-12	Total	
Beef, Taco/Nacho USDA	2 oz serving	7.12
Chips, Doritos Nacho Cheese	bag	20.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
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		121.55
% of Calories		52.0%
Nutrient Guideline		

Wed - 09/11/2019		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Roll, Non-Bake Slider	roll	15.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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
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

Page 16

Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Weighted Daily Average		107.45
% of Calories		49.2%
Nutrient Guideline		

Thu - 09/12/2019		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Crinkle Fries	fries (10)	13.5
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
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		99.47
% of Calories		54.5%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Fri - 09/13/2019		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Salad, Romaine 1 cup	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
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		118.23
% of Calories		58.0%
Nutrient Guideline		

Mon - 09/16/2019		
Oxford High Lunch 9-12	Total	
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	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
Chili Sauce for Hot Dog	1 oz	1.91
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

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Weighted Daily Average		101.03
% of Calories		47.8%
Nutrient Guideline		

Tue - 09/17/2019		
Oxford High Lunch 9-12	Total	
Cheesy Dippers	pieces (2)	34.0
Marinara Sauce Dipping Cup	1 cup	7.13
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
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	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		103.33
% of Calories		58.9%
Nutrient Guideline		

Wed - 09/18/2019		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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		104.06
% of Calories		52.4%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Thu - 09/19/2019		
Oxford High Lunch 9-12	Total	
Crispitos (2)	2 crispitos	46.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
Taco Sauce Pack	2 pack	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		103.43
% of Calories		48.0%
Nutrient Guideline		

Fri - 09/20/2019		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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		115.95
% of Calories		58.2%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Mon - 09/23/2019		
Oxford High Lunch 9-12	Total	
Corn Dog	corn dog	30.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Beans, Pinto Can Plain	1/2 cup	21.88
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Salad, Romaine 1 cup	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 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		89.32
% of Calories		60.9%
Nutrient Guideline		

Tue - 09/24/2019		
Oxford High Lunch 9-12	Total	
Beef, Country Steak Patty	patty	19.0
Roll, Non-Bake Slider	roll	15.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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, Chocolate Chip	cookie	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		105.15
% of Calories		51.9%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Wed - 09/25/2019		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Waffles, Mini Maple	pouch	38.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
Syrup, Pancake	pack	20.0
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		143.58
% of Calories		53.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/26/2019		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	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		101.77
% of Calories		53.3%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Fri - 09/27/2019		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Crinkle Fries	fries (10)	13.5
Corn, Can Butter	1/2 cup	18.0
Salad, Romaine 1 cup	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		114.89
% of Calories		58.7%
Nutrient Guideline		

Mon - 09/30/2019		
Oxford High Lunch 9-12	Total	
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
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	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
Cheese, Shred 2oz USDA	2 oz	2.02
Chili Sauce for Hot Dog	1 oz	1.91
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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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Weighted Daily Average		40.70
% of Calories		48.3%
Nutrient Guideline		

Tue - 10/01/2019		
Oxford High Lunch 9-12	Total	
Pancakes Mini Maple	pouch	35.0
Sausage Patty	patty	0.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
Ketchup 2pk	packs(2)	6.0
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		48.06
% of Calories		52.5%
Nutrient Guideline		

Wed - 10/02/2019		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	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
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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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Weighted Daily Average		118.08
% of Calories		52.1%
Nutrient Guideline		

Thu - 10/03/2019		
Oxford High Lunch 9-12	Total	
Crispitos (2)	2 crispitos	46.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
Taco Sauce Pack	2 pack	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		107.17
% of Calories		48.4%
Nutrient Guideline		

Fri - 10/04/2019		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Pizza, Fiestada	slice	39.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Weighted Daily Average		107.38
% of Calories		60.2%
Nutrient Guideline		

Mon - 10/07/2019		
Oxford High Lunch 9-12	Total	
Corn Dog	corn dog	30.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	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
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		98.05
% of Calories		60.0%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:19 AM

	Portion Size	Carb (g)
Tue - 10/08/2019		
Oxford High Lunch 9-12	Total	
Beef, Taco/Nacho USDA	2 oz serving	7.12
Chips, Doritos Nacho Cheese	bag	20.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
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		121.55
% of Calories		52.0%
Nutrient Guideline		

Wed - 10/09/2019		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Roll, Non-Bake Slider	roll	15.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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
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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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:21 AM

	Portion Size	Carb (g)
Weighted Daily Average		107.45
% of Calories		49.2%
Nutrient Guideline		

Thu - 10/10/2019		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Crinkle Fries	fries (10)	13.5
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
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		99.47
% of Calories		54.5%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:21 AM

	Portion Size	Carb (g)
Fri - 10/11/2019		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Bun, Hamburger	bun	27.0
Pizza, French Bread	pizza	34.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Salad, Romaine 1 cup	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
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		118.23
% of Calories		58.0%
Nutrient Guideline		

Mon - 10/21/2019		
Oxford High Lunch 9-12	Total	
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Green Can	1/2 cup	16.0
Salad, Romaine 1 cup	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
Chili Sauce for Hot Dog	1 oz	1.91
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

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

Generated on: 6/18/2019 7:31:21 AM

	Portion Size	Carb (g)
Weighted Daily Average		101.03
% of Calories		47.8%
Nutrient Guideline		

Tue - 10/22/2019		
Oxford High Lunch 9-12	Total	
Cheesy Dippers	pieces (2)	34.0
Marinara Sauce Dipping Cup	1 cup	7.13
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
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	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		103.33
% of Calories		58.9%
Nutrient Guideline		

Wed - 10/23/2019		
Oxford High Lunch 9-12	Total	
Chicken Tenders	tenders(3)	17.0
Biscuit, Southern Style	biscuit	28.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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		104.06
% of Calories		52.4%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 10/24/2019		
Oxford High Lunch 9-12	Total	
Crispitos (2)	2 crispitos	46.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Corn, Can Butter	1/2 cup	18.0
Beans, Pinto Can Plain	1/2 cup	21.88
Salad, Romaine 1 cup	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
Taco Sauce Pack	2 pack	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		103.43
% of Calories		48.0%
Nutrient Guideline		

Fri - 10/25/2019		
Oxford High Lunch 9-12	Total	
Chicken Spicy Patty	patty	16.27
Bun, Hamburger	bun	27.0
Pizza, Stuffed Crust Pepperoni	slice	35.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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		115.95
% of Calories		58.2%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 10/28/2019		
Oxford High Lunch 9-12	Total	
Corn Dog	corn dog	30.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Beans, Pinto Can Plain	1/2 cup	21.88
Broccoli, Frozen USDA	1/2 cup	4.51
Cheese Sauce, Dry 2oz	2 oz	9.62
Salad, Romaine 1 cup	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 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		89.32
% of Calories		60.9%
Nutrient Guideline		

Tue - 10/29/2019		
Oxford High Lunch 9-12	Total	
Beef, Country Steak Patty	patty	19.0
Roll, Non-Bake Slider	roll	15.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
Beans, Green Can Plain	1/2 cup	3.27
Salad, Romaine 1 cup	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, Chocolate Chip	cookie	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		105.15
% of Calories		51.9%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2019 thru Oct 31, 2019

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Wed - 10/30/2019		
Oxford High Lunch 9-12	Total	
Chicken Bites - 6 ct	serving(6)	21.0
Waffles, Mini Maple	pouch	38.0
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can Glazed	1/2 cup	10.85
Salad, Romaine 1 cup	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
Syrup, Pancake	pack	20.0
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		143.58
% of Calories		53.2%
Nutrient Guideline		

Thu - 10/31/2019		
Oxford High Lunch 9-12	Total	
Beef, Patty USDA	patty	0.0
Bun, Hamburger	bun	27.0
Cheese, Slice USDA	slice	1.01
Pizza, Mini Cheese Round	pizza	40.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Peas, Black-Eyed Can	1/2 cup	20.26
Salad, Romaine 1 cup	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
Cake Mix, White	serving	28.07
Icing, Vanilla	serving	23.81
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		101.85
% of Calories		53.3%
Nutrient Guideline		

Weighted Average		102.22
		53.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	102.22	53.69%						

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