

Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:20:37 PM

	Portion Size	Carb (g)
Mon - 01/06/2020		
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		

Tue - 01/07/2020		
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		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Wed - 01/08/2020		
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		

Thu - 01/09/2020		
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		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Fri - 01/10/2020		
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		

Mon - 01/13/2020		
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		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 01/14/2020		
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		

Wed - 01/15/2020		
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		

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Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 01/16/2020		
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		

Fri - 01/17/2020		
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		

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Mon - 01/20/2020		
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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Jan 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 01/21/2020		
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 - 01/22/2020		
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 High Lunch 9-12

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

Thu - 01/23/2020		
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 - 01/24/2020		
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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	Portion Size	Carb (g)
Weighted Daily Average		276.52
% of Calories		49.4%
Nutrient Guideline		

Mon - 01/27/2020		
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 - 01/28/2020		
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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	Portion Size	Carb (g)
Weighted Daily Average		340.42
% of Calories		52.0%
Nutrient Guideline		

Wed - 01/29/2020		
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 - 01/30/2020		
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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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

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 - 01/31/2020		
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 - 02/03/2020		
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

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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		304.30
% of Calories		52.8%
Nutrient Guideline		

Tue - 02/04/2020		
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 - 02/05/2020		
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

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Oxford City Schools

Base Menu Spreadsheet

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Weighted Daily Average		332.44
% of Calories		51.3%
Nutrient Guideline		

Thu - 02/06/2020		
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		

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Base Menu Spreadsheet

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Fri - 02/07/2020		
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		

Mon - 02/10/2020		
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		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 02/11/2020		
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		

Wed - 02/12/2020		
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		

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Oxford City Schools

Base Menu Spreadsheet

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 02/13/2020		
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		

Fri - 02/14/2020		
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
Cake Mix, White	serving	28.07
Icing, Vanilla	serving	23.81
Food Coloring, Red	serving	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		357.72
% of Calories		53.3%
Nutrient Guideline		

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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)
Mon - 02/17/2020		
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

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Tue - 02/18/2020		
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 - 02/19/2020		
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

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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 - 02/20/2020		
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 - 02/21/2020		
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

Portion Values - Detailed

Page 20

Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:20:38 PM

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

Mon - 02/24/2020		
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 - 02/25/2020		
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

Portion Values - Detailed

Page 21

Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

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

Wed - 02/26/2020		
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 - 02/27/2020		
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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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

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

Fri - 02/28/2020		
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 - 03/02/2020		
Oxford High Lunch 9-12	Total	
Egg Bag Butter	2 oz	0.79
Ham for Biscuit	serving	5.06
Biscuit, Southern Style	biscuit	28.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Tots	tots (8)	14.04
Carrots, Can Glazed	1/2 cup	10.85
Fresh Fruit Choice	fruit	25.42
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
Milk - Vanilla FF	milk	23.0
Ketchup 2pk	packs(2)	6.0
Mustard 2pk	pack (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		283.04
% of Calories		56.5%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

	Portion Size	Carb (g)
Tue - 03/03/2020		
Oxford High Lunch 9-12	Total	
Pancakes Mini Maple	pouch	35.0
Sausage Patty	patty	0.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	22.48
Fresh Fruit Choice	fruit	25.42
Cookie, Chocolate Chip	cookie	18.0
Syrup, Pancake	pack	20.0
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
Milk - Vanilla FF	milk	23.0
Weighted Daily Average		286.89
% of Calories		57.2%
Nutrient Guideline		

Wed - 03/04/2020		
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
Potatoes, Crinkle Fries	fries (10)	13.5
Beans, Green Can	1/2 cup	3.75
Fresh Fruit Choice	fruit	25.42
Cookie, Carnival	cookie	18.0
Syrup, Pancake	pack	20.0
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
Milk - Vanilla FF	milk	23.0
Weighted Daily Average		298.67
% of Calories		54.9%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

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	Portion Size	Carb (g)
Thu - 03/05/2020		
Oxford High Lunch 9-12	Total	
Breakfast Pizza x 2	slices(2)	72.0
Cereal/Sandwich/Cheese CT	entree	50.0
Broccoli, Frozen Purchased	1/2 cup	4.45
Cheese Sauce, Dry 2oz	2 oz	9.62
Corn, Can Butter	1/2 cup	18.0
Fresh Fruit Choice	fruit	25.42
Cookie, Sugar	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
Milk - Vanilla FF	milk	23.0
Weighted Daily Average		287.49
% of Calories		57.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 03/06/2020		
Oxford High Lunch 9-12	Total	
Chicken Crispy Patty	patty	19.43
Biscuit, Southern Style	biscuit	28.0
Cereal/Sandwich/Cheese CT	entree	50.0
Potatoes, Mashed	1/2 cup	15.36
Gravy, Brown	1/4 cup	2.99
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
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
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
Milk - Vanilla FF	milk	23.0
Weighted Daily Average		287.28
% of Calories		56.4%
Nutrient Guideline		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

	Portion Size	Carb (g)
Mon - 03/09/2020		
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		

Tue - 03/10/2020		
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		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

	Portion Size	Carb (g)
Wed - 03/11/2020		
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		

Thu - 03/12/2020		
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		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

	Portion Size	Carb (g)
Fri - 03/13/2020		
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		

Mon - 03/16/2020		
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		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

	Portion Size	Carb (g)
Tue - 03/17/2020		
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
Cake Mix, White	serving	28.07
Icing, Vanilla	serving	23.81
Food Coloring, Green	serving	0.0
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		373.10
% of Calories		56.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 03/18/2020		
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		

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

	Portion Size	Carb (g)
Thu - 03/19/2020		
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		

Fri - 03/20/2020		
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		

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

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Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 30

Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

	Portion Size	Carb (g)
Mon - 03/30/2020		
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

Page 31

Jan 1, 2020 thru Mar 31, 2020

Oxford High Lunch 9-12

Generated on: 6/18/2019 3:21:14 PM

	Portion Size	Carb (g)
Tue - 03/31/2020		
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		

Weighted Average		283.87
		52.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	283.87	52.12%						

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