

Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

OMS Lunch 7-8

Portion Values - Detailed

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Generated on: 3/18/2019 10:29:50 AM

	Portion Size	Carb (g)
Mon - 03/18/2019		
OMS Lunch 7-8	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Entree, Spicy Chicken Sandwich	sandwich	43.05
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	10.85
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Weighted Daily Average		241.88
% of Calories		52.0%
Nutrient Guideline		118.00

Tue - 03/19/2019		
OMS Lunch 7-8	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Chips, Tortilla (20 Chips)	chips (20)	38.0
Chicken Diced 2oz	2 oz	1.0
Buffalo Sauce 2oz	2 oz	0.0
Dressing, Ranch Homemade	2 oz	2.07
Cheese, USDA Shred 2oz	2 oz	2.02
Salsa, Can USDA	2 oz	4.11
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Sour Cream	pack	4.0
Jalapeno Peppers	1 oz	1.74
Onions, Fresh Chop/Diced	1/4 cup	4.55
Lettuce, Romaine Shd/Chp	1/4 cup	0.48
Tomatoes Diced Fresh	1/4 cup	2.34
Weighted Daily Average		263.88
% of Calories		49.7%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Wed - 03/20/2019		
OMS Lunch 7-8	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Entree, Chicken & French Toast	serving	54.0
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Ketchup	pack	3.0
Dressing, Ranch Homemade	2 oz	2.07
Honey Mustard Pack	pack	7.0
Syrup, Pancake	pack	20.0
Dessert	serving	0.0
Weighted Daily Average		270.33
% of Calories		51.6%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Thu - 03/21/2019		
OMS Lunch 7-8	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Pepperoni Pocket	sandwich	32.0
Beans, Refried with Cheese	1/2 cup	19.49
Broccoli with Cheese USDA	1/2 cup	8.67
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		222.73
% of Calories		49.4%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Fri - 03/22/2019		
OMS Lunch 7-8	Total	
March Big O Meal	meal	69.66
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Potatoes, Tots	tots (8)	14.0
Peas, Green Can	1/2 cup	22.15
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Crackers, Club Salad	pack	5.0
Milk Choice	milk	18.0
Ketchup	pack	3.0
Salsa, Can USDA	2 oz	4.11
Cookie, Carnival	cookie	18.0
Weighted Daily Average		269.84
% of Calories		49.2%
Nutrient Guideline		118.00

Mon - 03/25/2019		
OMS Lunch 7-8	Total	
Break	day	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		118.00

Tue - 03/26/2019		
OMS Lunch 7-8	Total	
Break	day	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		118.00

Wed - 03/27/2019		
OMS Lunch 7-8	Total	
Break	day	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		118.00

Thu - 03/28/2019		
OMS Lunch 7-8	Total	
Break	day	0.0

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	Portion Size	Carb (g)
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		118.00

Fri - 03/29/2019		
OMS Lunch 7-8	Total	
Break	day	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		118.00

Mon - 04/01/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Salsa, Can USDA	2 oz	4.11
Weighted Daily Average		274.66
% of Calories		52.8%
Nutrient Guideline		118.00

Tue - 04/02/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Entree, Pancakes Mini & Sausag	serving	35.0
Potatoes, Tots	tots (8)	14.0
Broccoli with Cheese USDA	1/2 cup	8.67
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Cheese, USDA Shred 2oz	2 oz	2.02
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Syrup, Pancake	pack	20.0
Ketchup	pack	3.0
Weighted Daily Average		227.24
% of Calories		55.6%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Wed - 04/03/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Chicken Bites & Waffl	serving	59.09
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Syrup, Pancake	pack	20.0
Ketchup	pack	3.0
Honey Mustard Pack	pack	7.0
Dessert	serving	0.0
Weighted Daily Average		147.18
% of Calories		52.9%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Thu - 04/04/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Hot Dog	entree	27.73
Potatoes, Wedges	1/2 cup	20.0
Peas, Black-Eyed Can USDA	1/2 cup	19.0
Salad, Romaine	cup	1.9
Cheese, USDA Shred 2oz	2 oz	2.02
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Chili Sauce	1 oz	1.79
Cheese, USDA Shred 2oz	2 oz	2.02
Weighted Daily Average		86.51
% of Calories		52.4%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Fri - 04/05/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Cheeseburger USDA	cheeseburger	27.86
Potatoes, Baked - Medium	potato	28.5
Carrots, Can	1/2 cup	10.85
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Sugar	cookie	18.0
Margarine, Whipped Spread	margarine cup	0.0
Cheese, USDA Shred 2oz	2 oz	2.02
Sour Cream	pack	4.0
Weighted Daily Average		280.21
% of Calories		50.5%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Mon - 04/08/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Cheesy Pizza Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	marinara cup	7.13
Broccoli with Cheese USDA	1/2 cup	8.67
Beans, Refried with Cheese	1/2 cup	19.49
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Weighted Daily Average		252.86
% of Calories		53.3%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Tue - 04/09/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Fish Nuggets & Hush	serving	65.99
Corn, Frozen	1/2 cup	17.25
Beans, Baked	1/2 cup	47.76
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup	pack	3.0
Weighted Daily Average		319.58
% of Calories		57.5%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Wed - 04/10/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Wings & Biscuit	serving	30.49
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Dressing, Ranch Homemade	2 oz	2.07
BBQ Sauce 2oz	1 oz	9.0
Buffalo Sauce 2oz	2 oz	0.0
Dessert	serving	0.0
Weighted Daily Average		135.93
% of Calories		48.8%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Thu - 04/11/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Vegetables, Mixed USDA	servings	0.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		231.57
% of Calories		54.8%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Fri - 04/12/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Crispy Chicken Sandwic	sandwich	53.99
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		282.66
% of Calories		55.4%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Mon - 04/15/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Taco Sauce Pack	2 pack	2.02
Weighted Daily Average		272.57
% of Calories		52.6%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Tue - 04/16/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Alfredo Pasta	cup	52.19
Chicken Diced 2oz	2 oz	1.0
Vegetables, Mixed USDA	servings	0.0
Corn Nuggets	nuggets (7)	36.76
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Weighted Daily Average		91.17
% of Calories		53.5%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Wed - 04/17/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Chicken & French Toast	serving	54.0
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Honey Mustard Pack	pack	7.0
Syrup, Pancake	pack	20.0
Dessert	serving	0.0
Weighted Daily Average		144.63
% of Calories		54.6%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Thu - 04/18/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Hot Dog	entree	27.73
Potatoes, Wedges	1/2 cup	20.0
Beans, Baked	1/2 cup	47.76
Salad, Romaine	cup	1.9
Cheese, USDA Shred 2oz	2 oz	2.02
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cheese, USDA Shred 2oz	2 oz	2.02
Chili Sauce	1 oz	1.79
Weighted Daily Average		91.38
% of Calories		50.3%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Fri - 04/19/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Cheeseburger USDA	cheeseburger	27.86
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	10.85
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		259.68
% of Calories		51.6%
Nutrient Guideline		118.00

Mon - 04/22/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Country Steak Sandwich	sandwich	45.92
Corn Nuggets	nuggets (7)	36.76
Broccoli with Cheese USDA	1/2 cup	8.67
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		277.92
% of Calories		53.5%
Nutrient Guideline		118.00

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

OMS Lunch 7-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 04/23/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Chips, Tortilla (20 Chips)	chips (20)	38.0
Chicken Diced 2oz	2 oz	1.0
Buffalo Sauce 2oz	2 oz	0.0
Dressing, Ranch Homemade	2 oz	2.07
Cheese, USDA Shred 2oz	2 oz	2.02
Salsa, Can USDA	2 oz	4.11
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Sour Cream	pack	4.0
Jalapeno Peppers	1 oz	1.74
Lettuce, Romaine Shd/Chp	1/4 cup	0.48
Tomatoes Diced Fresh	1/4 cup	2.34
Weighted Daily Average		280.32
% of Calories		52.0%
Nutrient Guideline		118.00

Wed - 04/24/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Hot Wings & Waffles	serving	38.83
Potatoes, Wedges	1/2 cup	20.0
Carrots, Can	1/2 cup	10.85
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Syrup, Pancake	pack	20.0
Dressing, Ranch Homemade	2 oz	2.07
Dessert	serving	0.0
Weighted Daily Average		139.16
% of Calories		56.6%
Nutrient Guideline		118.00

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Base Menu Spreadsheet

OMS Lunch 7-8

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	Portion Size	Carb (g)
Thu - 04/25/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Vegetables, Mixed USDA	servings	0.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		231.57
% of Calories		54.8%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Fri - 04/26/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Spicy Chicken Sandwich	sandwich	43.05
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Sugar	cookie	18.0
Weighted Daily Average		271.73
% of Calories		55.9%
Nutrient Guideline		118.00

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Oxford City Schools

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Base Menu Spreadsheet

OMS Lunch 7-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 04/29/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Taco Sauce Pack	2 pack	2.02
Weighted Daily Average		272.57
% of Calories		52.6%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Tue - 04/30/2019		
OMS Lunch 7-8	Total	
April Big O Meal	meal	95.66
Pizza, Manager Choice	slice	37.0
Entree, Pancakes Mini & Sausag	serving	35.0
Potatoes, Tots	tots (8)	14.0
Broccoli with Cheese USDA	1/2 cup	8.67
Salad, Romaine	cup	1.9
Dressing, Ranch Homemade	2 oz	2.07
Cheese, USDA Shred 2oz	2 oz	2.02
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Syrup, Pancake	pack	20.0
Weighted Daily Average		264.25
% of Calories		53.9%
Nutrient Guideline		118.00

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Base Menu Spreadsheet

OMS Lunch 7-8

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	Portion Size	Carb (g)
Wed - 05/01/2019		
OMS Lunch 7-8	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Chicken Bites & Waffl	serving	59.09
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Syrup, Pancake	pack	20.0
Honey Mustard Pack	pack	7.0
Ketchup	pack	3.0
Dessert	serving	0.0
Weighted Daily Average		154.19
% of Calories		54.6%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Thu - 05/02/2019		
OMS Lunch 7-8	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Hot Dog	entree	27.73
Potatoes, Wedges	1/2 cup	20.0
Peas, Black-Eyed Can USDA	1/2 cup	19.0
Salad, Romaine	cup	1.9
Cheese, USDA Shred 2oz	2 oz	2.02
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cheese, USDA Shred 2oz	2 oz	2.02
Chili Sauce	1 oz	1.79
Weighted Daily Average		88.16
% of Calories		49.3%
Nutrient Guideline		118.00

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Oxford City Schools

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Base Menu Spreadsheet

OMS Lunch 7-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/03/2019		
OMS Lunch 7-8	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Cheeseburger USDA	cheeseburger	27.86
Potatoes, Baked - Medium	potato	28.5
Carrots, Can	1/2 cup	10.85
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Chocolate Chip	cookie	18.0
Margarine, Whipped Spread	margarine cup	0.0
Weighted Daily Average		288.21
% of Calories		55.8%
Nutrient Guideline		118.00

Mon - 05/06/2019		
OMS Lunch 7-8	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Cheesy Pizza Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	marinara cup	7.13
Broccoli with Cheese USDA	1/2 cup	8.67
Beans, Refried with Cheese	1/2 cup	19.49
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Weighted Daily Average		266.88
% of Calories		55.3%
Nutrient Guideline		118.00

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Base Menu Spreadsheet

OMS Lunch 7-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/07/2019		
OMS Lunch 7-8	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Fish Nuggets & Hush	serving	65.99
Corn, Frozen	1/2 cup	17.25
Beans, Baked	1/2 cup	47.76
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Tartar Sauce	pack	2.0
Ketchup	pack	3.0
Weighted Daily Average		333.60
% of Calories		59.2%
Nutrient Guideline		118.00

Wed - 05/08/2019		
OMS Lunch 7-8	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Wings & Biscuit	serving	30.49
Potatoes, Wedges	1/2 cup	20.0
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
BBQ Sauce 2oz	1 oz	9.0
Buffalo Sauce 2oz	2 oz	0.0
Dessert	serving	0.0
Weighted Daily Average		141.91
% of Calories		50.8%
Nutrient Guideline		118.00

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

OMS Lunch 7-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 05/09/2019		
OMS Lunch 7-8	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Corn Dog	corn dog	30.0
Potatoes, Tots	tots (8)	14.0
Vegetables, Mixed USDA	servings	0.0
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		245.60
% of Calories		57.0%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Fri - 05/10/2019		
OMS Lunch 7-8	Total	
May Big O Meal	meal	109.25
Pizza, Manager Choice	slice	37.0
Entree, Crispy Chicken Sandwic	sandwich	53.99
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Sugar	cookie	18.0
Weighted Daily Average		296.68
% of Calories		57.3%
Nutrient Guideline		118.00

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Oxford City Schools

Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

OMS Lunch 7-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/13/2019		
OMS Lunch 7-8	Total	
Pizza, Manager Choice	slice	37.0
Crispitos (2)	2 crispitos	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Taco Sauce Pack	2 pack	2.02
Weighted Daily Average		177.34
% of Calories		46.9%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Tue - 05/14/2019		
OMS Lunch 7-8	Total	
Pizza, Manager Choice	slice	37.0
Entree, Spicy Chicken Sandwich	sandwich	43.05
Vegetables, Mixed USDA	servings	0.0
Corn Nuggets	nuggets (7)	36.76
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		57.86
% of Calories		50.7%
Nutrient Guideline		118.00

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Mar 18, 2019 thru May 31, 2019

Base Menu Spreadsheet

OMS Lunch 7-8

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	Portion Size	Carb (g)
Wed - 05/15/2019		
OMS Lunch 7-8	Total	
Pizza, Manager Choice	slice	37.0
Entree, Chicken & French Toast	serving	54.0
Mashed Potatoes & Gravy	1/2 cup	18.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Ketchup	pack	3.0
Honey Mustard Pack	pack	7.0
Syrup, Pancake	pack	20.0
Dessert	serving	0.0
Weighted Daily Average		97.02
% of Calories		49.8%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Thu - 05/16/2019		
OMS Lunch 7-8	Total	
Pizza, Manager Choice	slice	37.0
Entree, Hot Dog	entree	27.73
Potatoes, Wedges	1/2 cup	20.0
Beans, Baked	1/2 cup	47.76
Salad, Romaine	cup	1.9
Cheese, USDA Shred 2oz	2 oz	2.02
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cheese, USDA Shred 2oz	2 oz	2.02
Chili Sauce	1 oz	1.79
Weighted Daily Average		85.67
% of Calories		49.3%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Fri - 05/17/2019		
OMS Lunch 7-8	Total	
Pizza, Manager Choice	slice	37.0
Entree, Cheeseburger USDA	cheeseburger	27.86
Potatoes, Tots	tots (8)	14.0
Carrots, Can	1/2 cup	10.85
Fresh Fruit Choice	fruit	25.42
Salad, Romaine	cup	1.9
Dressing, Ranch/Italian Packs	serving	2.5
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, USDA Shred 2oz	2 oz	2.02
Milk Choice	milk	18.0
Lettuce, Leaves	leaf	0.37
Tomatoes Sliced	slice	1.03
Pickles, Slices (8ct)	8 ct	0.0
Ketchup	pack	3.0
Mustard	pack	0.0
Mayonnaise	pack	1.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		164.45
% of Calories		45.2%
Nutrient Guideline		118.00

Mon - 05/20/2019		
OMS Lunch 7-8	Total	
Manager Choice Entree	1 each	*N/A*
Pizza, Manager Choice	slice	37.0
Potatoes, Tots	tots (8)	14.0
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		114.67
% of Calories		59.4%
Nutrient Guideline		118.00

Tue - 05/21/2019		
OMS Lunch 7-8	Total	
Manager Choice Entree	1 each	*N/A*
Pizza, Manager Choice	slice	37.0
Potatoes, Tots	tots (8)	14.0
Broccoli	1/2 cup	4.45
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		101.86
% of Calories		58.4%
Nutrient Guideline		118.00

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Oxford City Schools

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Base Menu Spreadsheet

OMS Lunch 7-8

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	Portion Size	Carb (g)
Wed - 05/22/2019		
OMS Lunch 7-8	Total	
Manager Choice Entree	1 each	*N/A*
Pizza, Manager Choice	slice	37.0
Potatoes, Tots	tots (8)	14.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		101.11
% of Calories		58.8%
Nutrient Guideline		118.00

Thu - 05/23/2019		
OMS Lunch 7-8	Total	
Manager Choice Entree	1 each	*N/A*
Pizza, Manager Choice	slice	37.0
Potatoes, Tots	tots (8)	14.0
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	25.42
Milk Choice	milk	18.0
Ketchup	pack	3.0
Weighted Daily Average		121.15
% of Calories		60.8%
Nutrient Guideline		118.00

Weighted Average		203.19
		53.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	203.19	53.33%	118.00					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.