

Oxford City Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

OMS Lunch 7-8

Portion Values - Detailed

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Generated on: 10/30/2018 10:18:28 AM

	Portion Size	Carb (g)
Mon - 12/03/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Bun, Hamburger	bun	27.0
Chicken, Brd Brst Spicy Patty	patty	16.27
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown 1/4c	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.69
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Weighted Daily Average		281.14
% of Calories		53.9%
Nutrient Guideline		118.00

Tue - 12/04/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Cheese Mini Round	serving	40.0
Chicken Diced	1 oz	0.5
Turkey, Ham Diced 1oz	1 oz	0.51
Cheese, Mozz Shred 2oz USDA	2 oz	4.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Potatoes, Tots	tots (8)	14.0
Peas, Green Can	1/2 cup	14.77
Salad, Romaine 1 cup	1 cup	1.9
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Crackers, Club Salad 1 pack	pack	5.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Buffalo Sauce 1oz	1 oz	0.0
BBQ Sauce Bulk 1oz	1 oz	7.29
Ranch Dressing 2oz	2 oz	2.07
Ketchup 2	packs (2)	6.0
Olives, Black 1 tbsp	1 tbsp	0.0
Weighted Daily Average		77.36
% of Calories		40.2%
Nutrient Guideline		118.00

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Wed - 12/05/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Pancakes - 3	pancakes (3)	41.14
Sausage Links 2 ct	links (2)	0.0
Blueberries, Frozen 1/2 c	1/2 cup	8.77
Strawberry Glaze	1/4 cup	24.0
Syrup, Bulk 2 oz serving	2 oz	50.0
Potatoes, Diced	potatoes	25.11
Salad, Romaine 1 cup	1 cup	1.9
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Ranch Dressing 2oz	2 oz	2.07
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		376.30
% of Calories		60.0%
Nutrient Guideline		118.00

Thu - 12/06/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Pizza, Cheesy Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	1 each	7.13
Beans, Pinto Can	1/2 cup	23.73
Broccoli	1/2 cup	4.45
Cheese Sauce, Cheddar Dry 2 oz	2 oz	9.62
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Weighted Daily Average		280.70
% of Calories		54.3%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Fri - 12/07/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Waffles Mini Maple	pouch	38.0
Chicken, Tenders Crispy 2ct	tenders (2)	11.33
Potatoes, Wedges	1/2 cup	20.0
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Fresh Fruit Choice	fruit	27.37
Salad, Romaine 1 cup	1 cup	1.9
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Ranch Dressing 2oz	2 oz	2.07
Ketchup 4	packs (4)	12.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		359.38
% of Calories		58.2%
Nutrient Guideline		118.00

Mon - 12/10/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Bun, Hamburger	bun	27.0
Chicken, Brd Breast Patty Mild	patty	19.43
Potatoes, Wedges	1/2 cup	20.0
Peas, Black Eyed Can USDA	1/2 cup	19.0
Salad, Romaine 1 cup	1 cup	1.9
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Ranch Dressing 2oz	2 oz	2.07
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Onions, Fresh Chop/Diced 1/4c	1/4 cup	4.55
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Pickles, Dill Slices (8ct)	8 ct	0.0
Weighted Daily Average		306.17
% of Calories		55.0%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Tue - 12/11/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Crispitos	crispitos (2)	46.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cheese Sauce, Cheddar Dry 2 oz	2 oz	9.62
Salsa, Can USDA 2oz	2 oz	4.0
Weighted Daily Average		302.38
% of Calories		51.3%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Wed - 12/12/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Chicken Bites - 6 ct	serving (6ct)	21.0
Roll, Non-Bake Slider	bun	15.0
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown 1/4c	1/4 cup	2.99
Beans, Green Can	1/2 cup	3.69
Salad, Romaine 1 cup	1 cup	1.9
Crackers, Club Salad 1 pack	pack	5.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ranch Dressing 2oz	2 oz	2.07
Honey Mustard 2oz Bulk	2 oz	10.0
Ketchup 2	packs (2)	6.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		147.77
% of Calories		47.4%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Thu - 12/13/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Bun, Hot Dog	bun	27.0
Hot Dog Frank, Beef	frank	1.0
Potatoes, Tots	tots (8)	14.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Cheddar Dry 2 oz	2 oz	9.62
Salad, Romaine 1 cup	1 cup	1.9
Tomatoes Grape (3ct)	tomatoes (3)	1.5
Crackers, Club Salad 1 pack	pack	5.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Sauerkraut, Shredded Can 2oz	serving	1.97
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Onions, Fresh Chop/Diced 1/4c	1/4 cup	4.55
Hot Dog Chili Sauce 2 oz	2 oz	3.54
Weighted Daily Average		366.57
% of Calories		55.0%
Nutrient Guideline		118.00

Fri - 12/14/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Bun, Hamburger	bun	27.0
Beef, Patty USDA	patty	0.0
Cheese, Amr Slice 1 USDA	slice	1.01
Potatoes, Crinkle Fries	fries (10)	13.5
Beans, Baked	1/2 cup	47.76
Salad, Romaine 1 cup	1 cup	1.9
Ranch Dressing 2oz	2 oz	2.07
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Club Salad 1 pack	pack	5.0
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Weighted Daily Average		304.46
% of Calories		55.4%
Nutrient Guideline		118.00

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	Portion Size	Carb (g)
Mon - 12/17/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Corn Dog	corn dog	30.0
Potatoes, Wedges	1/2 cup	20.0
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		271.03
% of Calories		59.7%
Nutrient Guideline		118.00

Tue - 12/18/2018		
OMS Lunch 7-8	Total	
December Big O Meal	meal	93.16
Pizza, Manager Choice	slice	52.25
Potatoes, Tots	tots (8)	14.0
Beans, Green Can	1/2 cup	3.69
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 4	packs (4)	12.0
Weighted Daily Average		220.48
% of Calories		60.7%
Nutrient Guideline		118.00

Wed - 12/19/2018		
OMS Lunch 7-8	Total	
Break	break	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		118.00

Thu - 12/20/2018		
OMS Lunch 7-8	Total	
Break	break	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		118.00

Fri - 12/21/2018		
OMS Lunch 7-8	Total	
Break	break	0.0

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

Mon - 12/24/2018		
OMS Lunch 7-8 Break	Total break	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		118.00

Tue - 12/25/2018		
OMS Lunch 7-8 Break	Total break	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		118.00

Wed - 12/26/2018		
OMS Lunch 7-8 Break	Total break	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		118.00

Thu - 12/27/2018		
OMS Lunch 7-8 Break	Total break	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		118.00

Fri - 12/28/2018		
OMS Lunch 7-8 Break	Total break	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		118.00

Weighted Average		274.48 55.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	274.48	55.20%	118.00					

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