

# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

	Portion Size	Carb (g)
Wed - 01/09/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
French Toast Sticks - 2	serving (2)	17.5
Chicken, Tenders Crispy 2ct	tenders (2)	11.33
Potatoes, Tots	tots (8)	14.0
Broccoli Salad	1/2 cup	14.94
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
Ranch Dressing 2oz	2 oz	2.07
Syrup, Bulk 2 oz serving	2 oz	50.0
Ketchup 4	packs (4)	12.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		360.14
% of Calories		55.6%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Thu - 01/10/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
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
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
Cheese Sauce, Nacho Dry 2oz	2 oz	8.25
Salsa, Can USDA 2oz	2 oz	4.0
Milk Choice	milk	18.0
Weighted Daily Average		318.02
% of Calories		53.2%
Nutrient Guideline		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

<sup>1</sup> - 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.

# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

	Portion Size	Carb (g)
Fri - 01/11/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Chicken Wings, Unseasoned	servings	3.81
Waffles Mini Maple	pouch	38.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Green Can	1/2 cup	3.69
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
Ketchup 2	packs (2)	6.0
BBQ Sauce Bulk 2oz	2 oz	14.57
Buffalo Sauce 2oz	2 oz	0.0
Syrup, Bulk 2 oz serving	2 oz	50.0
Milk Choice	milk	18.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		372.87
% of Calories		55.2%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Mon - 01/14/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Chicken, Brd Breast Patty Mild	patty	19.43
Bun, Hamburger	bun	27.0
Potatoes, Tots	tots (8)	14.0
Beans, Pinto Can	1/2 cup	23.73
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
Ketchup 4	packs (4)	12.0
Mayonnaise	pack	1.0
Mustard	packs (2)	0.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Onions, Fresh Sliced 1/4 cup	1/4 cup	3.07
Pickles, Dill Slices (8ct)	8 ct	0.0
Weighted Daily Average		320.43
% of Calories		56.3%
Nutrient Guideline		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

<sup>1</sup> - 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.

# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

	Portion Size	Carb (g)
Tue - 01/15/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Taco Soup - Modified	1 cup	38.35
Quesadilla Cheese 2ct	servings (2)	36.0
Potatoes, Baked - Medium	potato	3562.9
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
Margarine, Whprd Spread Cup	1 each	0.0
Sour Cream - 2 packs	packs (2)	8.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Crackers, Saltines 1 pack	pack	7.04
Weighted Daily Average		3873.1
% of Calories		85.5%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Wed - 01/16/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
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
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
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		314.05
% of Calories		49.6%
Nutrient Guideline		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

<sup>1</sup> - 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.

# Oxford City Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 4

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

	Portion Size	Carb (g)
Thu - 01/17/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Pizza, Cheesy Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	1 each	7.13
Potatoes, Wedges	1/2 cup	20.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
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
Ketchup 2	packs (2)	6.0
Weighted Daily Average		295.40
% of Calories		56.0%
Nutrient Guideline		118.00

Fri - 01/18/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Alfredo Pasta	1 cup	52.19
Chicken Diced	2 oz	1.0
Vegetables, Frozen Stir Fry	1/2 cup	4.02
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
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
Cheese, Parmesan Grated	1 oz	0.0
Milk Choice	milk	18.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		330.76
% of Calories		51.7%
Nutrient Guideline		118.00

Mon - 01/21/2019		
OMS Lunch 7-8	Total	
Holiday	holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		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.

# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

	Portion Size	Carb (g)
<u>Tue - 01/22/2019</u>		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
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
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
Ketchup 2	packs (2)	6.0
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Pickles, Dill Slices (8ct)	8 ct	0.0
Lettuce, Leaf	leaf	0.37
Tomatoes Sliced	slice	1.03
Onions, Fresh Sliced 1/4 cup	1/4 cup	3.07
Weighted Daily Average		295.23
% of Calories		55.9%
Nutrient Guideline		118.00

<u>Wed - 01/23/2019</u>		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Chicken Bites - 6 ct	serving (6ct)	21.0
Waffles Mini Maple	pouch	38.0
Potatoes, Tots	tots (8)	14.0
Corn, Frozen	1/2 cup	17.25
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, Vanilla Sugar	cookie	18.0
Weighted Daily Average		360.54
% of Calories		56.1%
Nutrient Guideline		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.

# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

	Portion Size	Carb (g)
Thu - 01/24/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
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, Wedges	1/2 cup	20.0
Beans, Baked	1/2 cup	47.76
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
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
Onions, Fresh Sliced 1/4 cup	1/4 cup	3.07
Pickles, Dill Slices (8ct)	8 ct	0.0
Weighted Daily Average		332.05
% of Calories		57.1%
Nutrient Guideline		118.00

Fri - 01/25/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Soup, Chicken Noodle	1 cup	7.92
Sandwich, Grill Chs 1oz USDA	sandwich	32.02
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Carrots, Frozen	1/2 cup	7.16
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
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		293.37
% of Calories		54.5%
Nutrient Guideline		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

<sup>1</sup> - 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.

# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

	Portion Size	Carb (g)
Mon - 01/28/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Beef, Breaded Country Patty	patty	19.0
Gravy, Chicken 1/4c	serving	4.83
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
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		279.31
% of Calories		52.5%
Nutrient Guideline		118.00

	Portion Size	Carb (g)
Tue - 01/29/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Soup, Potato and Cheese	1 cup	85.67
Pepperoni Pocket	sandwich	32.0
Carrots, Baby Pack	pack	5.98
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
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
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Sour Cream Pack	pack	4.0
Weighted Daily Average		385.24
% of Calories		55.0%
Nutrient Guideline		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

<sup>1</sup> - 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.

# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

	Portion Size	Carb (g)
Wed - 01/30/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
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
Strawberries, Frozen 1/4 cup	1/4 cup	5.85
Syrup, Bulk 2 oz serving	2 oz	50.0
Potatoes, Tots	tots (8)	14.0
Broccoli Salad	1/2 cup	14.94
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, Carnival	cookie	18.0
Weighted Daily Average		189.50
% of Calories		56.3%
Nutrient Guideline		118.00

Thu - 01/31/2019		
OMS Lunch 7-8	Total	
January Big O Meal	meal	110.17
Pizza, Manager Choice	slice	52.25
Hot Dog Frank, Beef	frank	1.0
Bun, Hot Dog	bun	27.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Baked	1/2 cup	47.76
Salad, Romaine 1 cup	1 cup	1.9
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Ranch Dressing 2oz	2 oz	2.07
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
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		104.11
% of Calories		52.6%
Nutrient Guideline		118.00

Weighted Average		526.51
		65.4%

\*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.



# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 9, 2019 thru Jan 31, 2019

OMS Lunch 7-8

Generated on: 12/6/2018 2:09:17 PM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	526.51	65.42%	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*

*<sup>1</sup> - 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.