

# Oxford City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 9, 2019 thru Jan 31, 2019

Lunch K-6

Generated on: 12/6/2018 2:09:38 PM

	Portion Size	Carb (g)
Wed - 01/09/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Chicken, Tenders Crispy 2ct	tenders (2)	11.33
French Toast Sticks - 2	serving (2)	17.5
Potatoes, Tots	tots (8)	14.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Ketchup 4	packs (4)	12.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		257.86
% of Calories		65.0%
Nutrient Guideline		

Thu - 01/10/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Crispito	crispito	23.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Frozen	1/2 cup	17.25
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Salsa, Can USDA 2oz	2 oz	4.0
Weighted Daily Average		223.53
% of Calories		65.4%
Nutrient Guideline		

Fri - 01/11/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Chicken Wings, Unseasoned	servings	3.81
BBQ Sauce Bulk 2oz	2 oz	14.57
Potatoes, Wedges	1/2 cup	20.0
Beans, Green Can	1/2 cup	3.69
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		221.62
% of Calories		56.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 01/14/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Bun, Hamburger	bun	27.0
Chicken, Brd Breast Patty Mild	patty	19.43
Potatoes, Tots	tots (8)	14.0
Beans, Baked	1/2 cup	47.76
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		138.37
% of Calories		67.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/15/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Taco Soup - Modified	1 cup	38.35
Quesadilla Cheese 1ct	quesadilla	18.0
Potatoes, Wedges	1/2 cup	20.0
Side Salad	side salad	10.47
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cheese, Ched Shred 2oz USDA	2 oz	2.02
Sour Cream Pack	pack	4.0
Crackers, Saltines 1 pack	pack	7.04
Weighted Daily Average		195.77
% of Calories		65.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/16/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
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
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Ranch Dressing 2oz	2 oz	2.07
Honey Mustard Pack	pack	7.0
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		191.21
% of Calories		64.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/17/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Pizza, Fiestada	slice	39.0
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Weighted Daily Average		117.76
% of Calories		66.5%
Nutrient Guideline		

Fri - 01/18/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Chicken Nugget - 5ct	serving (5)	15.67
Rice, Brown 1 cup	1 cup	33.0
Egg Roll, Vegetable	eggroll	22.0
Vegetables, Can Peas/Carrots	1/2 cup	11.0
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Carnival	cookie	18.0
Sweet & Sour Sauce Pack	pack	12.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		104.85
% of Calories		61.6%
Nutrient Guideline		

Mon - 01/21/2019		
Lunch K-6	Total	
Holiday	holiday	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 01/22/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Pizza, Cheesy Dippers	sticks (2)	34.0
Marinara Sauce Dipping Cup	1 each	7.13
Potatoes, Tots	tots (8)	14.0
Broccoli	1/2 cup	4.45
Cheese Sauce, Can Plain 1oz	1 oz	5.03
Carrots, Baby Pack	pack	5.98
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Ranch Dressing 2oz	2 oz	2.07

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Lunch K-6

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	Portion Size	Carb (g)
Weighted Daily Average		185.16
% of Calories		70.0%
Nutrient Guideline		

Wed - 01/23/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Chicken Bites - 3 ct	serving (3)	10.5
Waffles Mini Maple	pouch	38.0
Syrup, Pancake Table 1 each	syrup	20.0
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
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Ranch Dressing 2oz	2 oz	2.07
Honey Mustard Pack	pack	7.0
Cookie, Chocolate Chip	cookie	18.0
Weighted Daily Average		207.46
% of Calories		69.4%
Nutrient Guideline		

Thu - 01/24/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Bun, Hot Dog	bun	27.0
Hot Dog Frank, Beef	frank	1.0
Potatoes, Wedges	1/2 cup	20.0
Beans, Baked	1/2 cup	47.76
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		264.31
% of Calories		67.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/25/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Beef, Taco/Nacho 2 oz USDA	2oz meat	25.01
Chips, Doritos Nacho Cheese	bag	20.0
Chips, Doritos Ranch	bag	19.0
Corn, Frozen	1/2 cup	17.25
Beans, Pinto Can	1/2 cup	23.73
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Salsa, Can USDA 2oz	2 oz	4.0
Sour Cream Pack	pack	4.0
Cheese Sauce, Cheddar Dry 2 oz	2 oz	9.62
Cookie, Vanilla Sugar	cookie	18.0
Weighted Daily Average		296.16
% of Calories		67.0%
Nutrient Guideline		

Mon - 01/28/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Beef, Breaded Country Patty	patty	19.0
Gravy, Chicken 1/4c	serving	4.83
Rolls, Dinner WG Rich's	roll	14.0
Potatoes, Mashed	1/2 cup	15.0
Gravy, Brown 1/4c	1/4 cup	2.99
Peas, Black Eyed Can USDA	1/2 cup	19.0
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Ketchup 2	packs (2)	6.0
Weighted Daily Average		159.24
% of Calories		68.6%
Nutrient Guideline		

Tue - 01/29/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Pancakes - 3	pancakes (3)	41.14
Blueberries, Frozen 1/4 c	1/4 cup	4.39
Strawberries, Frozen USDA	1/2 cup	20.51
Sausage Patty	patty	0.0
Potatoes, Tots	tots (8)	14.0
Carrots, Baby Pack	pack	5.98
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Syrup, Pancake Table 1 each	syrup	20.0
Ketchup 2	packs (2)	6.0
Ranch Dressing 2oz	2 oz	2.07
Weighted Daily Average		134.82
% of Calories		66.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 01/30/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Pizza, French Bread	pizza	34.0
Beans, Pinto Can	1/2 cup	23.73
Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
Fresh Fruit Choice	fruit	27.37
Milk Choice	milk	18.0
Cookie, Carnival	cookie	18.0
Weighted Daily Average		134.02
% of Calories		66.1%
Nutrient Guideline		

Thu - 01/31/2019		
Lunch K-6	Total	
January Big O Meal	meal	110.17
Corn Dog	corn dog	30.0
Potatoes, Wedges	1/2 cup	20.0
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
Mustard	packs (2)	0.0
Mayonnaise	pack	1.0
Weighted Daily Average		111.12
% of Calories		68.4%
Nutrient Guideline		

Weighted Average		183.95
		65.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	183.95	65.73%						

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