

SAND SPRINGS PUBLIC SCHOOLS

Aug 23, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Combined: ELEM. SCHOOL- BREAKFAST/ELEM.
SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 08/24/2020			
ELEM. SCHOOL- BREAKFA	Total	422	
MANAGER'S CHOICE*****	1 SERVING	422	0.0
JUICE, ASSORTED 100% 57c	1 CARTON	222	14.5
MILK, ***variety 103c	1 CARTON	422	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
MANAGER'S CHOICE*****	1 SERVING	1560	0.0
SALAD BAR 90C	1 SERVING	600	27.12
OKRA, PICKLED 10c	1 SERVING	200	2.0
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			27.58
% of Calories			78.1%
Nutrient Guideline			

Tue - 08/25/2020			
ELEM. SCHOOL- BREAKFA	Total	479	
FRENCH TOAST STICK 267c	SERVINGS/3	361	22.28
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	361	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	118	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	105	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, STRAWBERRIES,FROZEN 19C	1/2 CUP	200	10.09
JUICE, ASSORTED 100% 57c	1 CARTON	279	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1570	
BREAD, * CHEESE STICKS 368C	SERVING	1570	39.48
BROCCOLI, ROASTED RANCH	1/2 cup	700	3.91
SALAD BAR 90C	1 SERVING	800	27.12
JUICE, ASSORTED 100% 57c	CARTON	1100	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
JELL-O, apple sauce 33c	1/2 CUP	500	41.33
Weighted Daily Average			84.08
% of Calories			61.4%
Nutrient Guideline			

Wed - 08/26/2020			
ELEM. SCHOOL- BREAKFA	Total	493	
EGG, SCRAMBLED 66c	1/4 CUP	300	0.61
BREAKFAST TOAST AND JELLY 117c	2 EACH	334	45.76
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	159	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	130	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, APPLESAUCE 58c	1/2 CUP	200	15.53
JUICE, ASSORTED 100% 57c	1 CARTON	293	14.5
MILK, ***variety 103c	1 CARTON	425	15.33

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

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SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ELEM. SCHOOL- LUNCH	Total	1570	
CHICKEN, SMACKERS 272C	SERVING/10 PCS	1560	20.0
POTATOES, *MASHED 80c	1/2 CUP	1560	13.62
GRAVY, CREAM 35C	1/4 CUP	900	4.94
BEANS, GREEN seasoned 9c	1/2 CUP	900	4.47
ROLL, * WH JOYLENE'S ELEM125C	1 EACH	1100	19.97
SALAD BAR 90C	1 SERVING	600	27.12
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
Weighted Daily Average			79.86
% of Calories			57.1%
Nutrient Guideline			

Thu - 08/27/2020			
ELEM. SCHOOL- BREAKFA	Total	493	
WAFFLES, DUTCH J&J SNACKS	SERVING	290	41.96
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	290	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	203	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	170	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, MANDARIN ORANGES	SERVINGS	293	9.11
JUICE, ASSORTED 100% 57c	1 CARTON	200	14.5
MILK, ***variety 103c	1 CARTON	425	15.33
ELEM. SCHOOL- LUNCH	Total	1570	
NACHOS, * C\CH W/BEANS 275C	1 SERVING	1570	22.64
SALSA, COMMODITY, USDA	2 TBSP	500	2.02
SOUR CREAM HILAND	SERVINGS	400	1.99
BEANS, RANCHERO 85C	1/2 CUP	600	21.39
SALAD BAR 90C	1 SERVING	600	27.12
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
Weighted Daily Average			65.85
% of Calories			59.6%
Nutrient Guideline			

Fri - 08/28/2020			
ELEM. SCHOOL- BREAKFA	Total	447	
BISCUIT * & GRAVY (1) 309c	1 EACH	247	38.5
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	200	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	175	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, ORANGE, FRESH 45C	1 EACH	200	11.28
JUICE, ASSORTED 100% 57c	1 CARTON	247	14.5
MILK, ***variety 103c	1 CARTON	400	15.33

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SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ELEM. SCHOOL- LUNCH	Total	1570	
PIZZA, WILD MIKES PEPPERONI	1 SLICE	1570	34.0
CORN, GOLDEN SWEET 56c	1/2 CUP	1570	18.0
SALAD BAR 90C	1 SERVING	700	27.12
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
COOKIE, CHOCOLATE CHIP 113c	1 EACH	800	15.61
Weighted Daily Average			85.66
% of Calories			57.8%
Nutrient Guideline			

Mon - 08/31/2020			
ELEM. SCHOOL- BREAKFA	Total	422	
CEREAL, assorted	1 EACH	422	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	400	22.88
FRUIT, PEACHES 32c	1/2 CUP	200	8.74
JUICE, ASSORTED 100% 57c	1 CARTON	222	14.5
MILK, ***variety 103c	1 CARTON	422	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
HAMBURGER with cheese 367c	1 EACH	1560	21.39
POTATO, TATER TOTS 131C	8 EACH	1500	17.0
SALAD BAR 90C	1 SERVING	600	27.12
HAMBURGER BAR 24c	1/4 CUP	400	4.37
OKRA, PICKLED 10c	1 SERVING	200	2.0
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			68.29
% of Calories			46.8%
Nutrient Guideline			

Tue - 09/01/2020			
ELEM. SCHOOL- BREAKFA	Total	469	
BISCUIT * SAUSAGE 316c	1 EACH	269	28.0
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	200	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	175	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, APPLE/ORANGE, WEDGE 36c	2 WEDGES	269	8.08
JUICE, ASSORTED 100% 57c	1 CARTON	200	14.5
MILK, ***variety 103c	1 CARTON	469	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
PASTA, * ROTINI/MEAT SAUCE 298	1 CUP	1560	49.26
ROLL, * STICK ITAwhe elem 88c	1 EACH	650	14.08
HERBED BROCCOLI & CAULIFLOWER	1/2 CUP	850	10.18
SALAD BAR 90C	1 SERVING	600	27.12
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			82.49
% of Calories			56.4%
Nutrient Guideline			

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SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/02/2020			
ELEM. SCHOOL- BREAKFA	Total	497	
WAFFLES, MINI MAPLE EGGO	SERVING	364	40.09
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	364	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	133	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	115	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, STRAWBERRIES,FROZEN 19C	1/2 CUP	150	10.09
JUICE, ASSORTED 100% 57c	1 CARTON	347	14.5
MILK, ***variety 103c	1 CARTON	497	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
STEAK * FINGERS 290C	SERVINGS/ 4 EA	1560	16.0
POTATOES, *MASHED 80c	1/2 CUP	1460	13.62
GRAVY, CREAM 35C	1/4 CUP	600	4.94
BEANS, GREEN seasoned 9c	1/2 CUP	700	4.47
ROLL, * WH JOYLENE'S ELEM125C	1 EACH	1200	19.97
SALAD BAR 90C	1 SERVING	600	27.12
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			79.02
% of Calories			55.2%
Nutrient Guideline			

Thu - 09/03/2020			
ELEM. SCHOOL- BREAKFA	Total	445	
PANCAKE PORKIE 236c	1 EACH	316	17.0
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	300	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	129	21.75
BREAKFAST TOAST, CINNAMON 118c	1 EACH	110	18.57
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, MANDARIN ORANGES	1/2 CUP	200	4.55
JUICE, ASSORTED 100% 57c	1 CARTON	445	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
TACO, *TURKEY WALKING TACO	SERVING	1560	23.97
SALSA, HOMEMADE 15c	2 TBSP	600	2.05
JALAPENO PEPPERS, pickled 1c	1 PEPPER	300	0.1
RICE, SPANISH USDA 59c	1/2 CUP	500	25.03
BEANS, REFRIED BEANS 78c	1/2 CUP	500	21.22
SALAD BAR 90C	1 SERVING	600	27.12
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			68.48
% of Calories			57.4%
Nutrient Guideline			

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SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/04/2020			
ELEM. SCHOOL- BREAKFA	Total	447	
BISCUIT * & GRAVY (1) 309c	1 EACH	247	38.5
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	200	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	175	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, ORANGE, FRESH 45c	1 EACH	200	11.28
JUICE, ASSORTED 100% 57c	1 CARTON	247	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
CHICKEN POT PIE	1 CUP	1560	22.59
CORN, GOLDEN SWEET 56c	1/2 CUP	1300	18.0
SALAD BAR 90C	1 SERVING	600	27.12
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
JELL-O, apple sauce 33c	1/2 CUP	1000	41.33
Weighted Daily Average			86.88
% of Calories			57.7%
Nutrient Guideline			

Tue - 09/08/2020			
ELEM. SCHOOL- BREAKFA	Total	479	
FRENCH TOAST STICK 267c	SERVINGS/3	361	22.28
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	361	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	118	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	110	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, STRAW/BANANAS 48c	1/2 CUP	200	25.09
JUICE, ASSORTED 100% 57c	1 CARTON	279	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
PASTA, CHICKEN MAC & CHEESE	1 CUP	1560	35.35
BROCCOLI, ROASTED	1/2 cup	500	4.48
ROLL, * STICK ITALIwheat 176c	1 EACH	1000	28.13
SALAD BAR 90C	1 SERVING	700	27.12
JUICE, ASSORTED 100% 57c	CARTON	800	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
PUDDING, CANNED 38c	SERVINGS	800	22.0
Weighted Daily Average			91.26
% of Calories			62.6%
Nutrient Guideline			

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SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/09/2020			
ELEM. SCHOOL- BREAKFA	Total	437	
BREAKFAST PIZZA WILD MIKE'S	SERVING	234	17.0
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	203	21.75
BREAKFAST TOAST, CINNAMON 118c	1 EACH	185	18.57
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, APPLESAUCE 58c	1/2 CUP	200	15.53
JUICE, ASSORTED 100% 57c	1 CARTON	237	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
CHICKEN, SMACKERS 272C	SERVING/10 PCS	800	20.0
POTATOES, MASHED, GARLIC 16c	1/2 CUP	1560	4.71
BEANS, GREEN seasoned 9c	1/2 CUP	800	4.47
ROLL, * WH JOYLENE'S ELEM125C	1 EACH	1200	19.97
SALAD BAR 90C	1 SERVING	900	27.12
PEPPERS, CHERRY 12c	1 EACH	400	2.97
MILK, ***variety 103c	1 CARTON	1000	15.33
JUICE, ASSORTED 100% 57c	CARTON	800	14.5
Weighted Daily Average			64.05
% of Calories			60.5%
Nutrient Guideline			

Thu - 09/10/2020			
ELEM. SCHOOL- BREAKFA	Total	493	
WAFFLES, DUTCH J&J SNACKS	SERVING	290	41.96
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	290	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	203	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	170	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, PINEAPPLE 33c	1/2 CUP	293	25.87
JUICE, ASSORTED 100% 57c	1 CARTON	200	14.5
MILK, ***variety 103c	1 CARTON	425	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
FRITO * PIE 364C	SERVING	1560	29.33
SALSA, HOMEMADE 15c	2 TBSP	500	2.05
SOUR CREAM HILAND	2 TSP	350	3.98
JALAPENO PEPPERS, pickled 1c	1 PEPPER	250	0.1
SALAD BAR 90C	1 SERVING	900	27.12
MEXICALI CORN	1/2 CUP	800	18.47
JUICE, ASSORTED 100% 57c	CARTON	800	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
CINNAMON ROLL JOYLENE'S 257C	1 EACH	1500	43.21
Weighted Daily Average			108.92
% of Calories			58.8%
Nutrient Guideline			

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SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/11/2020			
ELEM. SCHOOL- BREAKFA	Total	447	
DONUT GLAZED	1 EACH	247	62.0
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	200	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	175	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, ORANGE, FRESH 45c	1 EACH	200	11.28
JUICE, ASSORTED 100% 57c	1 CARTON	247	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH			
SANDWICH, * CHICKEN 355c	CASE	1560	42.12
POTATO, TATER TOTS 131C	8 EACH	1500	17.0
BEANS, BARBEQUED 64c	1/2 CUP	250	29.51
SALAD BAR 90C	1 SERVING	800	27.12
PICKLE, SLICED DILL 5c	4 SLICES	500	0.67
JUICE, ASSORTED 100% 57c	CARTON	800	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
Weighted Daily Average			91.28
% of Calories			60.4%
Nutrient Guideline			

Mon - 09/14/2020			
ELEM. SCHOOL- BREAKFA	Total	412	
CEREAL, assorted	1 EACH	412	21.75
SUGAR 16c	2 TSP	412	8.4
BREAKFAST TOAST AND JELLY 117c	1 EACH	300	22.88
FRUIT, PEARS, CANNED 36c	1/2 CUP	200	19.04
JUICE, ASSORTED 100% 57c	1 CARTON	214	14.5
MILK, ***variety 103c	1 CARTON	412	15.33
ELEM. SCHOOL- LUNCH			
SANDWICH, * DELI CROISSANT	1 EACH	1560	31.32
POTATO, SMILES 130c	4 EACH	1500	19.92
SALAD BAR 90C	1 SERVING	800	27.12
HAMBURGER BAR 24c	1/4 CUP	500	4.37
MILK, ***variety 103c	1 CARTON	1000	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			83.66
% of Calories			60.4%
Nutrient Guideline			

Tue - 09/15/2020			
ELEM. SCHOOL- BREAKFA	Total	469	
BISCUIT * CHICKEN w/chees 385C	1 EACH	150	35.5
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	319	21.75
ENGLISH MUFFIN 157c	1/2 EACH	275	11.95
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, APPLE/ORANGE,WEDGE 36c	2 WEDGES	200	8.08
JUICE, ASSORTED 100% 57c	1 CARTON	269	14.5
MILK, ***variety 103c	1 CARTON	400	15.33

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SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ELEM. SCHOOL- LUNCH	Total	1560	
SPAGHETTI AND MEAT SAUCE	1 CUP	1560	37.37
BREAD STICKS, ITALIAN WW(ELEM)	1 EACH	1500	12.98
CORN, GOLDEN SWEET 56c	1/2 CUP	900	18.0
SALAD BAR 90C	1 SERVING	800	27.12
JUICE, ASSORTED 100% 57c	CARTON	800	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
Weighted Daily Average			83.68
% of Calories			59.6%
Nutrient Guideline			

Wed - 09/16/2020			
ELEM. SCHOOL- BREAKFA	Total	479	
WAFFLES, MINI MAPLE EGGO	SERVING	350	40.09
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	350	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	129	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	115	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, STRAWBERRIES, FROZEN 19C	1/2 CUP	375	10.09
JUICE, ASSORTED 100% 57c	1 CARTON	279	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
CHICKEN, MESQUITE SMOKED DRUM	1 EACH	1560	3.0
POTATOES, MASHED CHEESE 33C	1/2 CUP	1560	4.26
BEANS, GREEN seasoned 9c	1/2 CUP	1100	4.47
ROLL, * WH JOYLENE'S ELEM125C	1 EACH	1300	19.97
SALAD BAR 90C	1 SERVING	800	27.12
JUICE, ASSORTED 100% 57c	CARTON	800	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
FRUIT, PEACHES W/WHIP TOP 41c	1/2 CUP	1560	21.65
Weighted Daily Average			81.65
% of Calories			59.6%
Nutrient Guideline			

Thu - 09/17/2020			
ELEM. SCHOOL- BREAKFA	Total	480	
BREAKFAST TACO	1 EACH	200	16.7
SALSA, COMMODITY, USDA	2 TBSP	150	2.02
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	280	21.75
BREAKFAST ENG MUF, CINNA 189c	1/2 EACH	200	14.29
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, MANDARIN ORANGES	1/2 CUP	300	4.55
JUICE, ASSORTED 100% 57c	1 CARTON	350	14.5
MILK, ***variety 103c	1 CARTON	425	15.33

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SAND SPRINGS PUBLIC SCHOOLS

Aug 23, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Combined: ELEM. SCHOOL- BREAKFAST/ELEM.
SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ELEM. SCHOOL- LUNCH	Total	1560	
TACO STICK BEEF	1 EACH	1560	31.87
RICE, SPANISH, SSS 56c	1/2 CUP	800	23.45
BEANS, REFRIED BEANS 78c	1/2 CUP	800	21.22
SALAD BAR 90C	1 SERVING	800	27.12
JUICE, ASSORTED 100% 57c	CARTON	800	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
CAKE, WACKY 187C	PORTIONS	500	29.24
Weighted Daily Average			85.41
% of Calories			56.3%
Nutrient Guideline			

Fri - 09/18/2020			
ELEM. SCHOOL- BREAKFA	Total	447	
BISCUIT * & GRAVY (1) 309c	1 EACH	247	38.5
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	200	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	175	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, APPLE, wedges 41c	1 EACH	247	10.52
JUICE, ASSORTED 100% 57c	1 CARTON	300	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
PIZZA, WILD MIKES PEPPERONI	1 SLICE	1560	34.0
POTATO, SMILES 130c	4 EACH	1500	19.92
SALAD BAR 90C	1 SERVING	750	27.12
CARROTS, CANNED, 19c	1/2 CUP	500	9.13
JUICE, ASSORTED 100% 57c	CARTON	800	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
Weighted Daily Average			82.56
% of Calories			56.6%
Nutrient Guideline			

Mon - 09/21/2020			
ELEM. SCHOOL- BREAKFA	Total	412	
CEREAL, assorted	1 EACH	412	21.75
SUGAR 16c	2 TSP	412	8.4
BREAKFAST TOAST AND JELLY 117c	1 EACH	300	22.88
FRUIT, PEARS, CANNED 36c	1/2 CUP	200	19.04
JUICE, ASSORTED 100% 57c	1 CARTON	214	14.5
MILK, ***variety 103c	1 CARTON	412	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
SANDWICH, * DELI CROISSANT	1 EACH	1560	31.32
POTATO, SMILES 130c	4 EACH	1500	19.92
SALAD BAR 90C	1 SERVING	800	27.12
HAMBURGER BAR 24c	1/4 CUP	500	4.37
MILK, ***variety 103c	1 CARTON	1000	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5

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SAND SPRINGS PUBLIC SCHOOLS

Aug 23, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Combined: ELEM. SCHOOL- BREAKFAST/ELEM.
SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			83.66 60.4%
Nutrient Guideline			

Tue - 09/22/2020			
ELEM. SCHOOL- BREAKFA	Total	479	
FRENCH TOAST STICK 267c	SERVINGS/3	361	22.28
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	361	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	118	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	105	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, STRAWBERRIES,FROZEN 19C	1/2 CUP	200	10.09
JUICE, ASSORTED 100% 57c	1 CARTON	279	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1570	
BREAD, * CHEESE STICKS 368C	SERVING	770	39.48
BROCCOLI, ROASTED RANCH	1/2 cup	700	3.91
SALAD BAR 90C	1 SERVING	800	27.12
JUICE, ASSORTED 100% 57c	CARTON	1100	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
JELL-O, apple sauce 33c	1/2 CUP	500	41.33
Weighted Daily Average % of Calories			68.67 68.0%
Nutrient Guideline			

Wed - 09/23/2020			
ELEM. SCHOOL- BREAKFA	Total	493	
EGG, SCRAMBLED 66c	1/4 CUP	300	0.61
BREAKFAST TOAST AND JELLY 117c	2 EACH	334	45.76
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	159	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	130	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, APPLESAUCE 58c	1/2 CUP	200	15.53
JUICE, ASSORTED 100% 57c	1 CARTON	293	14.5
MILK, ***variety 103c	1 CARTON	425	15.33
ELEM. SCHOOL- LUNCH	Total	1570	
STEAK, * CHICKEN FRY 324c	1 EACH	1560	16.0
POTATOES, *MASHED 80c	1/2 CUP	1560	13.62
GRAVY, CREAM 35C	1/4 CUP	900	4.94
BEANS, GREEN seasoned 9c	1/2 CUP	900	4.47
ROLL, * WH JOYLENE'S ELEM125C	1 EACH	1100	19.97
SALAD BAR 90C	1 SERVING	600	27.12
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
Weighted Daily Average % of Calories			76.84 52.7%
Nutrient Guideline			

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SAND SPRINGS PUBLIC SCHOOLS

Aug 23, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Combined: ELEM. SCHOOL- BREAKFAST/ELEM.
SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/24/2020			
ELEM. SCHOOL- BREAKFA	Total	493	
WAFFLES, DUTCH J&J SNACKS	SERVING	290	41.96
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	290	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	203	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	170	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, MANDARIN ORANGES	SERVINGS	293	9.11
JUICE, ASSORTED 100% 57c	1 CARTON	200	14.5
MILK, ***variety 103c	1 CARTON	425	15.33
ELEM. SCHOOL- LUNCH	Total	1570	
NACHOS, * C\CH W/BEANS 275C	1 SERVING	1560	22.64
SALSA, COMMODITY, USDA	2 TBSP	500	2.02
SOUR CREAM HILAND	SERVINGS	400	1.99
BEANS, RANCHERO 85C	1/2 CUP	600	21.39
SALAD BAR 90C	1 SERVING	600	27.12
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
Weighted Daily Average			65.74
% of Calories			59.6%
Nutrient Guideline			

Fri - 09/25/2020			
ELEM. SCHOOL- BREAKFA	Total	447	
BISCUIT * & GRAVY (1) 309c	1 EACH	247	38.5
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	200	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	175	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, ORANGE, FRESH 45C	1 EACH	200	11.28
JUICE, ASSORTED 100% 57c	1 CARTON	247	14.5
MILK, ***variety 103c	1 CARTON	400	15.33
ELEM. SCHOOL- LUNCH	Total	1570	
SANDWICH, TURKEY, HOT 225C	SERVING/#10 SC	1560	23.0
POTATOES, *MASHED 80c	1/2 CUP	1560	13.62
CORN, GOLDEN SWEET 56c	1/2 CUP	1570	18.0
SALAD BAR 90C	1 SERVING	700	27.12
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
MILK, ***variety 103c	1 CARTON	1000	15.33
COOKIE, CHOCOLATE CHIP 113c	1 EACH	800	15.61
Weighted Daily Average			87.52
% of Calories			63.5%
Nutrient Guideline			

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SAND SPRINGS PUBLIC SCHOOLS

Aug 23, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Combined: ELEM. SCHOOL- BREAKFAST/ELEM.
SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/28/2020			
ELEM. SCHOOL- BREAKFA	Total	422	
CEREAL, assorted	1 EACH	422	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	400	22.88
FRUIT, PEACHES 32c	1/2 CUP	200	8.74
JUICE, ASSORTED 100% 57c	1 CARTON	222	14.5
MILK, ***variety 103c	1 CARTON	422	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
SANDWICH, GRILLED CHEESE IW	1 EACH	1560	30.97
POTATO, TATER TOTS 131C	8 EACH	1500	17.0
SALAD BAR 90C	1 SERVING	600	27.12
OKRA, PICKLED 10c	1 SERVING	200	2.0
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			74.95
% of Calories			58.8%
Nutrient Guideline			

Tue - 09/29/2020			
ELEM. SCHOOL- BREAKFA	Total	469	
BISCUIT * SAUSAGE 316c	1 EACH	269	28.0
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	200	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	175	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, APPLE/ORANGE, WEDGE 36c	2 WEDGES	269	8.08
JUICE, ASSORTED 100% 57c	1 CARTON	200	14.5
MILK, ***variety 103c	1 CARTON	469	15.33
ELEM. SCHOOL- LUNCH	Total	1560	
PASTA, * ROTINI/MEAT SAUCE 298	1 CUP	1560	49.26
ROLL, * STICK ITAwhe elem 88c	1 EACH	650	14.08
HERBED BROCCOLI & CAULIFLOWER	1/2 CUP	850	10.18
SALAD BAR 90C	1 SERVING	600	27.12
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			82.49
% of Calories			56.4%
Nutrient Guideline			

Wed - 09/30/2020			
ELEM. SCHOOL- BREAKFA	Total	497	
WAFFLES, MINI MAPLE EGGO	SERVING	364	40.09
SYRUP, PANCAKE/WAFFEL 56c	2 TBSP	364	24.13
OR*****	0	0	0.0
CEREAL, assorted	1 EACH	133	21.75
BREAKFAST TOAST AND JELLY 117c	1 EACH	115	22.88
ALL MEALS COME WITH	SERVING	0	0.0
FRUIT, STRAWBERRIES, FROZEN 19C	1/2 CUP	150	10.09
JUICE, ASSORTED 100% 57c	1 CARTON	347	14.5
MILK, ***variety 103c	1 CARTON	497	15.33

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SAND SPRINGS PUBLIC SCHOOLS

Aug 23, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

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SCHOOL- LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ELEM. SCHOOL- LUNCH	Total	1560	
STEAK * FINGERS 290C	SERVINGS/ 4 EA	1560	16.0
POTATOES, *MASHED 80c	1/2 CUP	1460	13.62
GRAVY, CREAM 35C	1/4 CUP	600	4.94
BEANS, GREEN seasoned 9c	1/2 CUP	700	4.47
ROLL, * WH JOYLENE'S ELEM125C	1 EACH	1200	19.97
SALAD BAR 90C	1 SERVING	600	27.12
MILK, ***variety 103c	1 CARTON	900	15.33
JUICE, ASSORTED 100% 57c	CARTON	1000	14.5
Weighted Daily Average			79.02
% of Calories			55.2%
Nutrient Guideline			

Weighted Average			78.50
			58.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	78.50	58.42%						

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