

Rankin County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/03/2019		
Lunch K-8	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Yogurt/Cereal Bowl	plate	61.0
Glazed Carrots MS1018	1/2 cup	9.28
Green Peas, Canned MS1071	1/2 cup	14.26
Chilled Peach Slices MS1274	1/2 cup	17.49
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Apple Delicious MS1200	1 each	24.64
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Weighted Daily Average		91.68
% of Calories		59.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/04/2019		
Lunch K-8	Total	
Nachos Grande MS168	1 serving	26.73
Country Fried Steak Sand MS746	1 each	46.38
Pinto Beans MS912	1/2 cup	26.17
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Mandarin Oranges	1/2 cup	21.45
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Salsa, Portion, MS1146	1 ounce	1.89
Sour Cream PC MS1564	1 each	0.82
Weighted Daily Average		78.45
% of Calories		47.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/05/2019		
Lunch K-8	Total	
Spaghetti&MeatSauceRCSD MS178	1 serving	27.33
Rankin Spud Max	1 potato	32.02
Toast, Garlic WW MS1351	1 slice	15.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Turnip Greens, Southern MS1046	1/2 cup	3.43
Squash, Summer: MS1127	1/2 cup	6.26
Chilled Peach Slices MS1274	1/2 cup	17.49
Applesauce, MS1204	1/2 cup	15.62
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0

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	Portion Size	Carb (g)
Weighted Daily Average		85.55
% of Calories		56.2%
Nutrient Guideline		

Fri - 09/06/2019		
Lunch K-8	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Pimento Cheese Sandwich	sandwich	30.83
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Baked Beans MS1000	1/2 cup	36.85
Pineapple Tidbits MS1286	1/2 cup	18.87
Chilled Pears MS1282	1/2 cup	18.23
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		94.54
% of Calories		58.2%
Nutrient Guideline		

Mon - 09/09/2019		
Lunch K-8	Total	
Corn Dog	1 each	29.18
Mozzarella Cheese Sticks Brd	5 Sticks	43.4
Lima Beans Dried CanMS1005	1/2 cup	21.65
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		86.44
% of Calories		60.1%
Nutrient Guideline		

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Generated on: 8/15/2019 1:37:03 PM

	Portion Size	Carb (g)
Tue - 09/10/2019		
Lunch K-8	Total	
Chicken Pieces/Honey BBQ Sc MS	1 Serving	31.0
Biscuit, 2 ENR, MS1626	1 biscuit	28.0
Chef Salad, Elementary, MS601	1 salad	15.7
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Baked Beans MS1000	1/2 cup	36.85
Creamy Coleslaw, MS 1116	1/2 cup	11.19
Fresh Grapes MS1226	1/2 cup	15.56
Apple and Orange Wedges MS1240	1/2 cup	13.45
Fresh Bananas MS1220	1 each	26.95
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		95.84
% of Calories		56.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/11/2019		
Lunch K-8	Total	
Chicken and Waffle	3 tenders	26.0
Tuna Salad Croissant	1 each	29.97
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Glazed Carrots MS1018	1/2 cup	9.28
Potatoes, Hashbrown, MS1103	1/2 cup	31.0
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Pear and Kiwi Medley MS1256	1/2 cup	22.27
Banana Berry Blend MS1224	1/2 cup	24.27
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Syrup, Pancake, PC MS1566	1 packet	0.0
Weighted Daily Average		83.85
% of Calories		56.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/12/2019		
Lunch K-8	Total	
Stromboli Supreme MS418	1 slice	42.02
Yogurt/Cheese/Cinna Goldfish	plate	53.0
Green Peas, Canned MS1071	1/2 cup	14.26
Tossed Salad w/Drsg MS1126	1/2 cup	21.32
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Chilled Peach Slices MS1274	1/2 cup	17.49
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0

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	Portion Size	Carb (g)
Weighted Daily Average		94.34
% of Calories		57.1%
Nutrient Guideline		

Fri - 09/13/2019		
Lunch K-8	Total	
Bacon Cheeseburger2 ozUMS706.1	1 each	34.15
Grilled Chicken Sandwich MS764	1 each	33.21
Green Beans, Canned, MS1036	1/2 cup	4.45
Spicy Fries, Baked MS1100	1/2 cup	20.76
Orange Smiles MS1270	1/2 cup	19.19
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		86.98
% of Calories		53.6%
Nutrient Guideline		

Mon - 09/16/2019		
Lunch K-8	Total	
Ranch Club Wrap Mer MS772	2 halves	30.11
All American Sub Sandwich	1 sandwich	34.3
Cheez-It	Bag	14.0
Field Peas, Frozen MS1068	1/2 cup	21.17
Broccoli w/Cheese Sauce MS1012	1/2 cup	7.67
Applesauce, MS1204	1/2 cup	15.62
Fresh Bananas MS1220	1 each	26.95
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Weighted Daily Average		101.90
% of Calories		55.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/17/2019		
Lunch K-8	Total	
Pancakes, 2WGR, MS1639	2 pancakes	28.0
Sausage Patty, 1 Oz.,MS1665	1 patty	0.0
Eggs, Scrambled,FRZ Mix,MS1661	2 ounces	0.82
Chef Salad, Elementary, MS601	1 salad	15.7
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Potatoes, Hashbrown, MS1103	1/2 cup	31.0
Sweet Potato Fries,Bkd MS1099	1/2 cup	17.98
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Orange Smiles MS1270	1/2 cup	19.19
Kiwi Wedges MS1228	3 halves	16.71
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Syrup, Pancake, PC RCSD	1 packet	30.21
Weighted Daily Average		111.16
% of Calories		57.3%
Nutrient Guideline		

Wed - 09/18/2019		
Lunch K-8	Total	
Beef Taco w/SoftTaco, UMS109.1	1 taco	20.79
Chips and Cheese Dip	1 serving	25.73
Mozzarella Cheese Sticks Brd	5 Sticks	43.4
Pinto Beans MS912	1/2 cup	26.17
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Fresh Grapes MS1226	1/2 cup	15.56
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Sour Cream PC MS1564	1 each	0.82
Weighted Daily Average		94.19
% of Calories		53.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/19/2019		
Lunch K-8	Total	
Steak Fingers, Baked MS180	4 each	17.8
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Yogurt/Cereal Bowl	plate	61.0
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Glazed Carrots MS1018	1/2 cup	9.28
Chilled Peach Slices MS1274	1/2 cup	17.49
Apple and Orange Wedges MS1240	1/2 cup	13.45
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Weighted Daily Average		94.37
% of Calories		54.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/20/2019		
Lunch K-8	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Lunch Bites Turkey 2GR graham	serving	36.0
Straight Fries, Baked, MS1091	1/2 cup	15.2
Green Beans, Canned, MS1036	1/2 cup	4.45
Chilled Pears MS1282	1/2 cup	18.23
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		88.35
% of Calories		56.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/23/2019		
Lunch K-8	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Hot Dog WG MS778	1 each	2.0
Tater Tots	1/2 cup	16.0
Glazed Carrots MS1018	1/2 cup	9.28
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Chilled Peach Slices MS1274	1/2 cup	17.49
Applesauce, MS1204	1/2 cup	15.62
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC	1 packet	3.0

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	Portion Size	Carb (g)
Weighted Daily Average		84.68
% of Calories		55.7%
Nutrient Guideline		

Tue - 09/24/2019		
Lunch K-8	Total	
Rankin Spud Max	1 potato	32.02
Chicken Tender Chef Salad	1 salad	23.98
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Broccoli w/Cheese Sauce MS1012	1/2 cup	7.67
Field Peas, Frozen MS1068	1/2 cup	21.17
Applesauce, MS1204	1/2 cup	15.62
Fresh Bananas MS1220	1 each	26.95
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		93.86
% of Calories		59.5%
Nutrient Guideline		

Wed - 09/25/2019		
Lunch K-8	Total	
Southwestern Dip/Chips	1 serving	28.11
Bread/Mozz. Cheese Stic 1MS924	1 breadstick	15.0
Country Fried Steak Sand MS746	1 each	46.38
Pinto Beans MS912	1/2 cup	26.17
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		91.49
% of Calories		42.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/26/2019		
Lunch K-8	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Tuna Salad Croissant	1 each	29.97
Green Peas, Canned MS1071	1/2 cup	14.26
Squash, Summer: MS1127	1/2 cup	6.26
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	22.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Weighted Daily Average		99.73
% of Calories		54.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/27/2019		
Lunch K-8	Total	
Bacon Cheeseburger2 ozUMS706.1	1 each	34.15
Yogurt/Brfst Bread Plate	plate	58.0
Spicy Fries, Baked MS1100	1/2 cup	20.76
Baked Beans MS1000	1/2 cup	36.85
Fruit Cocktail MS1248	1/2 cup	14.91
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		108.97
% of Calories		58.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/30/2019		
Lunch K-8	Total	
Chicken Mandarin	1 Serving	25.0
Turkey & Cheese Wrap Mer MS798	1 wrap	27.58
Egg Roll, 1, Chicken, MS563	1 each	21.0
Rice, Asian Stir Fried, MS1348	1/2 cup	25.28
California Vegetables MS1054	1/2 cup	5.67
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Pear and Kiwi Medley MS1256	1/2 cup	22.27
Applesauce, MS1204	1/2 cup	15.62
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Sauce, Sweet & Sour PC MS1556	1 packet	10.16
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Weighted Daily Average		93.33
% of Calories		63.1%
Nutrient Guideline		

Weighted Average		92.99
		55.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	92.99	55.49%						

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.