

Rankin County School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/01/2019		
Lunch 9-12	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Hot Ham and Cheese Croissant	1 each	29.89
Fried Crinkle Cut Fries MS1089	1/2 cup	12.15
Green Beans, Canned, MS1036	1/2 cup	4.45
Applesauce, MS1204	1/2 cup	15.62
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.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
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		94.95
% of Calories		50.3%
Nutrient Guideline		

Mon - 11/04/2019		
Lunch 9-12	Total	
Roasted Chicken USDA	1 serving	0.0
Biscuit, 2 ENR, MS1626	1 biscuit	28.0
Pimento Cheese Sandwich	sandwich	30.83
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Pineapple Tidbits MS1286	1/2 cup	18.87
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
Chocolate Pudding MS1474	1/2 cup	23.78
Weighted Daily Average		88.55
% of Calories		60.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/05/2019		
Lunch 9-12	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
Toast, Garlic WW MS1351	1 slice	15.0
Chef Salad, Elementary, MS601	1 salad	15.7
Breakfast Bread,Variety,MS1646	1 slice	43.34
Lima Beans, Frozen MS1004	1/2 cup	16.32
Tossed Salad w/Drsg	1/2 cup	21.32
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Mandarin Oranges	1/2 cup	21.45
Blueberries w/Whipd Top,MS1221	1/2 cup	15.47
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
Assorted Gelatin w/ Top MS1450	1/2 cup	19.38
Weighted Daily Average		86.62
% of Calories		66.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/06/2019		
Lunch 9-12	Total	
Hot Ham and Cheese Croissant	1 each	29.89
Chips, Nacho	Bag	20.0
Yogurt/Brfst Bread Plate	plate	58.0
Glazed Carrots MS1018	1/2 cup	9.28
Green Beans, Canned, MS1036	1/2 cup	4.45
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Banana Berry Blend MS1224	1/2 cup	24.27
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Cinnamon Rolls 2gr WG FRZ-OVN	1 roll	45.15
Weighted Daily Average		135.81
% of Calories		55.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/07/2019		
Lunch 9-12	Total	
Vegetable Beef Soup MS816	1 cup	12.27
Grill Cheese Sand 1 oz MS762	sandwich	28.46
All American Sub Sandwich	1 sandwich	34.3
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25.24
Squash, Summer: MS1127	1/2 cup	6.26
Vegetable Juice, Assort,MS1156	1/2 cup	14.0
Chilled Pears MS1282	1/2 cup	18.23
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
Peach Dump Cake	1 serving	52.09
Weighted Daily Average		130.12
% of Calories		68.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/08/2019		
Lunch 9-12	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Hot Dog WG MS778	1 each	2.0
Spicy Fries, Baked MS1100	1/2 cup	20.76
Mixed Vegetables MS1060	1/2 cup	15.08
Applesauce, MS1204	1/2 cup	15.62
Pear and Kiwi Medley MS1256	1/2 cup	22.27
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
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		134.05
% of Calories		54.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/11/2019		
Lunch 9-12	Total	
BBQ Pork Sandwich US MS718.1	1 each	41.28
All American Sub Sandwich	1 sandwich	34.3
Macaroni and Cheese MS1338	1/2 cup	18.91
Baked Beans MS918	1/2 cup	36.57
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
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		150.25
% of Calories		59.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/12/2019		
Lunch 9-12	Total	
Chicken Nuggets Bkd MS532	5 nuggets	15.84
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Chef Salad, Elementary, MS601	1 salad	15.7
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Saltine Crackers, ENR,C MS1369	2 4-count packs	18.0
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Broccoli w/Cheese Sauce MS1012	1/2 cup	7.67
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
Ketchup PC MS1528	1 packet	3.0
Assorted Gelatin w/ Top MS1450	1/2 cup	19.38
Weighted Daily Average		90.04
% of Calories		61.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/13/2019		
Lunch 9-12	Total	
Southwestern Dip/Chips	1 serving	28.11
Saltine Crackers, ENR,C MS1369	2 4-count packs	18.0
Hot Ham and Cheese Croissant	1 each	29.89
Tossed Salad w/Drsg	1/2 cup	21.32
Pinto Beans MS912	1/2 cup	26.17
Vegetable Juice, Assort,MS1156	1/2 cup	14.0
Applesauce, MS1204	1/2 cup	15.62
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.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Chocolate Pudding MS1474	1/2 cup	23.78
Weighted Daily Average		109.19
% of Calories		50.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/14/2019		
Lunch 9-12	Total	
Chicken & Sausage Gumbo MS800	2/3 cup w/rice	33.38
Toast, Garlic WW MS1351	1 slice	15.0
Yogurt/Brfst Bread Plate	plate	58.0
Green Beans, Canned, MS1036	1/2 cup	4.45
Glazed Carrots MS1018	1/2 cup	9.28
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Strawberries, Frozen MS1294	1/2 cup	12.12
Pineapple Tidbits MS1286	1/2 cup	18.87
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
Ketchup PC MS1528	1 packet	3.0
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		87.88
% of Calories		61.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 11/15/2019		
Lunch 9-12	Total	
Bacon Burger 2 oz PattyMS702	1 each	33.45
Corn Dog MS744	1 each	0.0
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Chilled Peach Slices MS1274	1/2 cup	17.49
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
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		94.79
% of Calories		56.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 11/18/2019		
Lunch 9-12	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Lunch Bites Ham 2 GR graham	serving	35.6
Squash, Summer: MS1127	1/2 cup	6.26
Green Peas, Canned MS1071	1/2 cup	14.26
Chilled Peach Slices MS1274	1/2 cup	17.49
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
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
Southern Mud MS1416	1 square	44.64
Weighted Daily Average		121.04
% of Calories		55.7%
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	Portion Size	Carb (g)
Tue - 11/19/2019		
Lunch 9-12	Total	
Chicken Quesadillas, MS541	1 each	23.8
Chips and Cheese Dip	1 serving	25.73
Yogurt/Cereal Bowl	plate	61.0
Pinto Beans MS912	1/2 cup	26.17
California Vegetables MS1054	1/2 cup	5.67
Vegetable Juice, Assort,MS1156	1/2 cup	14.0
Chilled Pears MS1282	1/2 cup	18.23
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Fresh Apple MS1206	1 each	19.06
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
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		110.83
% of Calories		61.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/20/2019		
Lunch 9-12	Total	
BBQ Rib Sandwich Brush MS720	1 each	46.83
Breaded Chicken Sandwich	1 each	45.38
Baked Beans MS1000	1/2 cup	36.85
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Blueberries w/Whipd Top,MS1221	1/2 cup	15.47
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
Vanilla Pudding MS1486	1/2 cup	27.43
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		137.71
% of Calories		64.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/21/2019		
Lunch 9-12	Total	
Turkey & Dressing Supreme MS568	1 Piece	33.3
Cranberry Sauce Portion MS1230	1 ounce	11.29
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Chef Salad, Elementary, MS601	1 salad	15.7
Croutons, PC, .5 Gram, PC, #1318	1 packet	9.0
Saltine Crackers, ENR, C MS1369	2 4-count packs	18.0
Sweet Potato Casserole MS1128	1/2 Cup	50.73
Green Beans, Canned, MS1036	1/2 cup	4.45
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Orange Kiwi Fruit Cup	1/2 cup	19.71
Strawberries, Frozen MS1294	1/2 cup	12.12
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	19.0
Milk, FF Strwb, 1/2 pt. PF MS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	11.0
Yellow Cake Cream Cheese Icing	Serving	85.12
Weighted Daily Average		195.43
% of Calories		67.4%
Nutrient Guideline		

Fri - 11/22/2019		
Lunch 9-12	Total	
Cheeseburger 2.5 oz Patty MS728	1 each	33.82
Mozzarella Cheese Sticks #1300	5 Sticks	43.4
Broccoli Florets, FRZ, MS1152	1/2 cup	7.05
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Fruit Cocktail MS1248	1/2 cup	14.91
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	19.0
Milk, FF Strwb, 1/2 pt. PF MS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt. PF MS1708	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
Cookie, Chocolate Chip Pur MS1428	1 cookie	16.0
Weighted Daily Average		92.60
% of Calories		51.2%
Nutrient Guideline		

Mon - 11/25/2019		
Lunch 9-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/26/2019		
Lunch 9-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Wed - 11/27/2019		
Lunch 9-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Thu - 11/28/2019		
Lunch 9-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Fri - 11/29/2019		
Lunch 9-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Weighted Average		88.33 58.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	88.33	58.87%						

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