

Rankin County School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/01/2020		
Lunch K-8	Total	
Nachos Grande MS168	1 serving	26.73
Saltine Crackers, ENR,C MS1369	2 4-count packs	18.0
Turkey & Cheese Hoagie USMS793.1	Sandwiches	33.28
Tossed Salad w/Drsg MS1126	1/2 cup	6.03
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	23.0
Milk, FF Strwb, 1/2 pt. PFMS1702	1/2 pint	23.0
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		78.63
% of Calories		52.0%
Nutrient Guideline		

Wed - 09/02/2020		
Lunch K-8	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	15.27
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
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	23.0
Milk, FF Strwb, 1/2 pt. PFMS1702	1/2 pint	23.0
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		82.40
% of Calories		55.3%
Nutrient Guideline		

Thu - 09/03/2020		
Lunch K-8	Total	
Lasagna MS154	1 serving	24.25
Toast, Garlic WW MS1351	1 slice	15.0
All American Sub Sandwich	1 sandwich	34.3
Green Peas, Canned MS1071	1/2 cup	14.26
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	23.0
Milk, FF Strwb, 1/2 pt. PFMS1702	1/2 pint	23.0
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		62.22
% of Calories		48.5%
Nutrient Guideline		

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Fri - 09/04/2020		
Lunch K-8	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Hot Dog WG MS778	1 each	28.0
Spicy Fries, Baked MS1100	1/2 cup	20.76
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	23.0
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		80.36
% of Calories		49.7%
Nutrient Guideline		

Mon - 09/07/2020		
Lunch K-8	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 09/08/2020		
Lunch K-8	Total	
Southern Chicken Sandwich	1	44.0
Yogurt/Brfst Bread Plate	plate	58.0
Tater Tots	1/2 cup	16.0
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Weighted Daily Average		74.02
% of Calories		50.6%
Nutrient Guideline		

Wed - 09/09/2020		
Lunch K-8	Total	
Chicken Drumstick, BRD MS546	drumstick	11.0
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Lunch Bites Ham 2 GR graham	serving	37.0
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0

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	Portion Size	Carb (g)
Weighted Daily Average		95.43
% of Calories		51.7%
Nutrient Guideline		

Thu - 09/10/2020		
Lunch K-8	Total	
Spaghetti&MeatSauceRCSD MS178	1 serving	27.33
Chicken Salad/Croissant MS737	1 each	26.52
Toast, Garlic WW MS1351	1 slice	15.0
Turnip Greens, Southern MS1046	1/2 cup	3.43
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Weighted Daily Average		81.71
% of Calories		54.4%
Nutrient Guideline		

Fri - 09/11/2020		
Lunch K-8	Total	
Bacon Burger 2 oz PattyMS702	1 each	33.45
Pimento Cheese Sandwich	sandwich	30.83
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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		88.94
% of Calories		54.1%
Nutrient Guideline		

Mon - 09/14/2020		
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
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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		101.34
% of Calories		54.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/15/2020		
Lunch K-8	Total	
Italian Rotini CasseroleMS148	3/4 Cup	29.56
Toast, Garlic WW MS1351	1 slice	15.0
Chef Salad, Elementary, MS601	1 salad	15.27
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Green Beans, Canned, MS1036	1/2 cup	4.45
Orange Smiles MS1270	1/2 cup	19.19
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Weighted Daily Average		76.48
% of Calories		52.0%
Nutrient Guideline		

Wed - 09/16/2020		
Lunch K-8	Total	
Beef Taco w/SoftTaco, UMS109.1	1 taco	20.79
Chips and Cheese Dip	1 serving	25.73
Corn Dog	1 each	29.18
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Sour Cream PC MS1564	1 each	0.82
Weighted Daily Average		70.32
% of Calories		47.3%
Nutrient Guideline		

Thu - 09/17/2020		
Lunch K-8	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Yogurt/Cereal Bowl	plate	61.0
Glazed Carrots MS1018	1/2 cup	9.28
Apple and Orange Wedges MS1240	1/2 cup	13.45
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	11.0
Weighted Daily Average		100.15
% of Calories		54.3%
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	Portion Size	Carb (g)
Fri - 09/18/2020		
Lunch K-8	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Lunch Bites Ham 2 GR graham	serving	37.0
Straight Fries, Baked, MS1091	1/2 cup	15.2
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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		92.99
% of Calories		56.5%
Nutrient Guideline		

Mon - 09/21/2020		
Lunch K-8	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Hot Dog WG MS778	1 each	28.0
Tater Tots	1/2 cup	16.0
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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
Weighted Daily Average		63.16
% of Calories		49.3%
Nutrient Guideline		

Tue - 09/22/2020		
Lunch K-8	Total	
Chicken and Dumplings, M MS522	3/4 cup	18.6
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Chef Salad, Elementary, MS601	1 salad	15.27
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
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		77.17
% of Calories		55.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/23/2020		
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
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		78.99
% of Calories		38.9%
Nutrient Guideline		

Thu - 09/24/2020		
Lunch K-8	Total	
Calzone Pepperoni	Calzones	31.29
Tuna Salad Croissant	1 each	30.04
Lima Beans, Frozen MS1004	1/2 cup	16.32
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		73.28
% of Calories		47.0%
Nutrient Guideline		

Fri - 09/25/2020		
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
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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		110.67
% of Calories		58.3%
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	Portion Size	Carb (g)
Mon - 09/28/2020		
Lunch K-8	Total	
Teriyaki Chicken	1/2 cup	16.18
Ham and Cheese Wrap Mer MS772	2 halves	28.19
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
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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		78.90
% of Calories		55.8%
Nutrient Guideline		

Tue - 09/29/2020		
Lunch K-8	Total	
Spaghetti & MeatSauce MS178	1 serving	38.53
Toast, Garlic WW MS1351	1 slice	15.0
Chef Salad, Elementary, MS601	1 salad	15.27
Saltine Crackers, ENR,C MS1369	2 4-count packs	18.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Tossed Salad w/Drsg	1/2 cup	6.03
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		77.62
% of Calories		57.3%
Nutrient Guideline		

Wed - 09/30/2020		
Lunch K-8	Total	
Chicken Nuggets Bkd MS532	5 nuggets	15.84
Hot Ham and Cheese Croissant	1 each	29.89
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		66.11
% of Calories		51.2%
Nutrient Guideline		

Weighted Average		77.72
		52.0%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	77.72	51.97%						

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