

# Rankin County School District

Oct 1, 2020 thru Oct 31, 2020

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Generated on: 10/7/2020 7:45:39 AM

	Portion Size	Carb (g)
Thu - 10/01/2020		
Lunch K-8	Total	
Chili w/o beans w/corn chips	1/2 cup	23.56
Cornbread	1 piece	19.91
Yogurt and Uncrustable	4 ounce cup	43.0
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		105.51
% of Calories		58.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/02/2020		
Lunch K-8	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Corn Dog	1 each	29.18
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Applesauce, MS1204	1/2 cup	15.62
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		80.82
% of Calories		54.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/05/2020		
Lunch K-8	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Lunch Bites Ham 2 GR Saltine	serving	52.6
Lima Beans, Frozen MS1004	1/2 cup	16.32
Strawberries, Frozen MS1294	1/2 cup	12.12
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		85.01
% of Calories		54.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/06/2020		
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	15.27
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Saltine Crackers, 2 grain	4-count packs	9.0
Potatoes, Hashbrown, MS1103	1/2 cup	31.0
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		75.18
% of Calories		46.3%
Nutrient Guideline		

Wed - 10/07/2020		
Lunch K-8	Total	
BBQ Pork Spud	1 serving	43.29
Croissant, WGR, 2 GR, #1232	1 croissant	26.0
Chicken Salad/Croissant MS737	1 each	26.52
Baked Beans MS1000	1/2 cup	36.85
Chilled Peach Slices MS1274	1/2 cup	17.49
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		100.35
% of Calories		50.0%
Nutrient Guideline		

Thu - 10/08/2020		
Lunch K-8	Total	
Vegetable Beef Soup MS816	1 cup	11.24
Grill Cheese Sand 1 oz MS762	sandwich	28.46
Ranch Club Wrap Mer MS772	2 halves	30.11
Green Beans, Canned, MS1036	1/2 cup	4.45
Chilled Pears MS1282	1/2 cup	18.23
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		78.65
% of Calories		52.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/09/2020		
Lunch K-8	Total	
Bacon Burger 2 oz PattyMS702	1 each	33.45
Pimento Cheese Sandwich	sandwich	30.83
Fried Straight Cut Fry, MS1090	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		91.99
% of Calories		52.9%
Nutrient Guideline		

Mon - 10/12/2020		
Lunch K-8	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 10/13/2020		
Lunch K-8	Total	
Fajita Chicken Wrap, MS748	1 wrap	24.5
Lunch Bites Ham 2 GR Saltine	serving	52.6
Chips and Cheese Dip	1 serving	25.73
Pinto Beans Legumes MS1003	1/2 cup	26.26
Strawberries, Frozen MS1294	1/2 cup	12.12
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		111.02
% of Calories		54.7%
Nutrient Guideline		

Wed - 10/14/2020		
Lunch K-8	Total	
Nachos Grande MS168	1 serving	26.73
Saltine Crackers, ENR,C MS1369	2 4-count packs	18.0
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
Chilled Peach Slices MS1274	1/2 cup	17.49
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		78.25
% of Calories		55.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/15/2020		
Lunch K-8	Total	
Chicken Tortilla Soup	1 cup	41.08
Uncrustable Sunbutter #1118	sandwich	29.0
Cheese 1 oz. String MS938	1 ounce	1.0
Broccoli Florets, FRZ, MS	1/2 cup	7.05
Baked Sweet Potato/Marg.MS1076	1 each	26.16
Fruit Cocktail MS1248	1/2 cup	14.91
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		97.21
% of Calories		56.5%
Nutrient Guideline		

Fri - 10/16/2020		
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
Applesauce, MS1204	1/2 cup	15.62
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		92.31
% of Calories		50.4%
Nutrient Guideline		

Mon - 10/19/2020		
Lunch K-8	Total	
Southern Chicken Sandwich	1	44.0
Glazed Carrots MS1018	1/2 cup	9.28
Pineapple Tidbits MS1286	1/2 cup	18.87
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		60.08
% of Calories		54.0%
Nutrient Guideline		

Tue - 10/20/2020		
Lunch K-8	Total	
Southwestern Dip/Chips	1 serving	28.11
Bread/Mozz. Cheese Stic 1MS924	1 breadstick	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
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

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	Portion Size	Carb (g)
Weighted Daily Average		56.89
% of Calories		36.3%
Nutrient Guideline		

Wed - 10/21/2020		
Lunch K-8	Total	
Sloppy Joe on WW Bun,MS791	1 each	35.6
Chips, Nacho	Bag	20.0
Mixed Vegetables MS1060	1/2 cup	15.08
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		76.75
% of Calories		56.6%
Nutrient Guideline		

Thu - 10/22/2020		
Lunch K-8	Total	
Taco Soup w/ Chips MS812	1 cup	39.17
Bread/Mozz. Cheese Stic 1MS924	1 breadstick	15.0
Yogurt/Brfst Bread Plate	plate	58.0
Mexicali Corn MS1030	1/2 cup	22.55
Strawberries, Frozen MS1294	1/2 cup	12.12
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		90.46
% of Calories		49.6%
Nutrient Guideline		

Fri - 10/23/2020		
Lunch K-8	Total	
Bacon Cheeseburger 2 oz MS706	1 each	33.68
Corn Dog	1 each	29.18
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		75.48
% of Calories		46.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/26/2020		
Lunch K-8	Total	
Mexican Pizza MS302	1 slice	30.0
Peas and Carrots MS1062	1/2 cup	10.4
Mandarin Oranges	1/2 cup	21.45
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		43.08
% of Calories		49.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/27/2020		
Lunch K-8	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
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, 2 grain	4-count packs	9.0
Green Beans, Canned, MS1036	1/2 cup	4.45
Fruit Cocktail MS1248	1/2 cup	14.91
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		79.66
% of Calories		49.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/28/2020		
Lunch K-8	Total	
Beef Taco w/ Chips/Taco 2 gr	1 taco	39.23
Pinto Beans Legumes MS1003	1/2 cup	26.26
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		65.76
% of Calories		49.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/29/2020		
Lunch K-8	Total	
Chicken Noodle Soup RCSD	1 cup	11.7
Grill Cheese Sand 1 oz MS762	sandwich	28.46
All American Sub Sandwich	1 sandwich	34.3
Green Peas, Canned MS1071	1/2 cup	14.26
Chilled Pears MS1282	1/2 cup	18.23
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

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	Portion Size	Carb (g)
Weighted Daily Average		37.30
% of Calories		55.1%
Nutrient Guideline		

Fri - 10/30/2020		
Lunch K-8	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Candy Corn Parfait 8 oz	1 parfait	106.07
Breakfast Bread, PumpkinMS1656	1 slice	43.0
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
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		129.49
% of Calories		58.2%
Nutrient Guideline		

Weighted Average		77.74
		52.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	77.74	51.96%						

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