

Rankin County School District

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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Generated on: 10/28/2020 9:20:22 AM

	Portion Size	Carb (g)
Mon - 11/02/2020		
Lunch 7-12	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
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
Chocolate Pudding MS1474	1/2 cup	23.78
Weighted Daily Average		82.28
% of Calories		56.6%
Nutrient Guideline		

Tue - 11/03/2020		
Lunch 7-12	Total	
Chicken Pep Jack Quesadillas	1 each	24.07
Chips and Cheese Dip	1 serving	25.73
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
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
Assorted Gelatin, No TopMS1454	1/2 cup	18.26
Weighted Daily Average		87.88
% of Calories		49.8%
Nutrient Guideline		

Wed - 11/04/2020		
Lunch 7-12	Total	
BBQ Pork Sandwich Pur MS716	1 each	33.09
Tater Tots	1/2 cup	16.0
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
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		76.48
% of Calories		52.0%
Nutrient Guideline		

Thu - 11/05/2020		
Lunch 7-12	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
Brownies, Mix, Enriched MS1400	1 piece	26.01

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	Portion Size	Carb (g)
Weighted Daily Average		81.37
% of Calories		53.5%
Nutrient Guideline		

Fri - 11/06/2020		
Lunch 7-12	Total	
Bacon Cheeseburger 2 oz MS706	1 each	33.68
Pimento Cheese Sandwich	sandwich	36.4
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
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		108.92
% of Calories		49.7%
Nutrient Guideline		

Mon - 11/09/2020		
Lunch 7-12	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
Chips, Nacho	Bag	20.0
Baked Beans MS1000	1/2 cup	36.85
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
Chocolate Pudding MS1474	1/2 cup	23.78
Weighted Daily Average		97.26
% of Calories		62.5%
Nutrient Guideline		

Tue - 11/10/2020		
Lunch 7-12	Total	
Fajita Chicken Wrap, MS748	1 wrap	24.5
Chips and Cheese Dip	1 serving	25.73
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
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
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		93.95
% of Calories		53.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/11/2020		
Lunch 7-12	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
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		77.10
% of Calories		48.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/12/2020		
Lunch 7-12	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
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
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		90.21
% of Calories		55.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/13/2020		
Lunch 7-12	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
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		136.65
% of Calories		54.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 11/16/2020		
Lunch 7-12	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
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0

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	Portion Size	Carb (g)
Weighted Daily Average		83.94
% of Calories		53.8%
Nutrient Guideline		

Tue - 11/17/2020		
Lunch 7-12	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
Vanilla Pudding MS1486	1/2 cup	27.43
Weighted Daily Average		97.62
% of Calories		44.5%
Nutrient Guideline		

Wed - 11/18/2020		
Lunch 7-12	Total	
All American Sub Sandwich	1 sandwich	34.3
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
Assorted Gelatin w/ Top MS1450	1/2 cup	19.38
Weighted Daily Average		95.41
% of Calories		61.9%
Nutrient Guideline		

Thu - 11/19/2020		
Lunch 7-12	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
Yogurt and Uncrustable	4 ounce cup	43.0
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Green Beans, Canned, MS1036	1/2 cup	4.45
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
Yellow Cake Cream Cheese Icing	Serving	85.12
Weighted Daily Average		180.77
% of Calories		66.3%
Nutrient Guideline		

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Fri - 11/20/2020		
Lunch 7-12	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Mozzarella Cheese Sticks #1300	5 Sticks	43.4
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
Cookie,Oatmeal RaisinPurMS1432	1 cookie	16.0
Weighted Daily Average		83.54
% of Calories		52.1%
Nutrient Guideline		

Mon - 11/23/2020		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 11/24/2020		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Wed - 11/25/2020		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Thu - 11/26/2020		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
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	Portion Size	Carb (g)
Fri - 11/27/2020		
Lunch 7-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Mon - 11/30/2020		
Lunch 7-12	Total	
Roasted Chicken USDA	1 serving	0.0
Biscuit, 2 ENR, MS1626	1 biscuit	28.0
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
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		53.05
% of Calories		48.3%
Nutrient Guideline		

Weighted Average		72.45 54.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	72.45	54.12%						

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