

Rankin County School District

Jan 1, 2021 thru Jan 31, 2021

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 1

Generated on: 11/20/2020 8:35:22 AM

	Portion Size	Carb (g)
Tue - 01/05/2021		
Lunch K-8	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Glazed Carrots MS1018	1/2 cup	9.28
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		53.76
% of Calories		52.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/06/2021		
Lunch K-8	Total	
Southern Chicken Sandwich	1	44.0
Assorted bag chips	Bag	20.0
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Fresh Apple MS1206	1 each	19.06
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		85.28
% of Calories		56.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/07/2021		
Lunch K-8	Total	
Taco Soup w/ Chips MS812	1 cup	39.17
Lunch Bites Ham 2 GR graham	serving	37.0
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
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
Weighted Daily Average		56.81
% of Calories		46.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 01/08/2021		
Lunch K-8	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
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
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		62.47
% of Calories		50.0%
Nutrient Guideline		

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Page 2

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	Portion Size	Carb (g)
Mon - 01/11/2021		
Lunch K-8	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
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, FF White 1/2 pt.PF MS1706	1/2 pint	11.0
Ketchup PC	1 packet	3.0
Weighted Daily Average		107.46
% of Calories		57.5%
Nutrient Guideline		

Tue - 01/12/2021		
Lunch K-8	Total	
Chili w/o beans w/corn chips	1/2 cup	23.56
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
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
Blueberries w/Whipd Top,MS1221	1/2 cup	15.47
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		40.12
% of Calories		37.1%
Nutrient Guideline		

Wed - 01/13/2021		
Lunch K-8	Total	
Ham and Cheese Croissant	1 each	29.89
Assorted bag chips	Bag	20.0
Carrotines in a Bag MS1023	3 oz. bag	6.93
Fresh Oranges MS1268	1 each	15.22
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
Ranch Dressing & Dip PC MS1544	1 ounce	4.88
Weighted Daily Average		77.86
% of Calories		45.8%
Nutrient Guideline		

Thu - 01/14/2021		
Lunch K-8	Total	
Chicken Pep Jack Quesadillas	1 each	24.07
Chips and Salsa	1 serving	22.05
Hot Dog WG MS778	1 each	28.0
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

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Page 3

Generated on: 11/20/2020 8:35:22 AM

	Portion Size	Carb (g)
Weighted Daily Average		70.91
% of Calories		42.2%
Nutrient Guideline		

Fri - 01/15/2021		
Lunch K-8	Total	
Hamburger 2 oz. USDA F MS775.1	1 each	33.15
Season Potato Wedge FryMS1098	1/2 cup	20.22
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		90.09
% of Calories		54.9%
Nutrient Guideline		

Mon - 01/18/2021		
Lunch K-8	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 01/19/2021		
Lunch K-8	Total	
Mexican Pizza MS302	1 slice	30.0
Mixed Vegetables MS1060	1/2 cup	15.08
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		67.74
% of Calories		53.3%
Nutrient Guideline		

Wed - 01/20/2021		
Lunch K-8	Total	
Spicy Chicken Sand MS736	1 each	42.63
Assorted bag chips	Bag	20.0
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Fresh Apple MS1206	1 each	19.06
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		100.58
% of Calories		65.6%
Nutrient Guideline		

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Page 4

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	Portion Size	Carb (g)
Thu - 01/21/2021		
Lunch K-8	Total	
Vegetable Beef Soup MS816	1 cup	11.24
Grill Cheese Sand 1 oz MS762	sandwich	28.46
Uncrustable Sunbutter #1118	sandwich	29.0
Cheese 1 oz. String MS938	1 ounce	1.0
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
Weighted Daily Average		84.57
% of Calories		53.6%
Nutrient Guideline		

Fri - 01/22/2021		
Lunch K-8	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Spicy Fries, Baked MS1100	1/2 cup	20.76
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
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		90.57
% of Calories		50.3%
Nutrient Guideline		

Mon - 01/25/2021		
Lunch K-8	Total	
All American Sub Sandwich	1 sandwich	34.3
Cheez-It	Bag	14.0
Glazed Carrots MS1018	1/2 cup	9.28
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		68.22
% of Calories		65.0%
Nutrient Guideline		

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Page 5

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	Portion Size	Carb (g)
Tue - 01/26/2021		
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 - 01/27/2021		
Lunch K-8	Total	
BBQ Pork Sandwich US MS718.1	1 each	41.28
Assorted bag chips	Bag	20.0
Carrotines in a Bag MS1023	3 oz. bag	6.93
Fresh Bananas MS1220	1 each	26.95
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
Ranch Dressing & Dip PC MS1544	1 ounce	4.88
Weighted Daily Average		81.60
% of Calories		42.0%
Nutrient Guideline		

Thu - 01/28/2021		
Lunch K-8	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Yogurt/Brfst Bread Plate	plate	58.0
Lima Beans, Frozen MS1004	1/2 cup	16.32
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		111.00
% of Calories		55.2%
Nutrient Guideline		

Fri - 01/29/2021		
Lunch K-8	Total	
Hamburger 2 oz. USDA F MS775.1	1 each	33.15
Fried Crinkle Cut Fries MS1089	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

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Page 6

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		87.50 56.9%
Nutrient Guideline		

Weighted Average		74.32 52.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	74.32	51.96%						

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