

Rankin County School District

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 1

Generated on: 1/25/2021 8:23:45 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 03/01/2021 | | |
| 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) |
|--------------------------------|-----------------|----------|
| Tue - 03/02/2021 | | |
| Lunch K-8 | Total | |
| Chicken Nuggets Bkd MS532 | 5 nuggets | 15.84 |
| Biscuit, 2 ENR, MS1626 | 1 biscuit | 28.0 |
| 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 |
| Brown Gravy, Package MS1506 | 2 ounces | 5.18 |
| Mashed Potatoes MS1078 | 1/2 cup | 15.12 |
| 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 | | 162.13 |
| % of Calories | | 53.1% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 03/03/2021 | | |
| Lunch K-8 | Total | |
| Southern Chicken Sandwich | 1 | 44.0 |
| Assorted bag chips | Bag | 20.0 |
| Vegetable Juice, Asst,CRMS1156 | 1/2 cup | 12.0 |
| 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 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 1.0 |
| Mustard, PC, MS1538 | 1 packet | 0.29 |
| Weighted Daily Average | | 80.32 |
| % of Calories | | 55.3% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 03/04/2021 | | |
| Lunch K-8 | Total | |
| Taco Soup with Bread Stick | 1 serving | 36.17 |
| 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 |

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Rankin County School District

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Lunch K-8

Portion Values - Detailed

Page 2

Generated on: 1/25/2021 8:23:45 AM

| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average | | 54.34 |
| % of Calories | | 43.4% |
| Nutrient Guideline | | |

| Fri - 03/05/2021 | | |
|----------------------------------|-----------|-------|
| Lunch K-8 | Total | |
| Cheeseburger 2 oz., US MS728.1 | 1 each | 34.23 |
| Grill Cheese Sand 2 oz. UMS760.1 | 1 each | 32.04 |
| 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. 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 |
| Weighted Daily Average | | 62.47 |
| % of Calories | | 50.0% |
| Nutrient Guideline | | |

| Mon - 03/08/2021 | | |
|----------------------------------|----------|--------|
| Lunch K-8 | Total | |
| Sloppy Joe on WW Bun RCSDMS791 | 1 each | 32.74 |
| Tater Tots | 1/2 cup | 16.0 |
| Fresh Fruit Bowl Variety MS1244 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pt. PF MS1700 | 1/2 pint | 23.0 |
| Milk, LF White 1/2 pt. PF MS1708 | 1/2 pint | 11.0 |
| Ketchup PC | 1 packet | 3.0 |
| Weighted Daily Average | | 107.46 |
| % of Calories | | 56.0% |
| Nutrient Guideline | | |

| Tue - 03/09/2021 | | |
|-----------------------------------|--------------|-------|
| Lunch K-8 | Total | |
| Spaghetti & Meat Sauce RCSD MS178 | 1 serving | 27.33 |
| Roll, Enriched Mer 2oz MS13 | Roll - 2 oz. | 31.0 |
| Ranch Club Wrap Mer MS772 | 2 halves | 30.11 |
| 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. PF MS1708 | 1/2 pint | 11.0 |
| Weighted Daily Average | | 45.84 |
| % of Calories | | 44.6% |
| Nutrient Guideline | | |

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Rankin County School District

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 3

Generated on: 1/25/2021 8:23:45 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 03/10/2021 | | |
| Lunch K-8 | Total | |
| Ham and Cheese Croissant | 1 each | 31.1 |
| 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 | | 78.71 |
| % of Calories | | 46.3% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Thu - 03/11/2021 | | |
| 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 |
| Weighted Daily Average | | 70.91 |
| % of Calories | | 42.2% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Fri - 03/12/2021 | | |
| Lunch K-8 | Total | |
| Hamburger 2 oz. USDA F MS775.1 | 1 each | 33.15 |
| Pimento Cheese Croissant | sandwich | 34.4 |
| 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 - 03/15/2021 | | |
| Lunch K-8 | Total | |
| Spring Break | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 4

Generated on: 1/25/2021 8:23:45 AM

| | Portion Size | Carb (g) |
|---|-----------------|-----------------|
| Tue - 03/16/2021 | | |
| Lunch K-8 | Total | |
| Spring Break | 1 | *N/A* |
| Weighted Daily Average % of Calories | | *N/A* *N/A%* |
| Nutrient Guideline | | |
| Wed - 03/17/2021 | | |
| Lunch K-8 | Total | |
| Spring Break | 1 | *N/A* |
| Weighted Daily Average % of Calories | | *N/A* *N/A%* |
| Nutrient Guideline | | |
| Thu - 03/18/2021 | | |
| Lunch K-8 | Total | |
| Spring Break | 1 | *N/A* |
| Weighted Daily Average % of Calories | | *N/A* *N/A%* |
| Nutrient Guideline | | |
| Fri - 03/19/2021 | | |
| Lunch K-8 | Total | |
| Spring Break | 1 | *N/A* |
| Weighted Daily Average % of Calories | | *N/A* *N/A%* |
| Nutrient Guideline | | |
| Mon - 03/22/2021 | | |
| 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 % of Calories | | 58.55 50.3% |
| Nutrient Guideline | | |

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 5

Generated on: 1/25/2021 8:23:45 AM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Tue - 03/23/2021 | | |
| Lunch K-8 | Total | |
| Roasted Chicken USDA | 1 serving | 0.0 |
| 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 |
| Brown Gravy, Package MS1506 | 2 ounces | 5.18 |
| Mashed Potatoes MS1078 | 1/2 cup | 15.12 |
| 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 | | 47.60 |
| % of Calories | | 53.3% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Wed - 03/24/2021 | | |
| Lunch K-8 | Total | |
| Country Fried Steak Sand MS746 | 1 each | 46.38 |
| Assorted bag chips | Bag | 20.0 |
| Vegetable Juice, Asst,CRMS1156 | 1/2 cup | 12.0 |
| 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 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 1.0 |
| Mustard, PC, MS1538 | 1 packet | 0.29 |
| Weighted Daily Average | | 92.22 |
| % of Calories | | 56.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Thu - 03/25/2021 | | |
| Lunch K-8 | Total | |
| Beef Taco w/Soft Taco, M MS109 | 1 taco | 21.54 |
| Chips and Cheese Dip | 1 serving | 25.73 |
| Uncrustable Sunbutter #1118 | sandwich | 29.0 |
| Cheese 1 oz. String MS938 | 1 ounce | 1.0 |
| 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 | | 71.43 |
| % of Calories | | 51.0% |
| Nutrient Guideline | | |

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Mar 1, 2021 thru Mar 31, 2021

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Lunch K-8

Portion Values - Detailed

Page 6

Generated on: 1/25/2021 8:23:45 AM

| | Portion Size | Carb (g) |
|---------------------------------|--------------|----------|
| Fri - 03/26/2021 | | |
| Lunch K-8 | Total | |
| Cheeseburger 2.5 oz PattyMS728 | 1 each | 33.82 |
| Fish Sandwich Baked MS750 | 1 each | 43.0 |
| 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, FF White 1/2 pt.PF MS1706 | 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 | | 150.77 |
| % of Calories | | 52.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|------------|-------|
| Mon - 03/29/2021 | | |
| 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 | | |

| | | |
|--------------------------------|-----------------|-------|
| Tue - 03/30/2021 | | |
| Lunch K-8 | Total | |
| Chicken Spaghetti RCSD MS542 | 3/4 cup | 22.87 |
| Roll, Enriched Mer 2oz MS13 | Roll - 2 oz. | 31.0 |
| 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 |
| 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 | | 83.94 |
| % of Calories | | 58.9% |
| Nutrient Guideline | | |

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 7

Generated on: 1/25/2021 8:23:45 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 03/31/2021 | | |
| Lunch K-8 | Total | |
| BBQ Pork Sandwich Pur MS716 | 1 each | 33.09 |
| Assorted bag chips | Bag | 20.0 |
| Carrots, Baby w/ Dip, MS#1017 | 1/2 cup | 9.95 |
| 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 |
| Weighted Daily Average | | 102.93 |
| % of Calories | | 62.6% |
| Nutrient Guideline | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 64.20 |
| | | 52.6% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 64.20 | 52.56% | | | | | | |

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