

# Rankin County School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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Generated on: 2/26/2021 2:49:48 PM

	Portion Size	Carb (g)
Thu - 04/01/2021		
Lunch 7-12	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Season Potato Wedge FryMS1098	1/2 cup	20.22
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
Easter Dessert	1	*N/A*
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		60.36
% of Calories		50.8%
Nutrient Guideline		

Fri - 04/02/2021		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Mon - 04/05/2021		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 04/06/2021		
Lunch 7-12	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
Toast, Garlic WW MS1351	1 slice	15.0
Corn Dog	1 each	29.18
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
Brownies, Mix, Enriched MS1400	1 piece	26.01
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		84.41
% of Calories		50.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/07/2021		
Lunch 7-12	Total	
Southern Chicken Sandwich	1	44.0
Assorted bag chips	Bag	20.0
Vegetable Juice, Asst,CRMS1156	1/2 cup	12.0
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
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Weighted Daily Average		67.49
% of Calories		55.0%
Nutrient Guideline		

Thu - 04/08/2021		
Lunch 7-12	Total	
Southwestern Dip/Chips	1 serving	28.11
Yogurt/Cereal Bowl	plate	62.0
Pinto Beans, Meat/Mt Alt,MS912	1/2 cup	26.17
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
Southern Mud MS1416	1 square	44.64
Weighted Daily Average		76.03
% of Calories		41.1%
Nutrient Guideline		

Fri - 04/09/2021		
Lunch 7-12	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
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
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		117.85
% of Calories		55.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/12/2021		
Lunch 7-12	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, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Chocolate Pudding MS1474	1/2 cup	23.78
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		78.29
% of Calories		57.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/13/2021		
Lunch 7-12	Total	
Spaghetti&MeatSauceRCSD 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,PFMS1708	1/2 pint	11.0
Cookie,Oatmeal RaisinPurMS1432	1 cookie	16.0
Ranch Dressing & Dip PC MS1544	1 ounce	4.88
Weighted Daily Average		76.18
% of Calories		50.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/14/2021		
Lunch 7-12	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 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
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
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		97.00
% of Calories		47.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/15/2021		
Lunch 7-12	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
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		91.65
% of Calories		46.6%
Nutrient Guideline		

Fri - 04/16/2021		
Lunch 7-12	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
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		106.51
% of Calories		54.6%
Nutrient Guideline		

Mon - 04/19/2021		
Lunch 7-12	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
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
Southern Mud MS1416	1 square	44.64
Weighted Daily Average		100.46
% of Calories		59.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/20/2021		
Lunch 7-12	Total	
Steak Fingers, Baked MS180	4 each	17.8
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	34.0
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
Brown Gravy, Package MS1506	2 ounces	5.18
Mashed Potatoes MS1078	1/2 cup	15.12
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
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		70.21
% of Calories		48.4%
Nutrient Guideline		

Wed - 04/21/2021		
Lunch 7-12	Total	
Spicy Chicken Sand MS736	1 each	42.63
Assorted bag chips	Bag	20.0
Fresh Oranges MS1268	1 each	15.22
Vegetable Juice, Asst,CRMS1156	1/2 cup	12.0
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Weighted Daily Average		123.25
% of Calories		58.5%
Nutrient Guideline		

Thu - 04/22/2021		
Lunch 7-12	Total	
Beef Taco w/Soft Taco, M MS109	1 taco	21.54
Chips and Cheese Dip	1 serving	25.73
Manager Choice	1	*N/A*
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
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		78.88
% of Calories		53.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/23/2021		
Lunch 7-12	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Fried Crinkle Cut Fries MS1089	1/2 cup	12.15
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
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		126.88
% of Calories		53.7%
Nutrient Guideline		

Mon - 04/26/2021		
Lunch 7-12	Total	
Philly Chicken Hoagie RCSD	1 each	32.97
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
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		98.63
% of Calories		56.1%
Nutrient Guideline		

Tue - 04/27/2021		
Lunch 7-12	Total	
Italian Rotini CasseroleMS148	3/4 Cup	29.56
Toast, Garlic WW MS1351	1 slice	15.0
Manager Choice	1	*N/A*
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
Assorted Gelatin, No TopMS1454	1/2 cup	18.26
Weighted Daily Average		73.36
% of Calories		52.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/28/2021		
Lunch 7-12	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 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
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Ranch Dressing & Dip PC MS1544	1 ounce	4.88
Weighted Daily Average		106.13
% of Calories		44.8%
Nutrient Guideline		

Thu - 04/29/2021		
Lunch 7-12	Total	
Teriyaki Chicken	1/2 cup	16.18
Rice, Asian Stir Fried, MS1348	1/2 cup	25.28
Manager Choice	1	*N/A*
California Vegetables MS1054	1/2 cup	5.67
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
Chocolate Pudding MS1474	1/2 cup	23.78
Weighted Daily Average		86.35
% of Calories		68.0%
Nutrient Guideline		

Fri - 04/30/2021		
Lunch 7-12	Total	
Hamburger 2 oz. USDA F MS775.1	1 each	33.15
Season Potato Wedge FryMS1098	1/2 cup	20.22
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
Cookie,Oatmeal RaisinPurMS1432	1 cookie	16.0
Weighted Daily Average		83.87
% of Calories		55.8%
Nutrient Guideline		

Weighted Average		81.90
		52.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	81.90	52.57%						

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