

Rankin County School District

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Generated on: 9/10/2021 1:22:19 PM

	Portion Size	Carb (g)
Fri - 10/01/2021		
Lunch K-8	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Corn Dog Nuggets M3165	6 nuggets	34.5
Crinkle Cut Fries Baked M6110	1/2 cup	13.16
Baked Beans Vegetarian M5000	1/2 cup	38.24
Fresh Fruit Bowl Variety M6715	1 each	21.72
Applesauce, M6555	1/2 cup	15.62
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Weighted Daily Average		71.44
% of Calories		56.4%
Nutrient Guideline		

Mon - 10/04/2021		
Lunch K-8	Total	
Chicken with Alfredo Sau RCSD	3/4 cup	27.47
Toast, Garlic WW M7115	1 slice	15.0
Broccoli Florets, FRZ, MS	1/2 cup	7.05
Glazed Carrots M5865	1/2 cup	8.91
Chilled Pear Halves M6855	1/2 cup	18.23
Fresh Fruit Cup M6720	1/2 cup	16.48
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		63.95
% of Calories		57.5%
Nutrient Guideline		

Tue - 10/05/2021		
Lunch K-8	Total	
Southwestern Dip/Chips	1 serving	28.11
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Chef Salad, Elementary M3505	1 salad	16.25
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Croutons,.5 Gram Packet M7110	1 packet	9.0
Pinto Beans Legumes M5550	1/2 cup	26.44
Tossed Salad w/Drsg	1/2 cup	3.03
Fresh Bananas M6590	1 each	26.95
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		91.65
% of Calories		46.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/06/2021		
Lunch K-8	Total	
All American Sub Sandwich	1 sandwich	34.3
Cheez-It	Bag	14.0
Lima Beans, Frozen M5525	1/2 cup	16.36
Field Peas, Frozen M6025	1/2 cup	24.78
Fresh Fruit Bowl Variety M6715	1 each	21.72
Chilled Peach Slices M6815	1/2 cup	17.49
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Weighted Daily Average		69.74
% of Calories		58.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/07/2021		
Lunch K-8	Total	
Taco Soup w/ Chips MS812	1 cup	39.17
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Yogurt/Cheese/Cinna Goldfish	plate	53.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Carrots, Baby with Dip M5850	1/2 cup	9.95
Fruit Cocktail M6735	1/2 cup	14.91
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		89.48
% of Calories		54.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/08/2021		
Lunch K-8	Total	
Hamburger 2 oz USDA F M4105.1	1 each	33.15
Fish Sandwich Baked M4180	1 each	43.0
Fried Straight Cut Fries M6160	1/2 cup	14.06
Green Peas, Canned M6035	1/2 cup	14.34
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Weighted Daily Average		51.11
% of Calories		57.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/11/2021		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Tue - 10/12/2021		
Lunch K-8 Professional Development	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Wed - 10/13/2021		
Lunch K-8	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Green Beans, Canned, MS1036	1/2 cup	4.45
Fresh Fruit Bowl Variety M6715	1 each	21.72
Applesauce, M6555	1/2 cup	15.62
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average % of Calories		58.53 47.2%
Nutrient Guideline		

Thu - 10/14/2021		
Lunch K-8	Total	
Cheesy Chicken Over Rice M3120	1 serving	31.15
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Lima Beans, Frozen M5525	1/2 cup	16.36
Baked Sweet Potato/Marg.M5900	1 each	26.16
Blueberries w/ WhipTop M6610.1	1/2 cup	15.47
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average % of Calories		116.01 58.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/15/2021		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Italian Dunkers #1101	2 breadsticks	30.0
Season BKD Potato Wedges M6145	1/2 cup	17.94
Glazed Carrots M5865	1/2 cup	8.91
Pineapple Tidbits M6890	1/2 cup	18.87
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Sauce, Marinara PC M8195	1 packet	3.71
Cinnamon Roll, 2WGR, MS1623	1 roll	27.0
Weighted Daily Average		93.53
% of Calories		52.8%
Nutrient Guideline		

Mon - 10/18/2021		
Lunch K-8	Total	
Mexican Pizza M2010	1 slice	30.0
Pizza, WGR Cheese, M2000	1 slice	36.0
Green Peas, Canned M6035	1/2 cup	14.34
Field Peas, Frozen M6025	1/2 cup	24.78
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		84.67
% of Calories		58.2%
Nutrient Guideline		

Tue - 10/19/2021		
Lunch K-8	Total	
Italian Rotini Casserole M1190	3/4 Cup	29.57
Toast, Garlic WW M7115	1 slice	15.0
Chef Salad, Elementary M3505	1 salad	16.25
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons,.5 Gram Packet M7110	1 packet	9.0
Tossed Salad w/Drsg	1/2 cup	3.03
Green Beans, Canned, MS1036	1/2 cup	4.45
Orange Smiles M6770	1/2 cup	19.19
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		76.83
% of Calories		51.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/20/2021		
Lunch K-8	Total	
Chicken Pep Jack Quesadillas	1 each	24.07
Chips and Salsa	1 serving	22.05
Yogurt/Cheese/Cinna Goldfish	plate	53.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
Strawberries, Frozen M6945	1/2 cup	21.05
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		47.00
% of Calories		43.7%
Nutrient Guideline		

Thu - 10/21/2021		
Lunch K-8	Total	
Vegetable Beef Soup CR M4565	1 cup	11.25
Grill Cheese Sand 1 oz. M4010	sandwich	28.46
Lima Beans, Frozen M5525	1/2 cup	16.36
Glazed Carrots M5865	1/2 cup	8.91
Apple and Orange Wedges M6545	1/2 cup	13.98
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		76.55
% of Calories		53.8%
Nutrient Guideline		

Fri - 10/22/2021		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Ranch Club Wrap Mer MS772	2 halves	30.11
Spicy Fries, Baked M6150	1/2 cup	16.2
Mixed Vegetables M5795	1/2 cup	15.2
Fresh Fruit Bowl Variety M6715	1 each	21.72
Chilled Pear Halves M6855	1/2 cup	18.23
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Weighted Daily Average		92.90
% of Calories		51.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/25/2021		
Lunch K-8	Total	
Spicy Chicken Sand M4160	1 each	41.15
Cheez-It	Bag	14.0
Field Peas, Frozen M6025	1/2 cup	24.78
Broccoli w/ Cheese Sauce M5595	1/2 cup	6.09
Applesauce, M6555	1/2 cup	15.62
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Weighted Daily Average		76.64
% of Calories		58.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/26/2021		
Lunch K-8	Total	
Pancakes, 2 WGR M8825	2 pancakes	30.0
Sausage Patty, 1.5 oz. M9060	1 patty	0.0
Eggs, Scrambled, FRZ Mix M9035	2 ounces	0.82
Yogurt/Brfst Bread Plate	plate	58.0
Potatoes, Hashbrown M6065	1/2 cup	15.5
Sweet Potato Fries, Bkd M5925	1/2 cup	22.92
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	16.3
Orange Smiles M6770	1/2 cup	19.19
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Syrup, Pancake, PC RCSD	1 packet	30.2
Weighted Daily Average		92.45
% of Calories		56.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/27/2021		
Lunch K-8	Total	
Beef Taco w/Soft Shell M1155.1	1 taco	20.85
Chips and Cheese Dip	1 serving	25.73
Pinto Beans Meat/Mt Alt M5010	1/2 cup	26.44
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Fresh Fruit Bowl Variety M6715	1 each	21.72
Fresh Grapes M6665	1/2 cup	14.97
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Sour Cream PC M8115	1 each	0.82
Weighted Daily Average		60.19
% of Calories		51.5%
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	Portion Size	Carb (g)
Thu - 10/28/2021		
Lunch K-8	Total	
Chili w/o beans w/corn chips	1/2 cup	20.33
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Lunch Bites Turkey 2GR graham	serving	36.0
Tossed Salad w/Drsg	1/2 cup	3.03
Glazed Carrots M5865	1/2 cup	8.91
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		61.61
% of Calories		42.8%
Nutrient Guideline		

Fri - 10/29/2021		
Lunch K-8	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Hot Dog WG M4230	1 each	28.0
Straight Fries, Baked M6165	1/2 cup	14.06
Veg Juice, 4 oz. Asst. M6190	1/2 cup	14.5
Chilled Pear Halves M6855	1/2 cup	18.23
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Weighted Daily Average		74.86
% of Calories		53.9%
Nutrient Guideline		

Weighted Average		68.91
		53.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	68.91	53.04%						

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