

# Rankin County School District

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/01/2021		
Lunch K-8	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Squash, Summer, FRZ M5810	1/2 cup	6.24
Green Beans, Canned, MS1036	1/2 cup	4.45
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		58.59
% of Calories		47.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/02/2021		
Lunch K-8	Total	
Beefy Taco Bake	3/4 cup	25.46
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
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Tossed Salad w/Drsg	1/2 cup	3.03
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
Weighted Daily Average		64.65
% of Calories		52.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/03/2021		
Lunch K-8	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
Hot Dog WG M4230	1 each	28.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Green Peas, Canned M6035	1/2 cup	14.34
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Weighted Daily Average		32.90
% of Calories		82.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/04/2021		
Lunch K-8		
Spaghetti&MeatSauceRCS	Total	
MS178	1 serving	27.33
Toast, Garlic WW M7115	1 slice	15.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Ranch Club Wrap Mer MS772	2 halves	30.11
Tossed Salad w/Drsg	1/2 cup	3.03
Green Beans, Canned, MS1036	1/2 cup	4.45
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		56.88
% of Calories		48.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/05/2021		
Lunch K-8		
Cheeseburger 2 oz., US M4100.1	Total	
Corn Dog M4075	1 each	33.96
Crinkle Cut Fries Baked M6110	1 each	29.18
Baked Beans Vegetarian M5000	1/2 cup	13.16
Fresh Fruit Bowl Variety M6715	1/2 cup	38.24
Applesauce, M6555	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 cup	15.62
Milk, LF White 1/2 pt, PF M110	1/2 pint	23.0
Mayonnaise PC Reduce Fat M8010	1/2 pint	11.0
Mustard, PC M8015	PC Packet	0.61
Ketchup PC M8000	1 packet	0.29
Weighted Daily Average	1 packet	3.0
% of Calories		71.44
		56.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 11/08/2021		
Lunch K-8		
Chicken Spaghetti RCS	Total	
MS542	3/4 cup	22.87
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		60.34
% of Calories		59.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/09/2021		
Lunch K-8	Total	
Red BeansCND/Rice/SausageM2550	1 serving	38.05
Cornbread	1 piece	19.91
Corn Dog	1 each	29.18
Mixed Vegetables M5795	1/2 cup	15.2
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		92.52
% of Calories		65.8%
Nutrient Guideline		

Wed - 11/10/2021		
Lunch K-8	Total	
All American Sub Sandwich	1 sandwich	34.3
Chef Salad, Elementary M3505	1 salad	16.25
Croutons, 5 Gram Packet M7110	1 packet	9.0
Saltine Crackers, 2 grain	4-count packs	9.0
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		69.75
% of Calories		58.6%
Nutrient Guideline		

Thu - 11/11/2021		
Lunch K-8	Total	
Taco Soup w/ Chips MS812	1 cup	39.17
Yogurt/Bfst Bread Plate	plate	58.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Carrots, Baby with Dip M5850	1/2 cup	9.95
Tropical Fruit M6745	1/2 cup	30.87
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
Weighted Daily Average		88.15
% of Calories		55.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
<b>Fri - 11/12/2021</b>		
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		

<b>Mon - 11/15/2021</b>		
Lunch K-8	Total	
Southern Chicken Sandwich	1	44.0
Peas and Carrots, Canned M6170	1/2 cup	10.28
Sweet Potato Fries, Bkd M5925	1/2 cup	22.92
Fresh Fruit Bowl Variety M6715	1 each	21.72
Pineapple Tidbits M6890	1/2 cup	18.87
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		60.52
% of Calories		53.6%
Nutrient Guideline		

<b>Tue - 11/16/2021</b>		
Lunch K-8	Total	
BBQ Pork Sandwich US M4210.1	1 each	41.28
Assorted bag chips	Bag	20.0
fruit and yogurt plate	plate	56.22
Baked Beans Vegetarian M5000	1/2 cup	38.24
Whole Kernel Corn, CND M6010	1/2 cup	14.68
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
Weighted Daily Average		81.61
% of Calories		52.2%
Nutrient Guideline		

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	Portion Size	Carb. (g)
Wed - 11/17/2021		
Lunch K-8	Total	
All American Sub Sandwich	1 sandwich	34.3
Assorted bag chips	Bag	20.0
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Mixed Vegetables M5795	1/2 cup	15.2
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
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		75.89
% of Calories		58.7%
Nutrient Guideline		

	Portion Size	Carb. (g)
Thu - 11/18/2021		
Lunch K-8	Total	
Turkey & Dressing Supreme M3325	1 Piece	35.09
Cranberry Sauce Portion MS1230	1 ounce	11.29
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Pizza, Stuffed Crust M2040	1 slice	36.0
Brown Gravy, Package M8130	2 ounces	4.05
Mashed Potatoes M6070	1/2 cup	15.12
Green Beans, Canned, MS1036	1/2 cup	4.45
Mixed Fruit Cup	1/2 cup	15.33
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
Fruit Crisp M7520	1 serving	35.01
Weighted Daily Average		125.52
% of Calories		57.0%
Nutrient Guideline		

	Portion Size	Carb. (g)
Fri - 11/19/2021		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Mozzarella Cheese Sticks #1300	5 Sticks	43.4
Glazed Carrots M5865	1/2 cup	8.91
Crinkle Cut Fries Baked M6110	1/2 cup	13.16
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		64.23
% of Calories		45.5%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/29/2021		
Lunch K-8		
Roasted Chicken USDA	Total	
Biscuit, 2 Oz. ENR, M8520	1 serving	0.0
Hot Dog WG M4230	1 biscuit	28.0
Mashed Potatoes M6070	1 each	28.0
Brown Gravy, Package M8130	1/2 cup	15.12
Green Beans, Canned, MS1036	2 ounces	4.05
Pineapple Tidbits M6890	1/2 cup	4.45
Fresh Fruit Bowl Variety M6715	1/2 cup	18.87
Milk, FF Choc 1/2 pint PF M120	1 each	21.72
Milk, LF White 1/2 pt. PF M110	1/2 pint	23.0
	1/2 pint	11.0
Weighted Daily Average		48.10
% of Calories		52.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/30/2021		
Lunch K-8		
Fish Sticks, Baked M1540.1	Total	
Toast, Garlic WW M7115	4 nuggets	22.0
Italian Dunkers #1101	1 slice	15.0
Creamy Coleslaw M5695	2 breadsticks	30.0
Fried Crinkle Cut Fries M6115	1/2 cup	11.71
Tropical Fruit M6745	1/2 cup	13.16
Fresh Fruit Bowl Variety M6715	1/2 cup	30.87
Milk, FF Choc 1/2 pint PF M120	1 each	21.72
Milk, FF White 1/2 pt. PF M100	1/2 pint	23.0
	1/2 pint	11.0
Weighted Daily Average		178.46
% of Calories		60.6%
Nutrient Guideline		