

Rankin County School District

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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Generated on: 12/3/2021 2:20:09 PM

	Portion Size	Carb (g)
Mon - 01/10/2022		
Lunch 7-12 Staff Developm/Student Holiday	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/11/2022		
Lunch 7-12	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
Fresh Fruit Bowl Variety M6715	1 each	21.72
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
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
Cereal Rice Treat Bar M8765	1 bar	30.0
Weighted Daily Average % of Calories		74.90 69.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/12/2022		
Lunch 7-12	Total	
Spaghetti&MeatSauceRCSD MS178	1 serving	27.33
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
Green Beans, Canned, MS1036	1/2 cup	4.45
Tossed Salad w/Drsg	1/2 cup	3.03
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
Assorted Gelatin, No Top M7585	1/2 cup	18.26
Weighted Daily Average % of Calories		83.25 57.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/13/2022		
Lunch 7-12	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
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
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		106.76
% of Calories		58.0%
Nutrient Guideline		

Fri - 01/14/2022		
Lunch 7-12	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
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
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	1 packet	3.0
Cookie, Sugar, Purch ENR M7560	1 cookie	17.0
Weighted Daily Average		97.51
% of Calories		51.6%
Nutrient Guideline		

Mon - 01/17/2022		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 01/18/2022		
Lunch 7-12	Total	
Southern Chicken Sandwich	1	44.0
Assorted bag chips	Bag	20.0
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
Cookie,Oatmeal RaisinPur M7555	1 cookie	16.0
Weighted Daily Average		107.85
% of Calories		53.1%
Nutrient Guideline		

Wed - 01/19/2022		
Lunch 7-12	Total	
Beef Taco w/Soft Shell M1155.1	1 taco	20.85
Rice, Fiesta, MS1345	1/2 cup	24.12
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
Chilled Blushing Pears M6845	1/2 cup	18.91
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Sour Cream PC M8115	1 each	0.82
Weighted Daily Average		96.49
% of Calories		57.0%
Nutrient Guideline		

Thu - 01/20/2022		
Lunch 7-12	Total	
Taco Soup with Bread Stick	1 serving	36.17
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Yogurt/Brfst Bread Plate	plate	58.5
Green Beans, Canned, MS1036	1/2 cup	4.45
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		108.77
% of Calories		56.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/21/2022		
Lunch 7-12	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
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Cookie,Chocolate ChipPur M7545	1 cookie	16.0
Weighted Daily Average		67.97
% of Calories		54.8%
Nutrient Guideline		

Mon - 01/24/2022		
Lunch 7-12	Total	
Hot Wings, Bone, MS538	4 Wings	3.0
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
Lunch Bites Ham 2 GR graham	serving	37.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Southern Mud M7620	1 square	45.13
Weighted Daily Average		52.22
% of Calories		51.1%
Nutrient Guideline		

Tue - 01/25/2022		
Lunch 7-12	Total	
Chicken & Sausage Gumbo M4610	2/3 cup w/rice	35.15
Toast, Garlic WW M7115	1 slice	15.0
Chef Salad, Elementary M3505	1 salad	16.25
Croutons,.5 Gram Packet M7110	1 packet	9.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
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
Cookie,Oatmeal RaisinPur M7555	1 cookie	16.0
Weighted Daily Average		83.82
% of Calories		58.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
<u>Wed - 01/26/2022</u>		
Lunch 7-12	Total	
BBQ Pork Sandwich US M4210.1	1 each	41.28
Yogurt/Brfst Bread Plate	plate	58.5
Baked Beans Legumes M5535	1/2 cup	38.29
Creamy Coleslaw M5695	1/2 cup	11.71
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		93.91
% of Calories		57.5%
Nutrient Guideline		

	Portion Size	Carb (g)
<u>Thu - 01/27/2022</u>		
Lunch 7-12	Total	
Turkey Sliced Brown GravyM3320	1 serving	7.21
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Pimento Cheese Sandwich	sandwich	36.4
Green Beans, Canned, MS1036	1/2 cup	4.45
Mashed Potatoes M6070	1/2 cup	15.12
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		35.35
% of Calories		45.0%
Nutrient Guideline		

	Portion Size	Carb (g)
<u>Fri - 01/28/2022</u>		
Lunch 7-12	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Corn Dog	1 each	29.18
Fried Straight Cut Fries M6160	1/2 cup	14.06
Field Peas, Frozen M6025	1/2 cup	24.78
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Cookie,Chocolate ChipPur M7545	1 cookie	16.0
Weighted Daily Average		52.96
% of Calories		56.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 01/31/2022		
Lunch 7-12	Total	
Chicken Fajitas RCSD	1 fajita	30.06
Rice, Fiesta, MS1345	1/2 cup	24.12
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Cereal Rice Treat Bar M8765	1 bar	30.0
Weighted Daily Average		83.52
% of Calories		56.0%
Nutrient Guideline		

Weighted Average		71.45
		55.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	71.45	55.92%						

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