Rankin County School District
Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

Page 1

Generated on: 12/4/2023 7:56:22 AM

	Portion Size	Carb (g)
Mon - 01/08/2024		
Lunch 7-12	Total	
Staff Developm/Student Holiday	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/09/2024		
Lunch 7-12	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Corn Dog	1 each	28.2
Veg Juice, 4 oz Fruit Fl M6190	1/2 cup	15.0
Green Peas, Canned M6035	1/2 cup	14.34
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
Cookies Red Velvet WG IW #1424	1 Cookie	24.98
Ketchup PC	1 packet	3.0
Mustard, PC M8015	1 pouch	0.29
Weighted Daily Average		68.33
% of Calories		49.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/10/2024		
Lunch 7-12	Total	
Chicken Pep Jack Quesadillas	1 each	24.07
Rice Spanish RCSD	1/2 cup	25.05
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	0.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Dessert	1	*N/A*
Weighted Daily Average		37.79
% of Calories		38.9%
Nutrient Guideline		

Rankin County School District

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

Page 2

Generated on: 12/4/2023 7:56:22 AM

	Portion Size	Carb (g)
Thu - 01/11/2024		
Lunch 7-12	Total	
Chili w/o beans w/corn chips	1/2 cup	20.33
Saltine Crackers, ENR,CR M7020	2 4-count packs	0.0
Yogurt/Cheese/Cinna Goldfish	plate	53.0
Glazed Carrots M5865	1/2 cup	8.91
Tossed Salad w/Drsg	1/2 cup	3.03
Chilled Blushing Pears M6845	1/2 cup	18.91
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
Cookie, Sugar, Purch ENR M7560	1 cookie	17.0
Weighted Daily Average		64.83
% of Calories		44.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 01/12/2024		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Hot Dog WG M4230	1 each	28.0
Season BKD Potato Wedges M6145	1/2 cup	17.0
Green Beans, Canned, MS1036	1/2 cup	4.45
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		93.63
% of Calories		50.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 01/15/2024		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Carb (g)
Tue - 01/16/2024		
Lunch 7-12	Total	
Country Fried Steak Sand M4125	1 each	47.55
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
Mandarin Oranges	1/2 cup	21.45
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
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		81.98
% of Calories		53.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/17/2024		
Lunch 7-12	Total	
BBQ Pork Sandwich US M4210.1	1 each	41.28
Turkey & Cheese Wrap M4360	1 wrap	23.83
Saltine Crackers, ENR,CR M7020	2 4-count packs	0.0
Baked Beans Legumes M5535	1/2 cup	38.29
Tater Tots	1/2 cup	16.0
Fresh Oranges M6775	1 each	19.19
Blueberries w/ WhipTop M6610.1	1/2 cup	15.47
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
Ranch Dressing & Dip PC M8075	1 ounce	4.88
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Ketchup PC	1 packet	3.0
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		105.98
% of Calories		59.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/18/2024		
Lunch 7-12	Total	
Taco Soup w/ Chips MS812	1 cup	39.17
Saltine Crackers, ENR,CR M7020	2 4-count packs	0.0
Veg Juice, 4 oz Fruit Fl M6190	1/2 cup	15.0
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Ketchup PC	1 packet	3.0
Mustard, PC M8015	1 pouch	0.29
Fruit Crisp M7520	1 serving	35.01
Weighted Daily Average		73.68
% of Calories		55.1%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Carb (g)
Fri - 01/19/2024		
Lunch 7-12	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Crinkle Cut Fries Baked M6110	1/2 cup	13.16
Mixed Vegetables M5795	1/2 cup	15.2
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
Cookie	1 Brookee	23.01
Weighted Daily Average		68.50
% of Calories		54.5%
Nutrient Guideline		
Mon - 01/22/2024		
Lunch 7-12	Total	
Mexican Pizza M2010	1 slice	30.0
All American Sub Sandwich	1 sandwich	34.3
Lima Beans, Frozen M5525	1/2 cup	16.36
Whole Kernel Corn, CND M6010	1/2 cup	14.68
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
Cookies Red Velvet WG IW #1424	1 Cookie	24.98
Weighted Daily Average		83.94
% of Calories		54.7%
Nutrient Guideline		
Tue - 01/23/2024		
Lunch 7-12	Total	
Pancakes, 2 WGR M8825	2 pancakes	30.0
Cheesy Ham & Egg Scramble	2 ounces	3.37
Potatoes, Hashbrown M6065	2 patties	31.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Fresh Fruit Bowl Variety M6715	1 each	21.72
Mandarin Oranges	1/2 cup	21.45
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 M8025	1 packet	30.2
Ketchup PC	1 packet	3.0
Dessert	1	*N/A*
Weighted Daily Average		184.70
% of Calories		66.8%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Jan 1, 2024 thru Jan 31, 2024

Lunch 7-12

	Portion Size	Carb (g)
Wed - 01/24/2024		
Lunch 7-12	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package M8130	2 ounces	4.05
Field Peas, Frozen M6025	1/2 cup	24.78
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
Ranch Dressing & Dip PC M8075	1 ounce	4.88
Ketchup PC	1 packet	3.0
Southern Mud M7620	1 square	45.13
Weighted Daily Average		213.60
% of Calories		58.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/25/2024		
Lunch 7-12	Total	
Vegetable Beef Soup CR M4565	1 cup	11.25
Grill Cheese Sand 1oz	portions	27.46
Tossed Salad w/Drsg	1/2 cup	3.03
Glazed Carrots M5865	1/2 cup	8.91
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
Waffles, Dutch, 2 WGR M8860	servings	45.39
Weighted Daily Average		48.08
% of Calories		54.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 01/26/2024		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Green Beans, Canned, MS1036	1/2 cup	4.45
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
Dessert	1	*N/A*
Weighted Daily Average		71.59
% of Calories		48.7%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Carb (g)
Mon - 01/29/2024		
Lunch 7-12	Total	
Southern Chicken Sandwich	1	49.0
Hot Ham and Cheese Croissant	1 each	5.1
Green Beans, Canned, MS1036	1/2 cup	4.45
Whole Kernel Corn, CND M6010	1/2 cup	14.68
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 pouch	0.29
Ketchup PC	1 packet	3.0
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		90.78
% of Calories		58.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/30/2024		
Lunch 7-12	Total	
Cheesy Chicken Over Rice M3120	1 serving	31.15
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
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	0.0
Lima Beans, Frozen M5525	1/2 cup	16.36
Baked Sweet Potato/Marg.M5900	1 each	26.16
Fresh Fruit Bowl Variety M6715	1 each	21.72
Strawberries, Frozen M6945	1/2 cup	21.05
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	1 Brookee	23.01
Weighted Daily Average		109.36
% of Calories		56.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/31/2024		
Lunch 7-12	Total	
Beef Patty Melt M4005	sandwich	29.53
Tater Tots	1/2 cup	16.0
Baked Beans Vegetarian M5000	1/2 cup	38.24
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Ketchup PC	1 packet	3.0
Weighted Daily Average		180.26
% of Calories		61.5%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

Page 7

Generated on: 12/4/2023 7:56:22 AM

	Portion Size	Carb (g)
Weighted Average		87.50
		55.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	87.50	55.76%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.