

Rankin County School District

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 1

Generated on: 4/13/2022 7:23:24 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| <u>Mon - 05/02/2022</u> | | |
| Lunch K-8 | Total | |
| Sloppy Joe on WW Bun RCSDMS791 | 1 each | 32.74 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| Baked Beans Legumes M5535 | 1/2 cup | 38.29 |
| 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 | | 58.58 |
| % of Calories | | 52.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| <u>Tue - 05/03/2022</u> | | |
| Lunch K-8 | Total | |
| Fish Sticks, Baked M1540.1 | 4 nuggets | 22.0 |
| Creamy Coleslaw M5695 | 1/2 cup | 11.71 |
| Straight Fries, Baked M6165 | 1/2 cup | 14.06 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| 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 |
| Weighted Daily Average | | 48.75 |
| % of Calories | | 56.3% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|--------------|-------|
| <u>Wed - 05/04/2022</u> | | |
| Lunch K-8 | Total | |
| Manager Choice | 1 | *N/A* |
| Chef Salad, Elementary M3505 | 1 salad | 16.25 |
| Roll, Enriched Mer 2oz MS13 | Roll - 2 oz. | 31.0 |
| Croutons,.5 Gram Packet M7110 | 1 packet | 9.0 |
| Green Peas, Canned M6035 | 1/2 cup | 14.34 |
| Vegetable Juice, 6 oz., CRU,MS | 3/4 cup | 23.0 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Fresh Oranges M6775 | 1 each | 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 |
| Weighted Daily Average | | 50.58 |
| % of Calories | | 69.9% |
| 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

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 2

Generated on: 4/13/2022 7:23:24 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 05/05/2022 | | |
| Lunch K-8 | 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 |
| Glazed Carrots M5865 | 1/2 cup | 8.91 |
| 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 |
| Weighted Daily Average | | 60.20 |
| % of Calories | | 48.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Fri - 05/06/2022 | | |
| Lunch K-8 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 33.68 |
| Season FRY Potato Wedges M6148 | 1/2 cup | 17.94 |
| Mixed Vegetables M5795 | 1/2 cup | 15.2 |
| 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 | | 89.02 |
| % of Calories | | 50.7% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Mon - 05/09/2022 | | |
| Lunch K-8 | Total | |
| Pizza, Stuffed Crust M2040 | 1 slice | 36.0 |
| Glazed Carrots M5865 | 1/2 cup | 8.91 |
| Lima Beans, Frozen M5525 | 1/2 cup | 16.36 |
| 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 | | 70.35 |
| % of Calories | | 50.4% |
| 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

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 3

Generated on: 4/13/2022 7:23:24 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 05/10/2022 | | |
| Lunch K-8 | Total | |
| Meatballs, Mar/Hoagie M4300 | 5 meatballs | 38.26 |
| Chef Salad, Elementary M3505 | 1 salad | 16.25 |
| Roll, Enriched Mer 2oz MS13 | Roll - 2 oz. | 31.0 |
| Croutons,.5 Gram Packet M7110 | 1 packet | 9.0 |
| Broccoli Salad (Ranch) M5580 | 1/2 cup | 4.04 |
| 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 |
| Weighted Daily Average | | 73.25 |
| % of Calories | | 44.4% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 05/11/2022 | | |
| Lunch K-8 | Total | |
| Manager Choice | 1 | *N/A* |
| Carrots, Baby with Dip M5850 | 1/2 cup | 9.95 |
| Field Peas, Frozen M6025 | 1/2 cup | 24.78 |
| 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 | | 28.47 |
| % of Calories | | 68.8% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 05/12/2022 | | |
| Lunch K-8 | Total | |
| Chicken Pep Jack Quesadillas | 1 each | 24.07 |
| Rice Spanish RCSD | 1/2 cup | 26.21 |
| Pinto Beans Legumes M5550 | 1/2 cup | 26.44 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| 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 | | 58.75 |
| % of Calories | | 47.7% |
| 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.

Rankin County School District

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 4

Generated on: 4/13/2022 7:23:24 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Fri - 05/13/2022 | | |
| Lunch K-8 | Total | |
| Cheeseburger 2 oz.,US M4100.1 | 1 each | 33.96 |
| 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 - 05/16/2022 | | |
| Lunch K-8 | Total | |
| Hot Ham and Cheese Croissant | 1 each | 31.1 |
| Yogurt/Cheese/Cinna Goldfish | plate | 53.0 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| 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 |
| Weighted Daily Average | | 68.85 |
| % of Calories | | 52.3% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Tue - 05/17/2022 | | |
| Lunch K-8 | Total | |
| Beef Taco w/Soft Shell M1155.1 | 1 taco | 20.85 |
| Rice Spanish RCSD | 1/2 cup | 26.21 |
| Pinto Beans Legumes M5550 | 1/2 cup | 26.44 |
| Tossed Salad w/Drsg | 1/2 cup | 3.03 |
| 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 | | 84.01 |
| % of Calories | | 60.8% |
| 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.

Rankin County School District

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 5

Generated on: 4/13/2022 7:23:24 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 05/18/2022 | | |
| Lunch K-8 | Total | |
| Manager Choice | 1 | *N/A* |
| Lima Beans, Frozen M5525 | 1/2 cup | 16.36 |
| Carrots, Baby with Dip M5850 | 1/2 cup | 9.95 |
| 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 | | 38.07 |
| % of Calories | | 73.0% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Thu - 05/19/2022 | | |
| Lunch K-8 | Total | |
| BBQ Chicken Sandwich M4140 | 1 each | 38.83 |
| Baked Beans Legumes M5535 | 1/2 cup | 38.29 |
| Creamy Coleslaw M5695 | 1/2 cup | 11.71 |
| 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 | | 75.66 |
| % of Calories | | 64.0% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|--------|
| Fri - 05/20/2022 | | |
| Lunch K-8 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 33.68 |
| Fried Crinkle Cut Fries M6115 | 1/2 cup | 13.16 |
| Green Peas, Canned M6035 | 1/2 cup | 14.34 |
| 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 | 1 packet | 3.0 |
| Weighted Daily Average | | 139.68 |
| % of Calories | | 55.5% |
| 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

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 6

Generated on: 4/13/2022 7:23:24 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 05/23/2022 | | |
| Lunch K-8 | Total | |
| Grilled Chicken Sandwich M4145 | 1 each | 34.15 |
| Field Peas, Frozen M6025 | 1/2 cup | 24.78 |
| 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 packet | 0.29 |
| Weighted Daily Average | | 68.37 |
| % of Calories | | 57.6% |
| Nutrient Guideline | | |

| | | |
|------------------------|-------|--------|
| Tue - 05/24/2022 | | |
| Lunch K-8 | Total | |
| Manager Choice | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

| | | |
|------------------------|-------|--------|
| Wed - 05/25/2022 | | |
| Lunch K-8 | Total | |
| Manager Choice | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

| | | |
|------------------------|-------|--------|
| Thu - 05/26/2022 | | |
| Lunch K-8 | Total | |
| BRUNCH | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 56.90 |
| | | 54.7% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 56.90 | 54.72% | | | | | | |

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.