

Rankin County School District

Aug 1, 2024 thru Aug 31, 2024

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 08/01/2024		
Lunch 7-12	Total	
Pizza, Stuffed Crust M2040	1 slice	35.0
Chicken Hot Wings Bone 9-12	4Wings	3.0
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	31.0
Glazed Carrots M5865	1/2 cup	8.91
Green Peas, Canned M6035	1/2 cup	14.34
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie_Chocolate ChipPur M7545	1 cookie	18.5
Weighted Daily Average		83.66
% of Calories		56.1%
Nutrient Guideline		

Fri - 08/02/2024		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Corn Dog M4075	1 each	28.2
Green Beans, Cut, CND M5750	1/2 cup	4.86
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
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	19.0
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		93.28
% of Calories		53.6%
Nutrient Guideline		

Mon - 08/05/2024		
Lunch 7-12	Total	
All American Sub Sandwich RCSD	1 sandwich	37.3
Assorted bag chips	Bag	20.0
Yogurt Parfait Straw/Chocolate	1 parfait	109.24
Tossed Salad w/Drsg	1/2 cup	3.03
Lima Beans, Frozen M5525	1/2 cup	16.36
Fresh Grapes M6665	1/2 cup	14.97
Applesauce, M6555	1/2 cup	15.62
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mustard, PC M8015	1 packet	0.29
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Yellow Cake Cream Cheese Icing	Serving	85.12
Weighted Daily Average		157.59
% of Calories		65.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 08/06/2024		
Lunch 7-12	Total	
Spaghetti & MeatSauce M1115	1 serving	25.85
Toast, Garlic WW M7115	1 slice	15.0
Chef Salad, Elementary C M3505	1 salad	16.25
Saltine Crackers, ENR,B MS1369	2 4-count packs	18.0
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Turnip Greens, Southern M5640	1/2 cup	3.42
Squash, Summer, FRZ M5810	1/2 cup	6.24
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Banana Pudding M7610	1/2 cup	36.62
Weighted Daily Average		87.77
% of Calories		57.4%
Nutrient Guideline		

Wed - 08/07/2024		
Lunch 7-12	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	31.0
BBQ Rib Sandwich Brush M4205	1 each	41.67
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Homemade M8125	2 ounces	3.27
Glazed Carrots M5865	1/2 cup	8.91
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Ketchup PC M8000	1 each	3.0
Cookie, Confetti Cake IW M7548	1 cookie	29.0
Weighted Daily Average		70.31
% of Calories		50.9%
Nutrient Guideline		

Thu - 08/08/2024		
Lunch 7-12	Total	
Roasted Wings	3 wings	0.0
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
Ranch Club Wrap Mer MS772	2 halves	34.0
Green Beans, Cut, CND M5750	1/2 cup	4.86
Celery Sticks with Dip M5715	1/2 cup	4.95
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		64.90
% of Calories		40.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 08/09/2024		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Pimento Cheese Sandwich RCSD	sandwich	32.83
Baked Beans RCSD	1/2 cup	38.23
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
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	19.0
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		96.79
% of Calories		55.0%
Nutrient Guideline		

Mon - 08/12/2024		
Lunch 7-12	Total	
Hot Ham and Cheese Croissant	1 each	34.1
Tuna Salad w/ Crackers M3595	1/2 CUP	23.37
Sweet Potato Fries, Bkd M5925	1/2 cup	18.18
Broccoli w/ Cheese Sauce M5595	1/2 cup	5.45
Fruit Cocktail M6735	1/2 cup	14.91
Fresh Apple M6510	1 each	25.13
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie, Sugar, Purch WGR M7560	1 cookie	18.12
Weighted Daily Average		85.60
% of Calories		54.9%
Nutrient Guideline		

Tue - 08/13/2024		
Lunch 7-12	Total	
Fajita Happy Plate RCSD	1 fajita	51.87
Guacamole, 1/4 Cup M5675	2 oz.	5.93
Salsa, Portion M5945	1 ounce	2.0
Yogurt/Brfst Bread Plate	plate	59.75
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Sour Cream PC M8115	1 each	0.82
Cookie, Brookie IW M7515	1 cookie	23.0
Weighted Daily Average		121.29
% of Calories		53.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/14/2024		
Lunch 7-12	Total	
Steak Fingers, Baked M1045	4 each	17.9
Macaroni and Cheese M7030	1/2 cup	19.14
Chef Salad, Elementary C M3505	1 salad	16.25
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Whole Wheat Rolls MS1353	1 roll	28.76
Green Beans, Cut, CND M5750	1/2 cup	4.86
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Brownies, Mix, ENR, CR M7510	1 piece	25.01
Weighted Daily Average		93.56
% of Calories		55.8%
Nutrient Guideline		

Thu - 08/15/2024		
Lunch 7-12	Total	
Chicken and Waffle (1) RCSD	3 tenders	27.0
Turkey & Cheese/Kaiser M4270	Sandwiches	30.13
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Tater Tots	1/2 cup	16.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Pineapple Tidbits M6890	1/2 cup	18.87
Apple and Orange Wedges M6545	1/2 cup	13.98
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Syrup, Pancake, PC M8025	1 packet	30.2
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Funnel Cake, 2 WGR M8860	servings	45.39
Weighted Daily Average		118.16
% of Calories		58.2%
Nutrient Guideline		

Fri - 08/16/2024		
Lunch 7-12	Total	
Mexican Pizza M2010	1 slice	30.0
Cheeseburger 2 oz Patty M4100	1 each	32.68
Season BKD Potato Wedges M6145	1/2 cup	17.0
Green Peas, Canned M6035	1/2 cup	14.34
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	19.0
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

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	Portion Size	Carb (g)
Weighted Daily Average		71.59
% of Calories		49.0%
Nutrient Guideline		

Mon - 08/19/2024		
Lunch 7-12	Total	
Southern Chicken Sandwich	1	45.0
Grill Cheese Sand 1oz & Yogurt	portions	44.46
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 Apple M6510	1 each	25.13
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		89.76
% of Calories		58.1%
Nutrient Guideline		

Tue - 08/20/2024		
Lunch 7-12	Total	
Chicken Spaghetti RCSD MS542	3/4 cup	22.87
Toast, Garlic WW M7115	1 slice	15.0
Chef Salad, Elementary C M3505	1 salad	16.25
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Broccoli w/ Cheese Sauce M5595	1/2 cup	5.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
Fresh Bananas M6590	1 each	26.95
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		73.48
% of Calories		53.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/21/2024		
Lunch 7-12	Total	
Chicken Tenders Cooked M3200	3 tenders	14.0
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Turkey & Cheese Wrap M4360	1 wrap	22.83
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package BRG M8130	2 ounces	4.05
Tossed Salad with Drsg M5660	1/2 cup	6.36
Pineapple Tidbits M6890	1/2 cup	18.87
Apple and Orange Wedges M6545	1/2 cup	13.98
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
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		78.89
% of Calories		53.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 08/22/2024		
Lunch 7-12	Total	
Southwest Dip & Chips	1 serving	29.21
Cornbread 1 ENR M7050	1 piece	18.07
Yogurt/Cheese/Graham	plate	53.0
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
Pineapple Tidbits M6890	1/2 cup	18.87
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
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		91.78
% of Calories		48.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 08/23/2024		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Turkey & Cheese Croissant	1 sandwich	32.99
Green Beans, Savory,CND M5745	1/2 cup	4.45
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
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	19.0
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	18.5

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	Portion Size	Carb (g)
Weighted Daily Average		83.59
% of Calories		52.2%
Nutrient Guideline		

Mon - 08/26/2024		
Lunch 7-12	Total	
Meatballs, Mar/Hoagie UM4300.1	5 meatballs	37.86
Yogurt and Uncrustable Plate	4 ounce cup	62.13
Green Beans, Cut, CND M5750	1/2 cup	4.86
Carrots, Baby with Dip M5850	1/2 cup	9.95
Fresh Apple M6510	1 each	25.13
Pineapple Tidbits M6890	1/2 cup	18.87
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		87.67
% of Calories		56.5%
Nutrient Guideline		

Tue - 08/27/2024		
Lunch 7-12	Total	
Quesadillas Beef Pepper Jack	1 each	24.07
Chips and Salsa	1 serving	24.05
Chef Salad, Elementary C M3505	1 salad	16.25
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, ENR, CR M7020	2 4-count packs	18.0
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Brownies, Mix, ENR, CR M7510	1 piece	25.01
Weighted Daily Average		106.58
% of Calories		49.6%
Nutrient Guideline		

Wed - 08/28/2024		
Lunch 7-12	Total	
Chicken Ranch Wrap	2 halves	42.3
Italian Dunkers #1101	2 breadsticks	28.0
Sauce, Marinara PC M8195	1 packet	3.71
Saltine Crackers, ENR, CR M7020	2 4-count packs	18.0
Carrots, Sliced, Italian M5870	1/2 cup	5.83
Cucumber Slices w/Ra Dip M5725	1/2 cup	4.72
Squash, Summer, FRZ M5810	1/2 cup	6.24
Fresh Grapes M6665	1/2 cup	14.97
Banana Berry Blend M6595	1/2 cup	25.38
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, FF White 1/2 pt. PF M100	1/2 pint	11.0
Banana Pudding M7610	1/2 cup	36.62

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	Portion Size	Carb (g)
Weighted Daily Average		96.97
% of Calories		53.7%
Nutrient Guideline		

Thu - 08/29/2024		
Lunch 7-12	Total	
Cheesy Chicken Over Rice M3120	1 serving	30.13
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Turkey & Cheese Wrap M4360	1 wrap	22.83
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Broccoli Florets, FRZ M5610	1/2 cup	3.61
Tossed Salad with Drsg M5660	1/2 cup	6.36
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mandarin Oranges	1/2 cup	21.45
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		93.14
% of Calories		53.6%
Nutrient Guideline		

Fri - 08/30/2024		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Hot Dog WG M4230	1 each	28.0
Baked Beans	1/2 cup	38.23
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
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	19.0
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 Confetti Filled #1408	1 Cookie	29.0
Weighted Daily Average		91.77
% of Calories		54.3%
Nutrient Guideline		

Weighted Average		92.64
		54.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	92.64	54.10%						

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