

# Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

Lunch K-8

Generated on: 9/9/2025 8:21:58 AM

	Portion Size	Carb (g)
Wed - 10/01/2025		
Lunch K-8	Total	
Vegetable Beef Soup M4565	1 cup	11.25
Grill Cheese Sand 1oz	portions	30.46
Chef Salad, Elementary C M3505	1 salad	16.25
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots Baby w/dip RCSD	3 oz. bag	8.93
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
Weighted Daily Average		52.59
% of Calories		56.3%
Nutrient Guideline		

Thu - 10/02/2025		
Lunch K-8	Total	
Asian Chicken Rice Bowl	Servings	42.09
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Weighted Daily Average		78.42
% of Calories		57.2%
Nutrient Guideline		

Fri - 10/03/2025		
Lunch K-8	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Roasted Wings	3 wings	0.0
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Weighted Daily Average		76.51
% of Calories		45.6%
Nutrient Guideline		

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Lunch K-8

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	Portion Size	Carb (g)
Mon - 10/06/2025		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Tue - 10/07/2025		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Wed - 10/08/2025		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Thu - 10/09/2025		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Fri - 10/10/2025		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Mon - 10/13/2025		
Lunch K-8 HOLIDAY	Total 1	*N/A*

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Lunch K-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

Tue - 10/14/2025		
Lunch K-8	Total	
Walking Tacos USDA M1095.1	1 taco	36.27
Chicken Sandwich Variety RCSD	1 each	43.81
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Ketchup PC M8000	1 each	3.0
Weighted Daily Average % of Calories		86.54 51.3%
Nutrient Guideline		

Wed - 10/15/2025		
Lunch K-8	Total	
Spaghetti & MeatSauce M1115	1 serving	25.85
Chef Salad, Elementary C M3505	1 salad	16.25
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots Baby w/dip RCSD	3 oz. bag	8.93
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
Weighted Daily Average % of Calories		89.27 54.9%
Nutrient Guideline		

Thu - 10/16/2025		
Lunch K-8	Total	
Beef and Broccoli Rice Bowl	Servings	42.93
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		73.18
% of Calories		52.0%
Nutrient Guideline		

Fri - 10/17/2025		
Lunch K-8	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Club Croissant	1 each	33.87
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Weighted Daily Average		82.15
% of Calories		50.8%
Nutrient Guideline		

Mon - 10/20/2025		
Lunch K-8	Total	
All American Sub Sandwich RCSD	1 sandwich	37.3
Pizza, Variety	slice	32.25
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
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 pouch	0.29
Weighted Daily Average		67.95
% of Calories		54.4%
Nutrient Guideline		

Tue - 10/21/2025		
Lunch K-8	Total	
Pep J Chick Quesadilla M3147.1	1 each	23.75
Chicken Sandwich Variety RCSD	1 each	43.81
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Fruit Bowl Variety M6715	1 each	21.72
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
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

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		85.32
% of Calories		55.2%
Nutrient Guideline		

Wed - 10/22/2025		
Lunch K-8	Total	
Cheesy Chicken Over Rice M3120	1 serving	30.13
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad, Elementary C M3505	1 salad	16.25
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots Baby w/dip RCSD	3 oz. bag	8.93
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
Weighted Daily Average		81.71
% of Calories		50.9%
Nutrient Guideline		

Thu - 10/23/2025		
Lunch K-8	Total	
Meatballs, Mar/Hoagie M4300	5 meatballs	38.86
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Weighted Daily Average		74.56
% of Calories		50.9%
Nutrient Guideline		

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Lunch K-8

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	Portion Size	Carb (g)
Fri - 10/24/2025		
Lunch K-8	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
BBQ Pork Sandwich US M4210.1	1 each	39.34
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Weighted Daily Average		95.53
% of Calories		52.1%
Nutrient Guideline		

Mon - 10/27/2025		
Lunch K-8	Total	
Hot Dog WG M4230	1 each	28.0
Pizza, Variety	slice	32.25
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
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 pouch	0.29
Ketchup PC M8000	1 each	3.0
Weighted Daily Average		68.57
% of Calories		53.9%
Nutrient Guideline		

Tue - 10/28/2025		
Lunch K-8	Total	
Southwest Dip & "Walking" Chips	1 serving	35.21
Chicken Sandwich Variety RCSD	1 each	43.81
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Ketchup PC M8000	1 each	3.0
Weighted Daily Average		89.14
% of Calories		47.4%
Nutrient Guideline		

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Lunch K-8

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	Portion Size	Carb (g)
Wed - 10/29/2025		
Lunch K-8	Total	
Chicken & Sausage Gumbo M4610	2/3 cup w/rice	34.79
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad, Elementary C M3505	1 salad	16.25
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots Baby w/dip RCSD	3 oz. bag	8.93
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
Weighted Daily Average		93.18
% of Calories		54.6%
Nutrient Guideline		

Thu - 10/30/2025		
Lunch K-8	Total	
Steak Fingers, Baked M1045	4 each	17.9
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Weighted Daily Average		73.02
% of Calories		49.6%
Nutrient Guideline		

Fri - 10/31/2025		
Lunch K-8	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Chicken Ranch Wrap	2 halves	42.3
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Halloween Dessert	1	*N/A*

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		95.83 51.7%
Nutrient Guideline		

Weighted Average		59.02 51.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	59.02	51.82%						

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