

Rankin County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/01/2022		
Lunch 7-12	Total	
Spaghetti&MeatSauceRCS	1 serving	27.33
MS178		
Toast, Garlic WW M7115	1 slice	15.0
Chef Salad, Elementary M3505	1 salad	16.25
Saltine Crackers, ENR,B MS1369	2 4-count packs	18.0
Croutons, .5 Gram Packet M7110	1 packet	9.0
Turnip Greens, Southern M5640	1/2 cup	3.42
Squash, Summer, FRZ M5810	1/2 cup	6.24
Fresh Grapes M6665	1/2 cup	14.97
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
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		94.52
% of Calories		57.8%
Nutrient Guideline		

Wed - 11/02/2022		
Lunch 7-12	Total	
Chicken Potato Bowl	bowls	48.42
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
Yogurt/Brfst Bread Plate	plate	58.5
Tossed Salad w/Drsg	1/2 cup	3.03
Banana Berry Blend M6595	1/2 cup	25.38
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
Banana Pudding M7610	1/2 cup	36.32
Weighted Daily Average		140.70
% of Calories		58.3%
Nutrient Guideline		

Thu - 11/03/2022		
Lunch 7-12	Total	
Vegetable Beef Soup CR M4565	1 cup	11.25
Grill Cheese Sand 1oz	portions	29.46
Ranch Club Wrap Mer MS772	2 halves	30.11
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Broccoli Florets, FRZ, MS	1/2 cup	7.05
Carrots, Baby with Dip M5850	1/2 cup	9.95
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	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		78.81
% of Calories		47.9%
Nutrient Guideline		

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Fri - 11/04/2022		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Pimento Cheese Sandwich RCSD	sandwich	36.4
Crinkle Cut Fries Baked M6110	1/2 cup	13.16
Green Beans, Cut, CND M5745	1/2 cup	4.86
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		89.28
% of Calories		51.7%
Nutrient Guideline		

Mon - 11/07/2022		
Lunch 7-12	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
Tuna Salad Croissant	1 each	29.59
Baked Beans Legumes M5535	1/2 cup	38.29
Glazed Carrots M5865	1/2 cup	8.91
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Apple M6510	1 each	25.13
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		114.97
% of Calories		62.0%
Nutrient Guideline		

Tue - 11/08/2022		
Lunch 7-12	Total	
Fish Sticks, Baked M1540.1	4 nuggets	22.0
Hushpuppies Baked M7065	2 each	12.56
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
Macaroni and Cheese M7030	1/2 cup	19.14
Creamy Coleslaw M5695	1/2 cup	11.71
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		84.21
% of Calories		58.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/09/2022		
Lunch 7-12	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Yogurt and Uncrustable Plate	4 ounce cup	62.13
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
Cookie,Oatmeal RaisinPur M7555	1 cookie	16.0
Weighted Daily Average		93.46
% of Calories		54.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/10/2022		
Lunch 7-12	Total	
Cheesy Chicken Over Rice M3120	1 serving	31.15
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Lunch Bites Ham 2 GR graham	serving	37.0
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
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
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		129.62
% of Calories		57.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/11/2022		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Corn Dog	1 each	29.18
Season BKD Potato Wedges M6145	1/2 cup	17.94
Glazed Carrots M5865	1/2 cup	8.91
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
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		112.40
% of Calories		54.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/14/2022		
Lunch 7-12	Total	
BBQ Pork Sandwich US M4210.1	1 each	41.28
Yogurt/Brfst Bread Plate	plate	58.5
Baked Beans Vegetarian M5000	1/2 cup	38.24
Pasta Salad (Ranch)	1/2 cup	20.64
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
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
Cookie,Chocolate ChipPur M7545	1 cookie	16.0
Weighted Daily Average		70.69
% of Calories		54.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/15/2022		
Lunch 7-12	Total	
Southern Chicken Sandwich	1	49.0
Chef Salad, Elementary M3505	1 salad	16.25
Croutons,.5 Gram Packet M7110	1 packet	9.0
Saltine Crackers, 2 grain	4-count packs	9.0
Peas and Carrots, Canned M6170	1/2 cup	10.28
Sweet Potato Fries, Bkd M5925	1/2 cup	22.92
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
Weighted Daily Average		66.66
% of Calories		48.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/16/2022		
Lunch 7-12	Total	
All American Sub Sandwich	1 sandwich	34.3
Meatballs, Mar/Hoagie M4300	5 meatballs	38.26
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		57.53
% of Calories		57.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/17/2022		
Lunch 7-12	Total	
Turkey & Dressing Supreme M3325	1 Piece	35.09
Cranberry Sauce Portion MS1230	1 ounce	11.29
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Pizza, Stuffed Crust M2040	1 slice	36.0
Brown Gravy, Package M8130	2 ounces	4.05
Mashed Potatoes M6070	1/2 cup	15.12
Green Beans, Canned, MS1036	1/2 cup	4.45
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
Thanksgiving Dessert	1	*N/A*
Weighted Daily Average		98.49
% of Calories		56.2%
Nutrient Guideline		

Fri - 11/18/2022		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Bread/Mozz. Cheese St 2 M5080	2 breadsticks	30.0
Mixed Vegetables M5795	1/2 cup	15.2
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
Sauce, Marinara PC M8195	1 packet	3.71
Cookie, Sugar, Purch ENR M7560	1 cookie	17.0
Weighted Daily Average		63.74
% of Calories		45.4%
Nutrient Guideline		

Mon - 11/21/2022		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 11/22/2022		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*

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

Wed - 11/23/2022		
Lunch 7-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

Thu - 11/24/2022		
Lunch 7-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

Fri - 11/25/2022		
Lunch 7-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

Mon - 11/28/2022		
Lunch 7-12	Total	
Mexican Pizza M2010	1 slice	30.0
Grill Cheese Sand 1oz & Yogurt	portions	42.46
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
Cookie,Oatmeal RaisinPur M7555	1 cookie	16.0
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average % of Calories		87.58 52.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/29/2022		
Lunch 7-12	Total	
Sausage 1 & Biscuit 2ENR M9165	1 Each	28.0
Country Style Gravy, CruMS1502	2 ounces	4.54
Eggs, Scrambled, FRZ Mix M9035	2 ounces	0.82
Potatoes, Hashbrown M6065	2 patties	31.0
Yogurt and Uncrustable Plate	4 ounce cup	62.13
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
Cookie, Sugar, Purch ENR M7560	1 cookie	17.0
Jelly, Assorted, PC M8145	1 packet	9.23
Weighted Daily Average		239.85
% of Calories		55.6%
Nutrient Guideline		

Wed - 11/30/2022		
Lunch 7-12	Total	
Chicken Chunk Fritters #1037	4 chunks	20.0
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
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		210.21
% of Calories		59.0%
Nutrient Guideline		

Weighted Average		83.08
		55.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	83.08	55.26%						

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