

Rankin County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------------|-----------------|----------|
| Tue - 11/01/2022 | | |
| Lunch K-8 | Total | |
| Spaghetti&MeatSauceRCS | 1 serving | 27.33 |
| 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, FF Strwbr, 1/2 pt. PF M130 | 1/2 pint | 23.0 |
| Milk, FF, Van, 1/2 pt. Bo MS1704 | 1/2 pint | 32.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Weighted Daily Average | | 84.45 |
| % of Calories | | 56.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|--------|
| Wed - 11/02/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 106.38 |
| % of Calories | | 53.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------------|-------|
| Thu - 11/03/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 64.80 |
| % of Calories | | 46.3% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Fri - 11/04/2022 | | |
| Lunch K-8 | 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 Peas, Canned M6035 | 1/2 cup | 14.34 |
| 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 |
| Weighted Daily Average | | 71.01 |
| % of Calories | | 46.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Mon - 11/07/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 75.12 |
| % of Calories | | 57.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------------|-------|
| Tue - 11/08/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 68.35 |
| % of Calories | | 54.1% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 11/09/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 78.06 |
| % of Calories | | 54.7% |
| Nutrient Guideline | | |

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|--------------------------------|--------------|--------|
| Thu - 11/10/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 106.35 |
| % of Calories | | 55.2% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Fri - 11/11/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 86.79 |
| % of Calories | | 50.5% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 11/14/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 70.69 |
| % of Calories | | 54.6% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------------|-------|
| Tue - 11/15/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 66.66 |
| % of Calories | | 48.6% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-------------|-------|
| Wed - 11/16/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 57.53 |
| % of Calories | | 57.5% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|---------------------------------|--------------|----------|
| Thu - 11/17/2022 | | |
| Lunch K-8 | 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 K-8 | 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 |
| Weighted Daily Average | | 63.74 |
| % of Calories | | 45.4% |
| Nutrient Guideline | | |

| | | |
|------------------------|-------|--------|
| Mon - 11/21/2022 | | |
| Lunch K-8 | Total | |
| HOLIDAY | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

| | | |
|------------------|-------|-------|
| Tue - 11/22/2022 | | |
| Lunch K-8 | Total | |
| HOLIDAY | 1 | *N/A* |

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

| Wed - 11/23/2022 | | |
|---|------------|-----------------|
| Lunch K-8 HOLIDAY | Total 1 | *N/A* |
| Weighted Daily Average % of Calories | | *N/A* *N/A%* |
| Nutrient Guideline | | |

| Thu - 11/24/2022 | | |
|---|------------|-----------------|
| Lunch K-8 HOLIDAY | Total 1 | *N/A* |
| Weighted Daily Average % of Calories | | *N/A* *N/A%* |
| Nutrient Guideline | | |

| Fri - 11/25/2022 | | |
|---|------------|-----------------|
| Lunch K-8 HOLIDAY | Total 1 | *N/A* |
| Weighted Daily Average % of Calories | | *N/A* *N/A%* |
| Nutrient Guideline | | |

| Mon - 11/28/2022 | | |
|---|----------|----------------|
| Lunch K-8 | 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 |
| Weighted Daily Average % of Calories | | 72.17 52.4% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 11/29/2022 | | |
| Lunch K-8 | 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 |
| Jelly, Assorted, PC M8145 | 1 packet | 9.23 |
| Weighted Daily Average | | 222.85 |
| % of Calories | | 55.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|--------------|--------|
| Wed - 11/30/2022 | | |
| Lunch K-8 | 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 |
| Weighted Daily Average | | 190.83 |
| % of Calories | | 57.1% |
| Nutrient Guideline | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 71.79 |
| | | 53.4% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 71.79 | 53.36% | | | | | | |

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