

Rankin County School District

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 12/01/2022		
Lunch K-8	Total	
Chili w/o beans w/corn chips	1/2 cup	20.33
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Yogurt/Cheese/Cinna Goldfish	plate	53.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Glazed Carrots M5865	1/2 cup	8.91
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		67.68
% of Calories		47.1%
Nutrient Guideline		

Fri - 12/02/2022		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Hot Dog WG M4230	1 each	28.0
Green Beans, Canned, MS1036	1/2 cup	4.45
Crinkle Cut Fries Baked M6110	1/2 cup	13.16
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
Ketchup PC M8000	1 packet	3.0
Weighted Daily Average		71.91
% of Calories		48.2%
Nutrient Guideline		

Mon - 12/05/2022		
Lunch K-8	Total	
Hot Ham and Cheese Croissant	1 each	31.1
Tuna Salad Croissant	1 each	29.59
Field Peas, Frozen M6025	1/2 cup	24.78
Broccoli w/ Cheese Sauce M5595	1/2 cup	6.09
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	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 pouch	0.29
Weighted Daily Average		64.34
% of Calories		50.1%
Nutrient Guideline		

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Tue - 12/06/2022		
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, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		73.18
% of Calories		54.3%
Nutrient Guideline		

Wed - 12/07/2022		
Lunch K-8	Total	
Hot Wings, Bone, MS538	4 Wings	3.0
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
Corn Dog M4075	1 each	29.18
Whole Kernel Corn, FRZ M6015	1/2 cup	16.24
Celery Sticks with Dip M5715	1/2 cup	4.95
Fresh Fruit Bowl Variety M6715	1 each	21.72
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
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		42.37
% of Calories		46.8%
Nutrient Guideline		

Thu - 12/08/2022		
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
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
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		70.01
% of Calories		46.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 12/09/2022		
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
Tomatoes & Carrots w/Dip M5955	1/2 cup serving	8.2
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		70.76
% of Calories		46.9%
Nutrient Guideline		

Mon - 12/12/2022		
Lunch K-8	Total	
Southern Chicken Sandwich	1	49.0
Yogurt/Brfst Bread Plate	plate	58.5
Peas and Carrots, Canned M6170	1/2 cup	10.28
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		64.05
% of Calories		56.8%
Nutrient Guideline		

Tue - 12/13/2022		
Lunch K-8	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
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
Baked Beans Vegetarian M5000	1/2 cup	38.24
Creamy Coleslaw M5695	1/2 cup	11.71
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		46.58
% of Calories		45.5%
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	Portion Size	Carb (g)
Wed - 12/14/2022		
Lunch K-8	Total	
All American Sub Sandwich	1 sandwich	34.3
Lunch Bites Ham 2 GR graham	serving	37.0
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
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		57.53
% of Calories		57.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 12/15/2022		
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 Peas, Frozen M6045	1/2 cup	13.67
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
Christmas Dessert	1	*N/A*
Weighted Daily Average		102.82
% of Calories		56.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 12/16/2022		
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		

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Mon - 12/19/2022		
Lunch K-8	Total	
Mexican Pizza M2010	1 slice	30.0
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		72.15
% of Calories		52.4%
Nutrient Guideline		

Tue - 12/20/2022		
Lunch K-8	Total	
Country Fried Steak Sand M4125	1 each	46.15
Straight Fries, Baked M6165	1/2 cup	14.06
Glazed Carrots M5865	1/2 cup	8.91
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Weighted Daily Average		147.20
% of Calories		55.6%
Nutrient Guideline		

Wed - 12/21/2022		
Lunch K-8	Total	
Brunch 1/2 Day	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Thu - 12/22/2022		
Lunch K-8	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Fri - 12/23/2022		
Lunch K-8	Total	
HOLIDAY	1	*N/A*

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

Mon - 12/26/2022		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

Tue - 12/27/2022		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

Wed - 12/28/2022		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

Thu - 12/29/2022		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

Fri - 12/30/2022		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A*
Nutrient Guideline		*N/A%*

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	Portion Size	Carb (g)
Weighted Average		45.74 50.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	45.74	50.72%						

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