

Rankin County School District

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 1

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 04/03/2023 | | |
| Lunch K-8 | Total | |
| BBQ Pork Sandwich US M4210.1 | 1 each | 41.28 |
| Hot Dog WG M4230 | 1 each | 28.0 |
| Baked Beans Legumes M5535 | 1/2 cup | 38.29 |
| 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 |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 packet | 0.29 |
| Weighted Daily Average | | 79.24 |
| % of Calories | | 56.8% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|---------------|----------|
| Tue - 04/04/2023 | | |
| Lunch K-8 | Total | |
| Cheesy Chicken Over Rice M3120 | 1 serving | 31.15 |
| Toast, Garlic WW M7115 | 1 slice | 15.0 |
| Chicken Tender Chef Salad | 1 salad | 24.88 |
| Croutons,.5 Gram Packet M7110 | 1 packet | 9.0 |
| Saltine Crackers, 2 grain | 4-count packs | 9.0 |
| Mixed Vegetables M5795 | 1/2 cup | 15.2 |
| Glazed Carrots M5865 | 1/2 cup | 8.91 |
| Fresh Oranges M6775 | 1 each | 19.19 |
| 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 | | 82.85 |
| % of Calories | | 53.1% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 04/05/2023 | | |
| Lunch K-8 | Total | |
| Turkey & Cheese Croissant | 1 sandwich | 32.99 |
| Yogurt/Brfst Bread Plate | plate | 59.5 |
| Broccoli w/ Cheese Sauce M5595 | 1/2 cup | 6.09 |
| Fried Crinkle Cut Fries M6115 | 1/2 cup | 13.16 |
| 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 | | 60.23 |
| % of Calories | | 54.3% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 04/06/2023 | | |
| Lunch K-8 | Total | |
| Chicken Tenders Cooked M3200 | 3 tenders | 14.0 |
| Manager Choice | 1 | *N/A* |
| Roll, Enriched Mer 2oz MS13 | Roll - 2 oz. | 31.0 |
| Green Beans, Canned, MS1036 | 1/2 cup | 4.45 |
| Mashed Potatoes M6070 | 1/2 cup | 15.12 |
| Brown Gravy, Package M8130 | 2 ounces | 4.05 |
| 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 |
| Easter Dessert | 1 | *N/A* |
| Weighted Daily Average | | 40.00 |
| % of Calories | | 46.2% |
| Nutrient Guideline | | |

| | | |
|------------------------|-------|--------|
| Fri - 04/07/2023 | | |
| Lunch K-8 | Total | |
| HOLIDAY | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

| | | |
|------------------------|-------|--------|
| Mon - 04/10/2023 | | |
| Lunch K-8 | Total | |
| HOLIDAY | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Tue - 04/11/2023 | | |
| Lunch K-8 | Total | |
| Mexican Pizza Taco M2010 | 1 slice | 30.0 |
| Manager Choice | 1 | *N/A* |
| Mixed Vegetables M5795 | 1/2 cup | 15.2 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| 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 | 23.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Weighted Daily Average | | 76.80 |
| % of Calories | | 56.8% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 04/12/2023 | | |
| Lunch K-8 | Total | |
| Spicy Chicken BreastSand M4160 | 1 each | 47.15 |
| Chicken Bacon Ranch Sandwich | 1 each | 36.15 |
| Vegetable Juice, Asst,CRMS1156 | 1/2 cup | 12.0 |
| Green Peas, Canned M6035 | 1/2 cup | 14.34 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| 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 packet | 0.29 |
| Weighted Daily Average | | 87.39 |
| % of Calories | | 68.1% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|---------------|----------|
| Thu - 04/13/2023 | | |
| Lunch K-8 | Total | |
| Hot Wings, Bone, MS538 | 4 Wings | 3.0 |
| Biscuit, 2 Oz. ENR, M8520 | 1 biscuit | 28.0 |
| Italian Dunkers #1101 | 2 breadsticks | 30.0 |
| Baked Beans Legumes M5535 | 1/2 cup | 38.29 |
| Broccoli w/ Cheese Sauce M5595 | 1/2 cup | 6.09 |
| 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 |
| Sauce, Marinara PC M8195 | 1 packet | 3.71 |
| Ranch Dressing & Dip PC M8075 | 1 ounce | 4.88 |
| Weighted Daily Average | | 54.33 |
| % of Calories | | 55.8% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Fri - 04/14/2023 | | |
| Lunch K-8 | Total | |
| Bacon Cheeseburger 2 oz. M4095 | 1 each | 33.68 |
| Hot Dog WG M4230 | 1 each | 28.0 |
| Spicy Fries, Baked M6150 | 1/2 cup | 18.21 |
| Manager Choice Vegetable | 1 | *N/A* |
| 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 | | 88.31 |
| % of Calories | | 48.9% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 04/17/2023 | | |
| Lunch K-8 | Total | |
| Pizza, Stuffed Crust M2040 | 1 slice | 36.0 |
| Manager Choice | 1 | *N/A* |
| Glazed Carrots M5865 | 1/2 cup | 8.91 |
| Green Peas, Canned M6035 | 1/2 cup | 14.34 |
| 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 | | 58.25 |
| % of Calories | | 66.0% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------------|--------|
| Tue - 04/18/2023 | | |
| Lunch K-8 | Total | |
| Fajita Happy Plate RCSD | 1 fajita | 50.34 |
| Rice Spanish RCSD | 1/2 cup | 25.05 |
| 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 |
| Pinto Beans Legumes M5550 | 1/2 cup | 26.44 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| 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 | | 120.03 |
| % of Calories | | 55.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------------|-------|
| Wed - 04/19/2023 | | |
| Lunch K-8 | Total | |
| Pizza Buffalo Chicken WG #1110 | 1 wedge | 25.0 |
| Country Fried Steak Sand M4125 | 1 each | 47.55 |
| Tomatoes & Carrots w/Dip M5955 | 1/2 cup serving | 8.2 |
| Mixed Vegetables M5795 | 1/2 cup | 15.2 |
| Fresh Apple M6510 | 1 each | 25.13 |
| 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 | | 51.96 |
| % of Calories | | 43.5% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 04/20/2023 | | |
| Lunch K-8 | Total | |
| Lasagna MS154 | 1 serving | 24.25 |
| Toast, Garlic WW M7115 | 1 slice | 15.0 |
| Yogurt and Uncrustable Plate | 4 ounce cup | 62.13 |
| Green Beans, Canned, MS1036 | 1/2 cup | 4.45 |
| Tossed Salad w/Drsg | 1/2 cup | 3.03 |
| Orange Smiles M6770 | 1/2 cup | 19.19 |
| 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 | | 87.84 |
| % of Calories | | 53.4% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Fri - 04/21/2023 | | |
| Lunch K-8 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 33.68 |
| Corn Dog | 1 each | 28.2 |
| Season FRY Potato Wedges M6148 | 1/2 cup | 16.65 |
| Manager Choice Vegetable | 1 | *N/A* |
| 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 | | 92.23 |
| % of Calories | | 50.3% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 04/24/2023 | | |
| Lunch K-8 | Total | |
| Southern Chicken Sandwich | 1 | 49.0 |
| All American Sub Sandwich | 1 sandwich | 34.3 |
| Tater Tots | 1/2 cup | 16.0 |
| Baked Beans Legumes M5535 | 1/2 cup | 38.29 |
| 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 | 23.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Ketchup PC | 1 packet | 3.0 |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 pouch | 0.29 |
| Weighted Daily Average | | 218.27 |
| % of Calories | | 61.1% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|---------------|----------|
| Tue - 04/25/2023 | | |
| Lunch K-8 | Total | |
| Spaghetti&MeatSauceRCS | 1 serving | 27.33 |
| MS178 | | |
| Cornbread 1 WG M7050 | 1 piece | 17.54 |
| Chicken Tender Chef Salad | 1 salad | 24.88 |
| Croutons,.5 Gram Packet M7110 | 1 packet | 9.0 |
| Saltine Crackers, 2 grain | 4-count packs | 9.0 |
| Tossed Salad w/Drsg | 1/2 cup | 3.03 |
| Turnip Greens, Southern M5640 | 1/2 cup | 3.42 |
| 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 | | 38.20 |
| % of Calories | | 39.9% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 04/26/2023 | | |
| Lunch K-8 | Total | |
| Ham and Cheese Croissant | 1 each | 34.1 |
| Pizza Meatlovers WGR #1109 | 1 slice | 27.0 |
| Carrotines in a Bag M5845 | 3 oz. bag | 6.93 |
| Green Peas, Canned M6035 | 1/2 cup | 14.34 |
| Fresh Apple M6510 | 1 each | 25.13 |
| 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 |
| Ranch Dressing & Dip PC M8075 | 1 ounce | 4.88 |
| Weighted Daily Average | | 78.90 |
| % of Calories | | 50.5% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 04/27/2023 | | |
| Lunch K-8 | Total | |
| Korean BBQ Chicken | 4 chunks | 28.0 |
| Egg Roll, 1, Chicken M3270 | 1 each | 22.0 |
| Lunch Bites Ham 2 GR graham | serving | 37.0 |
| Tossed Salad w/Drsg | 1/2 cup | 3.03 |
| California Vegetables M5785 | 1/2 cup | 5.15 |
| 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 | 23.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Sauce, Sweet & Sour PC M8200 | 1 packet | 10.16 |
| Weighted Daily Average | | 55.04 |
| % of Calories | | 50.9% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|---------------|----------|
| Fri - 04/28/2023 | | |
| Lunch K-8 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 33.68 |
| Italian Dunkers #1101 | 2 breadsticks | 30.0 |
| Season FRY Potato Wedges M6148 | 1/2 cup | 16.65 |
| Green Beans, Cut, CND M5745 | 1/2 cup | 4.86 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Applesauce, M6555 | 1/2 cup | 15.62 |
| 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 | | 86.75 |
| % of Calories | | 48.8% |
| Nutrient Guideline | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 72.73 |
| | | 53.9% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 72.73 | 53.89% | | | | | | |

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