

Rankin County School District

May 1, 2023 thru May 31, 2023

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Generated on: 4/12/2023 8:30:30 AM

	Portion Size	Carb (g)
Mon - 05/01/2023		
Lunch K-8	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Baked Beans Legumes M5535	1/2 cup	38.29
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	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		58.58
% of Calories		52.8%
Nutrient Guideline		

Tue - 05/02/2023		
Lunch K-8	Total	
Nachos Grande M1075.2	1 serving	30.76
Pinto Beans Legumes M5550	1/2 cup	26.44
Tossed Salad w/Drsg	1/2 cup	3.03
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		64.84
% of Calories		53.0%
Nutrient Guideline		

Wed - 05/03/2023		
Lunch K-8	Total	
Manager Choice	1	*N/A*
Chef Salad, Elementary M3505	1 salad	16.25
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Croutons,.5 Gram Packet M7110	1 packet	9.0
Green Peas, Canned M6035	1/2 cup	14.34
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Fresh Fruit Bowl Variety M6715	1 each	21.72
Fresh Oranges M6775	1 each	19.19
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		50.58
% of Calories		69.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/04/2023		
Lunch K-8	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package M8130	2 ounces	4.05
Glazed Carrots M5865	1/2 cup	8.91
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
Weighted Daily Average		60.20
% of Calories		48.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/05/2023		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Mexican Pizza Taco M2010	1 slice	30.0
Season FRY Potato Wedges M6148	1/2 cup	16.65
Mixed Vegetables M5795	1/2 cup	15.2
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
Weighted Daily Average		87.76
% of Calories		48.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 05/08/2023		
Lunch K-8	Total	
Pizza Meatlovers WGR #1109	1 slice	27.0
Glazed Carrots M5865	1/2 cup	8.91
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		61.53
% of Calories		41.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/09/2023		
Lunch K-8	Total	
Beef Pepper Jack Quesadillas	1 each	24.07
Chips and Cheese Dip	1 serving	25.73
Chef Salad, Elementary M3505	1 salad	16.25
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Croutons,.5 Gram Packet M7110	1 packet	9.0
Vegetable Juice, 6 oz., CRU,MS	1/2 cup	23.0
Tossed Salad w/Drsg	1/2 cup	3.03
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
Weighted Daily Average		73.02
% of Calories		45.4%
Nutrient Guideline		

Wed - 05/10/2023		
Lunch K-8	Total	
Manager Choice	1	*N/A*
Carrots, Baby with Dip M5850	1/2 cup	9.95
Green Peas, Canned M6035	1/2 cup	14.34
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	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		28.46
% of Calories		68.8%
Nutrient Guideline		

Thu - 05/11/2023		
Lunch K-8	Total	
Southwest Dip & Chip M1085.1	1 serving	28.42
Rice Spanish RCSD	1/2 cup	25.05
Pinto Beans Legumes M5550	1/2 cup	26.44
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		61.24
% of Calories		43.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/12/2023		
Lunch K-8	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Crinkle Cut Fries Baked M6110	1/2 cup	13.16
Baked Beans Vegetarian M5000	1/2 cup	38.24
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
Weighted Daily Average		71.44
% of Calories		56.4%
Nutrient Guideline		

Mon - 05/15/2023		
Lunch K-8	Total	
Hot Ham and Cheese Croissant	1 each	34.1
Yogurt/Brfst Bread Plate	plate	59.5
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Green Beans, Canned, MS1036	1/2 cup	4.45
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		68.21
% of Calories		56.1%
Nutrient Guideline		

Tue - 05/16/2023		
Lunch K-8	Total	
Beef Taco w/Soft Shell M1155.1	1 taco	20.85
Rice Spanish RCSD	1/2 cup	25.05
Pinto Beans Legumes M5550	1/2 cup	26.44
Tossed Salad w/Drsg	1/2 cup	3.03
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		83.05
% of Calories		60.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/17/2023		
Lunch K-8	Total	
Manager Choice	1	*N/A*
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
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		38.07
% of Calories		73.0%
Nutrient Guideline		

Thu - 05/18/2023		
Lunch K-8	Total	
BBQ Pork Sandwich US M4210.1	1 each	41.28
Baked Beans Legumes M5535	1/2 cup	38.29
Creamy Coleslaw M5695	1/2 cup	11.71
Chilled Pear Halves M6855	1/2 cup	18.23
Fresh Fruit Cup M6720	1/2 cup	16.48
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		77.59
% of Calories		52.9%
Nutrient Guideline		

Fri - 05/19/2023		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Fried Crinkle Cut Fries M6115	1/2 cup	13.16
Green Peas, Canned M6035	1/2 cup	14.34
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	1 packet	3.0
Weighted Daily Average		139.68
% of Calories		55.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/22/2023		
Lunch K-8	Total	
Grilled Chicken Sandwich M4145	1 each	34.15
Fried Straight Cut Fries M6160	1/2 cup	14.06
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		63.74
% of Calories		55.9%
Nutrient Guideline		

Tue - 05/23/2023		
Lunch K-8	Total	
Manager Choice	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Wed - 05/24/2023		
Lunch K-8	Total	
Manager Choice	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Thu - 05/25/2023		
Lunch K-8	Total	
Brunch 1/2 Day	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Weighted Average		57.10
		52.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	57.10	52.91%						

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