

Rankin County School District

Sep 1, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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Generated on: 8/14/2023 10:26:30 AM

	Portion Size	Carb (g)
Fri - 09/01/2023		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Ranch Club Wrap Mer MS772	2 halves	30.11
Fried Crinkle Cut Fries M6115	1/2 cup	13.16
Mixed Vegetables M5795	1/2 cup	15.2
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	1 packet	3.0
Cookie,Chocolate ChipPur M7545	1 cookie	16.0
Weighted Daily Average		83.29
% of Calories		49.1%
Nutrient Guideline		

Mon - 09/04/2023		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 09/05/2023		
Lunch 7-12	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Yogurt/Cheese/Cinna Goldfish	plate	53.0
Veg Juice, 4 oz Fruit FI M6190	1/2 cup	15.0
Green Beans, Canned, MS1036	1/2 cup	4.45
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
Cookie/Brownie "Brookee" WG IW	1 Brookee	23.0
Weighted Daily Average		58.58
% of Calories		47.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/06/2023		
Lunch 7-12	Total	
Southern Chicken Sandwich	1	49.0
Tuna Salad Croissant	1 each	32.59
Lima Beans, Frozen M5525	1/2 cup	16.36
Potato Sidewinders, Bake M6165	1/2 cup	15.62
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Dessert	1	*N/A*
Weighted Daily Average		83.32
% of Calories		58.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/07/2023		
Lunch 7-12	Total	
Steak Fingers, Baked M1045	4 each	17.8
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Lunch Bites Ham 2 GR graham	serving	37.0
Glazed Carrots M5865	1/2 cup	8.91
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package M8130	2 ounces	4.05
Chilled Blushing Pears M6845	1/2 cup	18.91
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
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		101.66
% of Calories		55.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/08/2023		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Corn Dog	1 each	28.2
Season BKD Potato Wedges M6145	1/2 cup	17.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
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
Cookie, Sugar, Purch ENR M7560	1 cookie	17.0
Weighted Daily Average		93.63
% of Calories		50.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/11/2023		
Lunch 7-12	Total	
Italian Sub RCSD	1 sandwich	34.94
Hot Dog WG M4230	1 each	28.0
Glazed Carrots M5865	1/2 cup	8.91
Green Peas, Canned M6035	1/2 cup	14.34
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Ketchup PC	1 packet	3.0
Cookie,Chocolate ChipPur M7545	1 cookie	16.0
Weighted Daily Average		84.07
% of Calories		49.6%
Nutrient Guideline		

Tue - 09/12/2023		
Lunch 7-12	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
Dessert	1	*N/A*
Weighted Daily Average		120.03
% of Calories		55.9%
Nutrient Guideline		

Wed - 09/13/2023		
Lunch 7-12	Total	
All American Sub Sandwich	1 sandwich	34.3
Assorted bag chips	Bag	20.0
Yogurt/Brfst Bread Plate	plate	59.5
Tossed Salad w/Drsg	1/2 cup	3.03
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Mustard, PC M8015	1 packet	0.29
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Banana Pudding M7610	1/2 cup	36.32

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	Portion Size	Carb (g)
Weighted Daily Average		131.09
% of Calories		63.5%
Nutrient Guideline		

Thu - 09/14/2023		
Lunch 7-12	Total	
Hot Wings, Bone, MS538	4 Wings	3.0
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
Ranch Club Wrap Mer MS772	2 halves	30.11
Broccoli w/ Cheese Sauce M5595	1/2 cup	6.09
Celery Sticks with Dip M5715	1/2 cup	4.95
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		68.49
% of Calories		46.6%
Nutrient Guideline		

Fri - 09/15/2023		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Pimento Cheese Sandwich RCSD	sandwich	28.83
Crinkle Cut Fries Baked M6110	1/2 cup	13.16
Baked Beans Vegetarian M5000	1/2 cup	38.24
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
Cookies Red Velvet WG IW #1424	1 Cookie	25.0
Weighted Daily Average		95.86
% of Calories		50.7%
Nutrient Guideline		

Mon - 09/18/2023		
Lunch 7-12	Total	
Chicken Bacon Ranch Croissant	1 each	52.15
Tuna Salad Croissant	1 each	32.59
Field Peas, Frozen M6025	1/2 cup	24.78
Broccoli Florets, FRZ, MS	1/2 cup	7.05
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
Vanilla Pudding M7645	1/2 cup	26.61

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	Portion Size	Carb (g)
Weighted Daily Average		105.29
% of Calories		57.3%
Nutrient Guideline		

Tue - 09/19/2023		
Lunch 7-12	Total	
Korean BBQ Chicken	4 chunks	28.0
Egg Roll, 1, Chicken M3270	1 each	22.0
Yogurt/Brfst Bread Plate	plate	59.5
Tossed Salad w/Drsg	1/2 cup	3.03
California Vegetables M5785	1/2 cup	5.15
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
Fresh Bananas M6590	1 each	26.95
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
Dessert	1	*N/A*
Weighted Daily Average		68.61
% of Calories		49.6%
Nutrient Guideline		

Wed - 09/20/2023		
Lunch 7-12	Total	
Beef Taco w/Soft Taco, M MS109	1 taco	21.54
Rice Spanish RCSD	1/2 cup	25.05
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
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Salsa, Portion CR M5945	1 ounce	2.0
Sour Cream PC M8115	1 each	0.82
Cookie,Chocolate ChipPur M7545	1 cookie	16.0
Weighted Daily Average		102.94
% of Calories		53.6%
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	Portion Size	Carb (g)
Thu - 09/21/2023		
Lunch 7-12	Total	
Chicken Tenders Cooked M3200	3 tenders	14.0
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Turkey & Cheese Wrap M4360	1 wrap	23.83
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package M8130	2 ounces	4.05
Lima Beans, Frozen M5525	1/2 cup	16.36
Pineapple Tidbits M6890	1/2 cup	18.87
Apple and Orange Wedges M6545	1/2 cup	13.98
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
Ketchup PC	1 packet	3.0
Southern Mud M7620	1 square	45.13
Weighted Daily Average		79.17
% of Calories		55.5%
Nutrient Guideline		

Fri - 09/22/2023		
Lunch 7-12	Total	
Mexican Pizza M2010	1 slice	30.0
Cheeseburger 2 oz Patty M4100	1 each	33.68
Potato Sidewinders, Bake M6165	1/2 cup	15.62
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		91.36
% of Calories		52.6%
Nutrient Guideline		

Mon - 09/25/2023		
Lunch 7-12	Total	
Southern Chicken Sandwich	1	49.0
Hot Ham and Cheese Croissant	1 each	5.1
Tater Tots	1/2 cup	16.0
Lima Beans, Frozen M5525	1/2 cup	16.36
Mandarin Oranges	1/2 cup	21.45
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
Ketchup PC	1 packet	3.0
Cookies Red Velvet WG IW #1424	1 Cookie	25.0

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	Portion Size	Carb (g)
Weighted Daily Average		99.51
% of Calories		57.0%
Nutrient Guideline		

Tue - 09/26/2023		
Lunch 7-12	Total	
Southwestern Dip/Chips	1 serving	28.11
Toast, Garlic WW M7115	1 slice	15.0
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
Tossed Salad w/Drsg	1/2 cup	3.03
Pinto Beans Legumes M5550	1/2 cup	26.44
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
Fresh Bananas M6590	1 each	26.95
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
Dessert	1	*N/A*
Weighted Daily Average		77.09
% of Calories		43.0%
Nutrient Guideline		

Wed - 09/27/2023		
Lunch 7-12	Total	
Chicken with Alfredo Sau RCSD	3/4 cup	27.47
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
Corn Dog	1 each	28.2
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
California Vegetables M5785	1/2 cup	5.15
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		89.56
% of Calories		61.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/28/2023		
Lunch 7-12	Total	
Red Beans & Rice/Sausage M2555	1 serving	40.33
Toast, Garlic WW M7115	1 slice	15.0
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
Cookie, Sugar, Purch ENR M7560	1 cookie	17.0
Weighted Daily Average		97.60
% of Calories		60.2%
Nutrient Guideline		

Fri - 09/29/2023		
Lunch 7-12	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
Cookie/Brownie "Brookee" WG IW	1 Brookee	23.0
Weighted Daily Average		92.27
% of Calories		50.6%
Nutrient Guideline		

Weighted Average		86.78
		53.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	86.78	53.52%						

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