

Rankin County School District

Oct 1, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Generated on: 9/7/2023 12:22:31 PM

	Portion Size	Carb (g)
Mon - 10/02/2023		
Lunch K-8	Total	
Philly Chicken Hoagie RCSD	1 each	32.6
Pimento Cheese Croissant RCSD	sandwich	31.83
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
Weighted Daily Average		64.48
% of Calories		55.0%
Nutrient Guideline		

Tue - 10/03/2023		
Lunch K-8	Total	
Spaghetti&MeatSauceRCSD MS178	1 serving	27.33
Toast, Garlic WW M7115	1 slice	15.0
Turnip Greens, Southern M5640	1/2 cup	3.42
Squash, Summer, FRZ M5810	1/2 cup	6.24
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		72.15
% of Calories		58.3%
Nutrient Guideline		

Wed - 10/04/2023		
Lunch K-8	Total	
Monte Cristo Sandwich	1 sandwich	43.28
Hot Dog WG M4230	1 each	28.0
Baked Beans Legumes M5535	1/2 cup	38.29
Green Beans, Canned, MS1036	1/2 cup	4.45
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		86.02
% of Calories		61.5%
Nutrient Guideline		

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Thu - 10/05/2023		
Lunch K-8	Total	
Vegetable Beef Soup CR M4565	1 cup	11.25
Grill Cheese Sand 1oz	portions	27.46
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		57.64
% of Calories		47.1%
Nutrient Guideline		

Fri - 10/06/2023		
Lunch K-8	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Mon - 10/09/2023		
Lunch K-8	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

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

Wed - 10/11/2023		
Lunch K-8	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Pizza, WGR Cheese, M2000	1 slice	36.0
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

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	Portion Size	Carb (g)
Weighted Daily Average		78.05
% of Calories		54.7%
Nutrient Guideline		

Thu - 10/12/2023		
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
Yam Patties M5935	1/2 Cup	28.0
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
Cookie	1 Brookie	23.0
Weighted Daily Average		106.60
% of Calories		55.5%
Nutrient Guideline		

Fri - 10/13/2023		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Potato Sidewinders, Bake M6165	1/2 cup	15.62
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
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		85.04
% of Calories		49.9%
Nutrient Guideline		

Mon - 10/16/2023		
Lunch K-8	Total	
Hot Ham and Cheese Croissant	1 each	5.1
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29

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	Portion Size	Carb (g)
Weighted Daily Average		42.22
% of Calories		49.0%
Nutrient Guideline		

Tue - 10/17/2023		
Lunch K-8	Total	
Hot Wings, Bone, MS538	4 Wings	3.0
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
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
Creamy Coleslaw M5695	1/2 cup	11.71
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		45.78
% of Calories		46.4%
Nutrient Guideline		

Wed - 10/18/2023		
Lunch K-8	Total	
Beef Taco w/Soft Taco, M MS109	1 taco	21.54
Rice Spanish RCSD	1/2 cup	25.05
Tossed Salad w/Drsg	1/2 cup	3.03
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
Sour Cream PC M8115	1 each	0.82
Weighted Daily Average		77.82
% of Calories		56.4%
Nutrient Guideline		

Thu - 10/19/2023		
Lunch K-8	Total	
Chicken/Sausage JambalayaM3140	1 cup	26.77
Cornbread 1 WG M7050	1 piece	17.54
Yogurt and Uncrustable Plate	4 ounce cup	62.13
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Carrots, Baby with Dip M5850	1/2 cup	9.95
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
Weighted Daily Average		51.79
% of Calories		50.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/20/2023		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
Season BKD Potato Wedges M6145	1/2 cup	17.0
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
Weighted Daily Average		66.02
% of Calories		48.6%
Nutrient Guideline		

Mon - 10/23/2023		
Lunch K-8	Total	
Southern Chicken Sandwich	1	49.0
Tater Tots	1/2 cup	16.0
Veg Juice, 4 oz Fruit FI M6190	1/2 cup	15.0
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
Weighted Daily Average		82.12
% of Calories		55.9%
Nutrient Guideline		

Tue - 10/24/2023		
Lunch K-8	Total	
Chicken Spaghetti RCSD MS542	3/4 cup	22.87
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
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Weighted Daily Average		68.79
% of Calories		57.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/25/2023		
Lunch K-8	Total	
Country Fried Steak Sand M4125	1 each	47.55
Ranch Club Wrap Mer MS772	2 halves	30.11
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Baked Beans Legumes M5535	1/2 cup	38.29
Tomatoes & Carrots w/Dip M5955	1/2 cup serving	8.2
Fresh Oranges M6775	1 each	19.19
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
Ranch Dressing & Dip PC M8075	1 ounce	4.88
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Ketchup PC	1 packet	3.0
Weighted Daily Average		91.40
% of Calories		59.4%
Nutrient Guideline		

Thu - 10/26/2023		
Lunch K-8	Total	
Taco Soup with Bread Stick	1 serving	36.17
Bread/Mozz. Cheese St 2 M5080	2 breadsticks	30.0
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
Sauce, Marinara PC M8195	1 packet	3.71
Weighted Daily Average		61.92
% of Calories		52.9%
Nutrient Guideline		

Fri - 10/27/2023		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	33.68
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		70.87
% of Calories		48.4%
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	Portion Size	Carb (g)
Mon - 10/30/2023		
Lunch K-8	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
Baked Beans Legumes M5535	1/2 cup	38.29
Mixed Vegetables M5795	1/2 cup	15.2
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		73.46
% of Calories		59.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/31/2023		
Lunch K-8	Total	
Chili w/o beans w/corn chips	1/2 cup	20.33
Candy Corn Parfait 8 oz	1 parfait	99.53
Breakfast Bread, Pumpkin M8635	1 slice	44.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Chilled Peach Slices M6815	1/2 cup	17.49
Orange Smiles M6770	1/2 cup	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
Halloween Cake	1	*N/A*
Weighted Daily Average		63.81
% of Calories		41.8%
Nutrient Guideline		

Weighted Average		61.04
		53.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	61.04	53.13%						

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