

Rankin County School District

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Fri - 12/01/2023 | | |
| Lunch 7-12 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 33.68 |
| Raw Veggies w/Dip | 1/2 cup | 3.06 |
| 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 |
| Dessert | 1 | *N/A* |
| Weighted Daily Average | | 62.48 |
| % of Calories | | 48.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Mon - 12/04/2023 | | |
| Lunch 7-12 | Total | |
| Philly Steak on Hoagie RCSD | 1 Each | 34.44 |
| Lunch Bites Ham/Brkfast Bread | serving | 48.0 |
| Glazed Carrots M5865 | 1/2 cup | 8.91 |
| Green Beans, Cut, CND M5745 | 1/2 cup | 4.86 |
| 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 |
| Dessert | 1 | *N/A* |
| Weighted Daily Average | | 53.18 |
| % of Calories | | 53.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Tue - 12/05/2023 | | |
| Lunch 7-12 | Total | |
| Beef Taco w/Soft Shell M1155.1 | 1 taco | 20.85 |
| Rice Spanish RCSD | 1/2 cup | 25.05 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| Pinto Beans Legumes M5550 | 1/2 cup | 26.44 |
| 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 | | 35.69 |
| % of Calories | | 46.5% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 12/06/2023 | | |
| Lunch 7-12 | Total | |
| Southern Chicken Sandwich | 1 | 49.0 |
| Vegetable Juice, 6 oz., CRU,MS | 3/4 cup | 23.0 |
| Lima Beans, Frozen M5525 | 1/2 cup | 16.36 |
| 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 |
| Dessert | 1 | *N/A* |
| Weighted Daily Average | | 67.89 |
| % of Calories | | 57.7% |
| Nutrient Guideline | | |

| | | |
|---------------------------------|--------------|--------|
| Thu - 12/07/2023 | | |
| Lunch 7-12 | Total | |
| Turkey & Dressing Supreme M3325 | 1 Piece | 34.09 |
| 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 |
| Yam Patties M5935 | 1/2 Cup | 28.0 |
| 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 |
| Christmas Cake | 1 | *N/A* |
| Weighted Daily Average | | 109.17 |
| % of Calories | | 58.7% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Fri - 12/08/2023 | | |
| Lunch 7-12 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 33.68 |
| 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 |
| Cookies Red Velvet WG IW #1424 | 1 Cookie | 25.0 |
| Weighted Daily Average | | 62.63 |
| % of Calories | | 45.5% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 12/11/2023 | | |
| Lunch 7-12 | Total | |
| Hot Ham and Cheese Croissant | 1 each | 5.1 |
| Chicken Salad Croissant | 1 each | 33.15 |
| 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 |
| Vanilla Pudding M7645 | 1/2 cup | 26.61 |
| Weighted Daily Average | | 63.91 |
| % of Calories | | 56.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Tue - 12/12/2023 | | |
| Lunch 7-12 | Total | |
| Fish Sticks, Baked M1540.1 | 4 nuggets | 22.0 |
| Hushpuppies Baked M7065 | 2 each | 12.56 |
| Pimento Cheese Croissant RCSD | sandwich | 31.83 |
| Macaroni and Cheese M7030 | 1/2 cup | 19.14 |
| Carrots, Baby with Dip M5850 | 1/2 cup | 9.95 |
| Creamy Coleslaw M5695 | 1/2 cup | 11.71 |
| 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 |
| Assorted Gelatin w/ Top M7580 | 1/2 cup | 19.38 |
| Weighted Daily Average | | 87.79 |
| % of Calories | | 58.2% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Wed - 12/13/2023 | | |
| Lunch 7-12 | Total | |
| Roasted Wings | 3 wings | 1.8 |
| Hot Wings, Bone, MS538 | 4 Wings | 3.0 |
| Biscuit, 2 Oz. ENR, M8520 | 1 biscuit | 28.0 |
| Turkey & Cheese Wrap M4360 | 1 wrap | 23.83 |
| 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 |
| Peach Dump Cake | 1 serving | 52.09 |
| Weighted Daily Average | | 84.61 |
| % of Calories | | 59.0% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Thu - 12/14/2023 | | |
| Lunch 7-12 | Total | |
| Taco Soup w/ Chips MS812 | 1 cup | 39.17 |
| Saltine Crackers, ENR,CR M7020 | 2 4-count packs | 18.0 |
| Corn Dog | 1 each | 28.2 |
| 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 |
| Cookie, Sugar, Purch ENR M7560 | 1 cookie | 17.0 |
| Weighted Daily Average | | 100.09 |
| % of Calories | | 52.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------------|-------|
| Fri - 12/15/2023 | | |
| Lunch 7-12 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 33.68 |
| 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 |
| Cookie | 1 Brookie | 23.0 |
| Weighted Daily Average | | 92.15 |
| % of Calories | | 50.2% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Mon - 12/18/2023 | | |
| Lunch 7-12 | 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 |
| Vanilla Pudding M7645 | 1/2 cup | 26.61 |
| Weighted Daily Average | | 72.16 |
| % of Calories | | 52.4% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 12/19/2023 | | |
| Lunch 7-12 | Total | |
| Sloppy Joe on WW Bun RCSDMS791 | 1 each | 32.74 |
| Grill Cheese Sand 1oz | portions | 27.46 |
| Baked Beans Legumes M5535 | 1/2 cup | 38.29 |
| Tater Tots | 1/2 cup | 16.0 |
| 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 |
| Assorted Gelatin w/ Top M7580 | 1/2 cup | 19.38 |
| Weighted Daily Average | | 63.38 |
| % of Calories | | 61.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|------------|-------|
| Wed - 12/20/2023 | | |
| Lunch 7-12 | Total | |
| All American Sub Sandwich | 1 sandwich | 34.3 |
| Assorted bag chips | Bag | 20.0 |
| Vegetable Juice, 6 oz., CRU,MS | 3/4 cup | 23.0 |
| Lima Beans, Frozen M5525 | 1/2 cup | 16.36 |
| Fruit Juice, Frozen Cup M6650 | 1/2 cup | 19.33 |
| 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 |
| Cookie | 1 Brookie | 23.0 |
| Weighted Daily Average | | 57.53 |
| % of Calories | | 57.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|--------|
| Thu - 12/21/2023 | | |
| Lunch 7-12 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 33.68 |
| 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 |
| Manager Choice Fruit | 1 | *N/A* |
| 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* |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 pouch | 0.29 |
| Weighted Daily Average | | 113.27 |
| % of Calories | | 52.7% |
| Nutrient Guideline | | |

| | | |
|------------------|-------|-------|
| Fri - 12/22/2023 | | |
| Lunch 7-12 | Total | |
| Brunch 1/2 Day | 1 | *N/A* |

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

| | | |
|------------------|--|----------------|
| Weighted Average | | 70.31 54.0% |
|------------------|--|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 70.31 | 53.96% | | | | | | |

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