

Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 1, 2024 thru Feb 29, 2024

Lunch K-8

Generated on: 1/10/2024 2:04:27 PM

	Portion Size	Carb (g)
Thu - 02/01/2024		
Lunch K-8	Total	
Southwestern Dip/Chips	1 serving	29.21
Cornbread 1 ENR M7050	1 piece	18.07
Yogurt/Cheese/Graham	plate	53.0
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
Pineapple Tidbits M6890	1/2 cup	18.87
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		89.12
% of Calories		47.0%
Nutrient Guideline		

Fri - 02/02/2024		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Mixed Vegetables M5795	1/2 cup	15.2
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
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	19.0
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		62.99
% of Calories		48.1%
Nutrient Guideline		

Mon - 02/05/2024		
Lunch K-8	Total	
Hot Ham and Cheese Croissant	1 each	34.1
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	19.0
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
Weighted Daily Average		66.69
% of Calories		54.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/06/2024		
Lunch K-8	Total	
Roasted Chicken USDA	1 serving	0.0
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
Chef Salad, Elementary C M3505	1 salad	16.25
Croutons,.5 GR CR 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
Baked Beans Legumes M5535	1/2 cup	38.38
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		65.56
% of Calories		56.9%
Nutrient Guideline		

Wed - 02/07/2024		
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Sour Cream PC M8115	1 each	0.82
Weighted Daily Average		76.85
% of Calories		56.2%
Nutrient Guideline		

Thu - 02/08/2024		
Lunch K-8	Total	
Chicken/Sausage JambalayaM3140	1 cup	26.21
Cornbread 1 ENR M7050	1 piece	18.07
Italian Dunkers #1101	2 breadsticks	28.0
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		47.70
% of Calories		45.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 02/09/2024		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
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	19.0
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		64.16
% of Calories		47.6%
Nutrient Guideline		

Mon - 02/12/2024		
Lunch K-8	Total	
Southern Chicken Sandwich	1	45.0
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	19.0
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		77.45
% of Calories		54.8%
Nutrient Guideline		

Tue - 02/13/2024		
Lunch K-8	Total	
Philly Steak on Hoagie RCSD	1 Each	37.02
Chef Salad, Elementary C M3505	1 salad	16.25
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Baked Beans Legumes M5535	1/2 cup	38.38
Tomatoes & Carrots w/Dip M5955	1/2 cup serving	8.2
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Bananas M6590	1 each	26.95
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		77.56
% of Calories		59.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/14/2024		
Lunch K-8	Total	
Spaghetti&MeatSauceRCS	1 serving	27.29
MS178		
Roll, Enriched Mer 2oz	Roll - 2 oz.	31.0
MS13		
Grill Cheese Sand 1oz	portions	31.46
Saltine Crackers, ENR,CR	2 4-count packs	18.0
M7020		
Tossed Salad w/Drsg	1/2 cup	3.03
Lima Beans, Frozen M5525	1/2 cup	16.36
Fresh Apple M6510	1 each	25.13
Strawberries, Frozen M6945	1/2 cup	21.05
Milk, FF Choc 1/2 pint PF	1/2 pint	19.0
M120		
Milk, LF White 1/2 pt, PF	1/2 pint	11.0
M110		
Mayonnaise PC Reduce Fat	PC Packet	0.61
M8010		
Mustard, PC M8015	1 pouch	0.29
Cookies Red Velvet WG	1 Cookie	24.98
IW #1424		
Weighted Daily Average		77.14
% of Calories		60.7%
Nutrient Guideline		

Thu - 02/15/2024		
Lunch K-8	Total	
Taco Soup with Bread Stick	1 serving	35.62
Bread/Mozz. Cheese St 2	2 breadsticks	28.0
M5080		
Whole Kernel Corn, CND	1/2 cup	14.68
M6010		
Glazed Carrots M5865	1/2 cup	8.91
Fresh Fruit Bowl Variety	1 each	21.72
M6715		
Pineapple Tidbits M6890	1/2 cup	18.87
Milk, FF Choc 1/2 pint PF	1/2 pint	19.0
M120		
Milk, LF White 1/2 pt, PF	1/2 pint	11.0
M110		
Sauce, Marinara PC	1 packet	3.71
M8195		
Weighted Daily Average		60.56
% of Calories		51.7%
Nutrient Guideline		

Fri - 02/16/2024		
Lunch K-8	Total	
Cheeseburger 2 oz Patty	1 each	32.68
M4100		
Fish Sandwich Baked	1 each	42.0
M4175		
Field Peas, Frozen M6025	1/2 cup	24.78
Crinkle Cut Fries Baked	1/2 cup	12.12
M6110		
Applesauce, M6555	1/2 cup	15.62
Fresh Fruit Bowl Variety	1 each	21.72
M6715		
Milk, FF Choc 1/2 pint PF	1/2 pint	19.0
M120		
Milk, LF White 1/2 pt, PF	1/2 pint	11.0
M110		
Mayonnaise PC Reduce Fat	PC Packet	0.61
M8010		
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Weighted Daily Average		70.49
% of Calories		48.1%
Nutrient Guideline		

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Lunch K-8

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	Portion Size	Carb (g)
Mon - 02/19/2024		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Tue - 02/20/2024		
Lunch K-8	Total	
Pizza, Stuffed Crust M2040	1 slice	35.0
Corn Dog	1 each	28.2
Veg Juice, 4 oz Fruit FI M6190	1/2 cup	15.0
Green Peas, Canned M6035	1/2 cup	14.34
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Ketchup PC	1 packet	3.0
Mustard, PC M8015	1 pouch	0.29
Weighted Daily Average % of Calories		65.33 50.1%
Nutrient Guideline		

Wed - 02/21/2024		
Lunch K-8	Total	
Chicken Fajitas RCSD	1 fajita	30.06
Rice Spanish RCSD	1/2 cup	25.05
Turkey & Cheese Croissant	1 sandwich	32.99
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average % of Calories		40.70 46.0%
Nutrient Guideline		

Thu - 02/22/2024		
Lunch K-8	Total	
Chili w/o beans w/corn chips	1/2 cup	20.53
Saltine Crackers, ENR, CR M7020	2 4-count packs	18.0
Yogurt/Cheese/Graham	plate	53.0
Glazed Carrots M5865	1/2 cup	8.91
Tossed Salad w/Drsg	1/2 cup	3.03
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0

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Lunch K-8

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	Portion Size	Carb (g)
Weighted Daily Average		79.50
% of Calories		48.0%
Nutrient Guideline		

Fri - 02/23/2024		
Lunch K-8	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Grill Cheese Sand 1oz	portions	31.46
Season BKD Potato Wedges M6145	1/2 cup	17.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
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	19.0
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		90.77
% of Calories		49.6%
Nutrient Guideline		

Mon - 02/26/2024		
Lunch K-8	Total	
Mexican Pizza M2010	1 slice	30.0
All American Sub Sandwich	1 sandwich	37.3
Lima Beans, Frozen M5525	1/2 cup	16.36
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		81.93
% of Calories		54.2%
Nutrient Guideline		

Tue - 02/27/2024		
Lunch K-8	Total	
Pancakes, 2 WGR M8825	2 pancakes	30.0
Cheesy Ham & Egg Scramble	2 ounces	3.37
Potatoes, Hashbrown M6065	2 patties	31.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Fresh Fruit Bowl Variety M6715	1 each	21.72
Mandarin Oranges	1/2 cup	21.45
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Syrup, Pancake, PC M8025	1 packet	30.2
Ketchup PC	1 packet	3.0
Weighted Daily Average		180.70
% of Calories		65.4%
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	Portion Size	Carb (g)
Wed - 02/28/2024		
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 BRG M8130	2 ounces	4.05
Field Peas, Frozen M6025	1/2 cup	24.78
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Ketchup PC	1 packet	3.0
Weighted Daily Average		159.58
% of Calories		60.9%
Nutrient Guideline		

Thu - 02/29/2024		
Lunch K-8	Total	
Vegetable Beef Soup M4565	1 cup	11.25
Grill Cheese Sand 1oz	portions	31.46
Tossed Salad w/Drsg	1/2 cup	3.03
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Weighted Daily Average		48.38
% of Calories		54.4%
Nutrient Guideline		

Weighted Average		75.34
		53.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	75.34	53.80%						

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