

Rankin County School District

Aug 1, 2025 thru Aug 31, 2025

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 08/01/2025		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
BBQ Chicken Sandwich MS4140.1	1 each	37.07
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Cookie, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		85.95
% of Calories		51.1%
Nutrient Guideline		

Mon - 08/04/2025		
Lunch 7-12	Total	
Ham and Cheese Croissant	1 each	34.1
Pizza, Variety	slice	32.25
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		97.87
% of Calories		59.2%
Nutrient Guideline		

Tue - 08/05/2025		
Lunch 7-12	Total	
Fajita Happy Plate RCSD	1 fajita	52.3
Chicken Sandwich Variety RCSD	1 each	42.65
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Ketchup PC M8000	1 each	3.0
Cookie, Brookie IW M7515	1 cookie	23.0
Weighted Daily Average		112.31
% of Calories		58.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/06/2025		
Lunch 7-12	Total	
Corn Dog Nuggets M3165	6 nuggets	29.46
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
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Ketchup PC M8000	1 each	3.0
Mustard, PC M8015	1 pouch	0.29
Funnel Cake, 2 WGR M8860	servings	45.39
Weighted Daily Average		104.08
% of Calories		60.1%
Nutrient Guideline		

Thu - 08/07/2025		
Lunch 7-12	Total	
Asian Chicken Rice Bowl	Servings	42.09
Chicken Tenders Breaded M3190	3 tenders	15.0
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		132.82
% of Calories		61.8%
Nutrient Guideline		

Fri - 08/08/2025		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Roasted Wings	3 wings	0.0
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Rice Krispie Bars M7500	Bars	22.23

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	Portion Size	Carb (g)
Weighted Daily Average		104.18
% of Calories		52.7%
Nutrient Guideline		

Mon - 08/11/2025		
Lunch 7-12	Total	
Country Fried Steak Sand M4125	1 each	46.55
Pizza, Variety	slice	32.25
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Ketchup PC M8000	1 each	3.0
Brownies, Mix, ENR, CR M7510	1 piece	25.01
Weighted Daily Average		104.84
% of Calories		58.5%
Nutrient Guideline		

Tue - 08/12/2025		
Lunch 7-12	Total	
Beef Taco Soft Shell M1155	1 taco	21.63
Rice Spanish RCSD	1/2 cup	25.05
Chicken Sandwich Variety RCSD	1 each	42.65
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Ketchup PC M8000	1 each	3.0
Strawberry Short Cake RCSD	Serving	33.05
Weighted Daily Average		114.23
% of Calories		61.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/13/2025		
Lunch 7-12	Total	
Spaghetti&MeatSauceRCS	1 serving	27.29
MS178		
Chef Salad, Elementary C	1 salad	16.25
M3505		
Toast, Garlic WW M7115	1 slice	15.0
Croutons,.5 GR CR Packet	1 packet	9.0
M7110		
Saltine Crackers, ENR,CR	2 4-count packs	18.0
M7020		
Green Beans, Savory,CND	1/2 cup	4.45
M5745		
Carrots, Baby with Dip	1/2 cup	9.95
M5850		
Chilled Pear Halves	1/2 cup	18.23
M6855		
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		
Cookie, Choc C Nut Fr3IW	1 each	30.0
M7539		
Weighted Daily Average		104.24
% of Calories		59.3%
Nutrient Guideline		

Thu - 08/14/2025		
Lunch 7-12	Total	
Beef and Broccoli Rice Bowl	Servings	42.93
Chicken Tenders Breaded	3 tenders	15.0
M3190		
Roll, Whole Wheat Pur2oz	Roll - 2 oz.	27.0
M7140		
Mashed Potatoes w/Cheese	1/2 cup	15.31
M6075		
Broccoli Florets, FRZ	1/2 cup	3.61
M5610		
Pineapple Tidbits	1/2 cup	18.87
M6890		
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		
Sauce, Variety, Dipping	1 packet	9.58
M8175		
Ketchup PC	1 each	3.0
M8000		
Banana Pudding	1/2 cup	36.62
M7610		
Weighted Daily Average		138.13
% of Calories		63.9%
Nutrient Guideline		

Fri - 08/15/2025		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty	1 each	32.68
M4100		
Club Croissant	1 each	33.87
Crinkle Cut Fries Baked	1/2 cup	12.12
M6110		
Baked Beans RCS	1/2 cup	38.23
D		
Chilled Mandarin Oranges	1/2 cup	20.07
M6795		
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	1 packet	0.29
M8015		
Ketchup PC	1 packet	3.0
M8000		
Cookie, Red Velvet, IW	1 cookie	25.0
M7557		

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	Portion Size	Carb (g)
Weighted Daily Average		111.84
% of Calories		57.1%
Nutrient Guideline		

Mon - 08/18/2025		
Lunch 7-12	Total	
All American Sub Sandwich RCSD	1 sandwich	37.3
Pizza, Variety	slice	32.25
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
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 pouch	0.29
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		98.36
% of Calories		59.4%
Nutrient Guideline		

Tue - 08/19/2025		
Lunch 7-12	Total	
Southwest Dip & Chips	1 serving	29.21
Cornbread 1 ENR M7050	1 piece	18.07
Chicken Sandwich Variety RCSD	1 each	42.65
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Ketchup PC M8000	1 each	3.0
Cookie Brookee #1428	1 Brookee	23.01
Weighted Daily Average		103.25
% of Calories		54.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/20/2025		
Lunch 7-12	Total	
Cheesy Chicken Over Rice M3120	1 serving	30.13
Chef Salad, Elementary C M3505	1 salad	16.25
Toast, Garlic WW M7115	1 slice	15.0
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Funnel Cake, 2 WGR M8860	servings	45.39
Weighted Daily Average		102.80
% of Calories		53.6%
Nutrient Guideline		

Thu - 08/21/2025		
Lunch 7-12	Total	
Meatballs, Mar/Hoagie M4300	5 meatballs	38.86
Chicken Tenders Breaded M3190	3 tenders	15.0
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		132.17
% of Calories		60.0%
Nutrient Guideline		

Fri - 08/22/2025		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Sloppy Joe on WW Bun M4085	1 each	34.64
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Rice Krispie Bars M7500	Bars	22.23

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	Portion Size	Carb (g)
Weighted Daily Average		108.77
% of Calories		60.8%
Nutrient Guideline		

Mon - 08/25/2025		
Lunch 7-12	Total	
Hot Dog WG M4230	1 each	28.0
Pizza, Variety	slice	32.25
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Ketchup PC M8000	1 each	3.0
Mustard, PC M8015	1 pouch	0.29
Brownies, Mix, ENR, CR M7510	1 piece	25.01
Weighted Daily Average		101.80
% of Calories		59.4%
Nutrient Guideline		

Tue - 08/26/2025		
Lunch 7-12	Total	
Nachos Grande Crumbley M1075	1 serving	26.87
Rice Spanish RCSD	1/2 cup	25.05
Chicken Sandwich Variety RCSD	1 each	42.65
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Ketchup PC M8000	1 each	3.0
Strawberry Short Cake RCSD	Serving	33.05
Weighted Daily Average		123.80
% of Calories		61.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/27/2025		
Lunch 7-12	Total	
Chicken Spaghetti RCSD MS542	3/4 cup	22.87
Chef Salad, Elementary C M3505	1 salad	16.25
Toast, Garlic WW M7115	1 slice	15.0
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie, Choc C Nut Fr3IW M7539	1 each	30.0
Weighted Daily Average		103.49
% of Calories		62.6%
Nutrient Guideline		

Thu - 08/28/2025		
Lunch 7-12	Total	
Steak Fingers, Baked M1045	4 each	17.9
Chicken Tenders Breaded M3190	3 tenders	15.0
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Banana Pudding M7610	1/2 cup	36.62
Weighted Daily Average		127.42
% of Calories		61.4%
Nutrient Guideline		

Fri - 08/29/2025		
Lunch 7-12	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Chicken Ranch Wrap	2 halves	42.3
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Cookie, Red Velvet, IW M7557	1 cookie	25.0

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		120.95 56.5%
Nutrient Guideline		

Weighted Average		111.11 58.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	111.11	58.81%						

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