

Rankin County School District

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

Lunch 7-12

Portion Values - Detailed

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Generated on: 10/21/2025 7:58:43 AM

	Portion Size	Carb (g)
Mon - 11/03/2025		
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
Cookie, Brookie IW M7515	1 cookie	23.0
Weighted Daily Average		96.41
% of Calories		57.2%
Nutrient Guideline		

Tue - 11/04/2025		
Lunch 7-12	Total	
Fajita Chicken Wrap US M4345.1	1 wrap	22.78
Chicken Sandwich Variety RCSD	1 each	43.81
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
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Ketchup PC M8000	1 each	3.0
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		104.08
% of Calories		62.9%
Nutrient Guideline		

Wed - 11/05/2025		
Lunch 7-12	Total	
Vegetable Beef Soup M4565	1 cup	11.25
Grill Cheese Sand 1oz	portions	30.46
Chef Salad w/ Diced Ham	1 salad	17.37
CROUTONS,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
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
Ranch Dressing (Mix) M8080	ounce	4.32
Cookie, Candy, Purch WGR M7537	1 cookie	18.54
Weighted Daily Average		69.14
% of Calories		63.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/06/2025		
Lunch 7-12	Total	
Catfish (USDA) and Hushpuppies	Servings	23.23
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
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
Sauce, Tartar, PC M8210	1 packet	1.69
Southern Mud M7620	1 square	45.09
Weighted Daily Average		118.87
% of Calories		58.3%
Nutrient Guideline		

Fri - 11/07/2025		
Lunch 7-12	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Roasted Wings	3 wings	0.0
Knot, Garlic WG 2 oz, #1235	Knot	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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		102.37
% of Calories		52.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/10/2025		
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
Cookie, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		104.83
% of Calories		58.0%
Nutrient Guideline		

Tue - 11/11/2025		
Lunch 7-12	Total	
Walking Tacos USDA M1095.1	1 taco	36.27
Chicken Sandwich Variety RCSD	1 each	43.81
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		115.90
% of Calories		60.8%
Nutrient Guideline		

Wed - 11/12/2025		
Lunch 7-12	Total	
Spaghetti & MeatSauce RCSD	1 serving	23.26
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad w/ Diced Ham	1 salad	17.37
CROUTONS, 5 GR CR Packet M7110	1 packet	9.0
Crackers Original Crunch&Crave	Package	19.0
Saltine Crackers, ENR, CR M7020	2 4-count packs	18.0
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Ranch Dressing (Mix) M8080	ounce	4.32
Brownies, Mix, ENR, CR M7510	1 piece	25.01

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	Portion Size	Carb (g)
Weighted Daily Average		109.21
% of Calories		59.3%
Nutrient Guideline		

Thu - 11/13/2025		
Lunch 7-12	Total	
Roasted Chicken USDA	1 serving	0.0
Chicken Tenders Breaded M3190	3 tenders	15.0
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	31.0
Turkey Dressing, Side Dish	1/2 cup serv.	14.14
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package CPF M8130	2 ounces	3.1
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Fruit Crisp M7520	1 serving	35.01
Weighted Daily Average		123.54
% of Calories		60.3%
Nutrient Guideline		

Fri - 11/14/2025		
Lunch 7-12	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Club Croissant	1 each	33.87
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		107.39
% of Calories		59.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/17/2025		
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
Cookie, Brookie IW M7515	1 cookie	23.0
Weighted Daily Average		96.90
% of Calories		57.4%
Nutrient Guideline		

Tue - 11/18/2025		
Lunch 7-12	Total	
Pep J Chick Quesadilla M3147.1	1 each	23.75
Chicken Sandwich Variety RCSD	1 each	43.81
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
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Ketchup PC M8000	1 each	3.0
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		100.23
% of Calories		60.0%
Nutrient Guideline		

Wed - 11/19/2025		
Lunch 7-12	Total	
Cheesy Chicken Over Rice M3120	1 serving	30.13
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad w/ Diced Ham	1 salad	17.37
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
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
Ranch Dressing (Mix) M8080	ounce	4.32
Cookie, Candy, Purch WGR M7537	1 cookie	18.54

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	Portion Size	Carb (g)
Weighted Daily Average		86.09
% of Calories		53.5%
Nutrient Guideline		

Thu - 11/20/2025		
Lunch 7-12	Total	
Meatballs, Mar/Hoagie M4300	5 meatballs	38.86
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
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		121.97
% of Calories		58.7%
Nutrient Guideline		

Fri - 11/21/2025		
Lunch 7-12	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
BBQ Pork Sandwich US M4210.1	1 each	39.34
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		109.77
% of Calories		57.9%
Nutrient Guideline		

Mon - 11/24/2025		
Lunch 7-12	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/25/2025		
Lunch 7-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Wed - 11/26/2025		
Lunch 7-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Thu - 11/27/2025		
Lunch 7-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Fri - 11/28/2025		
Lunch 7-12 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Weighted Average		78.09 58.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	78.09	58.33%						

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