

Rankin County School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Lunch Middle 6-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 01/01/2026		
Lunch Middle 6-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Fri - 01/02/2026		
Lunch Middle 6-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Mon - 01/05/2026		
Lunch Middle 6-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Tue - 01/06/2026		
Lunch Middle 6-8	Total	
Fajita Chicken Wrap US M4345.1	1 wrap	22.78
Chicken Sandwich Variety RCSD	1 each	43.81
Potato Rounds, Baked M6095	1/2 cup	16.25
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
Mustard, PC M8015	1 pouch	0.29
Weighted Daily Average % of Calories		61.08 50.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 01/07/2026		
Lunch Middle 6-8	Total	
Vegetable Beef Soup M4565	1 cup	11.25
Grill Cheese Sand 1oz	portions	30.46
Lunch Bites Ham 2 grain	serving	36.08
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 w/dip RCSD	3 oz. bag	8.93
Blueberries w/ WhipTop M6610.1	1/2 cup	15.47
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 RCSD	1/4 cup	3.73
Weighted Daily Average		52.28
% of Calories		54.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/08/2026		
Lunch Middle 6-8	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
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
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
Weighted Daily Average		70.85
% of Calories		49.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/09/2026		
Lunch Middle 6-8	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
Weighted Daily Average		76.51
% of Calories		45.6%
Nutrient Guideline		

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Mon - 01/12/2026		
Lunch Middle 6-8	Total	
Country Fried Steak Sand M4125	1 each	46.55
Pizza, Variety	slice	32.25
Potato Sidewinders, Bake M6167	1/2 cup	15.62
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
Applesauce, M6555	1/2 cup	15.62
Rosey Applesauce M6565	1/2 cup	18.34
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
Weighted Daily Average		74.14
% of Calories		53.6%
Nutrient Guideline		

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Tue - 01/13/2026		
Lunch Middle 6-8	Total	
Walking Tacos USDA M1095.1	1 taco	36.27
Chicken Sandwich Variety RCSD	1 each	43.81
Potato Rounds, Baked M6095	1/2 cup	16.25
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
Sour Cream PC M8115	1 each	0.82

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	Portion Size	Carb (g)
Weighted Daily Average		86.54
% of Calories		51.3%
Nutrient Guideline		

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Wed - 01/14/2026		
Lunch Middle 6-8	Total	
Spaghetti & MeatSauce RCSD	1 serving	23.26
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Yogurt Plate	plate	57.56
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 w/dip RCSD	3 oz. bag	8.93
Blueberries w/ WhipTop M6610.1	1/2 cup	15.47
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
Weighted Daily Average		85.92
% of Calories		52.9%
Nutrient Guideline		

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Thu - 01/15/2026		
Lunch Middle 6-8	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Chicken Mandarin M3055	1 Serving	19.53
Rice, Brown M7090	1/2 cup	23.09
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package CPF M8130	2 ounces	3.1
Broccoli Florets, FRZ M5610	1/2 cup	3.61
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
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
Weighted Daily Average		68.11
% of Calories		52.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/16/2026		
Lunch Middle 6-8	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
Weighted Daily Average		82.15
% of Calories		50.8%
Nutrient Guideline		

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Mon - 01/19/2026		
Lunch Middle 6-8	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

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Tue - 01/20/2026		
Lunch Middle 6-8	Total	
Quesadillas Beef Pepper Jack	1 each	24.07
Chicken Sandwich Variety RCSD	1 each	43.81
Potato Rounds, Baked M6095	1/2 cup	16.25
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
Mustard, PC M8015	1 pouch	0.29
Weighted Daily Average		85.53
% of Calories		48.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 01/21/2026		
Lunch Middle 6-8	Total	
Cheesy Chicken Over Rice M3120	1 serving	30.13
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Lunch Bites Ham 2 grain	serving	36.08
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 w/dip RCSD	3 oz. bag	8.93
Blueberries w/ WhipTop M6610.1	1/2 cup	15.47
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
Weighted Daily Average		81.42
% of Calories		49.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/22/2026		
Lunch Middle 6-8	Total	
Beef and Broccoli Rice Bowl	Servings	42.93
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
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Weighted Daily Average		76.16
% of Calories		53.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/23/2026		
Lunch Middle 6-8	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
BBQ Pulled Chicken Sandwich	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

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	Portion Size	Carb (g)
Weighted Daily Average		94.28
% of Calories		58.7%
Nutrient Guideline		

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Mon - 01/26/2026		
Lunch Middle 6-8	Total	
Hot Dog WG M4230	1 each	28.0
Pizza, Variety	slice	32.25
Potato Sidewinders, Bake M6167	1/2 cup	15.62
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
Applesauce, M6555	1/2 cup	15.62
Rosey Applesauce M6565	1/2 cup	18.34
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
Ketchup PC M8000	1 each	3.0
Weighted Daily Average		68.57
% of Calories		53.9%
Nutrient Guideline		

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Tue - 01/27/2026		
Lunch Middle 6-8	Total	
Southwest Dip & "Walking" Chips	1 serving	35.21
Chicken Sandwich Variety RCSD	1 each	43.81
Potato Rounds, Baked M6095	1/2 cup	16.25
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
Weighted Daily Average		89.14
% of Calories		47.4%
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	Portion Size	Carb (g)
Wed - 01/28/2026		
Lunch Middle 6-8	Total	
Chicken & Sausage Gumbo M4610	2/3 cup w/rice	34.79
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
Yogurt Plate	plate	57.56
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots Baby w/dip RCSD	3 oz. bag	8.93
Blueberries w/ WhipTop M6610.1	1/2 cup	15.47
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
Weighted Daily Average		92.87
% of Calories		53.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/29/2026		
Lunch Middle 6-8	Total	
Steak Fingers, Baked M1045	4 each	17.9
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package CPF M8130	2 ounces	3.1
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Weighted Daily Average		72.72
% of Calories		50.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/30/2026		
Lunch Middle 6-8	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Chicken & Cheese Rolled Tacos	2 rolled tacos	42.96
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

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	Portion Size	Carb (g)
Weighted Daily Average		96.09
% of Calories		53.0%
Nutrient Guideline		

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Weighted Average		64.11
		51.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	64.11	51.45%						

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