

Rankin County School District

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/01/2019		
9-12 High School Self Serv	Total	
Spaghetti&MeatSauceRCSD MS178	1 serving	27.33
Toast, Garlic WW MS1351	1 slice	15.0
Chef Salad, Elementary, MS601	1 salad	15.7
Croutons, Enriched, MS1317	1 ounce	14.0
Saltine Crackers, 2 grain	4-count packs	9.0
Pizza, Stuffed Crust MS304	1 slice	36.0
Tossed Salad w/Drsg	1/2 cup	21.32
Pasta Salad (Ranch)	1/2 cup	20.64
Turnip Greens, Southern MS1046	1/2 cup	3.43
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Apple and Orange Wedges MS1240	1/2 cup	13.45
Banana Berry Blend MS1224	1/2 cup	24.27
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		123.74
% of Calories		58.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/02/2019		
9-12 High School Self Serv	Total	
Country Fried Steak Sand MS746	1 each	46.38
Hot Ham and Cheese Croissant	1 each	29.89
Baked Sweet Potato/Marg.MS1076	1 each	26.16
Chips, Nacho	Bag	20.0
Broccoli Salad (Ranch)MS1106	1/2 cup	6.54
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Kiwi Wedges MS1228	3 halves	16.71
Strawberries, Frozen MS1294	1/2 cup	12.12
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		125.28
% of Calories		54.0%
Nutrient Guideline		

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Thu - 10/03/2019		
9-12 High School Self Serv	Total	
Vegetable Beef Soup MS816	1 cup	12.27
Grill Cheese Sand 1 oz MS762	sandwich	28.46
Yogurt Parfait BK, 4oz MS1693	1 parfait	58.41
Breakfast Bread, Variety, MS1646	1 slice	43.34
Mexican Pizza MS302	1 slice	30.0
Squash, Summer: MS1127	1/2 cup	6.26
Glazed Carrots MS1018	1/2 cup	9.28
Turnip Greens, Southern MS1046	1/2 cup	3.43
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Fruit Cocktail MS1248	1/2 cup	14.91
Strawberries, Frozen MS1294	1/2 cup	12.12
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	19.0
Milk, FF Strwb, 1/2 pt. PF MS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt, PF MS1708	1/2 pint	11.0
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		108.95
% of Calories		59.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/04/2019		
9-12 High School Self Serv	Total	
Bacon Burger 2 oz Patty MS702	1 each	33.45
Corn Dog MS744	1 each	0.0
Spicy Fries, Baked MS1100	1/2 cup	20.76
Tomatoes&Carrots w/Dip, MS1131	1/2 cup serving	22.93
Chilled Peach Slices MS1274	1/2 cup	17.49
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	19.0
Milk, FF Strwb, 1/2 pt. PF MS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt, PF MS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Cinnamon Rolls 2gr WG FRZ-OVN	1 roll	45.15
Weighted Daily Average		127.74
% of Calories		53.8%
Nutrient Guideline		

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Base Menu Spreadsheet

9-12 High School Self Serv

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	Portion Size	Carb (g)
Mon - 10/07/2019		
9-12 High School Self Serv	Total	
Chicken and Waffle (2)	3 tenders	39.0
Ranch Club Wrap Mer MS772	2 halves	30.11
Saltine Crackers, 2 grain	4-count packs	9.0
Tater Tots	1/2 cup	16.0
Mixed Vegetables MS1060	1/2 cup	15.08
Lima Beans, Frozen MS1004	1/2 cup	16.32
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Blueberries w/Whipd Top,MS1221	1/2 cup	15.47
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Southern Mud MS1416	1 square	44.64
Syrup, Pancake, PC RCSD	1 packet	30.21
Weighted Daily Average		132.59
% of Calories		65.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/08/2019		
9-12 High School Self Serv	Total	
Beef Taco w/Soft Taco, M MS109	1 taco	21.54
Chips and Cheese Dip	1 serving	25.73
Rankin Spud Max	1 potato	32.02
Saltine Crackers, 2 grain	4-count packs	9.0
Pizza, Stuffed Crust MS304	1 slice	36.0
Pinto Beans MS912	1/2 cup	26.17
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Broccoli w/Cheese Sauce MS1012	1/2 cup	7.67
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Margarine, PC MS1532	1 pat	0.0
Sour Cream PC MS1564	1 each	0.82
Salsa, Portion, MS1146	1 ounce	1.89
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		97.77
% of Calories		51.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/09/2019		
9-12 High School Self Serv	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	34.0
Chef Salad, Elementary, MS601	1 salad	15.7
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Squash, Summer: MS1127	1/2 cup	6.26
Glazed Carrots MS1018	1/2 cup	9.28
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Banana Berry Blend MS1224	1/2 cup	24.27
Applesauce, MS1204	1/2 cup	15.62
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Banana Pudding MS1466	1/2 cup	36.62
Weighted Daily Average		126.50
% of Calories		60.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/10/2019		
9-12 High School Self Serv	Total	
Taco Soup w/ Chips MS812	1 cup	40.2
Southern Chicken Sandwich	1	42.0
Saltine Crackers, 2 grain	4-count packs	9.0
Mexican Pizza MS302	1 slice	30.0
Baked Sweet Potato/Marg.MS1076	1 each	26.16
Field Peas, Frozen MS1068	1/2 cup	21.17
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Apple and Orange Wedges MS1240	1/2 cup	13.45
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Honey Mustard Sauce, PC,MS1524	1 packet	8.59
Assorted Gelatin w/ Top MS1450	1/2 cup	19.38
Weighted Daily Average		123.16
% of Calories		61.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/11/2019		
9-12 High School Self Serv	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Grilled Chicken Sandwich MS764	1 each	33.21
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Green Beans, Canned, MS1036	1/2 cup	4.45
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		105.68
% of Calories		54.7%
Nutrient Guideline		

Mon - 10/14/2019		
9-12 High School Self Serv	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 10/15/2019		
9-12 High School Self Serv	Total	
Turkey & Cheese Croissant	1 sandwich	29.99
Mozzarella Cheese Sticks #1300	5 Sticks	43.4
Pizza, Stuffed Crust MS304	1 slice	36.0
Glazed Carrots MS1018	1/2 cup	9.28
Lima Beans, Frozen MS1004	1/2 cup	16.32
Field Peas, Frozen MS1068	1/2 cup	21.17
Chilled Peach Slices MS1274	1/2 cup	17.49
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Cookie,Oatmeal RaisinPurMS1432	1 cookie	16.0
Weighted Daily Average		98.44
% of Calories		52.1%
Nutrient Guideline		

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Wed - 10/16/2019		
9-12 High School Self Serv	Total	
Nachos Grande MS168	1 serving	26.73
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Rankin Spud Max	1 potato	32.02
All American Sub Sandwich	1 sandwich	34.3
Pinto Beans MS912	1/2 cup	26.17
Mexicali Corn MS1030	1/2 cup	30.26
Chilled Blushing Pears, MS1276	1/2 cup	18.91
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Salsa, Portion, MS1146	1 ounce	1.89
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		103.89
% of Calories		55.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/17/2019		
9-12 High School Self Serv	Total	
Chili Con Carne w/ Beans MS130	1 cup	8.05
Cinnamon Rolls 2gr WG FRZ-OVN	1 roll	45.15
Mexican Pizza MS302	1 slice	30.0
California Vegetables MS1054	1/2 cup	5.67
Green Peas, Canned MS1071	1/2 cup	14.26
Corn on Cob, 5 inch, MC1025	1 cob	18.41
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Fresh Oranges MS1268	1 each	15.22
Strawberries, Frozen MS1294	1/2 cup	12.12
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Weighted Daily Average		108.61
% of Calories		56.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/18/2019		
9-12 High School Self Serv	Total	
Bacon Burger 2 oz PattyMS702	1 each	33.45
Hot Dog WG MS778	1 each	2.0
Fried Crinkle Cut Fries MS1089	1/2 cup	12.15
Baked Beans MS1000	1/2 cup	36.85
Strawberries, Frozen MS1294	1/2 cup	12.12
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		112.87
% of Calories		56.3%
Nutrient Guideline		

Mon - 10/21/2019		
9-12 High School Self Serv	Total	
Country Fried Steak Sand MS746	1 each	46.38
BBQ Chicken Sandwich MS714	1 each	37.19
Macaroni and Cheese MS1338	1/2 cup	18.91
Lima Beans Dried CanMS1005	1/2 cup	21.65
Baked Beans MS1000	1/2 cup	36.85
Chilled Peach Slices MS1274	1/2 cup	17.49
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		123.31
% of Calories		54.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/22/2019		
9-12 High School Self Serv	Total	
Pancakes, 2WGR, MS1639	2 pancakes	28.0
Sausage Patty, 1 Oz.,MS1665	1 patty	0.0
Eggs, Scrambled,FRZ Mix,MS1661	2 ounces	0.82
Chef Salad, Elementary, MS601	1 salad	15.7
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Pizza, Stuffed Crust MS304	1 slice	36.0
Potatoes, Hashbrown, MS1103	1/2 cup	31.0
Sweet Potato Fries,Bkd MS1099	1/2 cup	17.98
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Orange Smiles MS1270	1/2 cup	19.19
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Syrup, Pancake, PC RCSD	1 packet	30.21
Assorted Gelatin w/ Top MS1450	1/2 cup	19.38
Weighted Daily Average		133.53
% of Calories		60.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/23/2019		
9-12 High School Self Serv	Total	
Brded Beef Steak W/GravyMS116	1 serving	21.18
Ranch Club Wrap Mer MS772	2 halves	30.11
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Baked Sweet Potato/Marg.MS1076	1 each	26.16
Rice, Brown MS1341	1/2 cup	21.31
Glazed Carrots MS1018	1/2 cup	9.28
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Strawberries, Frozen MS1294	1/2 cup	12.12
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		108.66
% of Calories		54.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/24/2019		
9-12 High School Self Serv	Total	
Red BeansCND/Rice/SausageMS416	1 serving	37.58
Toast, Garlic WW MS1351	1 slice	15.0
Tri Salad w/ Tuna Salad	salad	45.28
Mexican Pizza MS302	1 slice	30.0
Lima Beans, Frozen MS1004	1/2 cup	16.32
Tossed Salad w/Drsg MS1126	1/2 cup	21.32
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Mandarin Fruit Cup MS1254	1/2 cup	16.28
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Yellow Cake from Mix, MS1436	Serving	0.0
Icing Cream Cheese Vanilla	servings	58.92
Weighted Daily Average		122.02
% of Calories		63.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/25/2019		
9-12 High School Self Serv	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Corn Dog	1 each	29.18
Spicy Fries, Baked MS1100	1/2 cup	20.76
Tomatoes&Carrots w/Dip, MS1131	1/2 cup serving	22.93
Chilled Blushing Pears, MS1276	1/2 cup	18.91
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Cookie,Oatmeal RaisinPurMS1432	1 cookie	16.0
Weighted Daily Average		103.36
% of Calories		50.4%
Nutrient Guideline		

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Rankin County School District

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/28/2019		
9-12 High School Self Serv	Total	
Steak Fingers, Baked MS180	4 each	17.8
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
All American Sub Sandwich	1 sandwich	34.3
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Broccoli w/Cheese Sauce MS1012	1/2 cup	7.67
Field Peas, Frozen MS1068	1/2 cup	21.17
Mandarin Fruit Cup MS1254	1/2 cup	16.28
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Southern Mud MS1416	1 square	44.64
Weighted Daily Average		132.16
% of Calories		60.2%
Nutrient Guideline		

Tue - 10/29/2019		
9-12 High School Self Serv	Total	
Chicken Hot Wings Bone M MS538	3 Wings	2.0
Biscuit, 2 ENR, MS1626	1 biscuit	28.0
Country Fried Steak Sand MS746	1 each	46.38
Pizza, Stuffed Crust MS304	1 slice	36.0
Pasta Salad (Ranch)	1/2 cup	20.64
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Baked Beans MS1000	1/2 cup	36.85
Chilled Peach Slices MS1274	1/2 cup	17.49
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Apple Delicious MS1200	1 each	24.64
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		102.69
% of Calories		46.9%
Nutrient Guideline		

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Rankin County School District

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/30/2019		
9-12 High School Self Serv	Total	
Vegetable Beef Soup MS816	1 cup	12.27
Grill Cheese Sand 1 oz MS762	sandwich	28.46
Tri Salad w/ Chicken Salad	salad	45.3
Croissant, 1WGR, MS1624	1 croissant	15.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Pizza, Stuffed Crust MS304	1 slice	36.0
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Green Beans, Canned, MS1036	1/2 cup	4.45
Raw Veggies w/Dip	1/2 cup	21.34
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Apple and Orange Wedges MS1240	1/2 cup	13.45
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Peach Dump Cake	1 serving	52.09
Weighted Daily Average		144.64
% of Calories		66.6%
Nutrient Guideline		

Thu - 10/31/2019		
9-12 High School Self Serv	Total	
Chicken Tenders Breaded MS546	3 tenders	13.0
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Yogurt Candy Corn Parfait 8 oz	1 parfait	98.53
Mexican Pizza MS302	1 slice	30.0
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25.24
Green Peas, Canned MS1071	1/2 cup	14.26
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Fresh Oranges MS1268	1 each	15.22
Pineapple Tidbits MS1286	1/2 cup	18.87
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Ketchup PC	1 packet	3.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		123.18
% of Calories		62.9%
Nutrient Guideline		

Weighted Average		112.51
		57.1%

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Rankin County School District

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	112.51	57.14%						

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