

# Rankin County School District

Base Menu Spreadsheet  
Portion Values - Detailed

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Jan 1, 2021 thru Jan 31, 2021

9-12 High School Self Serv

Generated on: 11/20/2020 8:40:40 AM

	Portion Size	Carb (g)
Tue - 01/05/2021		
9-12 High School Self Serv	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Glazed Carrots MS1018	1/2 cup	9.28
Chilled Peach Slices MS1274	1/2 cup	17.49
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		78.15
% of Calories		54.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/06/2021		
9-12 High School Self Serv	Total	
Southern Chicken Sandwich	1	44.0
Assorted bag chips	Bag	20.0
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Fresh Apple MS1206	1 each	19.06
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		70.65
% of Calories		56.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/07/2021		
9-12 High School Self Serv	Total	
Taco Soup w/ Chips MS812	1 cup	39.17
Turkey & Cheese Hoagie USMS793.1	Sandwiches	33.28
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
Applesauce, MS1204	1/2 cup	15.62
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		94.84
% of Calories		53.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 01/08/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Pineapple Tidbits MS1286	1/2 cup	18.87
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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, Chocolate Chip Pur MS1428	1 cookie	16.0

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	Portion Size	Carb (g)
Weighted Daily Average		77.30
% of Calories		49.7%
Nutrient Guideline		

Mon - 01/11/2021		
9-12 High School Self Serv	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
Tater Tots	1/2 cup	16.0
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Chocolate Pudding MS1474	1/2 cup	23.78
Weighted Daily Average		78.29
% of Calories		57.9%
Nutrient Guideline		

Tue - 01/12/2021		
9-12 High School Self Serv	Total	
Chili w/o beans w/corn chips	1/2 cup	23.56
Chef Salad, Elementary, MS601	1 salad	15.27
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Saltine Crackers, ENR,B MS1369	2 4-count packs	16.0
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
Blueberries w/Whipd Top,MS1221	1/2 cup	15.47
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Cookie,Oatmeal RaisinPurMS1432	1 cookie	16.0
Weighted Daily Average		70.46
% of Calories		45.4%
Nutrient Guideline		

Wed - 01/13/2021		
9-12 High School Self Serv	Total	
Ham and Cheese Croissant	1 each	29.89
Assorted bag chips	Bag	20.0
Carrotines in a Bag MS1023	3 oz. bag	6.93
Fresh Oranges MS1268	1 each	15.22
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ranch Dressing & Dip PC MS1544	1 ounce	4.88
Weighted Daily Average		93.02
% of Calories		45.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/14/2021		
9-12 High School Self Serv	Total	
Chicken Pep Jack Quesadillas	1 each	24.07
Chips and Salsa	1 serving	22.05
Hot Dog WG MS778	1 each	28.0
Pinto Beans Legumes MS1003	1/2 cup	26.26
Strawberries, Frozen MS1294	1/2 cup	12.12
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		91.65
% of Calories		46.6%
Nutrient Guideline		

Fri - 01/15/2021		
9-12 High School Self Serv	Total	
Hamburger 2 oz. USDA F MS775.1	1 each	33.15
Season Potato Wedge FryMS1098	1/2 cup	20.22
Applesauce, MS1204	1/2 cup	15.62
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		134.90
% of Calories		58.2%
Nutrient Guideline		

Mon - 01/18/2021		
9-12 High School Self Serv	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 01/19/2021		
9-12 High School Self Serv	Total	
Mexican Pizza MS302	1 slice	30.0
Mixed Vegetables MS1060	1/2 cup	15.08
Strawberries, Frozen MS1294	1/2 cup	12.12
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		80.47
% of Calories		52.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 01/20/2021		
9-12 High School Self Serv	Total	
Spicy Chicken Sand MS736	1 each	42.63
Assorted bag chips	Bag	20.0
Fresh Apple MS1206	1 each	19.06
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		138.09
% of Calories		61.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/21/2021		
9-12 High School Self Serv	Total	
Vegetable Beef Soup MS816	1 cup	11.24
Grill CheeseSand 1 ozUMS762.1	sandwich	30.0
Mexican Pizza MS302	1 slice	30.0
Field Peas, Frozen MS1068	1/2 cup	21.17
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		71.42
% of Calories		61.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 01/22/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Spicy Fries, Baked MS1100	1/2 cup	20.76
Fruit Cocktail MS1248	1/2 cup	14.91
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		135.37
% of Calories		54.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 01/25/2021		
9-12 High School Self Serv	Total	
All American Sub Sandwich	1 sandwich	34.3
Cheez-It	Bag	14.0
Glazed Carrots MS1018	1/2 cup	9.28
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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		99.85
% of Calories		57.9%
Nutrient Guideline		

Tue - 01/26/2021		
9-12 High School Self Serv	Total	
Italian Rotini CasseroleMS148	3/4 Cup	29.56
Toast, Garlic WW MS1351	1 slice	15.0
Chef Salad, Elementary, MS601	1 salad	15.27
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Green Beans, Canned, MS1036	1/2 cup	4.45
Orange Smiles MS1270	1/2 cup	19.19
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Assorted Gelatin, No TopMS1454	1/2 cup	18.26
Weighted Daily Average		76.28
% of Calories		51.5%
Nutrient Guideline		

Wed - 01/27/2021		
9-12 High School Self Serv	Total	
BBQ Pork Sandwich US MS718.1	1 each	41.28
Assorted bag chips	Bag	20.0
Carrotines in a Bag MS1023	3 oz. bag	6.93
Fresh Bananas MS1220	1 each	26.95
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Ranch Dressing & Dip PC MS1544	1 ounce	4.88
Weighted Daily Average		108.87
% of Calories		45.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/28/2021		
9-12 High School Self Serv	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Ranch Club Wrap Mer MS772	2 halves	30.11
Lima Beans, Frozen MS1004	1/2 cup	16.32
Chilled Peach Slices MS1274	1/2 cup	17.49
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Chocolate Pudding MS1474	1/2 cup	23.78
Weighted Daily Average		114.87
% of Calories		54.9%
Nutrient Guideline		

Fri - 01/29/2021		
9-12 High School Self Serv	Total	
Hamburger 2 oz. USDA F MS775.1	1 each	33.15
Fried Crinkle Cut Fries MS1089	1/2 cup	12.15
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	23.0
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	1 packet	3.0
Cookie,Oatmeal RaisinPurMS1432	1 cookie	16.0
Weighted Daily Average		77.63
% of Calories		56.2%
Nutrient Guideline		

Weighted Average		89.01
		53.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.01	53.33%						

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