

Rankin County School District

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

Feb 1, 2021 thru Feb 28, 2021

9-12 High School Self Serv

Generated on: 1/4/2021 2:46:05 PM

	Portion Size	Carb (g)
Mon - 02/01/2021		
9-12 High School Self Serv	Total	
Hot Wings, Bone, MS538	4 Wings	3.0
Biscuit, 2 ENR, MS1626	1 biscuit	28.0
Baked Beans MS1000	1/2 cup	36.85
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		54.52
% of Calories		51.1%
Nutrient Guideline		

Tue - 02/02/2021		
9-12 High School Self Serv	Total	
Fish Sticks, Baked MS222	4 nuggets	22.0
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
Tater Tots	1/2 cup	16.0
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 w/ Top MS1450	1/2 cup	19.38
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		64.60
% of Calories		54.8%
Nutrient Guideline		

Wed - 02/03/2021		
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Weighted Daily Average		70.65
% of Calories		56.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 02/04/2021		
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Weighted Daily Average		94.84
% of Calories		53.7%
Nutrient Guideline		

Fri - 02/05/2021		
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
Weighted Daily Average		77.30
% of Calories		49.7%
Nutrient Guideline		

Mon - 02/08/2021		
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 Variety MS1244	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
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		78.29
% of Calories		57.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/09/2021		
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 Raisin Pur MS1432	1 cookie	16.0
Weighted Daily Average		70.46
% of Calories		45.4%
Nutrient Guideline		

Wed - 02/10/2021		
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		

Thu - 02/11/2021		
9-12 High School Self Serv	Total	
Chicken & Sausage Gumbo MS800	2/3 cup w/rice	33.38
Toast, Garlic WW MS1351	1 slice	15.0
Burritos, Bf&Bean WG Pur MS118	1 each	38.8
Lima Beans, Frozen MS1004	1/2 cup	16.32
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		92.13
% of Calories		55.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 02/12/2021		
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 - 02/15/2021		
9-12 High School Self Serv	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 02/16/2021		
9-12 High School Self Serv	Total	
Roasted Chicken USDA	1 serving	0.0
Biscuit, 2 ENR, MS1626	1 biscuit	28.0
Mashed Potatoes MS1078	1/2 cup	15.12
Strawberries, Frozen MS1294	1/2 cup	12.12
Brown Gravy, Package MS1506	2 ounces	5.18
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		54.10
% of Calories		55.2%
Nutrient Guideline		

Wed - 02/17/2021		
9-12 High School Self Serv	Total	
Spicy Chicken Sand MS736	1 each	42.63
Tuna Salad Croissant	1 each	30.04
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29

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	Portion Size	Carb (g)
Weighted Daily Average		138.11
% of Calories		61.7%
Nutrient Guideline		

Thu - 02/18/2021		
9-12 High School Self Serv	Total	
Vegetable Beef Soup MS816	1 cup	11.24
Grill CheeseSand 1 ozUMS762.1	sandwich	30.0
Pizza, Stuffed Crust MS304	1 slice	36.0
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		71.54
% of Calories		61.0%
Nutrient Guideline		

Fri - 02/19/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Fish Sandwich Baked MS750	1 each	43.0
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		135.40
% of Calories		54.7%
Nutrient Guideline		

Mon - 02/22/2021		
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		

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	Portion Size	Carb (g)
Tue - 02/23/2021		
9-12 High School Self Serv	Total	
Spaghetti&MeatSauceRCS	1 serving	27.33
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		74.39
% of Calories		54.6%
Nutrient Guideline		

Wed - 02/24/2021		
9-12 High School Self Serv	Total	
BBQ Chicken Sandwich MS714	1 each	37.19
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		104.78
% of Calories		52.0%
Nutrient Guideline		

Thu - 02/25/2021		
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		

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	Portion Size	Carb (g)
Fri - 02/26/2021		
9-12 High School Self Serv		
Hamburger 2 oz. USDA F MS775.1	1 each	33.15
Tuna Salad Croissant	1 each	30.04
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		85.02
		54.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	85.02	54.51%						

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