

Rankin County School District

Base Menu Spreadsheet
Portion Values - Detailed

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Apr 1, 2021 thru Apr 30, 2021

9-12 High School Self Serv

Generated on: 2/26/2021 2:50:31 PM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 04/01/2021 | | |
| 9-12 High School Self Serv | Total | |
| Cheeseburger 2.5 oz PattyMS728 | 1 each | 33.82 |
| Season Potato Wedge FryMS1098 | 1/2 cup | 20.22 |
| 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 |
| Easter Dessert | 1 | *N/A* |
| Weighted Daily Average | | 39.33 |
| % of Calories | | 46.8% |
| Nutrient Guideline | | |

| | | |
|----------------------------|-------|--------|
| Fri - 04/02/2021 | | |
| 9-12 High School Self Serv | Total | |
| HOLIDAY | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

| | | |
|----------------------------|-------|--------|
| Mon - 04/05/2021 | | |
| 9-12 High School Self Serv | Total | |
| HOLIDAY | 1 | *N/A* |
| Weighted Daily Average | | *N/A* |
| % of Calories | | *N/A%* |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Tue - 04/06/2021 | | |
| 9-12 High School Self Serv | Total | |
| Cheesy Chicken Over/Rice MS516 | 1 serving | 29.37 |
| Biscuit, 2 ENR, MS1626 | 1 biscuit | 28.0 |
| Ranch Club Wrap Mer MS772 | 2 halves | 30.11 |
| Lima Beans, Frozen MS1004 | 1/2 cup | 16.32 |
| 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 |
| Fruit Crisp MS1412 | 1 serving | 45.51 |
| Ranch Dressing & Dip PC MS1544 | 1 ounce | 4.88 |
| Weighted Daily Average | | 93.35 |
| % of Calories | | 55.2% |
| Nutrient Guideline | | |

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9-12 High School Self Serv

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 04/07/2021 | | |
| 9-12 High School Self Serv | Total | |
| Southern Chicken Sandwich | 1 | 44.0 |
| Assorted bag chips | Bag | 20.0 |
| Vegetable Juice, Asst,CRMS1156 | 1/2 cup | 12.0 |
| 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 | | 68.25 |
| % of Calories | | 55.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Thu - 04/08/2021 | | |
| 9-12 High School Self Serv | Total | |
| Southwestern Dip/Chips | 1 serving | 28.11 |
| Hot Dog WG MS778 | 1 each | 28.0 |
| Whole Kernel Corn, CND, MS1032 | 1/2 cup | 14.6 |
| 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 |
| Fruit Crisp MS1412 | 1 serving | 45.51 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 1.0 |
| Mustard, PC, MS1538 | 1 packet | 0.29 |
| Ketchup PC MS1528 | 1 packet | 3.0 |
| Weighted Daily Average | | 91.78 |
| % of Calories | | 48.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|--------|
| Fri - 04/09/2021 | | |
| 9-12 High School Self Serv | Total | |
| Hamburger 2 oz. USDA F MS775.1 | 1 each | 33.15 |
| Spicy Fries, Baked MS1100 | 1/2 cup | 20.76 |
| 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 MS1528 | 1 packet | 3.0 |
| Brownies, Mix, Enriched MS1400 | 1 piece | 26.01 |
| Weighted Daily Average | | 105.08 |
| % of Calories | | 59.7% |
| Nutrient Guideline | | |

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9-12 High School Self Serv

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 04/12/2021 | | |
| 9-12 High School Self Serv | Total | |
| Philly Chicken Hoagie RCSD | 1 each | 32.97 |
| Assorted bag chips | Bag | 20.0 |
| 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 |
| Cookie,Oatmeal RaisinPurMS1432 | 1 cookie | 16.0 |
| Weighted Daily Average | | 69.41 |
| % of Calories | | 51.2% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|---------------|----------|
| Tue - 04/13/2021 | | |
| 9-12 High School Self Serv | Total | |
| Hot Wings, Bone, Merc, MS538 | 4 Wings | 2.0 |
| Biscuit, 2 ENR, MS1626 | 1 biscuit | 28.0 |
| 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 |
| Celery Sticks with DipMS1120 | 1/2 cup | 5.02 |
| 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 |
| Assorted Gelatin w/ Top MS1450 | 1/2 cup | 19.38 |
| Weighted Daily Average | | 57.32 |
| % of Calories | | 38.1% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 04/14/2021 | | |
| 9-12 High School Self Serv | Total | |
| Ham and Cheese Croissant | 1 each | 31.1 |
| 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 | | 94.13 |
| % of Calories | | 46.2% |
| Nutrient Guideline | | |

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9-12 High School Self Serv

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| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Thu - 04/15/2021 | | |
| 9-12 High School Self Serv | Total | |
| Homemade Calzone | Calzones | 31.29 |
| 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, PF MS1708 | 1/2 pint | 11.0 |
| Chocolate Pudding MS1474 | 1/2 cup | 23.78 |
| Weighted Daily Average | | 70.55 |
| % of Calories | | 51.1% |
| Nutrient Guideline | | |

| | | |
|-----------------------------------|-----------|-------|
| Fri - 04/16/2021 | | |
| 9-12 High School Self Serv | Total | |
| Cheeseburger 2.5 oz Patty MS728 | 1 each | 33.82 |
| 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, 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 |
| Cookie, Chocolate Chip Pur MS1428 | 1 cookie | 16.0 |
| Weighted Daily Average | | 76.90 |
| % of Calories | | 46.3% |
| Nutrient Guideline | | |

| | | |
|----------------------------------|----------|-------|
| Mon - 04/19/2021 | | |
| 9-12 High School Self Serv | Total | |
| Sloppy Joe on WW Bun RCSD MS791 | 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, PF MS1708 | 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 - 04/20/2021 | | |
| 9-12 High School Self Serv | Total | |
| Spaghetti & Meat Sauce RCSD MS178 | 1 serving | 27.33 |
| Toast, Garlic WW MS1351 | 1 slice | 15.0 |
| Ranch Club Wrap Mer MS772 | 2 halves | 30.11 |
| 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, PF MS1708 | 1/2 pint | 11.0 |
| Cookie, Oatmeal Raisin Pur MS1432 | 1 cookie | 16.0 |

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9-12 High School Self Serv

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average | | 76.18 |
| % of Calories | | 50.8% |
| Nutrient Guideline | | |

| Wed - 04/21/2021 | | |
|--------------------------------|----------|--------|
| 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, Asst,CRMS1156 | 1/2 cup | 12.0 |
| 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 | | 127.09 |
| % of Calories | | 59.6% |
| Nutrient Guideline | | |

| Thu - 04/22/2021 | | |
|--------------------------------|-----------|-------|
| 9-12 High School Self Serv | Total | |
| Chicken Pep Jack Quesadillas | 1 each | 24.07 |
| Chips and Salsa | 1 serving | 22.05 |
| Manager Choice | 1 | *N/A* |
| 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 | | 89.91 |
| % of Calories | | 46.9% |
| Nutrient Guideline | | |

| Fri - 04/23/2021 | | |
|--------------------------------|-----------|--------|
| 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 | | |

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9-12 High School Self Serv

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 04/26/2021 | | |
| 9-12 High School Self Serv | Total | |
| Pizza, Stuffed Crust MS304 | 1 slice | 36.0 |
| 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 | | 86.10 |
| % of Calories | | 54.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|--------------|-------|
| Tue - 04/27/2021 | | |
| 9-12 High School Self Serv | Total | |
| Steak Fingers, Baked MS180 | 4 each | 17.8 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 34.0 |
| Manager Choice | 1 | *N/A* |
| Brown Gravy, Package MS1506 | 2 ounces | 5.18 |
| Mashed Potatoes MS1078 | 1/2 cup | 15.12 |
| 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 |
| Rice Krispie Bars | Bars | 21.95 |
| Weighted Daily Average | | 72.90 |
| % of Calories | | 49.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|--------|
| Wed - 04/28/2021 | | |
| 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 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,Chocolate ChipPurMS1428 | 1 cookie | 16.0 |
| Ranch Dressing & Dip PC MS1544 | 1 ounce | 4.88 |
| Weighted Daily Average | | 104.79 |
| % of Calories | | 44.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Thu - 04/29/2021 | | |
| 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 |
| Manager Choice | 1 | *N/A* |
| 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 |
| Brownies, Mix, Enriched MS1400 | 1 piece | 26.01 |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average | | 75.53 |
| % of Calories | | 51.4% |
| Nutrient Guideline | | |

| Fri - 04/30/2021 | | |
|--------------------------------|-----------|--------|
| 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 | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 79.32 |
| | | 51.5% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 79.32 | 51.45% | | | | | | |

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