

Rankin County School District

May 1, 2021 thru May 25, 2021

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 1

Generated on: 3/31/2021 12:20:31 PM

	Portion Size	Carb (g)
Mon - 05/03/2021		
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
Ketchup PC MS1528	1 packet	3.0
Weighted Daily Average		78.29
% of Calories		57.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 05/04/2021		
9-12 High School Self Serv	Total	
Spaghetti&MeatSauceRCSD 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
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		78.19
% of Calories		53.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/05/2021		
9-12 High School Self Serv	Total	
Country Fried Steak Sand MS746	1 each	46.38
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
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		107.22
% of Calories		44.4%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

May 1, 2021 thru May 25, 2021

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 2

Generated on: 3/31/2021 12:20:31 PM

	Portion Size	Carb (g)
Thu - 05/06/2021		
9-12 High School Self Serv	Total	
Manager Choice	1	*N/A*
Hot Dog WG MS778	1 each	28.0
Baked Beans MS1000	1/2 cup	36.85
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		68.14
% of Calories		72.9%
Nutrient Guideline		

Fri - 05/07/2021		
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 - 05/10/2021		
9-12 High School Self Serv	Total	
Manager Choice	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 05/11/2021		
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
Caesar Chicken Salad	1 salad	26.79
Saltine Crackers, ENR,C MS1369	2 4-count packs	18.0
Green Beans, Canned, MS1036	1/2 cup	4.45
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
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		85.81
% of Calories		47.8%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

May 1, 2021 thru May 25, 2021

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 3

Generated on: 3/31/2021 12:20:31 PM

	Portion Size	Carb (g)
Wed - 05/12/2021		
9-12 High School Self Serv Manager Choice	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Thu - 05/13/2021		
9-12 High School Self Serv	Total	
Southwestern Dip/Chips	1 serving	28.11
Ranch Chicken Bacon Club	1 each	35.15
Mexicali Corn MS1030	1/2 cup	22.55
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 % of Calories		81.03 43.0%
Nutrient Guideline		

Fri - 05/14/2021		
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
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, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average % of Calories		76.16 48.8%
Nutrient Guideline		

Mon - 05/17/2021		
9-12 High School Self Serv	Total	
Italian Rotini CasseroleMS148	3/4 Cup	29.56
Toast, Garlic WW MS1351	1 slice	15.0
Whole Kernel Corn, CND, MS1032	1/2 cup	14.6
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
Vanilla Pudding MS1486	1/2 cup	27.43
Weighted Daily Average % of Calories		86.63 55.1%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

May 1, 2021 thru May 25, 2021

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 4

Generated on: 3/31/2021 12:20:31 PM

	Portion Size	Carb (g)
Tue - 05/18/2021		
9-12 High School Self Serv	Total	
Teriyaki Chicken	1/2 cup	16.18
Rice, Asian Stir Fried, MS1348	1/2 cup	25.28
California Vegetables MS1054	1/2 cup	5.67
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
Assorted Gelatin w/ Top MS1450	1/2 cup	19.38
Weighted Daily Average		82.41
% of Calories		67.5%
Nutrient Guideline		

Wed - 05/19/2021		
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 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
Weighted Daily Average		67.49
% of Calories		55.0%
Nutrient Guideline		

Thu - 05/20/2021		
9-12 High School Self Serv	Total	
Manager Choice	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Fri - 05/21/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Fried Crinkle Cut Fries MS1089	1/2 cup	12.15
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

May 1, 2021 thru May 25, 2021

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 5

Generated on: 3/31/2021 12:20:31 PM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		126.88 53.7%
Nutrient Guideline		

Mon - 05/24/2021		
9-12 High School Self Serv Manager Choice	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Tue - 05/25/2021		
9-12 High School Self Serv Manager Choice	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Weighted Average		62.83 53.1%
------------------	--	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	62.83	53.12%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.