

Rankin County School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/01/2021		
9-12 High School Self Serv	Total	
Southern Chicken Sandwich	1	44.0
Lima Beans, Frozen M5525	1/2 cup	16.36
Carrots, Baby with Dip M5850	1/2 cup	9.95
Strawberries, Frozen M6945	1/2 cup	21.05
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		91.62
% of Calories		60.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/02/2021		
9-12 High School Self Serv	Total	
Southwestern Dip/Chips	1 serving	28.11
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
All American Sub Sandwich	1 sandwich	34.3
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Sour Cream PC M8115	1 each	0.82
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		99.63
% of Calories		48.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/03/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Ranch Club Wrap Mer MS772	2 halves	30.11
Fried Crinkle Cut Fries M6115	1/2 cup	13.16
Green Peas, Canned M6035	1/2 cup	14.34
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC	1 packet	3.0
Fruit Crisp M7520	1 serving	35.01
Weighted Daily Average		109.59
% of Calories		51.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/06/2021		
9-12 High School Self Serv HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/07/2021		
9-12 High School Self Serv	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Veg Juice, 4 oz. Asst. M6190	1/2 cup	14.5
Green Beans, Canned, MS1036	1/2 cup	4.45
Fresh Fruit Bowl Variety M6715	1 each	21.72
Mandarin Oranges	1/2 cup	21.45
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie,Oatmeal RaisinPur M7555	1 cookie	16.0
Weighted Daily Average		93.94
% of Calories		54.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/08/2021		
9-12 High School Self Serv	Total	
Country Fried Steak Sand M4125	1 each	46.15
Assorted bag chips	Bag	20.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		75.50
% of Calories		49.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/09/2021		
9-12 High School Self Serv	Total	
Chicken Tenders Cooked M3200	3 tenders	18.0
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
All American Sub Sandwich	1 sandwich	34.3
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package M8130	2 ounces	4.05
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Assorted Gelatin w/ Top M7580	1/2 cup	19.38

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	Portion Size	Carb (g)
Weighted Daily Average		125.21
% of Calories		63.3%
Nutrient Guideline		

Fri - 09/10/2021		
9-12 High School Self Serv	Total	
Bacon Cheeseburger 2 oz. M4095	1 each	33.68
Ham&Cheese on Hoagie U M4320.1	1 hoagie	36.42
Spicy Fries, Baked M6150	1/2 cup	16.2
Baked Beans Legumes M5535	1/2 cup	38.29
Fruit Cocktail M6735	1/2 cup	14.91
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		102.72
% of Calories		51.4%
Nutrient Guideline		

Mon - 09/13/2021		
9-12 High School Self Serv	Total	
Chicken Pieces Honey BBQ M3290	1 Serving	31.0
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
Baked Beans Legumes M5535	1/2 cup	38.29
Field Peas, Frozen M6025	1/2 cup	24.78
Fresh Fruit Bowl Variety M6715	1 each	21.72
Mandarin Oranges	1/2 cup	21.45
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Rice Krispie Bars M7500	Bars	21.95
Weighted Daily Average		84.23
% of Calories		70.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/14/2021		
9-12 High School Self Serv	Total	
Italian Rotini Casserole M1190	3/4 Cup	29.57
Toast, Garlic WW M7115	1 slice	15.0
Chef Salad, Elementary M3505	1 salad	16.25
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons,.5 Gram Packet M7110	1 packet	9.0
Green Beans, Canned, MS1036	1/2 cup	4.45
Tossed Salad w/Drsg	1/2 cup	3.03
Orange Smiles M6770	1/2 cup	19.19
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		86.77
% of Calories		53.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/15/2021		
9-12 High School Self Serv	Total	
Rankin Spud Max	1 potato	32.02
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Hot Dog WG M4230	1 each	28.0
Macaroni and Cheese M7030	1/2 cup	19.14
Carrots, Baby with Dip M5850	1/2 cup	9.95
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Fresh Fruit Bowl Variety M6715	1 each	21.72
Strawberries, Frozen M6945	1/2 cup	21.05
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		105.54
% of Calories		61.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/16/2021		
9-12 High School Self Serv	Total	
Cheesy Chicken Over Rice M3120	1 serving	31.15
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Mexican Pizza M2010	1 slice	30.0
Lima Beans, Frozen M5525	1/2 cup	16.36
Glazed Carrots M5865	1/2 cup	8.91
Chilled Peach Slices M6815	1/2 cup	17.49
Apple and Orange Wedges M6545	1/2 cup	13.98
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		127.76
% of Calories		57.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/17/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Grill Cheese Sand 1oz	portions	29.46
Spicy Fries, Baked M6150	1/2 cup	16.2
Mixed Vegetables M5795	1/2 cup	15.2
Chilled Pear Halves M6855	1/2 cup	18.23
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC	1 packet	3.0
Cookie, Sugar, Purch ENR M7560	1 cookie	17.0
Weighted Daily Average		97.24
% of Calories		52.8%
Nutrient Guideline		

Mon - 09/20/2021		
9-12 High School Self Serv	Total	
Spicy Chicken Sand M4160	1 each	41.15
Cheez-It	Bag	14.0
Field Peas, Frozen M6025	1/2 cup	24.78
Broccoli w/ Cheese Sauce M5595	1/2 cup	6.09
Applesauce, M6555	1/2 cup	15.62
Fresh Fruit Cup M6720	1/2 cup	16.48
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Cookie,Oatmeal RaisinPur M7555	1 cookie	16.0
Weighted Daily Average		98.38
% of Calories		53.7%
Nutrient Guideline		

Tue - 09/21/2021		
9-12 High School Self Serv	Total	
Pancakes, 2 WGR M8825	2 pancakes	30.0
Sausage Patty, 1.5 oz. M9060	1 patty	0.0
Eggs, Scrambled, FRZ Mix M9035	2 ounces	0.82
Breakfast Pizza #1119	1 slice	20.0
Potatoes, Hashbrown M6065	1/2 cup	15.5
Veg Juice, 4 oz. Asst. M6190	1/2 cup	14.5
Fresh Fruit Cup M6720	1/2 cup	16.48
Orange Smiles M6770	1/2 cup	19.19
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Syrup, Pancake, PC RCSD	1 packet	30.2
Southern Mud M7620	1 square	45.13
Weighted Daily Average		126.21
% of Calories		67.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/22/2021		
9-12 High School Self Serv	Total	
Beef Taco w/Soft Shell M1155.1	1 taco	20.85
Chips and Cheese Dip	1 serving	25.73
Pinto Beans Meat/Mt Alt M5010	1/2 cup	26.44
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Fresh Fruit Bowl Variety M6715	1 each	21.72
Fresh Grapes M6665	1/2 cup	14.97
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Sour Cream PC M8115	1 each	0.82
Weighted Daily Average		96.44
% of Calories		53.2%
Nutrient Guideline		

Thu - 09/23/2021		
9-12 High School Self Serv	Total	
Steak Fingers, Baked M1045	4 each	19.0
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Turkey & Cheese Croissant	1 sandwich	29.99
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package M8130	2 ounces	4.05
Glazed Carrots M5865	1/2 cup	8.91
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Fruit Crisp M7520	1 serving	35.01
Weighted Daily Average		120.90
% of Calories		54.2%
Nutrient Guideline		

Fri - 09/24/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Pimento Cheese Croissant	sandwich	34.4
Straight Fries, Baked M6165	1/2 cup	14.06
Green Beans, Canned, MS1036	1/2 cup	4.45
Fresh Fruit Bowl Variety M6715	1 each	21.72
Chilled Pear Halves M6855	1/2 cup	18.23
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC	1 packet	3.0
Cookie,Chocolate ChipPur M7545	1 cookie	16.0
Weighted Daily Average		93.20
% of Calories		44.1%
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	Portion Size	Carb (g)
Mon - 09/27/2021		
9-12 High School Self Serv	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Squash, Summer, FRZ M5810	1/2 cup	6.24
Green Beans, Canned, MS1036	1/2 cup	4.45
Mandarin Oranges	1/2 cup	21.45
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie,Oatmeal RaisinPur M7555	1 cookie	16.0
Weighted Daily Average		73.98
% of Calories		48.5%
Nutrient Guideline		

Tue - 09/28/2021		
9-12 High School Self Serv	Total	
Nachos Grande M1075	1 serving	26.73
Chef Salad, Elementary M3505	1 salad	16.25
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons,.5 Gram Packet M7110	1 packet	9.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
Pineapple Tidbits M6890	1/2 cup	18.87
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		65.61
% of Calories		47.8%
Nutrient Guideline		

Wed - 09/29/2021		
9-12 High School Self Serv	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	32.74
Cheez-It	Bag	14.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Green Peas, Canned M6035	1/2 cup	14.34
Fresh Bananas M6590	1 each	26.95
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		32.90
% of Calories		82.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/30/2021		
9-12 High School Self Serv	Total	
Spaghetti&MeatSauceRCSD MS178	1 serving	27.33
Toast, Garlic WW M7115	1 slice	15.0
Ranch Club Wrap Mer MS772	2 halves	30.11
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Tossed Salad w/Drsg	1/2 cup	3.03
Green Beans, Canned, MS1036	1/2 cup	4.45
Strawberries, Frozen M6945	1/2 cup	21.05
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	23.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		56.88
% of Calories		48.5%
Nutrient Guideline		

Weighted Average		89.24
		54.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.24	54.79%						

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