

Rankin County School District

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 10/01/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Corn Dog Nuggets M3165	6 nuggets	34.5
Crinkle Cut Fries Baked M6110	1/2 cup	13.16
Baked Beans Vegetarian M5000	1/2 cup	38.24
Fresh Fruit Bowl Variety M6715	1 each	21.72
Applesauce, M6555	1/2 cup	15.62
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
Cookie, Sugar, Purch ENR M7560	1 cookie	17.0
Weighted Daily Average		71.44
% of Calories		56.4%
Nutrient Guideline		

Mon - 10/04/2021		
9-12 High School Self Serv	Total	
Chicken with Alfredo Sau RCSD	3/4 cup	27.47
Toast, Garlic WW M7115	1 slice	15.0
Broccoli Florets, FRZ, MS	1/2 cup	7.05
Glazed Carrots M5865	1/2 cup	8.91
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
Peach Dump Cake	1 serving	52.09
Weighted Daily Average		64.03
% of Calories		54.1%
Nutrient Guideline		

Tue - 10/05/2021		
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
Chef Salad, Elementary M3505	1 salad	16.25
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Croutons,.5 Gram Packet M7110	1 packet	9.0
Pinto Beans Legumes M5550	1/2 cup	26.44
Tossed Salad w/Drsg	1/2 cup	3.03
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		97.61
% of Calories		48.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/06/2021		
9-12 High School Self Serv	Total	
All American Sub Sandwich	1 sandwich	34.3
Cheez-It	Bag	14.0
Mexican Pizza M2010	1 slice	30.0
Field Peas, Frozen M6025	1/2 cup	24.78
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Rice Krispie Bars M7500	Bars	21.95
Weighted Daily Average		76.55
% of Calories		59.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/07/2021		
9-12 High School Self Serv	Total	
Taco Soup w/ Chips MS812	1 cup	39.17
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Hot Ham and Cheese Croissant	1 each	31.1
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Carrots, Baby with Dip M5850	1/2 cup	9.95
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		107.00
% of Calories		56.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/08/2021		
9-12 High School Self Serv	Total	
Hamburger 2 oz USDA F M4105.1	1 each	33.15
Fish Sandwich Baked M4180	1 each	43.0
Fried Straight Cut Fries M6160	1/2 cup	14.06
Green Peas, Canned M6035	1/2 cup	14.34
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Cookie,Chocolate ChipPur M7545	1 cookie	16.0
Weighted Daily Average		67.85
% of Calories		55.0%
Nutrient Guideline		

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Mon - 10/11/2021		
9-12 High School Self Serv HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Tue - 10/12/2021		
9-12 High School Self Serv Professional Development	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Wed - 10/13/2021		
9-12 High School Self Serv	Total	
Pizza, Stuffed Crust M2040	1 slice	36.0
Green Beans, Canned, MS1036	1/2 cup	4.45
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Applesauce, M6555	1/2 cup	15.62
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		93.42
% of Calories		54.5%
Nutrient Guideline		

Thu - 10/14/2021		
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
Lima Beans, Frozen M5525	1/2 cup	16.36
Baked Sweet Potato/Marg.M5900	1 each	26.16
Fresh Fruit Bowl Variety M6715	1 each	21.72
Blueberries w/ WhipTop M6610.1	1/2 cup	15.47
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		130.14
% of Calories		58.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/15/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Italian Dunkers #1101	2 breadsticks	30.0
Season BKD Potato Wedges M6145	1/2 cup	17.94
Glazed Carrots M5865	1/2 cup	8.91
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Sauce, Marinara PC M8195	1 packet	3.71
Cinnamon Roll, 2WGR, MS1623	1 roll	27.0
Weighted Daily Average		113.05
% of Calories		55.9%
Nutrient Guideline		

Mon - 10/18/2021		
9-12 High School Self Serv	Total	
Mexican Pizza M2010	1 slice	30.0
Pizza, WGR Cheese, M2000	1 slice	36.0
Green Peas, Canned M6035	1/2 cup	14.34
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
Rice Krispie Bars M7500	Bars	21.95
Weighted Daily Average		67.90
% of Calories		68.1%
Nutrient Guideline		

Tue - 10/19/2021		
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, No Top M7585	1/2 cup	18.26
Weighted Daily Average		85.82
% of Calories		53.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/20/2021		
9-12 High School Self Serv	Total	
Chicken Pep Jack Quesadillas	1 each	24.07
Chips and Salsa	1 serving	22.05
Beef Taco Soft Shell CR M1155	1 taco	21.63
Pinto Beans Legumes M5550	1/2 cup	26.44
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		112.26
% of Calories		50.3%
Nutrient Guideline		

Thu - 10/21/2021		
9-12 High School Self Serv	Total	
Vegetable Beef Soup CR M4565	1 cup	11.25
Grill Cheese Sand 1 oz. M4010	sandwich	28.46
Lima Beans, Frozen M5525	1/2 cup	16.36
Glazed Carrots M5865	1/2 cup	8.91
Fresh Fruit Bowl Variety M6715	1 each	21.72
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		105.88
% of Calories		57.7%
Nutrient Guideline		

Fri - 10/22/2021		
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
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		97.51
% of Calories		51.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/25/2021		
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		

	Portion Size	Carb (g)
Tue - 10/26/2021		
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
Sweet Potato Fries, Bkd M5925	1/2 cup	22.92
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	16.3
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		128.97
% of Calories		64.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/27/2021		
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		

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	Portion Size	Carb (g)
Thu - 10/28/2021		
9-12 High School Self Serv	Total	
Chili w/o beans w/corn chips	1/2 cup	20.33
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Ham&Cheese on Hoagie M4320	1 hoagie	33.2
Tossed Salad w/Drsg	1/2 cup	3.03
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		96.85
% of Calories		48.3%
Nutrient Guideline		

Fri - 10/29/2021		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	33.96
Hot Dog WG M4230	1 each	28.0
Straight Fries, Baked M6165	1/2 cup	14.06
Veg Juice, 4 oz. Asst. M6190	1/2 cup	14.5
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		81.71
% of Calories		59.2%
Nutrient Guideline		

Weighted Average		85.28
		55.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	85.28	55.25%						

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