

Rankin County School District

Sep 1, 2024 thru Sep 30, 2024

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 1

Generated on: 8/9/2024 7:38:38 AM

	Portion Size	Carb (g)
Mon - 09/02/2024		
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 - 09/03/2024		
9-12 High School Self Serv	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Cheesy Macaroni M5135	2/3 cup	32.12
Italian Dunkers #1101	2 breadsticks	28.0
Mixed Vegetables M5795	1/2 cup	15.2
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Peaches, FRZ, PC US MS6825.1	1/2 cup	19.0
Veg Juice, 4 oz Fruit FI M6190	1/2 cup	15.0
Applesauce, M6555	1/2 cup	15.62
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Funnel Cake, 2 WGR M8860	servings	45.39
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC	1 packet	3.0
Weighted Daily Average % of Calories		122.07 53.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/04/2024		
9-12 High School Self Serv	Total	
Southern Chicken Sandwich	1	45.0
Steak Fingers, Baked M1045	4 each	17.9
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Spicy Fries, Baked M6150	1/2 cup	18.21
Carrots, Baby with Dip M5850	1/2 cup	9.95
Banana Berry Blend M6595	1/2 cup	25.38
Fresh Apple M6510	1 each	25.13
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
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, Choc Chip Mini W M7546	1 cookie	22.0
Weighted Daily Average % of Calories		20.51 58.8%
Nutrient Guideline		

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9-12 High School Self Serv

Portion Values - Detailed

Page 2

Generated on: 8/9/2024 7:38:38 AM

	Portion Size	Carb (g)
Thu - 09/05/2024		
9-12 High School Self Serv	Total	
Southwest Dip & Chips	1 serving	29.21
Turkey & Cheese Croissant	1 sandwich	32.99
Glazed Carrots M5865	1/2 cup	8.91
Pinto Beans Legumes M5550	1/2 cup	26.44
Tossed Salad with Drsg M5660	1/2 cup	6.36
Chilled Blushing Pears M6845	1/2 cup	18.91
Fresh Grapes M6665	1/2 cup	14.97
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Banana Pudding M7610	1/2 cup	36.62
Ketchup PC	1 packet	3.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Weighted Daily Average		118.87
% of Calories		44.1%
Nutrient Guideline		

Fri - 09/06/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Corn Dog	1 each	28.2
Season BKD Potato Wedges M6145	1/2 cup	17.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
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	19.0
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, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		91.38
% of Calories		49.9%
Nutrient Guideline		

Mon - 09/09/2024		
9-12 High School Self Serv	Total	
Mexican Pizza M2010	1 slice	30.0
Chicken Ranch Wrap	2 halves	42.3
Broccoli w/ Cheese Sauce M5595	1/2 cup	5.45
Whole Kernel Corn, FRZ M6015	1/2 cup	16.24
Fresh Oranges M6775	1 each	19.19
Fruit Cocktail M6735	1/2 cup	14.91
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
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 pouch	0.29
Ketchup PC	1 packet	3.0
Cookie, Sugar, Purch WGR M7560	1 cookie	18.12

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Portion Values - Detailed

Page 3

Generated on: 8/9/2024 7:38:39 AM

	Portion Size	Carb (g)
Weighted Daily Average		61.11
% of Calories		50.0%
Nutrient Guideline		

Tue - 09/10/2024		
9-12 High School Self Serv	Total	
Chicken Tender Chef Salad	1 salad	24.88
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Pork Chop, BRD,Boneless M2530	1 Each	11.0
Brown Gravy, Package BRG M8130	2 ounces	4.05
Mashed Potatoes M6070	1/2 cup	15.12
Green Beans, Savory,CND M5745	1/2 cup	4.45
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	31.0
Fresh Strawberries M6930	1/2 cup	6.71
Applesauce, M6555	1/2 cup	15.62
Saltine Crackers, 2 grain	4-count packs	9.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie Brookie #1428	1 Brookie	19.22
Weighted Daily Average		68.51
% of Calories		37.3%
Nutrient Guideline		

Wed - 09/11/2024		
9-12 High School Self Serv	Total	
Philly Cheese Steak Sand M4130	1 each	32.07
Asian Rice Bowl	Servings	42.09
Egg Roll, 1, Chicken M3270	1 each	22.0
Celery Sticks with Dip M5715	1/2 cup	4.95
Glazed Carrots M5865	1/2 cup	8.91
Banana Berry Blend M6595	1/2 cup	25.38
Fresh Fruit Bowl Variety M6715	1 each	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Mustard, PC M8015	1 packet	0.29
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		117.43
% of Calories		58.8%
Nutrient Guideline		

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Rankin County School District

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9-12 High School Self Serv

Portion Values - Detailed

Page 4

Generated on: 8/9/2024 7:38:39 AM

	Portion Size	Carb (g)
Thu - 09/12/2024		
9-12 High School Self Serv	Total	
Cheesy Chicken Over/RiceCMS516	1 serving	30.13
BBQ Pork Sandwich US M4210.1	1 each	39.34
Sweet Potato Fries, Bkd M5925	1/2 cup	18.18
California Vegetables M5785	1/2 cup	5.15
Fresh Apple M6510	1 each	25.13
Pineapple Tidbits M6890	1/2 cup	18.87
Toast, Garlic WW M7115	1 slice	15.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		70.70
% of Calories		50.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/13/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Hot Dog WG M4230	1 each	28.0
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans Vegetarian M5000	1/2 cup	38.23
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	19.0
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 Confetti Filled #1408	1 Cookie	29.0
Weighted Daily Average		77.79
% of Calories		48.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/16/2024		
9-12 High School Self Serv	Total	
Pizza, WGR Cheese, M2000	1 slice	36.0
Turkey & Cheese Wrap U M4360.1	1 wrap	25.56
Assorted bag chips	Bag	20.0
Glazed Carrots M5865	1/2 cup	8.91
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Fruit Cocktail M6735	1/2 cup	14.91
Fresh Apple M6510	1 each	25.13
Saltine Crackers, 2 grain	4-count packs	9.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Weighted Daily Average		49.91
% of Calories		56.3%
Nutrient Guideline		

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Sep 1, 2024 thru Sep 30, 2024

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9-12 High School Self Serv

Portion Values - Detailed

Page 5

Generated on: 8/9/2024 7:38:39 AM

	Portion Size	Carb (g)
Tue - 09/17/2024		
9-12 High School Self Serv	Total	
Chicken Nuggets, Baked M 3170	5 nuggets	14.0
Chef Salad, Elementary C M3505	1 salad	16.25
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Carrots, Baby with Dip M5850	1/2 cup	9.95
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	31.0
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
Fresh Bananas M6590	1 each	26.95
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Funnel Cake, 2 WGR M8860	servings	45.39
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC	1 packet	3.0
Weighted Daily Average		83.71
% of Calories		38.5%
Nutrient Guideline		

Wed - 09/18/2024		
9-12 High School Self Serv	Total	
Southern Chicken Sandwich	1	45.0
Spaghetti & Meat Sauce M1115.2	1 serving	29.88
Tossed Salad w/Drsg	1/2 cup	3.03
Green Beans, Savory,CND M5745	1/2 cup	4.45
Toast, Garlic WW M7115	1 slice	15.0
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	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookies, ChocChip Gma M7540	1 each	25.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Weighted Daily Average		77.66
% of Calories		54.9%
Nutrient Guideline		

Thu - 09/19/2024		
9-12 High School Self Serv	Total	
Southwest Dip & ChipCR M1085.1	1 serving	29.5
Italian Sub RCSD	1 sandwich	40.98
Pinto Beans Legumes M5550	1/2 cup	26.44
Broccoli Florets, FRZ M5610	1/2 cup	3.61
Pineapple Tidbits M6890	1/2 cup	18.87
Apple and Orange Wedges M6545	1/2 cup	13.98
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Saltine Crackers, ENR,B MS1369	2 4-count packs	18.0
Banana Pudding M7610	1/2 cup	36.62
Weighted Daily Average		70.28
% of Calories		39.3%
Nutrient Guideline		

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9-12 High School Self Serv

Portion Values - Detailed

Page 6

Generated on: 8/9/2024 7:38:39 AM

	Portion Size	Carb (g)
Fri - 09/20/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Corn Dog	1 each	28.2
Spicy Fries, Baked M6150	1/2 cup	18.21
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	19.0
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, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		66.17
% of Calories		48.7%
Nutrient Guideline		

Mon - 09/23/2024		
9-12 High School Self Serv	Total	
Pizza, Stuffed Crust M2040	1 slice	35.0
Chicken Ranch Wrap	2 halves	42.3
Sweet Potato Fries, Bkd M5925	1/2 cup	18.18
Broccoli Florets, FRZ M5610	1/2 cup	3.61
Fresh Apple M6510	1 each	25.13
Fruit Cocktail M6735	1/2 cup	14.91
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
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 pouch	0.29
Ketchup PC	1 packet	3.0
Cookie, Sugar, Purch WGR M7560	1 cookie	18.12
Weighted Daily Average		63.06
% of Calories		53.3%
Nutrient Guideline		

Tue - 09/24/2024		
9-12 High School Self Serv	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Nachos Grande Crumbley M1075	1 serving	26.87
Confetti Coleslaw M5690	1/2 cup	5.65
Cream Style Corn M6000	1/2 cup	24.85
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	31.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
Fresh Bananas M6590	1 each	26.95
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Cookie Brookie #1428	1 Brookie	19.22
Ketchup PC M8000	1 each	3.0
Sauce, Variety, Dipping M8175	1 packet	9.58

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9-12 High School Self Serv

Portion Values - Detailed

Page 7

Generated on: 8/9/2024 7:38:39 AM

	Portion Size	Carb (g)
Weighted Daily Average		39.31
% of Calories		47.2%
Nutrient Guideline		

Wed - 09/25/2024		
9-12 High School Self Serv	Total	
Southern Chicken Sandwich	1	45.0
Stromboli Supreme MRC M2570	1 slice	50.69
California Vegetables M5785	1/2 cup	5.15
Garden Salad w/Dressing M5650	1/2 cup	5.91
Banana Berry Blend M6595	1/2 cup	25.38
Peaches, FRZ, PC US MS6825.1	1/2 cup	19.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Chocolate Pudding M7640	1/2 cup	24.95
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Weighted Daily Average		91.44
% of Calories		58.5%
Nutrient Guideline		

Thu - 09/26/2024		
9-12 High School Self Serv	Total	
Cheesy Chicken Over/RiceCMS516	1 serving	30.13
Meatballs, BBQ/Hoagie M4295	5 meatballs	42.37
Green Beans, Savory,CND M5745	1/2 cup	4.45
Garden Salad w/Dressing M5650	1/2 cup	5.91
Fresh Fruit Bowl Variety M6715	1 each	21.72
Pineapple Tidbits M6890	1/2 cup	18.87
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		52.32
% of Calories		51.1%
Nutrient Guideline		

Fri - 09/27/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Hot Dog WG M4230	1 each	28.0
Baked Beans Legumes M5535	1/2 cup	38.38
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
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	19.0
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 Confetti Filled #1408	1 Cookie	29.0

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9-12 High School Self Serv

Portion Values - Detailed

Page 8

Generated on: 8/9/2024 7:38:39 AM

	Portion Size	Carb (g)
Weighted Daily Average		73.19
% of Calories		49.0%
Nutrient Guideline		

Mon - 09/30/2024		
9-12 High School Self Serv	Total	
Pizza, WGR Meat Lovers M2015	1 slice	28.0
Steak Fingers, Baked M1045	4 each	17.9
Tater Tots	1/2 cup	16.0
Lima Beans Dried, CND M5530	1/2 cup	21.65
Mandarin Oranges	1/2 cup	21.45
Fruit Cocktail M6735	1/2 cup	14.91
Toast, Garlic WW M7115	1 slice	15.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
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 pouch	0.29
Ketchup PC	1 packet	3.0
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		44.68
% of Calories		43.8%
Nutrient Guideline		

Weighted Average		69.48
		48.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	69.48	48.66%						

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