

Rankin County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/01/2024		
9-12 High School Self Serv	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Chef Salad, Crumbley M3500	1 salad	21.03
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Baked Beans RCSD	1/2 cup	38.23
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Orange Smiles M6770	1/2 cup	19.19
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
Weighted Daily Average		118.73
% of Calories		56.3%
Nutrient Guideline		

Wed - 10/02/2024		
9-12 High School Self Serv	Total	
Fajita Chicken Wrap CR M4345	1 wrap	24.61
Italian Dunkers #1101	2 breadsticks	28.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Squash, Summer, FRZ M5810	1/2 cup	6.24
Banana Berry Blend M6595	1/2 cup	25.38
Fresh Apple M6510	1 each	25.13
Milk, LF White 1/2 pt, PF M110	1/2 pint	11.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	19.0
Sauce, Marinara PC M8195	1 packet	3.71
Saltine Crackers, 2 grain	4-count packs	9.0
Cookies, ChocChip Gma M7540	1 each	25.0
Weighted Daily Average		91.72
% of Calories		58.6%
Nutrient Guideline		

Thu - 10/03/2024		
9-12 High School Self Serv	Total	
Southwest Dip & Chips	1 serving	29.21
Yogurt Parfait, 8oz MS1692	1 parfait	98.53
Glazed Carrots M5865	1/2 cup	8.91
Broccoli w/ Cheese Sauce M5595	1/2 cup	5.45
Chilled Blushing Pears M6845	1/2 cup	18.91
Fresh Grapes M6665	1/2 cup	14.97
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
Banana Pudding M7610	1/2 cup	36.62
Weighted Daily Average		117.55
% of Calories		51.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/04/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Chicken Wings, Roasted M3295	5 wings	0.0
Season BKD Potato Wedges M6145	1/2 cup	17.0
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Fruit Bowl Variety M6715	1 each	21.72
Biscuit, 2 WGR, M8530	1 biscuit	27.0
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 packet	0.29
Ketchup PC M8000	1 packet	3.0
Cookie, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		95.74
% of Calories		46.5%
Nutrient Guideline		

Mon - 10/07/2024		
9-12 High School Self Serv	Total	
FALL BREAK	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 10/08/2024		
9-12 High School Self Serv	Total	
FALL BREAK	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Wed - 10/09/2024		
9-12 High School Self Serv	Total	
FALL BREAK	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Thu - 10/10/2024		
9-12 High School Self Serv	Total	
FALL BREAK	1	*N/A*

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Fri - 10/11/2024		
9-12 High School Self Serv FALL BREAK	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Mon - 10/14/2024		
9-12 High School Self Serv STUDENT HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Tue - 10/15/2024		
9-12 High School Self Serv	Total	
Chicken Nuggets, Baked M 3170	5 nuggets	14.0
Hot Dog WG M4230	1 each	28.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package BRG M8130	2 ounces	4.05
Green Peas, Canned M6035	1/2 cup	14.34
Applesauce, M6555	1/2 cup	15.62
Fresh Fruit Bowl Variety M6715	1 each	21.72
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
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
Ketchup PC M8000	1 each	3.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Cookie, Brookie IW M7515	1 cookie	23.0
Weighted Daily Average % of Calories		90.37 56.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/16/2024		
9-12 High School Self Serv	Total	
Steak Fingers, Baked M1045	4 each	17.9
Chef Salad, Crumbley M3500	1 salad	21.03
Cheesy Macaroni M5135	2/3 cup	32.12
Broccoli Florets, FRZ, MS	1/2 cup	7.05
Carrots, Baby with Dip M5850	1/2 cup	9.95
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
Fruit Cocktail M6735	1/2 cup	14.91
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
Ketchup PC M8000	1 each	3.0
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		22.57
% of Calories		51.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/17/2024		
9-12 High School Self Serv	Total	
Sausage Jambalaya M2540	1 cup	26.24
Chicken Ranch Wrap	2 halves	42.3
Sweet Potato Fries, Bkd M5925	1/2 cup	18.18
Green Beans, Savory,CND M5745	1/2 cup	4.45
Toast, Garlic WW M7115	1 slice	15.0
Apple and Orange Wedges M6545	1/2 cup	13.98
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
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
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		125.26
% of Calories		53.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/18/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Hot Ham and Cheese Croissant	1 each	34.1
Tater Tots	1/2 cup	16.0
Baked Beans RCSD	1/2 cup	38.23
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 Confetti Filled #1408	1 Cookie	29.0
Weighted Daily Average		112.18
% of Calories		56.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/21/2024		
9-12 High School Self Serv	Total	
Mexican Pizza M2010	1 slice	30.0
Chicken Salad/Croissant M4280	1 each	33.15
Broccoli w/ Cheese Sauce M5595	1/2 cup	5.45
Corn on Cob, 3 in.USDA, MC1024	2 cobs	18.42
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
Strawberry Short Cake RCSD	Serving	33.05
Weighted Daily Average		96.02
% of Calories		57.1%
Nutrient Guideline		

Tue - 10/22/2024		
9-12 High School Self Serv	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Beef and Broccoli Rice Bowl	Servings	42.93
Glazed Carrots M5865	1/2 cup	8.91
Cabbage, Seasoned M5700	1/2 cup	5.95
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
Ketchup PC M8000	1 each	3.0
Funnel Cake, 2 WGR M8860	servings	45.39
Weighted Daily Average		123.31
% of Calories		57.4%
Nutrient Guideline		

Wed - 10/23/2024		
9-12 High School Self Serv	Total	
Vegetable Beef Soup M4565	1 cup	11.25
Grilled Cheese & String Cheese	portions	31.46
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
Orange Smiles M6770	1/2 cup	19.19
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
Weighted Daily Average		79.18
% of Calories		55.7%
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	Portion Size	Carb (g)
Thu - 10/24/2024		
9-12 High School Self Serv	Total	
Southwest Dip & Chips	1 serving	29.21
Corn Dog Nuggets M3165	6 nuggets	29.46
Carrots, Baby with Dip M5850	1/2 cup	9.95
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Toast, Garlic WW M7115	1 slice	15.0
Ketchup PC M8000	1 each	3.0
Banana Pudding M7610	1/2 cup	36.62
Weighted Daily Average		109.32
% of Calories		52.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/25/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Chicken Wings, Roasted M3295	5 wings	0.0
Baked Beans RCSD	1/2 cup	38.23
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
Biscuit, 2 Oz. ENR, M8520	1 biscuit	28.0
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 packet	0.29
Ketchup PC M8000	1 packet	3.0
Cookies Red Velvet WG IW #1424	1 Cookie	24.98
Weighted Daily Average		103.37
% of Calories		48.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/28/2024		
9-12 High School Self Serv	Total	
Pizza, Variety	slice	32.25
Ham and Cheese Croissant	1 each	34.1
Tater Tots	1/2 cup	16.0
Lima Beans, Frozen M5525	1/2 cup	16.36
Applesauce, M6555	1/2 cup	15.62
Orange Smiles M6770	1/2 cup	19.19
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
Ketchup PC	1 packet	3.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Cookie, Sugar, Purch WGR M7560	1 cookie	18.12

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	Portion Size	Carb (g)
Weighted Daily Average		93.66
% of Calories		54.2%
Nutrient Guideline		

Tue - 10/29/2024		
9-12 High School Self Serv	Total	
Chicken Quesadillas US M3145.1	1 each	22.13
Guacamole, 1/4 Cup M5675	2 oz.	5.93
Chips and Salsa	1 serving	24.05
Chef Salad, Elementary, Ham	1 salad	17.37
Saltine Crackers, 2 grain	4-count packs	9.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
Green Beans, Cut, CND M5750	1/2 cup	4.86
Peaches, FRZ, PC US MS6825.1	1/2 cup	19.0
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
Weighted Daily Average		94.12
% of Calories		54.3%
Nutrient Guideline		

Wed - 10/30/2024		
9-12 High School Self Serv	Total	
Chicken and Waffles (2) RCSD	3 tenders	40.0
American Sub Merchants M4325	1 each	34.87
California Vegetables M5785	1/2 cup	5.15
Broccoli Florets, FRZ, MS	1/2 cup	7.05
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
Ketchup PC M8000	1 each	3.0
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Syrup, Pancake, PC RCSD	1 packet	30.2
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		108.30
% of Calories		59.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/31/2024		
9-12 High School Self Serv		
	Total	
Cheesy Chicken Over/RiceCMS516	1 serving	30.13
BBQ Rib Sandwich Brush M4205	1 each	41.67
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
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
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
Yellow Cake from Mix, CR M7535	Serving	26.25
Weighted Daily Average		94.22
% of Calories		53.3%
Nutrient Guideline		

Weighted Average		72.59
		53.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	72.59	53.95%						

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