

Rankin County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/01/2024		
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
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
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
Cookie, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		109.53
% of Calories		48.4%
Nutrient Guideline		

Mon - 11/04/2024		
9-12 High School Self Serv	Total	
Pizza, Variety	slice	32.25
Italian Dunkers #1101	2 breadsticks	28.0
California Vegetables M5785	1/2 cup	5.15
Whole Kernel Corn, FRZ M6015	1/2 cup	16.24
Fresh Fruit Bowl Variety M6715	1 each	21.72
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
Rice Krispie Bars M7500	Bars	22.23
Weighted Daily Average		86.48
% of Calories		56.2%
Nutrient Guideline		

Tue - 11/05/2024		
9-12 High School Self Serv	Total	
Vegetable Beef Soup M4565	1 cup	11.25
Grilled Cheese & String Cheese	portions	31.46
Garden Salad w/Dressing M5650	1/2 cup	5.91
Green Peas, Canned M6035	1/2 cup	14.34
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
Cookie Brookie #1428	1 Brookie	19.22
Weighted Daily Average		73.49
% of Calories		55.3%
Nutrient Guideline		

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Wed - 11/06/2024		
9-12 High School Self Serv	Total	
Chicken Spaghetti WGR M3085	3/4 cup	25.59
Steak Fingers, Baked M1045	4 each	17.9
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Green Beans, Cut, CND M5750	1/2 cup	4.86
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Apple M6510	1 each	25.13
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
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
Strawberry Short Cake RCSD	Serving	33.05
Weighted Daily Average		99.85
% of Calories		60.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/07/2024		
9-12 High School Self Serv	Total	
Fajita Happy Plate RCSD	1 fajita	52.3
Ham and Cheese Wrap Mer MS772	2 halves	32.08
Pinto Beans Legumes M5550	1/2 cup	26.44
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Southern Mud M7620	1 square	45.09
Weighted Daily Average		128.05
% of Calories		56.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/08/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Corn Dog	1 each	28.2
Glazed Carrots M5865	1/2 cup	8.91
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
Weighted Daily Average		98.01
% of Calories		58.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/11/2024		
9-12 High School Self Serv	Total	
Mexican Pizza M2010	1 slice	30.0
Chicken Chunk w/ Gen Tso M3287	4 Chunks	44.09
Lima Beans, Frozen M5525	1/2 cup	16.36
Carrots, Baby with Dip M5850	1/2 cup	9.95
Fruit Cocktail M6735	1/2 cup	14.91
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, Sugar, Purch WGR M7560	1 cookie	18.12
Weighted Daily Average		99.72
% of Calories		60.8%
Nutrient Guideline		

Tue - 11/12/2024		
9-12 High School Self Serv	Total	
Chicken Nuggets, Baked M 3170	5 nuggets	14.0
Sausage Jambalaya M2540	1 cup	26.24
Spicy Fries, Baked M6150	1/2 cup	18.21
Garden Salad w/Dressing M5650	1/2 cup	5.91
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
Funnel Cake, 2 WGR M8860	servings	45.39
Weighted Daily Average		131.77
% of Calories		56.4%
Nutrient Guideline		

Wed - 11/13/2024		
9-12 High School Self Serv	Total	
Pork Chop, Baked M2520	1 serving	7.33
Ham and Cheese Croissant	1 each	34.1
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package BRG M8130	2 ounces	4.05
Green Beans, Cut, CND M5750	1/2 cup	4.86
Apple and Orange Wedges M6545	1/2 cup	13.98
Chilled Pear Halves M6855	1/2 cup	18.23
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
Cookie, Choc Chip 1.5 oz M7543	1 cookie	27.0
Weighted Daily Average		94.47
% of Calories		56.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/14/2024		
9-12 High School Self Serv	Total	
Turkey & Dressing Supreme M3325	1 Piece	36.62
Cranberry Sauce Portion M6630	1 ounce	13.45
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Southern Chicken Sandwich	1	45.0
Sweet Potato Casserole M5915	1/2 Cup	63.42
Broccoli Salad Grapes BR M5585	2/3 cup	7.18
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
Thanksgiving Dessert	1	*N/A*
Weighted Daily Average		135.61
% of Calories		59.5%
Nutrient Guideline		

Fri - 11/15/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Chicken Ranch Wrap	2 halves	42.3
Tater Tots	1/2 cup	16.0
Baked Beans RCSD	1/2 cup	38.23
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, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		119.77
% of Calories		54.1%
Nutrient Guideline		

Mon - 11/18/2024		
9-12 High School Self Serv	Total	
Pizza, Variety	slice	32.25
Corn Dog Nuggets M3165	6 nuggets	29.46
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Black-Eyed Peas Dry M5515	1/2 cup	23.77
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
Rice Krispie Bars M7500	Bars	22.23

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	Portion Size	Carb (g)
Weighted Daily Average		100.38
% of Calories		58.3%
Nutrient Guideline		

Tue - 11/19/2024		
9-12 High School Self Serv	Total	
Quesadillas Beef	1 each	24.07
Guacamole, 1/4 Cup M5675	2 oz.	5.93
Chips and Salsa	1 serving	24.05
Chicken Tenders Breaded M3190	3 tenders	15.0
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	27.0
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 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		118.57
% of Calories		51.0%
Nutrient Guideline		

Wed - 11/20/2024		
9-12 High School Self Serv	Total	
Chicken and Waffle (1) RCSD	3 tenders	27.0
Southern Cheese Grits	1/2 cup	15.56
All American Sub Sandwich RCSD	1 sandwich	37.3
Cucumber Slices w/Ra Dip M5725	1/2 cup	4.72
Broccoli Florets, FRZ, MS	1/2 cup	7.05
Chilled Peach Slices M6815	1/2 cup	17.49
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
Strawberry Cake w/Glaze RCSD	Serving	36.15
Weighted Daily Average		135.09
% of Calories		60.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/21/2024		
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
Glazed Carrots M5865	1/2 cup	8.91
Toast, Garlic WW M7115	1 slice	15.0
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	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		117.60
% of Calories		57.0%
Nutrient Guideline		

Fri - 11/22/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Chicken Wings, Roasted M3295	5 wings	0.0
Cheesy Broccoli/CaulifWMS1056	1/2 cup	5.15
Season BKD Potato Wedges M6145	1/2 cup	17.0
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
Cookie Confetti Filled #1408	1 Cookie	29.0
Weighted Daily Average		90.61
% of Calories		43.3%
Nutrient Guideline		

Mon - 11/25/2024		
9-12 High School Self Serv	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Tue - 11/26/2024		
9-12 High School Self Serv	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
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	Portion Size	Carb (g)
Wed - 11/27/2024		
9-12 High School Self Serv HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Thu - 11/28/2024		
9-12 High School Self Serv HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Fri - 11/29/2024		
9-12 High School Self Serv HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Weighted Average		82.57 55.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	82.57	55.41%						

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