

# Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 1, 2025 thru Feb 28, 2025

9-12 High School Self Serv

Generated on: 1/14/2025 10:53:41 AM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 02/03/2025</b>			
9-12 High School Self Serv	Total	100	
Mexican Pizza M2010	1 slice	75	30.0
Asian Chicken Rice Bowl	Servings	25	42.09
Cabbage, Seasoned M5700	1/2 cup	15	5.95
Carrots Baby w/dip RCSD	3 oz. bag	50	8.93
Fruit Cocktail M6735	1/2 cup	50	14.91
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Cornbread 1 ENR M7050	1 piece	25	18.07
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Chocolate Pudding M7640	1/2 cup	75	24.95
Weighted Daily Average			94.93
% of Calories			60.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 02/04/2025</b>			
9-12 High School Self Serv	Total	100	
Beef Taco Soft Shell M1155	1 taco	75	21.63
Taco Salad w/ChipsUSCR M3515.1	1 serving	25	33.84
Guacamole, 1/4 Cup M5675	2 oz.	50	5.93
Whole Kernel Corn, CND M6010	1/2 cup	50	14.68
Green Beans, Cut, CND M5750	1/2 cup	50	4.86
Peaches, FRZ, PC US MS6825.1	1/2 cup	50	19.0
Fresh Bananas M6590	1 each	50	26.95
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Cookie Brookie #1428	1 Brookie	75	19.22
Weighted Daily Average			89.81
% of Calories			49.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 02/05/2025</b>			
9-12 High School Self Serv	Total	100	
Spicy Chicken BreastSand M4160	1 each	50	44.15
Steak Fingers, Baked M1045	4 each	50	17.9
Cheesy Macaroni M5135	2/3 cup	75	32.12
Green Peas, Canned M6035	1/2 cup	1	14.34
Tossed Salad with Drsg M5660	1/2 cup	75	6.36
Banana Berry Blend M6595	1/2 cup	50	25.38
Fresh Oranges M6775	1 each	50	19.19
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	50	27.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Strawberry Cake w/Glaze RCSD	Serving	75	36.15
Weighted Daily Average			137.92
% of Calories			51.9%
Nutrient Guideline			

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Page 2

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 02/06/2025</b>			
9-12 High School Self Serv	Total	100	
Roasted Chicken USDA	1 serving	75	0.0
Corn Dog Nuggets M3165	6 nuggets	25	29.46
Broccoli Cheese&Rice Cas M5590	2/3 cup	50	22.83
Lima Beans, Frozen M5525	1/2 cup	50	16.36
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	50	27.0
Mandarin Oranges	1/2 cup	50	21.45
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Southern Mud M7620	1 square	75	45.09
Weighted Daily Average			110.87
% of Calories			60.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 02/07/2025</b>			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	50	32.68
Hot Dog WG M4230	1 each	50	28.0
Potato Sidewinders, Bake M6167	1/2 cup	50	15.62
Baked Beans RCSD	1/2 cup	50	38.23
Applesauce, M6555	1/2 cup	50	15.62
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	25	0.61
Mustard, PC M8015	1 packet	25	0.29
Ketchup PC M8000	1 packet	75	3.0
Rice Krispie Bars M7500	Bars	75	22.23
Weighted Daily Average			110.08
% of Calories			60.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 02/10/2025</b>			
9-12 High School Self Serv	Total	100	
Pizza, Variety	slice	75	32.25
Italian Dunkers #1101	2 breadsticks	25	28.0
California Vegetables M5785	1/2 cup	50	5.15
Glazed Carrots M5865	1/2 cup	50	8.91
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Fruit Cocktail M6735	1/2 cup	50	14.91
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Sauce, Marinara PC M8195	1 packet	25	3.71
Brownies, Mix, ENR, CR M7510	1 piece	75	25.01
Weighted Daily Average			91.22
% of Calories			55.4%
Nutrient Guideline			

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Portion Values - Detailed

Page 3

Feb 1, 2025 thru Feb 28, 2025

9-12 High School Self Serv

Generated on: 1/14/2025 10:53:42 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 02/11/2025			
9-12 High School Self Serv	Total	100	
Cheesy Chicken Over/RiceCMS516	1 serving	75	30.13
BBQ Rib Sandwich Brush M4205	1 each	25	41.67
Green Beans, Savory,CND M5745	1/2 cup	50	4.45
Broccoli Florets, FRZ M5610	1/2 cup	50	3.61
Toast, Garlic WW M7115	1 slice	50	15.0
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Mandarin Oranges	1/2 cup	50	21.45
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Cookies, ChocChip Gma M7540	1 each	75	25.0
Weighted Daily Average			99.88
% of Calories			53.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 02/12/2025			
9-12 High School Self Serv	Total	100	
Chicken Tenders Breaded M3190	3 tenders	50	15.0
Hot Ham and Cheese Croissant	1 each	50	34.1
Mashed Potatoes w/Cheese M6075	1/2 cup	50	15.31
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	50	27.0
Baked Beans RCSD	1/2 cup	50	38.23
Peaches, FRZ, PC US MS6825.1	1/2 cup	75	19.0
Applesauce, M6555	1/2 cup	50	15.62
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Funnel Cake, 2 WGR M8860	servings	75	45.39
Weighted Daily Average			135.92
% of Calories			59.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 02/13/2025			
9-12 High School Self Serv	Total	100	
Southern Chicken Sandwich	1	50	45.0
Stromboli Supreme M2570 RCSD	1 slice	50	50.69
Squash, Summer, FRZ M5810	1/2 cup	75	6.24
Garden Salad w/Dressing M5650	1/2 cup	25	5.91
Banana Berry Blend M6595	1/2 cup	50	25.38
Applesauce, M6555	1/2 cup	50	15.62
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	50	0.61
Banana Pudding M7610	1/2 cup	75	36.62
Weighted Daily Average			117.27
% of Calories			62.1%
Nutrient Guideline			

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Page 4

Feb 1, 2025 thru Feb 28, 2025

9-12 High School Self Serv

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	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 02/14/2025</b>			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	50	32.68
Roasted Wings	3 wings	50	0.0
Broccoli w/ Cheese Sauce M5595	1/2 cup	50	5.45
Season BKD Potato Wedges M6145	1/2 cup	75	17.0
Biscuit, 2 WGR, M8530	1 biscuit	75	27.0
Chilled Peach Slices M6815	1/2 cup	50	17.49
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	25	0.61
Mustard, PC M8015	1 packet	25	0.29
Ketchup PC M8000	1 packet	75	3.0
Cookie, Red Velvet, IW M7557	1 cookie	75	25.0
Weighted Daily Average			107.89
% of Calories			47.7%
Nutrient Guideline			

<b>Mon - 02/17/2025</b>			
9-12 High School Self Serv	Total	1	
STUDENT HOLIDAY	1	1	*N/A*
Weighted Daily Average			*N/A*
% of Calories			*N/A%*
Nutrient Guideline			

<b>Tue - 02/18/2025</b>			
9-12 High School Self Serv	Total	100	
Quesadillas Beef	1 each	25	24.07
Chicken Nuggets, Baked M 3170	5 nuggets	75	14.0
Rice Spanish RCSD	1/2 cup	75	25.05
Pinto Beans Legumes M5550	1/2 cup	25	26.44
Green Beans, Savory,CND M5745	1/2 cup	50	4.45
Chilled Blushing Pears M6845	1/2 cup	50	18.91
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Cookie, Brookie IW M7515	1 cookie	75	23.0
Weighted Daily Average			96.71
% of Calories			55.5%
Nutrient Guideline			

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Page 5

Feb 1, 2025 thru Feb 28, 2025

9-12 High School Self Serv

Generated on: 1/14/2025 10:53:42 AM

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 02/19/2025</b>			
9-12 High School Self Serv	Total	100	
Rankin Spud Max	1 potato	75	33.53
Country Fried Steak Sand M4125	1 each	25	46.55
Cheesy Broccoli/CauliflWMS1056	1/2 cup	50	5.15
Glazed Carrots M5865	1/2 cup	50	8.91
Applesauce, M6555	1/2 cup	50	15.62
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	50	27.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Strawberry Cake w/Glaze RCSD	Serving	75	36.15
Weighted Daily Average			118.10
% of Calories			62.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 02/20/2025</b>			
9-12 High School Self Serv	Total	100	
Southern Chicken Sandwich	1	50	45.0
Spaghetti&MeatSauceRCSD MS178	1 serving	50	27.29
Toast, Garlic WW M7115	1 slice	75	15.0
Tossed Salad with Drsg M5660	1/2 cup	50	6.36
Green Beans, Savory,CND M5745	1/2 cup	50	4.45
Mandarin Oranges	1/2 cup	50	21.45
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	50	0.61
Southern Mud M7620	1 square	75	45.09
Weighted Daily Average			123.51
% of Calories			60.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 02/21/2025</b>			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	25	32.68
Corn Dog Nuggets M3165	6 nuggets	75	29.46
Tater Tots	1/2 cup	75	16.0
Field Peas, Frozen M6025	1/2 cup	25	24.78
Chilled Peach Slices M6815	1/2 cup	50	17.49
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	25	0.61
Mustard, PC M8015	1 packet	25	0.29
Ketchup PC M8000	1 packet	75	3.0
Cookie, Sugar, Purch WGR M7560	1 cookie	75	18.12
Weighted Daily Average			99.13
% of Calories			55.8%
Nutrient Guideline			

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Page 6

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9-12 High School Self Serv

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 02/24/2025</b>			
9-12 High School Self Serv	Total	100	
Pizza, Variety	slice	75	32.25
Chicken Ranch Wrap	2 halves	25	42.3
California Vegetables M5785	1/2 cup	50	5.15
Crinkle Cut Fries Baked M6110	1/2 cup	50	12.12
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Fruit Cocktail M6735	1/2 cup	50	14.91
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Brownies, Mix, ENR, CR M7510	1 piece	75	25.01
Weighted Daily Average			95.48
% of Calories			53.8%
Nutrient Guideline			

<b>Tue - 02/25/2025</b>			
9-12 High School Self Serv	Total	100	
Chef Salad, Crumbley M3500	1 salad	25	21.03
Croutons,.5 GR CR Packet M7110	1 packet	25	9.0
Chicken and Dumplings M3135	3/4 cup	75	18.94
Squash, Summer, FRZ M5810	1/2 cup	50	6.24
Glazed Carrots M5865	1/2 cup	50	8.91
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	75	27.0
Fresh Strawberries M6930	1/2 cup	50	6.71
Applesauce, M6555	1/2 cup	50	15.62
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Cookies, ChocChip Gma M7540	1 each	50	25.0
Weighted Daily Average			88.20
% of Calories			52.5%
Nutrient Guideline			

<b>Wed - 02/26/2025</b>			
9-12 High School Self Serv	Total	100	
Chicken Tenders Breaded M3190	3 tenders	75	15.0
Italian Rotini Casserole M1190	3/4 Cup	25	29.53
Creamy Coleslaw M5695	1/2 cup	50	11.71
Green Beans, Savory,CND M5745	1/2 cup	50	4.45
Mandarin Oranges	1/2 cup	50	21.45
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Toast, Garlic WW M7115	1 slice	50	15.0
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Funnel Cake, 2 WGR M8860	servings	75	45.39
Weighted Daily Average			104.84
% of Calories			52.8%
Nutrient Guideline			

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Page 7

Feb 1, 2025 thru Feb 28, 2025

9-12 High School Self Serv

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	Portion Size	Reimb Qty	Carb (g)
Thu - 02/27/2025			
9-12 High School Self Serv	Total	100	
Red BeansCND/Rice/SausageM2550	1 serving	75	37.41
Chicken Buffalo Ranch Sandwich	1 each	25	36.38
Carrots Baby w/dip RCSD	3 oz. bag	50	8.93
Broccoli Florets, FRZ M5610	1/2 cup	50	3.61
Cornbread 1 ENR M7050	1 piece	25	18.07
Apple and Orange Wedges M6545	1/2 cup	50	13.98
Chilled Pear Halves M6855	1/2 cup	50	18.23
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Banana Pudding M7610	1/2 cup	50	36.62
Weighted Daily Average			91.86
% of Calories			61.5%
Nutrient Guideline			

Fri - 02/28/2025			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	50	32.68
Chicken Salad Croissant	1 each	50	33.15
Season BKD Potato Wedges M6145	1/2 cup	75	17.0
Baked Beans RCSD	1/2 cup	25	38.23
Pineapple Tidbits M6890	1/2 cup	50	18.87
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Milk, FF Choc 1/2 pint PF M120	1/2 pint	50	19.0
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Mayonnaise PC Reduce Fat M8010	PC Packet	25	0.61
Mustard, PC M8015	1 packet	25	0.29
Ketchup PC M8000	1 packet	75	3.0
Cookie, Red Velvet, IW M7557	1 cookie	75	25.0
Weighted Daily Average			111.74
% of Calories			54.9%
Nutrient Guideline			

Weighted Average			101.22
			56.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	101.22	56.07%						

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