

Rankin County School District

Mar 1, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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Generated on: 1/29/2025 8:26:16 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/03/2025			
9-12 High School Self Serv	Total	100	
Pizza, Stuffed Crust M2040	1 slice	25	35.0
Chicken Wings, Roasted M3295	5 wings	75	0.0
Broccoli Florets, FRZ M5610	1/2 cup	50	3.61
Sweet Potato Fries, Bkd M5925	1/2 cup	50	18.18
Fresh Apple M6510	1 each	50	25.13
Fruit Cocktail M6735	1/2 cup	50	14.91
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	50	31.0
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
Ketchup PC	1 packet	50	3.0
Chocolate Pudding M7640	1/2 cup	50	24.95
Weighted Daily Average			84.14
% of Calories			46.5%
Nutrient Guideline			

Tue - 03/04/2025			
9-12 High School Self Serv	Total	100	
Cheesy Chicken Over/RiceCMS516	1 serving	75	30.13
Hot Dog WG M4230	1 each	25	28.0
Whole Kernel Corn, CND M6010	1/2 cup	50	14.68
Glazed Carrots M5865	1/2 cup	50	8.91
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
Cookie Brookie #1428	1 Brookie	75	19.22
Weighted Daily Average			99.89
% of Calories			55.4%
Nutrient Guideline			

Wed - 03/05/2025			
9-12 High School Self Serv	Total	100	
Chicken Tenders Breaded M3190	3 tenders	75	15.0
Cheesy Macaroni M5135	2/3 cup	75	32.12
Italian Dunkers #1101	2 breadsticks	25	28.0
Baked Beans RCSD	1/2 cup	50	38.23
Mixed Vegetables M5795	1/2 cup	50	15.2
Fresh Bananas M6590	1 each	50	26.95
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
Strawberry Short Cake RCSD	Serving	75	33.05
Weighted Daily Average			130.13
% of Calories			49.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 03/06/2025			
9-12 High School Self Serv	Total	100	
Loaded Bak Potato SoupMR M4620	1 cup	75	42.15
Grilled Cheese & String Cheese	portions	25	30.96
Tossed Salad with Drsg M5660	1/2 cup	50	6.36
Green Peas, Canned M6035	1/2 cup	25	14.34
Orange Smiles M6770	1/2 cup	50	19.19
Chilled Peach Slices M6815	1/2 cup	50	17.49
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			113.27
% of Calories			56.4%
Nutrient Guideline			

Fri - 03/07/2025			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	50	32.68
Fish Sandwich Baked M4175	1 each	50	42.0
Green Beans, Savory,CND M5745	1/2 cup	1	4.45
Crinkle Cut Fries Baked M6110	1/2 cup	85	12.12
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	50	0.61
Mustard, PC M8015	1 packet	50	0.29
Ketchup PC M8000	1 packet	75	3.0
Rice Krispie Bars M7500	Bars	75	22.23
Weighted Daily Average			100.73
% of Calories			57.2%
Nutrient Guideline			

Mon - 03/10/2025			
9-12 High School Self Serv	Total	1	
Spring Break	1	1	*N/A*
Weighted Daily Average			*N/A*
% of Calories			*N/A%*
Nutrient Guideline			

Tue - 03/11/2025			
9-12 High School Self Serv	Total	1	
Spring Break	1	1	*N/A*
Weighted Daily Average			*N/A*
% of Calories			*N/A%*
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 03/12/2025			
9-12 High School Self Serv	Total	1	
Spring Break	1	1	*N/A*
Weighted Daily Average			*N/A*
% of Calories			*N/A%*
Nutrient Guideline			

Thu - 03/13/2025			
9-12 High School Self Serv	Total	1	
Spring Break	1	1	*N/A*
Weighted Daily Average			*N/A*
% of Calories			*N/A%*
Nutrient Guideline			

Fri - 03/14/2025			
9-12 High School Self Serv	Total	1	
Spring Break	1	1	*N/A*
Weighted Daily Average			*N/A*
% of Calories			*N/A%*
Nutrient Guideline			

Mon - 03/17/2025			
9-12 High School Self Serv	Total	100	
Pizza, Variety	slice	75	32.25
Corn Dog Nuggets M3165	6 nuggets	25	29.46
Tater Tots	1/2 cup	50	16.0
Whole Kernel Corn, CND M6010	1/2 cup	50	14.68
Applesauce, M6555	1/2 cup	50	15.62
Orange Smiles M6770	1/2 cup	50	19.19
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
Ketchup PC	1 packet	20	3.0
Mayonnaise PC Reduce Fat M8010	PC Packet	25	0.61
Mustard, PC M8015	1 pouch	25	0.29
Brownies, Mix, ENR, CR M7510	1 piece	75	25.01
Weighted Daily Average			98.88
% of Calories			55.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 03/18/2025			
9-12 High School Self Serv	Total	100	
Southwest Dip & Chips	1 serving	75	29.21
Southern Chicken Sandwich	1	25	45.0
Glazed Carrots M5865	1/2 cup	50	8.91
Green Peas, Canned M6035	1/2 cup	50	14.34
Chilled Blushing Pears M6845	1/2 cup	50	18.91
Fresh Bananas M6590	1 each	50	26.95
Saltine Crackers, ENR,CR M7020	2 4-count packs	50	18.0
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
Cookie,Chocolate ChipPur M7545	1 cookie	75	18.5
Weighted Daily Average			105.59
% of Calories			49.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/19/2025			
9-12 High School Self Serv	Total	100	
Chicken Tenders Breaded M3190	3 tenders	85	15.0
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	50	27.0
Turkey & Cheese Wrap M4360	1 wrap	15	22.83
Saltine Crackers, ENR,CR M7020	2 4-count packs	15	18.0
Mashed Potatoes M6070	1/2 cup	75	15.12
Brown Gravy, Package BRG M8130	2 ounces	50	4.05
Tossed Salad with Drsg M5660	1/2 cup	25	6.36
Pineapple Tidbits M6890	1/2 cup	50	18.87
Apple and Orange Wedges M6545	1/2 cup	50	13.98
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	15	0.61
Mustard, PC M8015	1 pouch	15	0.29
Ketchup PC	1 packet	50	3.0
Funnel Cake, 2 WGR M8860	servings	75	45.39
Weighted Daily Average			114.43
% of Calories			54.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/20/2025			
9-12 High School Self Serv	Total	100	
Steak Fingers, Baked M1045	4 each	50	17.9
Korean BBQ Chicken	4 chunks	50	28.0
Cheesy Macaroni M5135	2/3 cup	50	32.12
Broccoli Florets, FRZ, MS	1/2 cup	50	7.05
Baked Beans RCSD	1/2 cup	50	38.23
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	75	27.0
Fruit Cocktail M6735	1/2 cup	50	14.91
Fresh Apple M6510	1 each	50	25.13
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
Ketchup PC M8000	1 each	25	3.0
Banana Pudding M7610	1/2 cup	75	36.62

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			145.14
% of Calories			57.7%
Nutrient Guideline			

Fri - 03/21/2025			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	75	32.68
Tuna Salad on Croissant M4285	1 each	25	32.59
Season BKD Potato Wedges M6145	1/2 cup	75	17.0
California Vegetables M5785	1/2 cup	50	5.15
Fresh Grapes M6665	1/2 cup	50	14.97
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
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			102.42
% of Calories			51.6%
Nutrient Guideline			

Mon - 03/24/2025			
9-12 High School Self Serv	Total	100	
Mexican Pizza M2010	1 slice	75	30.0
Hot Dog WG M4230	1 each	25	28.0
Baked Beans RCSD	1/2 cup	50	38.23
Whole Kernel Corn, FRZ M6015	1/2 cup	50	16.24
Fresh Oranges M6775	1 each	50	19.19
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
Mayonnaise PC Reduce Fat M8010	PC Packet	25	0.61
Mustard, PC M8015	1 pouch	25	0.29
Ketchup PC	1 packet	50	3.0
Chocolate Pudding M7640	1/2 cup	75	24.95
Weighted Daily Average			109.22
% of Calories			61.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 03/25/2025			
9-12 High School Self Serv	Total	100	
Chicken and Waffle (1) RCSD	3 tenders	75	27.0
Stromboli Supreme M2570 RCSD	1 slice	25	50.69
Tater Tots	1/2 cup	50	16.0
Carrots, Baby with Dip M5850	1/2 cup	50	9.95
Pineapple Tidbits M6890	1/2 cup	50	18.87
Apple and Orange Wedges M6545	1/2 cup	50	13.98
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
Syrup, Pancake, PC M8025	1 packet	50	30.2
Cookie Brookie #1428	1 Brookie	75	19.22
Weighted Daily Average			106.84
% of Calories			59.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/26/2025			
9-12 High School Self Serv	Total	100	
Chicken Nuggets, Baked M 3170	5 nuggets	75	14.0
Chef Salad, Elementary C M3505	1 salad	25	16.25
Croutons,.5 GR CR Packet M7110	1 packet	25	9.0
Mashed Potatoes w/Cheese M6075	1/2 cup	75	15.31
Black-Eyed Peas Dry M5515	1/2 cup	50	23.77
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	75	27.0
Strawberries, FRZ, PC M6940.1	1/2 cup	50	22.0
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
Ketchup PC	1 packet	25	3.0
Sauce, Variety, Dipping M8175	1 packet	75	9.58
Strawberry Short Cake RCSD	Serving	75	33.05
Weighted Daily Average			132.63
% of Calories			60.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/27/2025			
9-12 High School Self Serv	Total	100	
Sausage Jambalaya M2540	1 cup	75	26.24
Chicken Ranch Wrap	2 halves	25	42.3
Sweet Potato Fries, Bkd M5925	1/2 cup	75	18.18
Green Beans, Savory,CND M5745	1/2 cup	50	4.45
Apple and Orange Wedges M6545	1/2 cup	50	13.98
Peaches, FRZ, PC US MS6825.1	1/2 cup	50	19.0
Toast, Garlic WW M7115	1 slice	75	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
Mayonnaise PC Reduce Fat M8010	PC Packet	25	0.61
Southern Mud M7620	1 square	75	45.09
Weighted Daily Average			122.83
% of Calories			52.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 03/28/2025			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	50	32.68
Fish Sandwich with CheeseM4170	1 each	50	42.23
Broccoli w/ Cheese Sauce M5595	1/2 cup	50	5.45
Season BKD Potato Wedges M6145	1/2 cup	50	17.0
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	75	0.61
Mustard, PC M8015	1 packet	75	0.29
Ketchup PC M8000	1 packet	75	3.0
Cookie, Sugar, Purch WGR M7560	1 cookie	75	18.12
Weighted Daily Average			98.86
% of Calories			52.6%
Nutrient Guideline			

Mon - 03/31/2025			
9-12 High School Self Serv	Total	100	
Pizza, Variety	slice	50	32.25
Asian Chicken Rice Bowl	Servings	50	42.09
Egg Roll, 1, Chicken M3270	1 each	50	22.0
Cabbage, Seasoned M5700	1/2 cup	50	5.95
Whole Kernel Corn, CND M6010	1/2 cup	50	14.68
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
Brownies, Mix, ENR, CR M7510	1 piece	75	25.01
Weighted Daily Average			110.92
% of Calories			60.1%
Nutrient Guideline			

Weighted Average			84.33
			54.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	84.33	54.59%						

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