

Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2024 thru Mar 31, 2024

9-12 High School Self Serv

Generated on: 2/9/2024 8:09:50 AM

	Portion Size	Carb (g)
Fri - 03/01/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Fish Sandwich w/Chese UM4170.1	1 each	43.0
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
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		70.15
% of Calories		47.8%
Nutrient Guideline		

Mon - 03/04/2024		
9-12 High School Self Serv	Total	
Southern Chicken Sandwich	1	45.0
Hot Ham and Cheese Croissant	1 each	34.1
Tater Tots	1/2 cup	16.0
Veg Juice, 4 oz Fruit FI M6190	1/2 cup	15.0
Mandarin Oranges	1/2 cup	21.45
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
Cookie, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		86.90
% of Calories		56.4%
Nutrient Guideline		

Tue - 03/05/2024		
9-12 High School Self Serv	Total	
Italian Rotini Casserole M1190	3/4 Cup	29.53
Toast, Garlic WW M7115	1 slice	15.0
Chef Salad, Elementary C M3505	1 salad	16.25
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Tossed Salad w/Drsg	1/2 cup	3.03
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Waffles, Dutch, 2 WGR M8860	servings	45.39
Weighted Daily Average		66.34
% of Calories		49.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 03/06/2024		
9-12 High School Self Serv	Total	
Chicken Wings, Roasted M3295	5 wings	0.0
Bread/Mozz Cheese Stic 1 M5075	1 breadstick	14.0
Ranch Club Wrap Mer MS772	2 halves	34.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Baked Beans Legumes M5535	1/2 cup	38.38
Celery Sticks with Dip M5715	1/2 cup	4.95
Fresh Oranges M6775	1 each	19.19
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
Ranch Dressing & Dip PC M8075	1 ounce	0.0
Cookie, Sugar, Purch WGR M7560	1 cookie	18.12
Weighted Daily Average		77.67
% of Calories		44.9%
Nutrient Guideline		

Thu - 03/07/2024		
9-12 High School Self Serv	Total	
Southwestern Dip/Chips	1 serving	29.21
Cornbread 1 ENR M7050	1 piece	18.07
All American Sub Sandwich	1 sandwich	37.3
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
Fresh Fruit Bowl Variety M6715	1 each	21.72
Pineapple Tidbits M6890	1/2 cup	18.87
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
Sour Cream PC M8115	1 each	0.82
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		94.22
% of Calories		46.4%
Nutrient Guideline		

Fri - 03/08/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Tuna Salad Croissant	1 each	32.59
Green Beans, Savory,CND M5745	1/2 cup	4.45
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Blueberries w/ WhipTop M6610.1	1/2 cup	15.47
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		62.04
% of Calories		46.2%
Nutrient Guideline		

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Mon - 03/11/2024		
9-12 High School Self Serv Spring Break	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Tue - 03/12/2024		
9-12 High School Self Serv Spring Break	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Wed - 03/13/2024		
9-12 High School Self Serv Spring Break	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Thu - 03/14/2024		
9-12 High School Self Serv Spring Break	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Fri - 03/15/2024		
9-12 High School Self Serv Spring Break	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Mon - 03/18/2024		
9-12 High School Self Serv	Total	
BBQ Pork Nachos	1 serving	34.65
Tuna Salad Croissant	1 each	32.59
Baked Beans Legumes M5535	1/2 cup	38.38
Glazed Carrots M5865	1/2 cup	8.91
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
Cookie Brookee #1428	1 Brookee	23.01
Weighted Daily Average		76.33
% of Calories		43.8%
Nutrient Guideline		

Tue - 03/19/2024		
9-12 High School Self Serv	Total	
Steak Fingers, Baked M1045	4 each	17.9
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Corn Dog	1 each	28.2
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package BRG M8130	2 ounces	4.05
Field Peas, Frozen M6025	1/2 cup	24.78
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
Southern Mud M7620	1 square	45.09
Weighted Daily Average		243.25
% of Calories		63.6%
Nutrient Guideline		

Wed - 03/20/2024		
9-12 High School Self Serv	Total	
Mexican Pizza M2010	1 slice	30.0
Charcuterie Tray	1 tray	58.04
Green Beans, Savory,CND M5745	1/2 cup	4.45
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
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
Cookie Confetti Filled #1408	1 Cookie	29.0
Weighted Daily Average		70.31
% of Calories		51.9%
Nutrient Guideline		

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Thu - 03/21/2024		
9-12 High School Self Serv	Total	
Cheesy Chicken Over Rice M3120	1 serving	30.13
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Ranch Club Wrap Mer MS772	2 halves	34.0
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
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
Dessert	1	*N/A*
Weighted Daily Average		71.79
% of Calories		53.8%
Nutrient Guideline		

Fri - 03/22/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Grill Cheese Sand 1oz	portions	31.46
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,Chocolate ChipPur M7545	1 cookie	18.5
Weighted Daily Average		86.61
% of Calories		53.2%
Nutrient Guideline		

Mon - 03/25/2024		
9-12 High School Self Serv	Total	
Beef Taco w/Soft Taco, M MS109	1 taco	21.54
Rice Spanish RCSD	1/2 cup	25.05
Club Croissant	1 each	2.89
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Sour Cream PC M8115	1 each	0.82
Dessert	1	*N/A*

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Weighted Daily Average		82.80
% of Calories		51.3%
Nutrient Guideline		

Tue - 03/26/2024		
9-12 High School Self Serv	Total	
Beef Pepper Jack Quesadillas	1 each	24.07
Rice Spanish RCSD	1/2 cup	25.05
Ham and Cheese Croissant	1 each	34.1
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Glazed Carrots M5865	1/2 cup	8.91
Strawberries, FRZ, PC M6940.1	1/2 cup	22.0
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
Dessert	1	*N/A*
Weighted Daily Average		78.89
% of Calories		45.9%
Nutrient Guideline		

Wed - 03/27/2024		
9-12 High School Self Serv	Total	
Chicken and Waffles (2) RCSD	3 tenders	40.0
Turkey & Cheese Wrap M4360	1 wrap	22.83
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package BRG M8130	2 ounces	4.05
Field Peas, Frozen M6025	1/2 cup	24.78
Fruit Cocktail M6735	1/2 cup	14.91
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
Southern Mud M7620	1 square	45.09
Weighted Daily Average		72.43
% of Calories		51.7%
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9-12 High School Self Serv

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	Portion Size	Carb (g)
Thu - 03/28/2024		
9-12 High School Self Serv	Total	
Red Beans & Rice/Sausage M2555	1 serving	39.66
Toast, Garlic WW M7115	1 slice	15.0
Philly Chicken Hoagie RCSD	1 each	35.6
Green Beans, Savory,CND M5745	1/2 cup	4.45
Tossed Salad with Drsg M5660	1/2 cup	6.36
Fresh Fruit Bowl Variety M6715	1 each	21.72
Kiwi Wedges M6695	3 halves	12.47
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
Easter Dessert	1	*N/A*
Weighted Daily Average		60.44
% of Calories		52.5%
Nutrient Guideline		

Fri - 03/29/2024		
9-12 High School Self Serv	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Weighted Average		61.63
		51.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	61.63	51.33%						

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