

Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2024 thru Apr 30, 2024

9-12 High School Self Serv

Generated on: 3/4/2024 12:06:45 PM

	Portion Size	Carb (g)
Mon - 04/01/2024		
9-12 High School Self Serv HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/02/2024		
9-12 High School Self Serv	Total	
Pizza, Stuffed Crust M2040	1 slice	35.0
Corn Dog	1 each	28.2
Veg Juice, 4 oz Fruit FI M6190	1/2 cup	15.0
Green Peas, Canned M6035	1/2 cup	14.34
Fresh Fruit Bowl Variety M6715	1 each	21.72
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
Cookies Red Velvet WG IW #1424	1 Cookie	24.98
Ketchup PC	1 packet	3.0
Mustard, PC M8015	1 pouch	0.29
Weighted Daily Average		65.35
% of Calories		50.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/03/2024		
9-12 High School Self Serv	Total	
Beef Taco w/Soft Shell M1155.1	1 taco	20.85
Rice Spanish RCSD	1/2 cup	25.05
Turkey & Cheese Croissant	1 sandwich	32.99
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
Chilled Peach Slices M6815	1/2 cup	17.49
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		34.70
% of Calories		45.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/04/2024		
9-12 High School Self Serv	Total	
Chicken Tenders Cooked M3200	3 tenders	14.0
Manager Choice	1	*N/A*
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Green Beans, Cut, CND M5750	1/2 cup	4.86
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package BRG M8130	2 ounces	4.05
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
Cookie Brookie #1428	1 Brookie	23.01
Weighted Daily Average		39.38
% of Calories		45.9%
Nutrient Guideline		

Fri - 04/05/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Grill Cheese Sand 1oz	portions	31.46
Season BKD Potato Wedges M6145	1/2 cup	17.0
Glazed Carrots M5865	1/2 cup	8.91
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		90.77
% of Calories		49.6%
Nutrient Guideline		

Mon - 04/08/2024		
9-12 High School Self Serv	Total	
Turkey & Cheese Croissant	1 sandwich	32.99
Manager Choice	1	*N/A*
Lima Beans, Frozen M5525	1/2 cup	16.36
Whole Kernel Corn, CND M6010	1/2 cup	14.68
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
Cookies Red Velvet WG IW #1424	1 Cookie	24.98
Weighted Daily Average		84.85
% of Calories		56.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/09/2024		
9-12 High School Self Serv	Total	
Pancakes, 2 WGR M8825	2 pancakes	30.0
Cheesy Ham & Egg Scramble	2 ounces	3.37
Potatoes, Hashbrown M6065	2 patties	31.0
Carrots, Baby with Dip M5850	1/2 cup	9.95
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
Syrup, Pancake, PC M8025	1 packet	30.2
Ketchup PC	1 packet	3.0
Dessert	1	*N/A*
Weighted Daily Average		180.70
% of Calories		65.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/10/2024		
9-12 High School Self Serv	Total	
Brded Beef Steak W/Gravy M1005	1 serving	22.58
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
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
Ketchup PC	1 packet	3.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		212.26
% of Calories		63.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/11/2024		
9-12 High School Self Serv	Total	
Korean BBQ Chicken	4 chunks	28.0
Egg Roll, 1, Chicken M3270	1 each	22.0
Manager Choice	1	*N/A*
Tossed Salad w/Drsg	1/2 cup	3.03
California Vegetables M5785	1/2 cup	5.15
Fresh Fruit Bowl Variety M6715	1 each	21.72
Strawberries, Frozen M6945	1/2 cup	21.05
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
Sauce, Sweet & Sour PC M8200	1 packet	10.73
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		53.04
% of Calories		50.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/12/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Italian Dunkers #1101	2 breadsticks	28.0
Baked Beans Vegetarian M5000	1/2 cup	38.23
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Chilled Pears Diced M6850	1/2 cup	20.69
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 Cake IW M7548	1 cookie	29.0
Weighted Daily Average		74.56
% of Calories		49.4%
Nutrient Guideline		

Mon - 04/15/2024		
9-12 High School Self Serv	Total	
Philly Steak on Hoagie RCSD	1 Each	37.02
Manager Choice	1	*N/A*
Glazed Carrots M5865	1/2 cup	8.91
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
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		56.55
% of Calories		67.0%
Nutrient Guideline		

Tue - 04/16/2024		
9-12 High School Self Serv	Total	
Fajita Happy Plate RCSD	1 fajita	51.87
Rice Spanish RCSD	1/2 cup	25.05
Chef Salad, Elementary C M3505	1 salad	16.25
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 2 grain	4-count packs	9.0
Pinto Beans Legumes M5550	1/2 cup	26.44
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Fresh Fruit Bowl Variety M6715	1 each	21.72
Chilled Peach Slices M6815	1/2 cup	17.49
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		119.44
% of Calories		55.9%
Nutrient Guideline		

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Wed - 04/17/2024		
9-12 High School Self Serv	Total	
Mexican Pizza M2010	1 slice	30.0
Corn Dog	1 each	28.2
Tomatoes & Carrots w/Dip M5955	1/2 cup serving	8.2
Mixed Vegetables M5795	1/2 cup	15.2
Fresh Apple M6510	1 each	25.13
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
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		54.96
% of Calories		46.8%
Nutrient Guideline		

Thu - 04/18/2024		
9-12 High School Self Serv	Total	
Lasagna M1200	1 serving	26.5
Toast, Garlic WW M7115	1 slice	15.0
Manager Choice	1	*N/A*
Green Beans, Cut, CND M5750	1/2 cup	4.86
Tossed Salad w/Drsg	1/2 cup	3.03
Orange Smiles M6770	1/2 cup	19.19
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
Cereal Rice Treat Bar M8765	1 bar	30.0
Weighted Daily Average		66.14
% of Calories		53.1%
Nutrient Guideline		

Fri - 04/19/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Season FRY Potato Wedges M6148	1/2 cup	16.65
Manager Choice Vegetable	1	*N/A*
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
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		89.24
% of Calories		47.8%
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9-12 High School Self Serv

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	Portion Size	Carb (g)
Mon - 04/22/2024		
9-12 High School Self Serv	Total	
Southern Chicken Sandwich	1	45.0
All American Sub Sandwich	1 sandwich	37.3
Tater Tots	1/2 cup	16.0
Baked Beans Vegetarian M5000	1/2 cup	38.23
Strawberries, Frozen M6945	1/2 cup	21.05
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
Ketchup PC	1 packet	3.0
Cereal Rice Treat Bar M8765	1 bar	30.0
Weighted Daily Average		242.31
% of Calories		63.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/23/2024		
9-12 High School Self Serv	Total	
Spaghetti&MeatSauceRCSD MS178	1 serving	27.29
Cornbread 1 ENR M7050	1 piece	18.07
Chicken Tender Chef Salad	1 salad	24.88
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 2 grain	4-count packs	9.0
Tossed Salad w/Drsg	1/2 cup	3.03
Turnip Greens, Southern M5640	1/2 cup	3.42
Fresh Fruit Bowl Variety M6715	1 each	21.72
Chilled Pears Diced M6850	1/2 cup	20.69
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		37.60
% of Calories		39.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/24/2024		
9-12 High School Self Serv	Total	
Ham and Cheese Croissant	1 each	34.1
Pizza Meatlovers WGR #1109	1 slice	27.0
Carrotines in a Bag M5845	3 oz. bag	6.93
Green Peas, Canned M6035	1/2 cup	14.34
Fresh Apple M6510	1 each	25.13
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
Ranch Dressing & Dip PC M8075	1 ounce	0.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		72.02
% of Calories		60.2%
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9-12 High School Self Serv

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	Portion Size	Carb (g)
Thu - 04/25/2024		
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
Manager Choice	1	*N/A*
Lima Beans, Frozen M5525	1/2 cup	16.36
Baked Sweet Potato/Marg.M5900	1 each	26.16
Fresh Fruit Bowl Variety M6715	1 each	21.72
Strawberries, Frozen M6945	1/2 cup	21.05
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
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		68.63
% of Calories		49.3%
Nutrient Guideline		

Fri - 04/26/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Hot Dog WG M4230	1 each	28.0
Season FRY Potato Wedges M6148	1/2 cup	16.65
Green Beans, Cut, CND M5750	1/2 cup	4.86
Fresh Fruit Bowl Variety M6715	1 each	21.72
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Ketchup PC M8000	1 packet	3.0
Dessert	1	*N/A*
Weighted Daily Average		83.76
% of Calories		46.2%
Nutrient Guideline		

Mon - 04/29/2024		
9-12 High School Self Serv	Total	
Sloppy Joe on WW Bun RCSDMS791	1 each	31.74
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Baked Beans Vegetarian M5000	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
Dessert	1	*N/A*
Weighted Daily Average		55.71
% of Calories		51.4%
Nutrient Guideline		

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9-12 High School Self Serv

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	Portion Size	Carb (g)
Tue - 04/30/2024		
9-12 High School Self Serv	Total	
Nachos Grande Crumbley M1075.2	1 serving	30.91
Pinto Beans Legumes M5550	1/2 cup	26.44
Tossed Salad w/Drsg	1/2 cup	3.03
Fresh Fruit Bowl Variety M6715	1 each	21.72
Chilled Pears Diced M6850	1/2 cup	20.69
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		69.22
% of Calories		54.9%
Nutrient Guideline		

Weighted Average		84.10
		54.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	84.10	54.83%						

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