

Rankin County School District

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

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Generated on: 4/9/2024 11:53:59 AM

	Portion Size	Carb (g)
Wed - 05/01/2024		
9-12 High School Self Serv	Total	
Country Fried Steak M1010	1 patty	6.68
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	31.0
Lima Beans, Frozen M5525	1/2 cup	16.36
Brown Gravy, Package CPF M8130	2 ounces	3.1
Mashed Potatoes M6070	1/2 cup	15.12
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
Dessert	1	*N/A*
Weighted Daily Average		42.83
% of Calories		45.0%
Nutrient Guideline		

Thu - 05/02/2024		
9-12 High School Self Serv	Total	
Mandarin Chicken RCSD	4 chunks	28.5
Rice, Asian Stir Fried M7100	1/2 cup	24.39
Egg Roll, 1, Chicken M3270	1 each	22.0
California Vegetables M5785	1/2 cup	5.15
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
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
Brownies, Mix, ENR, CR M7510	1 piece	25.01
Weighted Daily Average		61.28
% of Calories		49.8%
Nutrient Guideline		

Fri - 05/03/2024		
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*
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
Cookie Brookie #1428	1 Brookie	23.01
Weighted Daily Average		84.77
% of Calories		46.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/06/2024		
9-12 High School Self Serv	Total	
Pizza Meatlovers WGR #1109	1 slice	27.0
Glazed Carrots M5865	1/2 cup	8.91
Lima Beans, Frozen M5525	1/2 cup	16.36
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
Rice Krispie Bars M7500	Bars	22.23
Weighted Daily Average		59.55
% of Calories		41.3%
Nutrient Guideline		

Tue - 05/07/2024		
9-12 High School Self Serv	Total	
Beef Pepper Jack Quesadillas	1 each	24.07
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
Vegetable Juice, 6 oz., CRU,MS	1/2 cup	23.0
Tossed Salad w/Drsg	1/2 cup	3.03
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
Cookie Confetti Filled #1408	1 Cookie	29.0
Weighted Daily Average		71.02
% of Calories		44.5%
Nutrient Guideline		

Wed - 05/08/2024		
9-12 High School Self Serv	Total	
All American Sub Sandwich	1 sandwich	37.3
Manager Choice	1	*N/A*
Carrots, Baby with Dip M5850	1/2 cup	9.95
Green Peas, Canned M6035	1/2 cup	14.34
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
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		26.47
% of Calories		68.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/09/2024		
9-12 High School Self Serv	Total	
Southwest Chicken Dip & Chip	1 serving	27.14
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Pinto Beans Legumes M5550	1/2 cup	26.44
Whole Kernel Corn, CND M6010	1/2 cup	14.68
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
Dessert	1	*N/A*
Weighted Daily Average		58.51
% of Calories		44.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/10/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz.,US M4100.1	1 each	32.96
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans Vegetarian M5000	1/2 cup	38.23
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
Manager Choice Dessert	1	*N/A*
Weighted Daily Average		67.74
% of Calories		55.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 05/13/2024		
9-12 High School Self Serv	Total	
Hot Ham and Cheese Croissant	1 each	34.1
Yogurt/Brfst Bread Plate	plate	59.75
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Green Beans, Cut, CND M5750	1/2 cup	4.86
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
Manager Choice Dessert	1	*N/A*
Weighted Daily Average		67.36
% of Calories		55.9%
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	Portion Size	Carb (g)
Tue - 05/14/2024		
9-12 High School Self Serv	Total	
Fajita Happy Plate RCSD	1 fajita	51.87
Rice Spanish RCSD	1/2 cup	25.05
Pinto Beans Legumes M5550	1/2 cup	26.44
Tossed Salad w/Drsg	1/2 cup	3.03
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
Manager Choice Dessert	1	*N/A*
Weighted Daily Average		107.66
% of Calories		58.2%
Nutrient Guideline		

Wed - 05/15/2024		
9-12 High School Self Serv	Total	
Country Fried Steak Sand M4125	1 each	46.55
Manager Choice	1	*N/A*
Lima Beans, Frozen M5525	1/2 cup	16.36
Squash, Summer, FRZ M5810	1/2 cup	6.24
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Ketchup PC	1 packet	3.0
Manager Choice Dessert	1	*N/A*
Weighted Daily Average		36.66
% of Calories		72.8%
Nutrient Guideline		

Thu - 05/16/2024		
9-12 High School Self Serv	Total	
Cheesy Chicken Over Rice M3120	1 serving	30.13
Roll, Enriched, 2 oz. M7145	Roll - 2 oz.	31.0
Field Peas, Frozen M6025	1/2 cup	24.78
Broccoli Florets, FRZ, MS	1/2 cup	7.05
Chilled Pear Halves M6855	1/2 cup	18.23
Fresh Fruit Cup M6720	1/2 cup	16.48
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
Manager Choice Dessert	1	*N/A*
Weighted Daily Average		62.18
% of Calories		51.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/17/2024		
9-12 High School Self Serv	Total	
Cheeseburger 2 oz Patty M4100	1 each	32.68
Fried Crinkle Cut Fries M6115	1/2 cup	12.12
Green Peas, Canned M6035	1/2 cup	14.34
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	1 packet	3.0
Manager Choice Dessert	1	*N/A*
Weighted Daily Average		133.64
% of Calories		54.8%
Nutrient Guideline		

Mon - 05/20/2024		
9-12 High School Self Serv	Total	
Grilled Chicken Sandwich M4145	1 each	33.15
Fried Straight Cut Fries M6160	1/2 cup	14.06
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 packet	0.29
Manager Choice Dessert	1	*N/A*
Weighted Daily Average		62.06
% of Calories		55.1%
Nutrient Guideline		

Tue - 05/21/2024		
9-12 High School Self Serv	Total	
Manager Choice	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

Wed - 05/22/2024		
9-12 High School Self Serv	Total	
Manager Choice	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/23/2024		
9-12 High School Self Serv Brunch 1/2 Day	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		
Weighted Average		55.22 51.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	55.22	51.31%						

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