

# Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2025 thru Jan 31, 2025

9-12 High School Self Serv

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/01/2025			
9-12 High School Self Serv HOLIDAY	Total 1	1 1	*N/A*
Weighted Daily Average % of Calories			*N/A* *N/A%*
Nutrient Guideline			

Thu - 01/02/2025			
9-12 High School Self Serv HOLIDAY	Total 1	1 1	*N/A*
Weighted Daily Average % of Calories			*N/A* *N/A%*
Nutrient Guideline			

Fri - 01/03/2025			
9-12 High School Self Serv HOLIDAY	Total 1	1 1	*N/A*
Weighted Daily Average % of Calories			*N/A* *N/A%*
Nutrient Guideline			

Mon - 01/06/2025			
9-12 High School Self Serv HOLIDAY	Total 1	1 1	*N/A*
Weighted Daily Average % of Calories			*N/A* *N/A%*
Nutrient Guideline			

Tue - 01/07/2025			
9-12 High School Self Serv	Total	100	
Pizza, Variety	slice	75	32.25
Hot Dog WG M4230	1 each	25	28.0
Tossed Salad w/Drsg	1/2 cup	50	3.03
Green Beans, Savory,CND M5745	1/2 cup	50	4.45
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
Cookie Brookee #1428	1 Brookee	75	19.22
Weighted Daily Average % of Calories			83.95 55.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/08/2025			
9-12 High School Self Serv	Total	100	
Chicken and Waffle (1) RCSD	3 tenders	75	27.0
Southern Cheese Grits	1/2 cup	75	15.56
All American Sub Sandwich RCSD	1 sandwich	25	37.3
Cucumber Slices w/Ra Dip M5725	1/2 cup	50	4.72
Broccoli Florets, FRZ M5610	1/2 cup	50	3.61
Strawberries, Frozen M6945	1/2 cup	50	21.05
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	75	3.0
Mayonnaise PC Reduce Fat M8010	PC Packet	25	0.61
Mustard, PC M8015	1 pouch	25	0.29
Syrup, Pancake, PC RCSD	1 packet	75	30.2
Strawberry Cake w/Glaze RCSD	Serving	75	36.15
Weighted Daily Average			135.74
% of Calories			60.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/09/2025			
9-12 High School Self Serv	Total	100	
Chicken & Sausage Gumbo M4610	2/3 cup w/rice	75	34.79
Southern Chicken Sandwich	1	25	45.0
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
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
Toast, Garlic WW M7115	1 slice	75	15.0
Southern Mud M7620	1 square	75	45.09
Weighted Daily Average			121.58
% of Calories			60.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/10/2025			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	50	32.68
Fish Sticks, Baked M1540.1	4 nuggets	50	22.0
Hushpuppies Baked M7065	2 each	80	12.56
California Vegetables M5785	1/2 cup	20	5.15
Blueberries w/ WhipTop M6610.1	1/2 cup	50	15.47
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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			88.08
% of Calories			53.7%
Nutrient Guideline			

Mon - 01/13/2025			
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
Brownies, Mix, ENR, CR M7510	1 piece	75	25.01
Weighted Daily Average			94.98
% of Calories			59.1%
Nutrient Guideline			

Tue - 01/14/2025			
9-12 High School Self Serv	Total	100	
Quesadillas Beef	1 each	25	24.07
Guacamole, 1/4 Cup M5675	2 oz.	50	5.93
Chips and Salsa	1 serving	50	24.05
Chicken Nuggets, Baked M 3170	5 nuggets	75	14.0
Roll, Whole Wheat Pur2oz M7140	Roll - 2 oz.	50	27.0
Whole Kernel Corn, CND M6010	1/2 cup	75	14.68
Pinto Beans Legumes M5550	1/2 cup	25	26.44
Chilled Blushing Pears M6845	1/2 cup	50	18.91
Blueberries w/ WhipTop M6610.1	1/2 cup	50	15.47
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			113.57
% of Calories			51.6%
Nutrient Guideline			

Wed - 01/15/2025			
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 Beans, Cut, CND M5750	1/2 cup	75	4.86
Glazed Carrots M5865	1/2 cup	25	8.91
Chilled Peach Slices M6815	1/2 cup	50	17.49
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
Funnel Cake, 2 WGR M8860	servings	75	45.39

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			141.87 48.7%
Nutrient Guideline			

Thu - 01/16/2025			
9-12 High School Self Serv	Total	100	
BBQ Pork Sandwich Pur M4210	1 each	75	31.02
Chili Con Carne w/ Beans M4510	1 cup	25	8.06
Grill Cheese Sand 1oz	portions	75	30.46
Potato Salad RCSD	1/2 cup	50	24.72
Broccoli w/ Cheese Sauce M5595	1/2 cup	50	5.45
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
Milk, LF White 1/2 pt, PF M110	1/2 pint	50	11.0
Banana Pudding M7610	1/2 cup	75	36.62
Weighted Daily Average % of Calories			121.78 57.9%
Nutrient Guideline			

Fri - 01/17/2025			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	50	32.68
Fish Sticks, Baked M1540.1	4 nuggets	75	22.0
Tater Tots	1/2 cup	50	16.0
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
Cookie, Red Velvet, IW M7557	1 cookie	75	25.0
Weighted Daily Average % of Calories			114.85 56.9%
Nutrient Guideline			

Mon - 01/20/2025			
9-12 High School Self Serv	Total	1	
HOLIDAY	1	1	*N/A*
Weighted Daily Average % of Calories			*N/A* *N/A%*
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 01/21/2025</b>			
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
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			98.19
% of Calories			53.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 01/22/2025</b>			
9-12 High School Self Serv	Total	100	
Pork Chop, BRD,Boneless M2530	1 Each	50	11.0
Ham and Cheese Croissant	1 each	50	34.1
Mashed Potatoes M6070	1/2 cup	75	15.12
Brown Gravy, Package BRG M8130	2 ounces	75	4.05
Broccoli Florets, FRZ M5610	1/2 cup	50	3.61
Apple and Orange Wedges M6545	1/2 cup	50	13.98
Chilled Pear Halves M6855	1/2 cup	50	18.23
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			110.45
% of Calories			58.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 01/23/2025</b>			
9-12 High School Self Serv	Total	100	
Vegetable Beef Soup M4565	1 cup	75	11.25
Grilled Cheese & String Cheese	portions	75	30.96
Chicken Ranch Wrap	2 halves	25	42.3
California Vegetables M5785	1/2 cup	25	5.15
Garden Salad w/Dressing M5650	1/2 cup	50	5.91
Banana Berry Blend M6595	1/2 cup	50	25.38
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
Chocolate Pudding M7640	1/2 cup	75	24.95
Weighted Daily Average			102.47
% of Calories			51.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/24/2025			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	50	32.68
Chili Dog M4225	1 each	50	29.99
Broccoli w/ Cheese Sauce M5595	1/2 cup	50	5.45
Season BKD Potato Wedges M6145	1/2 cup	75	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	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			96.54
% of Calories			51.7%
Nutrient Guideline			

Mon - 01/27/2025			
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			

Tue - 01/28/2025			
9-12 High School Self Serv	Total	100	
Southwest Dip & Chips	1 serving	85	29.21
Turkey & Cheese Croissant	1 sandwich	15	32.99
Pinto Beans Legumes M5550	1/2 cup	25	26.44
Tossed Salad with Drsg M5660	1/2 cup	75	6.36
Chilled Blushing Pears M6845	1/2 cup	50	18.91
Fresh Grapes M6665	1/2 cup	50	14.97
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
Cookies, ChocChip Gma M7540	1 each	75	25.0
Weighted Daily Average			92.15
% of Calories			44.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 01/29/2025</b>			
9-12 High School Self Serv	Total	100	
Chicken Tenders Breaded M3190	3 tenders	50	15.0
Cheesy Macaroni M5135	2/3 cup	50	32.12
Italian Dunkers #1101	2 breadsticks	50	28.0
Broccoli Florets, FRZ M5610	1/2 cup	50	3.61
Veg Juice, 4 oz Fruit FI M6190	1/2 cup	25	15.0
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			114.22
% of Calories			47.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 01/30/2025</b>			
9-12 High School Self Serv	Total	100	
Taco Soup w/ Chips MS812	1 cup	50	21.62
Ham and Cheese Croissant	1 each	50	34.1
Raw Veggies with Dip M5830	1/2 cup	50	6.95
Cabbage, Seasoned M5700	1/2 cup	50	5.95
Strawberries, FRZ, PC M6940.1	1/2 cup	50	22.0
Fresh Bananas M6590	1 each	50	26.95
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
Banana Pudding M7610	1/2 cup	75	36.62
Weighted Daily Average			108.75
% of Calories			62.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 01/31/2025</b>			
9-12 High School Self Serv	Total	100	
Cheeseburger 2 oz Patty M4100	1 each	25	32.68
Chicken Wings, Roasted M3295	5 wings	75	0.0
Season BKD Potato Wedges M6145	1/2 cup	75	17.0
Whole Kernel Corn, CND M6010	1/2 cup	25	14.68
Chilled Peach Slices M6815	1/2 cup	50	17.49
Fresh Fruit Bowl Variety M6715	1 each	50	21.72
Biscuit, 2 Oz. ENR, M8520	1 biscuit	75	28.0
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
Mustard, PC M8015	1 packet	25	0.29
Ketchup PC M8000	1 packet	75	3.0
Cookies Red Velvet WG IW #1424	1 Cookie	75	24.98
Weighted Daily Average			101.41
% of Calories			45.0%
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	Portion Size	Reimb Qty	Carb (g)
Weighted Average			83.77 53.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	83.77	53.60%						

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