

Rankin County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 1

Generated on: 3/18/2026 8:06:50 AM

	Portion Size	Carb (g)
Wed - 04/01/2026		
9-12 High School Self Serv	Total	
Chicken Mandarin M3055	1 Serving	19.53
Rice, Brown M7090	1/2 cup	23.09
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad w/ Diced Ham	1 salad	17.37
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
Chilled Pear Halves M6855	1/2 cup	18.23
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, ENR, CR M7510	1 piece	25.01
Ranch Dressing (Mix) M8080	ounce	4.32
Weighted Daily Average		109.68
% of Calories		64.9%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Thu - 04/02/2026		
9-12 High School Self Serv	Total	
Stromboli Supreme RCSD	1 slice	50.69
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package CPF M8130	2 ounces	3.1
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Banana Pudding M7610	1/2 cup	36.62
Weighted Daily Average		120.43
% of Calories		61.7%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Fri - 04/03/2026		
9-12 High School Self Serv	Total	
HOLIDAY	1	*N/A*
Weighted Daily Average		*N/A*
% of Calories		*N/A%*
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 2

Generated on: 3/18/2026 8:06:50 AM

	Portion Size	Carb (g)
Mon - 04/06/2026		
9-12 High School Self Serv HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Tue - 04/07/2026		
9-12 High School Self Serv	Total	
Fajita Chicken Wrap US M4345.1	1 wrap	22.78
Chicken Sandwich Variety RCSD	1 each	43.81
Potato Rounds, Baked M6095	1/2 cup	16.25
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
Chilled Peach Slices M6815	1/2 cup	17.49
Fresh Fruit Bowl Variety M6715	1 each	21.72
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
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
Ketchup PC M8000	1 each	3.0
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		111.20
% of Calories		62.7%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Wed - 04/08/2026		
9-12 High School Self Serv	Total	
Roasted Chicken USDA	1 serving	0.0
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad w/ Diced Ham	1 salad	17.37
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Macaroni and Cheese M7030	1/2 cup	19.14
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
Chilled Pear Halves M6855	1/2 cup	18.23
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 M8000	1 each	3.0
Mustard, PC M8015	1 pouch	0.29
Ranch Dressing (Mix) M8080	ounce	4.32
Cookie, Candy, Purch WGR M7537	1 cookie	18.54
Weighted Daily Average		68.13
% of Calories		59.7%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 3

Generated on: 3/18/2026 8:06:50 AM

	Portion Size	Carb (g)
Thu - 04/09/2026		
9-12 High School Self Serv	Total	
BBQ Pork Sandwich US M4210.1	1 each	39.34
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		126.04
% of Calories		58.9%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Fri - 04/10/2026		
9-12 High School Self Serv	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Catfish USDA and 3 Hushpuppies	Servings	29.51
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Sauce, Tartar, PC M8210	1 packet	1.69
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		100.73
% of Calories		58.4%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Base Menu Spreadsheet
Portion Values - Detailed

Page 4

Apr 1, 2026 thru Apr 30, 2026

9-12 High School Self Serv

Generated on: 3/18/2026 8:06:51 AM

	Portion Size	Carb (g)
Mon - 04/13/2026		
9-12 High School Self Serv	Total	
Ham and Cheese Croissant	1 each	34.1
Pizza, Variety	slice	32.25
Potato Sidewinders, Bake M6167	1/2 cup	15.62
Glazed Carrots M5865	1/2 cup	8.91
Green Peas, Canned M6035	1/2 cup	14.34
Applesauce, M6555	1/2 cup	15.62
Rosey Applesauce M6565	1/2 cup	18.34
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
Cookie, Brookie IW M7515	1 cookie	23.0
Weighted Daily Average		97.93
% of Calories		57.9%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Tue - 04/14/2026		
9-12 High School Self Serv	Total	
Walking Tacos USDA M1095.1	1 taco	36.27
Chicken Sandwich Variety RCSD	1 each	43.81
Potato Rounds, Baked M6095	1/2 cup	16.25
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Ketchup PC M8000	1 each	3.0
Sour Cream PC M8115	1 each	0.82
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		105.36
% of Calories		56.9%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Apr 1, 2026 thru Apr 30, 2026

9-12 High School Self Serv

Generated on: 3/18/2026 8:06:51 AM

	Portion Size	Carb (g)
Wed - 04/15/2026		
9-12 High School Self Serv	Total	
Spaghetti & MeatSauce RCSD	1 serving	23.26
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad w/ Diced Ham	1 salad	17.37
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
Chilled Pear Halves M6855	1/2 cup	18.23
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
Ranch Dressing (Mix) M8080	ounce	4.32
Brownies, Mix, ENR, PFG	1 piece	12.61
Weighted Daily Average		105.35
% of Calories		58.3%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Thu - 04/16/2026		
9-12 High School Self Serv	Total	
Chicken Tenders Breaded M3190	3 tenders	15.0
Steak Fingers, Baked M1045	4 each	17.9
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package CPF M8130	2 ounces	3.1
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Banana Pudding M7610	1/2 cup	36.62
Weighted Daily Average		113.42
% of Calories		61.7%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 6

Generated on: 3/18/2026 8:06:51 AM

	Portion Size	Carb (g)
Fri - 04/17/2026		
9-12 High School Self Serv	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Italian Dunkers #1101	2 breadsticks	28.0
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Sauce, Marinara PC M8195	1 packet	3.71
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		104.52
% of Calories		59.4%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Mon - 04/20/2026		
9-12 High School Self Serv	Total	
All American Sub Sandwich RCSD	1 sandwich	37.3
Pizza, Variety	slice	32.25
Potato Sidewinders, Bake M6167	1/2 cup	15.62
Glazed Carrots M5865	1/2 cup	8.91
Green Peas, Canned M6035	1/2 cup	14.34
Rosey Applesauce M6565	1/2 cup	18.34
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Mustard, PC M8015	1 pouch	0.29
Cookie, Brookie IW M7515	1 cookie	23.0
Weighted Daily Average		96.27
% of Calories		57.0%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 7

Generated on: 3/18/2026 8:06:51 AM

	Portion Size	Carb (g)
Tue - 04/21/2026		
9-12 High School Self Serv	Total	
Sloppy Joe on WW Bun M4085	1 each	34.64
Chicken Sandwich Variety RCSD	1 each	43.81
Potato Rounds, Baked M6095	1/2 cup	16.25
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Ketchup PC M8000	1 each	3.0
Vanilla Pudding M7645	1/2 cup	26.61
Weighted Daily Average		103.13
% of Calories		61.7%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Wed - 04/22/2026		
9-12 High School Self Serv	Total	
Cheesy Chicken Over/RiceCMS516	1 serving	30.13
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad w/ Diced Ham	1 salad	17.37
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
Chilled Pear Halves M6855	1/2 cup	18.23
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
Ranch Dressing (Mix) M8080	ounce	4.32
Cookie, Candy, Purch WGR M7537	1 cookie	18.54
Weighted Daily Average		86.87
% of Calories		53.1%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 8

Generated on: 3/18/2026 8:06:51 AM

	Portion Size	Carb (g)
Thu - 04/23/2026		
9-12 High School Self Serv	Total	
Quesadillas Beef Pepper Jack	1 each	24.07
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Saltine Crackers, ENR,CR M7020	2 4-count packs	18.0
Mashed Potatoes w/Cheese M6075	1/2 cup	15.31
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Southern Mud M7620	1 square	45.09
Weighted Daily Average		112.35
% of Calories		54.7%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Fri - 04/24/2026		
9-12 High School Self Serv	Total	
Hamburger 2 oz USDA F M4105.1	1 each	32.15
Cheeseburger 2 oz Patty M4100	1 each	32.68
Fish Sticks, Baked M1540.1	4 nuggets	22.0
Hushpuppies Baked M7065	2 each	12.56
Crinkle Cut Fries Baked M6110	1/2 cup	12.12
Baked Beans RCSD	1/2 cup	38.23
Chilled Mandarin Oranges M6795	1/2 cup	20.07
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
Sauce, Tartar, PC M8210	1 packet	1.69
Assorted Gelatin w/ Top M7580	1/2 cup	19.38
Weighted Daily Average		97.46
% of Calories		61.5%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Apr 1, 2026 thru Apr 30, 2026

9-12 High School Self Serv

Generated on: 3/18/2026 8:06:51 AM

	Portion Size	Carb (g)
Mon - 04/27/2026		
9-12 High School Self Serv	Total	
Country Fried Steak Sand M4125	1 each	46.55
Pizza, Variety	slice	32.25
Potato Sidewinders, Bake M6167	1/2 cup	15.62
Glazed Carrots M5865	1/2 cup	8.91
Green Peas, Canned M6035	1/2 cup	14.34
Applesauce, M6555	1/2 cup	15.62
Rosey Applesauce M6565	1/2 cup	18.34
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
Ketchup PC M8000	1 each	3.0
Cookie, Red Velvet, IW M7557	1 cookie	25.0
Weighted Daily Average		106.10
% of Calories		57.3%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Carb (g)
Tue - 04/28/2026		
9-12 High School Self Serv	Total	
Southwest Dip & "Walking" Chips	1 serving	35.21
Chicken Sandwich Variety RCSD	1 each	43.81
Potato Rounds, Baked M6095	1/2 cup	16.25
Whole Kernel Corn, CND M6010	1/2 cup	14.68
Pinto Beans Legumes M5550	1/2 cup	26.44
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
Mayonnaise PC Reduce Fat M8010	PC Packet	0.61
Ketchup PC M8000	1 each	3.0
Chocolate Pudding M7640	1/2 cup	24.95
Weighted Daily Average		100.59
% of Calories		49.5%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rankin County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

9-12 High School Self Serv

Portion Values - Detailed

Page 10

Generated on: 3/18/2026 8:06:51 AM

	Portion Size	Carb (g)
Wed - 04/29/2026		
9-12 High School Self Serv	Total	
Chicken Mandarin M3055	1 Serving	19.53
Rice, Brown M7090	1/2 cup	23.09
Knot, Garlic WG 2 oz, #1235	Knot	27.0
Chef Salad w/ Diced Ham	1 salad	17.37
Croutons,.5 GR CR Packet M7110	1 packet	9.0
Saltine Crackers, 1.5 grain	1.5 gr serving	24.0
Green Beans, Savory,CND M5745	1/2 cup	4.45
Carrots, Baby with Dip M5850	1/2 cup	9.95
Chilled Pear Halves M6855	1/2 cup	18.23
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, ENR, CR M7510	1 piece	25.01
Ranch Dressing (Mix) M8080	ounce	4.32
Weighted Daily Average		109.68
% of Calories		64.9%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Thu - 04/30/2026		
9-12 High School Self Serv	Total	
Stromboli Supreme RCSD	1 slice	50.69
Chicken Tenders Breaded M3190	3 tenders	15.0
Toast, Garlic WW M7115	1 slice	15.0
Mashed Potatoes M6070	1/2 cup	15.12
Brown Gravy, Package CPF M8130	2 ounces	3.1
Broccoli Florets, FRZ M5610	1/2 cup	3.61
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
Sauce, Variety, Dipping M8175	1 packet	9.58
Ketchup PC M8000	1 each	3.0
Banana Pudding M7610	1/2 cup	36.62
Weighted Daily Average		120.43
% of Calories		61.7%
Nutrient Guideline		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Weighted Average		95.17
		58.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	95.17	58.94%						

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.