

Menu Calendar Nutrient Analysis Report - July, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL
Date: 07/01/2026 - 07/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Cougar Cafe W2D4 OP2 - ServingDate: 07/30/2026						
Buffalo Hot Wings - 3280 (4 Wings)	10	160.08	3.00	0.00	1.00	0.00(M)
Chicken Salad with Crackers - 3535.1 (1 serving)	5	251.72	20.32	0.74	3.21(M)	1.81
Hamburger - 4105.1 (1 burger)	45	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	40	329.01	33.23	3.25	4.00	1.00
Crunchy Crackers - 7025 (1 pkg.)	5	110.00	19.00	2.00	3.00	3.00
Garlic Knot Roll - 7141 (1 roll.)	10	170.00	27.00	3.00	3.00	2.00
Carrots w/ Dip - LR1010 (1/2 c.)	20	39.77	9.93	2.46	5.05	1.00
French Fries - 6130 (1/2 c.)	40	110.00	18.00	1.00	0.00	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	50	82.38	21.05	1.83	15.56	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Banana Pudding - 7610 (1/2 c.)	45	157.32	31.23	0.85	18.14	9.61(M)
Ketchup - 8000 (1 foil pack)	25	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	10	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Cougar Cafe W2D5 OP2 - ServingDate: 07/31/2026						
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Tenders - 3190 (3 tenders)	40	200.00	14.00	0.00	0.00	0.00
Crispy Rolled Tacos with Chicken and Cheese - LR1056 (2 taco)	20	428.16	42.96	0.56	2.74	0.24
Pizza, Variety - LR1001 (1 slice)	35	329.01	33.23	3.25	4.00	1.00
Garlic Knot Roll - 7141 (1 roll.)	40	170.00	27.00	3.00	3.00	2.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Baked Beans - LR1012 (1/2 c.)	20	207.05	39.49	5.45	15.11 (M)	6.47(M)
Spicy Fries - 6150 Merchants (1/2 c.)	40	113.83	18.02	0.95	0.00	0.00
Chilled Mandarin Oranges - 6795 (1/2 c.)	60	77.91	20.68	0.89	19.78	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	40	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Assorted Gelatins with Topping - 7580 (1/2 c.)	50	89.81	19.38	0.00	19.38	18.26 (M)
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	5	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00

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Cougar Cafe W2D5 OP2 - ServingDate: 07/31/2026						
Variety of Dipping Sauce - LR1085 (1 packet)	5	36.52	8.09	0.17	6.99	6.81

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: High School
Menu Line: Cougar Cafe
Serving Group: 9-12
Nutrients Option: Diabetic Interest