

Menu Calendar Nutrient Analysis Report - July, 2026

Generated on: 7/23/2026 3:14:52 PM by Mary Trammell

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)
HS Lunch Day 1 - ServingDate: 07/30/2026						
Chicken Tenders - 3190 (3 tenders)	50	200.00	14.00	0.00	0.00	0.00
Stuffed Crust Pepperoni Pizza - 2040 (1 slice)	50	320.00	36.00	4.00	5.00	1.00
Garlic Toast - 7115 (1 slice)	50	90.00	14.00	1.00	1.00	0.00
Cheese Topped Mashed Potatoes - 6075 (1/2 c.)	65	123.06	17.33	1.14	0.00	0.00
Steamed Broccoli Florets - 5610 (1/2 c.)	15	34.78	3.58	2.15	0.71	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	35	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	65	82.38	21.05	1.83	15.56	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	30	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.)	75	157.32	31.23	0.85	18.14	9.61(M)
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Variety of Dipping Sauce - LR1085 (1 packet)	20	36.52	8.09	0.17	6.99	6.81
HS Lunch Day 2 - ServingDate: 07/31/2026						
BBQ Chicken Sandwiches - 4140.1 (1 ea.)	15	253.91	35.77	2.00	10.22 (M)	10.22 (M)
Cheeseburger - 4100.1 (1 Cheeseburg)	50	334.91	32.00	3.00	5.50	4.00(M)
Hamburger - 4105.1 (1 burger)	35	279.91	31.00	3.00	5.00	4.00(M)
Baked Beans - LR1012 (1/2 c.)	20	207.05	39.49	5.45	15.11 (M)	6.47(M)

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HS Lunch Day 2 - ServingDate: 07/31/2026						
Crinkle Cut Fries - 6110 (1/2 c.)	75	91.12	13.16	1.01	0.00	0.00
Chilled Mandarin Oranges - 6795 (1/2 c.)	50	77.91	20.68	0.89	19.78	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	30	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
Red Velvet Cookie - 7557 (1 cookie)	55	160.00	25.00	1.00	13.00	6.00
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

Legend
(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: High School
Menu Line: Regular
Serving Group: 9-12
Nutrients Option: Diabetic Interest