

Menu Calendar Nutrient Analysis Report - August, 2026

Generated on: 7/30/2026 9:03:16 AM by Mary Trammell

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 08/01/2026 - 08/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W1D1 Menu 1 - ServingDate: 08/03/2026						
Country Fried Steak Sandwich - 4125 (1 sandwich)	65	409.91	47.00	6.00	6.00	4.00
Pizza, Variety - LR1001 (1 slice)	35	329.01	33.23	3.25	4.00	1.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Green Peas - LR1059 (1/2 c.)	15	116.99	18.72	5.76	8.64	2.88
Sidewinder Potatoes - 6167 (1/2 c.)	50	103.70	15.55	1.04	0.00	0.00
Chilled Applesauce - 6555 (1/2 c.)	60	59.25	15.55	1.70	11.86	(M)
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Rosey Applesauce - 6565 (1/2 c.)	20	70.45	18.27	1.70	14.58	2.72(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	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)	40	130.00	20.00	0.00	18.00	6.00
Brookie Cookie - 7515 (1 cookie)	50	150.07	23.00	1.00	14.00	3.00
Ketchup - 8000 (1 foil pack)	10	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
HS Lunch W1D2 Menu 1 - ServingDate: 08/04/2026						
Chicken Sandwich - LR1037 (1 sandwich)	80	344.07	44.01	2.67	4.67	4.00(M)
Fajita Chicken Wrap - 4345 Merchants (1 wrap)	20	292.34	24.45	2.00	3.73	1.67
Saltine Crackers - LR1054 (2 pkg.)	20	45.00	8.00	0.00	0.00	0.00

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HS Lunch W1D2 Menu 1 - ServingDate: 08/04/2026						
Pinto Beans - 5550 (1/2 c.)	10	144.78	26.76	10.67	1.59	0.00(M)
Tater Tots - 6095 (1/2 c.)	60	143.10	16.36	1.02	0.00	0.00(M)
Corn - 6010 (1/2 c.)	30	117.17	21.46	1.26	8.84	3.79
Chilled Peach Slices - 6815 (1/2 c.)	60	57.24	13.36	0.95	12.40	4.77
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)	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
Vanilla Pudding - 7645 (1/2 c.)	55	134.17	25.94	0.00	16.02	13.88 (M)
Ketchup - 8000 (1 foil pack)	35	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
HS Lunch W1D3 Menu 1 - ServingDate: 08/05/2026						
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Salad on a Croissant - 4280.1 (1 ea.)	15	327.45	32.41	2.22	5.13(M)	4.82
Spaghetti with Meat Sauce - LR1055 (1 serving)	80	268.80	24.47	1.51	5.95	0.00(M)
Garlic Knot - LR1046 (1 knot)	80	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
Carrots w/ Dip - LR1010 (1/2 c.)	30	39.77	9.93	2.46	5.05	1.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W1D3 Menu 1 - ServingDate: 08/05/2026						
Savory Green Beans - 5745 (1/2 c.)	30	39.55	4.58	2.27	2.27	0.00
Chilled Pear Halves - 6850 (1/2 c.)	50	51.52	13.74	2.58	10.30	4.29
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)	25	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)	40	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
Candy Cookies - 7537 (1 cookie)	50	101.92	18.38	1.87	9.00	8.79
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
HS Lunch W1D4 Menu 1 - ServingDate: 08/06/2026						
Chicken Tenders - 3190 (3 tenders)	85	200.00	14.00	0.00	0.00	0.00
Sloppy Joe on Bun - 4085 (1 ea.)	15	325.65	33.94	2.21	8.80(M)	7.04
Garlic Toast - 7115 (1 slice)	75	90.00	14.00	1.00	1.00	0.00
Cheese Topped Mashed Potatoes - 6075 (1/2 c.)	50	123.06	17.33	1.14	0.00	0.00
Steamed Broccoli Florets - 5610 (1/2 c.)	20	34.78	3.58	2.15	0.71	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)	25	100.00	11.00	0.00	11.00	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)
HS Lunch W1D4 Menu 1 - ServingDate: 08/06/2026						
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)	40	130.00	20.00	0.00	18.00	6.00
Southern Mud - 7620 (1 square)	50	247.30	45.24	0.90	31.47	28.84 (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 W1D5 Menu 1 - ServingDate: 08/07/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	40	334.91	32.00	3.00	5.50	4.00(M)
Hamburger - 4105.1 (1 burger)	40	279.91	31.00	3.00	5.00	4.00(M)
Ranch Club Wrap - LR1036 (1 wrap)	20	341.81	29.36	2.38	5.86	2.00
Saltine Crackers - LR1054 (2 pkg.)	20	45.00	8.00	0.00	0.00	0.00
Baked Beans - LR1012 (1/2 c.)	15	207.05	39.49	5.45	15.11 (M)	6.47(M)
Spicy Fries - 6150 Merchants (1/2 c.)	50	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)	25	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)	40	130.00	20.00	0.00	18.00	6.00

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HS Lunch W1D5 Menu 1 - ServingDate: 08/07/2026						
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)	15	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
HS Lunch W2D1 Menu 1 - ServingDate: 08/10/2026						
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	15	306.93	35.09	2.31	6.20	3.00
Pizza, Variety - LR1001 (1 slice)	85	329.01	33.23	3.25	4.00	1.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Green Peas - LR1059 (1/2 c.)	15	116.99	18.72	5.76	8.64	2.88
Sidewinder Potatoes - 6167 (1/2 c.)	60	103.70	15.55	1.04	0.00	0.00
Chilled Applesauce - 6555 (1/2 c.)	40	59.25	15.55	1.70	11.86	(M)
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Rosey Applesauce - 6565 (1/2 c.)	10	70.45	18.27	1.70	14.58	2.72(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
Red Velvet Cookie - 7557 (1 cookie)	50	160.00	25.00	1.00	13.00	6.00
Ketchup - 8000 (1 foil pack)	5	10.62	2.39	0.12	2.01	1.77

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HS Lunch W2D1 Menu 1 - ServingDate: 08/10/2026						
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
HS Lunch W2D2 Menu 1 - ServingDate: 08/11/2026						
Chicken Sandwich - LR1037 (1 sandwich)	35	344.07	44.01	2.67	4.67	4.00(M)
Walking Tacos - 1095 Merchants (1 Walking Ta)	65	424.95	37.13	2.43	6.26	1.22
Pinto Beans - 5550 (1/2 c.)	15	144.78	26.76	10.67	1.59	0.00(M)
Tater Tots - 6095 (1/2 c.)	40	143.10	16.36	1.02	0.00	0.00(M)
Corn - 6010 (1/2 c.)	40	117.17	21.46	1.26	8.84	3.79
Chilled Peach Slices - 6815 (1/2 c.)	60	57.24	13.36	0.95	12.40	4.77
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)	25	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)	40	130.00	20.00	0.00	18.00	6.00
Sour Cream - 8115 (1 Portion Cu)	20	33.08	0.94	0.00	0.94	0.00
Chocolate Pudding - 7640 (1/2 c.)	50	134.17	24.95	0.00	17.01	15.88 (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

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HS Lunch W2D3 Menu 1 - ServingDate: 08/12/2026						
Cheesy Chicken over Rice - 3120 Merchants (1 serving)	80	371.52	31.04	1.08	3.15	0.17
Chef Salad - LR1041 (1 salad)	20	246.46	17.79	2.40	8.72	3.71(M)
Garlic Knot Roll - 7141 (1 roll.)	80	170.00	27.00	3.00	3.00	2.00
Saltine Crackers - LR1053 (6 pkg.)	20	135.00	24.00	0.00	0.00	0.00
Carrots w/ Dip - LR1010 (1/2 c.)	30	39.77	9.93	2.46	5.05	1.00
Savory Green Beans - 5745 (1/2 c.)	35	39.55	4.58	2.27	2.27	0.00
Chilled Pear Halves - 6850 (1/2 c.)	60	51.52	13.74	2.58	10.30	4.29
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)	25	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)	40	130.00	20.00	0.00	18.00	6.00
Croutons - 7110 (1 pkg.)	20	60.00	9.00	1.00	1.00	0.00
Chocolate Brownies - 7510 Briggs (1 piece)	50	169.81	25.89	1.36	18.03	18.03 (M)
Ranch Dressing - 8080 (1 oz.)	10	56.76	1.86	0.00	0.86	0.00
HS Lunch W2D4 Menu 1 - ServingDate: 08/13/2026						
Crispy Steak Fingers - 1045 (4 ea.)	30	290.00	18.00	4.00	1.00	0.00
Chicken Tenders - 3190 (3 tenders)	70	200.00	14.00	0.00	0.00	0.00
Garlic Toast - 7115 (1 slice)	85	90.00	14.00	1.00	1.00	0.00

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HS Lunch W2D4 Menu 1 - ServingDate: 08/13/2026						
Mashed Potatoes - 6070 (1/2 c.)	55	101.46	17.12	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.)	40	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	60	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
Brown Gravy - 8130 Merchants (2 oz.)	35	20.65	3.10	0.00	1.03	0.00(M)
Banana Pudding - 7610 (1/2 c.)	50	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
Variety of Dipping Sauce - LR1085 (1 packet)	20	36.52	8.09	0.17	6.99	6.81
HS Lunch W2D5 Menu 1 - ServingDate: 08/14/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	60	334.91	32.00	3.00	5.50	4.00(M)
Hamburger - 4105.1 (1 burger)	25	279.91	31.00	3.00	5.00	4.00(M)
Italian Dunker Bites w/ Marinara Sauce - LR1064 (4 ea.)	15	306.80	34.75	2.39	5.32	2.45
Baked Beans - LR1012 (1/2 c.)	10	207.05	39.49	5.45	15.11 (M)	6.47(M)
Crinkle Cut Fries - 6110 (1/2 c.)	50	91.12	13.16	1.01	0.00	0.00
Chilled Mandarin Oranges - 6795 (1/2 c.)	60	77.91	20.68	0.89	19.78	0.00

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HS Lunch W2D5 Menu 1 - ServingDate: 08/14/2026						
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)	25	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)	40	130.00	20.00	0.00	18.00	6.00
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)	35	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
HS Lunch W3D1 Menu 1 - ServingDate: 08/17/2026						
American Sub Sandwich - 4325.1 Merchants (1 sandwich)	15	348.19	35.58	3.00	6.34	5.00
Pizza, Variety - LR1001 (1 slice)	85	329.01	33.23	3.25	4.00	1.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Green Peas - LR1059 (1/2 c.)	15	116.99	18.72	5.76	8.64	2.88
Sidewinder Potatoes - 6167 (1/2 c.)	50	103.70	15.55	1.04	0.00	0.00
Chilled Applesauce - 6555 (1/2 c.)	40	59.25	15.55	1.70	11.86	(M)
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Rosey Applesauce - 6565 (1/2 c.)	10	70.45	18.27	1.70	14.58	2.72(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00

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HS Lunch W3D1 Menu 1 - ServingDate: 08/17/2026						
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)	40	130.00	20.00	0.00	18.00	6.00
Brookie Cookie - 7515 (1 cookie)	50	150.07	23.00	1.00	14.00	3.00
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	15	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
HS Lunch W3D2 Menu 1 - ServingDate: 08/18/2026						
Beef Pepper Jack Quesadilla - LR1058 (1 quesadilla)	30	438.40	23.26	2.36	2.85	1.00
Chicken Sandwich - LR1037 (1 sandwich)	70	344.07	44.01	2.67	4.67	4.00(M)
Saltine Crackers - LR1054 (2 pkg.)	30	45.00	8.00	0.00	0.00	0.00
Pinto Beans - 5550 (1/2 c.)	5	144.78	26.76	10.67	1.59	0.00(M)
Tater Tots - 6095 (1/2 c.)	45	143.10	16.36	1.02	0.00	0.00(M)
Corn - 6010 (1/2 c.)	35	117.17	21.46	1.26	8.84	3.79
Chilled Peach Slices - 6815 (1/2 c.)	60	57.24	13.36	0.95	12.40	4.77
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)	25	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W3D2 Menu 1 - ServingDate: 08/18/2026						
Vanilla Pudding - 7645 (1/2 c.)	50	134.17	25.94	0.00	16.02	13.88 (M)
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	15	29.64	0.59	0.00	0.00	0.00
HS Lunch W3D3 Menu 1 - ServingDate: 08/19/2026						
Chef Salad - LR1041 (1 salad)	10	246.46	17.79	2.40	8.72	3.71(M)
Chicken Salad on a Croissant - 4280.1 (1 ea.)	30	327.45	32.41	2.22	5.13(M)	4.82
Italian Rotini Casserole - 1190 (3/4 c.)	60	350.06	30.08	1.76	5.80	0.00(M)
Garlic Knot Roll - 7141 (1 roll.)	60	170.00	27.00	3.00	3.00	2.00
Saltine Crackers - LR1053 (6 pkg.)	10	135.00	24.00	0.00	0.00	0.00
Carrots w/ Dip - LR1010 (1/2 c.)	35	39.77	9.93	2.46	5.05	1.00
Savory Green Beans - 5745 (1/2 c.)	35	39.55	4.58	2.27	2.27	0.00
Chilled Pear Halves - 6850 (1/2 c.)	50	51.52	13.74	2.58	10.30	4.29
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)	25	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)	40	130.00	20.00	0.00	18.00	6.00
Croutons - 7110 (1 pkg.)	10	60.00	9.00	1.00	1.00	0.00
Candy Cookies - 7537 (1 cookie)	45	101.92	18.38	1.87	9.00	8.79

Menu Calendar Nutrient Analysis Report - August, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 08/01/2026 - 08/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W3D3 Menu 1 - ServingDate: 08/19/2026						
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
HS Lunch W3D4 Menu 1 - ServingDate: 08/20/2026						
BBQ Pork Sandwich - 4205.1 (1 ea.)	15	375.09	37.72	2.00	11.78 (M)	11.78 (M)
Chicken Tenders - 3190 (3 tenders)	85	200.00	14.00	0.00	0.00	0.00
Garlic Toast - 7115 (1 slice)	75	90.00	14.00	1.00	1.00	0.00
Cheese Topped Mashed Potatoes - 6075 (1/2 c.)	50	123.06	17.33	1.14	0.00	0.00
Steamed Broccoli Florets - 5610 (1/2 c.)	40	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)	25	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)	40	130.00	20.00	0.00	18.00	6.00
Southern Mud - 7620 (1 square)	50	247.30	45.24	0.90	31.47	28.84 (M)
Ketchup - 8000 (1 foil pack)	35	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 W3D5 Menu 1 - ServingDate: 08/21/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	35	334.91	32.00	3.00	5.50	4.00(M)

Menu Calendar Nutrient Analysis Report - August, 2026

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Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 08/01/2026 - 08/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W3D5 Menu 1 - ServingDate: 08/21/2026						
Hamburger - 4105.1 (1 burger)	30	279.91	31.00	3.00	5.00	4.00(M)
Crispy Rolled Tacos with Chicken - 3242 (2 tacos)	35	428.16	42.96	0.56	2.74	0.24
Baked Beans - LR1012 (1/2 c.)	10	207.05	39.49	5.45	15.11 (M)	6.47(M)
Crinkle Cut Fries - 6110 (1/2 c.)	45	91.12	13.16	1.01	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)	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
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)	50	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
HS Lunch W4D1 Menu 1 - ServingDate: 08/24/2026						
Hot Dog - 4230 Merchants (1 ea.)	20	309.70	29.00	3.00	3.00	1.33(M)
Pizza, Variety - LR1001 (1 slice)	80	329.01	33.23	3.25	4.00	1.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Green Peas - LR1059 (1/2 c.)	15	116.99	18.72	5.76	8.64	2.88

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Date: 08/01/2026 - 08/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W4D1 Menu 1 - ServingDate: 08/24/2026						
Sidewinder Potatoes - 6167 (1/2 c.)	40	103.70	15.55	1.04	0.00	0.00
Chilled Applesauce - 6555 (1/2 c.)	40	59.25	15.55	1.70	11.86	(M)
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Rosey Applesauce - 6565 (1/2 c.)	10	70.45	18.27	1.70	14.58	2.72(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	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)	40	130.00	20.00	0.00	18.00	6.00
Red Velvet Cookie - 7557 (1 cookie)	50	160.00	25.00	1.00	13.00	6.00
Ketchup - 8000 (1 foil pack)	10	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
HS Lunch W4D2 Menu 1 - ServingDate: 08/25/2026						
Chicken Sandwich - LR1037 (1 sandwich)	50	344.07	44.01	2.67	4.67	4.00(M)
Southwest Dip and Chips - LR1040 (1 serving)	50	601.81	37.17	2.51	6.69	0.50
Pinto Beans - 5550 (1/2 c.)	10	144.78	26.76	10.67	1.59	0.00(M)
Tater Tots - 6095 (1/2 c.)	50	143.10	16.36	1.02	0.00	0.00(M)
Corn - 6010 (1/2 c.)	35	117.17	21.46	1.26	8.84	3.79
Chilled Peach Slices - 6815 (1/2 c.)	60	57.24	13.36	0.95	12.40	4.77

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W4D2 Menu 1 - ServingDate: 08/25/2026						
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)	25	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)	40	130.00	20.00	0.00	18.00	6.00
Chocolate Pudding - 7640 (1/2 c.)	45	134.17	24.95	0.00	17.01	15.88 (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
HS Lunch W4D3 Menu 1 - ServingDate: 08/26/2026						
Chef Salad - LR1041 (1 salad)	10	246.46	17.79	2.40	8.72	3.71(M)
Mandarin Chicken - 3055 (1 #6 scoop)	90	151.04	20.14	0.00	11.08	11.08
Garlic Knot Roll - 7141 (1 roll.)	90	170.00	27.00	3.00	3.00	2.00
Saltine Crackers - LR1053 (6 pkg.)	10	135.00	24.00	0.00	0.00	0.00
Carrots w/ Dip - LR1010 (1/2 c.)	30	39.77	9.93	2.46	5.05	1.00
Savory Green Beans - 5745 (1/2 c.)	35	39.55	4.58	2.27	2.27	0.00
Chilled Pear Halves - 6850 (1/2 c.)	60	51.52	13.74	2.58	10.30	4.29
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)	25	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W4D3 Menu 1 - ServingDate: 08/26/2026						
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	40	130.00	20.00	0.00	18.00	6.00
Steamed Rice - 7090 (1/2 c.)	70	105.26	22.61	0.87	0.19	0.00
Croutons - 7110 (1 pkg.)	10	60.00	9.00	1.00	1.00	0.00
Chocolate Brownies - 7510 Briggs (1 piece)	50	169.81	25.89	1.36	18.03	18.03 (M)
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
HS Lunch W4D4 Menu 1 - ServingDate: 08/27/2026						
Chicken Tenders - 3190 (3 tenders)	70	200.00	14.00	0.00	0.00	0.00
Stromboli Supreme - LR1060 (1 slice)	30	365.59	43.18	1.63	3.92	1.50(M)
Garlic Toast - 7115 (1 slice)	80	90.00	14.00	1.00	1.00	0.00
Mashed Potatoes - 6070 (1/2 c.)	60	101.46	17.12	1.14	0.00	0.00
Steamed Broccoli Florets - 5610 (1/2 c.)	10	34.78	3.58	2.15	0.71	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	40	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	60	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
Brown Gravy - 8130 Merchants (2 oz.)	25	20.65	3.10	0.00	1.03	0.00(M)
Banana Pudding - 7610 (1/2 c.)	50	157.32	31.23	0.85	18.14	9.61(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W4D4 Menu 1 - ServingDate: 08/27/2026						
Ketchup - 8000 (1 foil pack)	25	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 W4D5 Menu 1 - ServingDate: 08/28/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	40	334.91	32.00	3.00	5.50	4.00(M)
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	40	306.93	35.09	2.31	6.20	3.00
Baked Beans - LR1012 (1/2 c.)	15	207.05	39.49	5.45	15.11 (M)	6.47(M)
Sidewinder Potatoes - 6167 (1/2 c.)	50	103.70	15.55	1.04	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)	25	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)	40	130.00	20.00	0.00	18.00	6.00
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)	25	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W1D1 Menu 1 - ServingDate: 08/31/2026						
Country Fried Steak Sandwich - 4125 (1 sandwich)	65	409.91	47.00	6.00	6.00	4.00
Pizza, Variety - LR1001 (1 slice)	35	329.01	33.23	3.25	4.00	1.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Green Peas - LR1059 (1/2 c.)	15	116.99	18.72	5.76	8.64	2.88
Sidewinder Potatoes - 6167 (1/2 c.)	50	103.70	15.55	1.04	0.00	0.00
Chilled Applesauce - 6555 (1/2 c.)	60	59.25	15.55	1.70	11.86	(M)
Fresh Fruit Bowl - 6715 (1 ea.)	20	90.99	23.70	3.96	14.13	0.00
Rosey Applesauce - 6565 (1/2 c.)	20	70.45	18.27	1.70	14.58	2.72(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	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)	40	130.00	20.00	0.00	18.00	6.00
Brookie Cookie - 7515 (1 cookie)	50	150.07	23.00	1.00	14.00	3.00
Ketchup - 8000 (1 foil pack)	10	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

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

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