

# Menu Calendar Nutrient Analysis Report - September, 2026

Generated on: 8/18/2026 2:03:39 PM by Mary Trammell

Site: NORTHWEST RANKIN HIGH SCHOOL  
Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W1D2<br/>Menu 2 -<br/>ServingDate:<br/>09/01/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Sandwich - LR1037 (1 sandwich)                            | 80          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00                |
| Fajita Chicken Wrap - 4345 Merchants (1 wrap)                     | 20          | 310.97             | 24.77       | 2.00               | 3.88                | 1.83                |
| Saltine Crackers - LR1054 (2 pkg.)                                | 20          | 45.00              | 8.00        | 0.00               | 0.00                | 0.00                |
| Pinto Beans - 5550 (1/2 c.)                                       | 10          | 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.)                                              | 25          | 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.)                                   | 45          | 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)                            | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| <b>HS Lunch W1D3<br/>Menu 2 -<br/>ServingDate:<br/>09/02/2026</b> |             |                    |             |                    |                     |                     |
| 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                |

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Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W1D3<br/>Menu 2 -<br/>ServingDate:<br/>09/02/2026</b> |             |                    |             |                    |                     |                     |
| Spaghetti with Meat<br>Sauce - LR1055 (1<br>serving)              | 80          | 268.80             | 24.47       | 1.51               | 5.95                | 0.00(M)             |
| Garlic Knot - LR1046 (1<br>knot)                                  | 80          | 170.00             | 27.00       | 3.00               | 3.00                | 2.00                |
| Saltine Crackers -<br>LR1053 (6 pkg.)                             | 5           | 135.00             | 24.00       | 0.00               | 0.00                | 0.00                |
| Carrots w/ Dip -<br>LR1010 (1/2 c.)                               | 15          | 39.77              | 9.93        | 2.46               | 5.05                | 1.00                |
| Savory Green Beans -<br>5745 (1/2 c.)                             | 25          | 39.55              | 4.58        | 2.27               | 2.27                | 0.00                |
| Chilled Pear Halves -<br>6850 (1/2 c.)                            | 50          | 51.52              | 13.74       | 2.58               | 10.30               | 4.29                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 50          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Croutons - 7110 (1<br>pkg.)                                       | 5           | 60.00              | 9.00        | 1.00               | 1.00                | 0.00                |
| Candy Cookies - 7537<br>(1 cookie)                                | 45          | 101.92             | 18.38       | 1.87               | 9.00                | 8.79                |
| Ranch Dressing - 8080<br>(1 oz.)                                  | 5           | 56.76              | 1.86        | 0.00               | 0.86                | 0.00                |
| <b>HS Lunch W1D4<br/>Menu 2 -<br/>ServingDate:<br/>09/03/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Tenders - 3190<br>(3 tenders)                             | 85          | 200.00             | 14.00       | 0.00               | 0.00                | 0.00                |
| Sloppy Joe on Bun -<br>4085 (1 ea.)                               | 15          | 325.65             | 33.94       | 2.21               | 8.80(M)             | 7.04                |
| Garlic Toast - 7115 (1<br>slice)                                  | 70          | 90.00              | 14.00       | 1.00               | 1.00                | 0.00                |
| Cheese Topped Mashed<br>Potatoes - 6075 (1/2<br>c.)               | 40          | 123.06             | 17.33       | 1.14               | 0.00                | 0.00                |

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| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W1D4<br/>Menu 2 -<br/>ServingDate:<br/>09/03/2026</b> |             |                    |             |                    |                     |                     |
| Steamed Broccoli Florets - 5610 (1/2 c.)                          | 15          | 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                |
| 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)                                    | 40          | 247.30             | 45.24       | 0.90               | 31.47               | 28.84 (M)           |
| Ketchup - 8000 (1 foil pack)                                      | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Variety of Dipping Sauce - LR1085 (1 packet)                      | 15          | 36.52              | 8.09        | 0.17               | 6.99                | 6.81                |
| <b>HS Lunch W1D5<br/>Menu 2 -<br/>ServingDate:<br/>09/04/2026</b> |             |                    |             |                    |                     |                     |
| Cheeseburger - 4100.1 (1 Cheeseburg)                              | 20          | 334.91             | 32.00       | 3.00               | 5.50                | 4.00(M)             |
| Hamburger - 4105.1 (1 burger)                                     | 75          | 279.91             | 31.00       | 3.00               | 5.00                | 4.00(M)             |
| Ranch Club Wrap - LR1036 (1 wrap)                                 | 5           | 341.81             | 29.36       | 2.38               | 5.86                | 2.00                |
| Macaroni and Cheese - 7030 Merchants (1/2 c.)                     | 25          | 120.60             | 20.19       | 0.88(M)            | 0.88                | 0.00                |
| Saltine Crackers - LR1054 (2 pkg.)                                | 5           | 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.)                             | 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                |

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| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W1D5<br/>Menu 2 -<br/>ServingDate:<br/>09/04/2026</b> |             |                    |             |                    |                     |                     |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 40          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Assorted Gelatins with<br>Topping - 7580 (1/2 c.)                 | 50          | 89.81              | 19.38       | 0.00               | 19.38               | 18.26<br>(M)        |
| Ketchup - 8000 (1 foil<br>pack)                                   | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>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                |
| <b>HS Lunch W2D2<br/>Menu 2 -<br/>ServingDate:<br/>09/08/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Sandwich -<br>LR1037 (1 sandwich)                         | 35          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00                |
| Walking Tacos - 1095<br>Merchants (1 Walking<br>Ta)               | 65          | 424.95             | 37.13       | 2.43               | 6.26                | 1.22                |
| Pinto Beans - 5550 (1/2<br>c.)                                    | 15          | 144.78             | 26.76       | 10.67              | 1.59                | 0.00(M)             |
| Tater Tots - 6095 (1/2<br>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 -<br>6815 (1/2 c.)                           | 60          | 57.24              | 13.36       | 0.95               | 12.40               | 4.77                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 40          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |

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| Item Name<br>(Serving Size)                                       | Planned<br>Qty | Calories<br>(Kcal) | Carb<br>(g) | Total<br>Fiber<br>(g) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) |
|-------------------------------------------------------------------|----------------|--------------------|-------------|-----------------------|------------------------|------------------------|
| <b>HS Lunch W2D2<br/>Menu 2 -<br/>ServingDate:<br/>09/08/2026</b> |                |                    |             |                       |                        |                        |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40             | 130.00             | 20.00       | 0.00                  | 18.00                  | 6.00                   |
| Sour Cream - 8115 (1<br>Portion Cu)                               | 20             | 33.08              | 0.94        | 0.00                  | 0.94                   | 0.00                   |
| Chocolate Pudding -<br>7640 (1/2 c.)                              | 50             | 134.17             | 24.95       | 0.00                  | 17.01                  | 15.88<br>(M)           |
| Ketchup - 8000 (1 foil<br>pack)                                   | 20             | 10.62              | 2.39        | 0.12                  | 2.01                   | 1.77                   |
| Mayonnaise - 8010<br>Merchants (1 packet)                         | 5              | 29.64              | 0.59        | 0.00                  | 0.00                   | 0.00                   |
| <b>HS Lunch W2D3<br/>Menu 2 -<br/>ServingDate:<br/>09/09/2026</b> |                |                    |             |                       |                        |                        |
| Cheesy Chicken over<br>Rice - 3120 Merchants<br>(1 serving)       | 80             | 371.52             | 31.04       | 1.08                  | 3.15                   | 0.17                   |
| Chef Salad - LR1041 (1<br>salad)                                  | 20             | 246.46             | 17.79       | 2.40                  | 8.72                   | 3.71(M)                |
| Garlic Knot Roll - 7141<br>(1 roll.)                              | 80             | 170.00             | 27.00       | 3.00                  | 3.00                   | 2.00                   |
| Saltine Crackers -<br>LR1053 (6 pkg.)                             | 20             | 135.00             | 24.00       | 0.00                  | 0.00                   | 0.00                   |
| Carrots w/ Dip -<br>LR1010 (1/2 c.)                               | 30             | 39.77              | 9.93        | 2.46                  | 5.05                   | 1.00                   |
| Savory Green Beans -<br>5745 (1/2 c.)                             | 35             | 39.55              | 4.58        | 2.27                  | 2.27                   | 0.00                   |
| Chilled Pear Halves -<br>6850 (1/2 c.)                            | 60             | 51.52              | 13.74       | 2.58                  | 10.30                  | 4.29                   |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 40             | 90.99              | 23.70       | 3.96                  | 14.13                  | 0.00                   |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25             | 100.00             | 11.00       | 0.00                  | 11.00                  | 0.00                   |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5              | 140.00             | 22.00       | 0.00                  | 22.00                  | 9.00                   |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40             | 130.00             | 20.00       | 0.00                  | 18.00                  | 6.00                   |
| Croutons - 7110 (1<br>pkg.)                                       | 20             | 60.00              | 9.00        | 1.00                  | 1.00                   | 0.00                   |

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| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W2D3<br/>Menu 2 -<br/>ServingDate:<br/>09/09/2026</b> |             |                    |             |                    |                     |                     |
| Chocolate Brownies -<br>7510 Briggs (1 piece)                     | 50          | 169.81             | 25.89       | 1.36               | 18.03               | 18.03<br>(M)        |
| Ranch Dressing - 8080<br>(1 oz.)                                  | 10          | 56.76              | 1.86        | 0.00               | 0.86                | 0.00                |
| <b>HS Lunch W2D4<br/>Menu 2 -<br/>ServingDate:<br/>09/10/2026</b> |             |                    |             |                    |                     |                     |
| Crispy Steak Fingers -<br>1045 (4 ea.)                            | 30          | 290.00             | 18.00       | 4.00               | 1.00                | 0.00                |
| Chicken Tenders - 3190<br>(3 tenders)                             | 70          | 200.00             | 14.00       | 0.00               | 0.00                | 0.00                |
| Garlic Toast - 7115 (1<br>slice)                                  | 85          | 90.00              | 14.00       | 1.00               | 1.00                | 0.00                |
| Mashed Potatoes - 6070<br>(1/2 c.)                                | 55          | 101.46             | 17.12       | 1.14               | 0.00                | 0.00                |
| Steamed Broccoli<br>Florets - 5610 (1/2 c.)                       | 15          | 34.78              | 3.58        | 2.15               | 0.71                | 0.00                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 40          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Chilled Strawberry<br>Slices - 6945 (1/2 c.)                      | 60          | 82.38              | 21.05       | 1.83               | 15.56               | (M)                 |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 30          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Brown Gravy - 8130<br>Merchants (2 oz.)                           | 35          | 20.65              | 3.10        | 0.00               | 1.03                | 0.00(M)             |
| Banana Pudding - 7610<br>(1/2 c.)                                 | 50          | 157.32             | 31.23       | 0.85               | 18.14               | 9.61(M)             |
| Ketchup - 8000 (1 foil<br>pack)                                   | 25          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Variety of Dipping<br>Sauce - LR1085 (1<br>packet)                | 20          | 36.52              | 8.09        | 0.17               | 6.99                | 6.81                |

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| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W2D5<br/>Menu 2 -<br/>ServingDate:<br/>09/11/2026</b> |             |                    |             |                    |                     |                     |
| Cheeseburger - 4100.1<br>(1 Cheeseburg)                           | 60          | 334.91             | 32.00       | 3.00               | 5.50                | 4.00(M)             |
| Hamburger - 4105.1 (1<br>burger)                                  | 25          | 279.91             | 31.00       | 3.00               | 5.00                | 4.00(M)             |
| Italian Dunker Bites w/<br>Marinara Sauce -<br>LR1064 (4 ea.)     | 15          | 306.80             | 34.75       | 2.39               | 5.32                | 2.45                |
| Baked Beans - LR1012<br>(1/2 c.)                                  | 10          | 207.05             | 39.49       | 5.45               | 15.11<br>(M)        | 6.47(M)             |
| Crinkle Cut Fries - 6110<br>(1/2 c.)                              | 50          | 91.12              | 13.16       | 1.01               | 0.00                | 0.00                |
| Chilled Mandarin<br>Oranges - 6795 (1/2 c.)                       | 60          | 77.91              | 20.68       | 0.89               | 19.78               | 0.00                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 40          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Assorted Gelatins with<br>Topping - 7580 (1/2 c.)                 | 50          | 89.81              | 19.38       | 0.00               | 19.38               | 18.26<br>(M)        |
| Ketchup - 8000 (1 foil<br>pack)                                   | 35          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>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                |
| <b>HS Lunch W3D1<br/>Menu 2 -<br/>ServingDate:<br/>09/14/2026</b> |             |                    |             |                    |                     |                     |
| American Sub Sandwich<br>- 4325.1 Merchants (1<br>sandwich)       | 10          | 348.19             | 35.58       | 3.00               | 6.34                | 5.00                |
| Pizza, Variety - LR1001<br>(1 slice)                              | 90          | 329.01             | 33.23       | 3.25               | 4.00                | 1.00                |
| Glazed Carrots - 5865<br>(1/2 c.)                                 | 10          | 53.95              | 8.89        | 2.86               | 6.24                | 2.16                |

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|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W3D1<br/>Menu 2 -<br/>ServingDate:<br/>09/14/2026</b> |             |                    |             |                    |                     |                     |
| Green Peas - LR1059<br>(1/2 c.)                                   | 15          | 116.99             | 18.72       | 5.76               | 8.64                | 2.88                |
| Sidewinder Potatoes -<br>6167 (1/2 c.)                            | 35          | 103.70             | 15.55       | 1.04               | 0.00                | 0.00                |
| Chilled Applesauce -<br>6555 (1/2 c.)                             | 40          | 59.25              | 15.55       | 1.70               | 11.86               | (M)                 |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 50          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Rosey Applesauce -<br>6565 (1/2 c.)                               | 10          | 70.45              | 18.27       | 1.70               | 14.58               | 2.72(M)             |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Brookie Cookie - 7515<br>(1 cookie)                               | 40          | 150.07             | 23.00       | 1.00               | 14.00               | 3.00                |
| Ketchup - 8000 (1 foil<br>pack)                                   | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>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                |
| <b>HS Lunch W3D2<br/>Menu 2 -<br/>ServingDate:<br/>09/15/2026</b> |             |                    |             |                    |                     |                     |
| Beef Pepper Jack<br>Quesadilla - LR1058 (1<br>quesadilla)         | 25          | 438.40             | 23.26       | 2.36               | 2.85                | 1.00                |
| Chicken Sandwich -<br>LR1037 (1 sandwich)                         | 75          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00                |
| Saltine Crackers -<br>LR1054 (2 pkg.)                             | 25          | 45.00              | 8.00        | 0.00               | 0.00                | 0.00                |
| Pinto Beans - 5550 (1/2<br>c.)                                    | 5           | 144.78             | 26.76       | 10.67              | 1.59                | 0.00(M)             |
| Tater Tots - 6095 (1/2<br>c.)                                     | 40          | 143.10             | 16.36       | 1.02               | 0.00                | 0.00(M)             |

# Menu Calendar Nutrient Analysis Report - September, 2026

Generated on: 8/18/2026 2:03:39 PM by Mary Trammell

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W3D2<br/>Menu 2 -<br/>ServingDate:<br/>09/15/2026</b> |             |                    |             |                    |                     |                     |
| Corn - 6010 (1/2 c.)                                              | 25          | 117.17             | 21.46       | 1.26               | 8.84                | 3.79                |
| Chilled Peach Slices -<br>6815 (1/2 c.)                           | 60          | 57.24              | 13.36       | 0.95               | 12.40               | 4.77                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 40          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Vanilla Pudding - 7645<br>(1/2 c.)                                | 40          | 134.17             | 25.94       | 0.00               | 16.02               | 13.88<br>(M)        |
| Ketchup - 8000 (1 foil<br>pack)                                   | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                         | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| <b>HS Lunch W3D3<br/>Menu 2 -<br/>ServingDate:<br/>09/16/2026</b> |             |                    |             |                    |                     |                     |
| Chef Salad - LR1041 (1<br>salad)                                  | 5           | 246.46             | 17.79       | 2.40               | 8.72                | 3.71(M)             |
| Chicken Salad on a<br>Croissant - 4280.1 (1<br>ea.)               | 30          | 327.45             | 32.41       | 2.22               | 5.13(M)             | 4.82                |
| Italian Rotini Casserole<br>- 1190 (3/4 c.)                       | 65          | 350.06             | 30.08       | 1.76               | 5.80                | 0.00(M)             |
| Garlic Knot Roll - 7141<br>(1 roll.)                              | 65          | 170.00             | 27.00       | 3.00               | 3.00                | 2.00                |
| Saltine Crackers -<br>LR1053 (6 pkg.)                             | 5           | 135.00             | 24.00       | 0.00               | 0.00                | 0.00                |
| Carrots w/ Dip -<br>LR1010 (1/2 c.)                               | 15          | 39.77              | 9.93        | 2.46               | 5.05                | 1.00                |
| Savory Green Beans -<br>5745 (1/2 c.)                             | 20          | 39.55              | 4.58        | 2.27               | 2.27                | 0.00                |
| Chilled Pear Halves -<br>6850 (1/2 c.)                            | 50          | 51.52              | 13.74       | 2.58               | 10.30               | 4.29                |

# Menu Calendar Nutrient Analysis Report - September, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W3D3<br/>Menu 2 -<br/>ServingDate:<br/>09/16/2026</b> |             |                    |             |                    |                     |                     |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 50          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Croutons - 7110 (1<br>pkg.)                                       | 5           | 60.00              | 9.00        | 1.00               | 1.00                | 0.00                |
| Candy Cookies - 7537<br>(1 cookie)                                | 45          | 101.92             | 18.38       | 1.87               | 9.00                | 8.79                |
| Ranch Dressing - 8080<br>(1 oz.)                                  | 5           | 56.76              | 1.86        | 0.00               | 0.86                | 0.00                |
| <b>HS Lunch W3D4<br/>Menu 2 -<br/>ServingDate:<br/>09/17/2026</b> |             |                    |             |                    |                     |                     |
| BBQ Pork Sandwich -<br>4205.1 (1 ea.)                             | 5           | 375.09             | 37.72       | 2.00               | 11.78<br>(M)        | 11.78<br>(M)        |
| Chicken and Waffles -<br>3205 (1 serving)                         | 35          | 490.63             | 68.22       | 3.00               | 26.12               | 24.11               |
| Chicken Tenders - 3190<br>(3 tenders)                             | 60          | 200.00             | 14.00       | 0.00               | 0.00                | 0.00                |
| Garlic Toast - 7115 (1<br>slice)                                  | 60          | 90.00              | 14.00       | 1.00               | 1.00                | 0.00                |
| Cheese Topped Mashed<br>Potatoes - 6075 (1/2<br>c.)               | 25          | 123.06             | 17.33       | 1.14               | 0.00                | 0.00                |
| Steamed Broccoli<br>Florets - 5610 (1/2 c.)                       | 25          | 34.78              | 3.58        | 2.15               | 0.71                | 0.00                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 35          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Chilled Strawberry<br>Slices - 6945 (1/2 c.)                      | 65          | 82.38              | 21.05       | 1.83               | 15.56               | (M)                 |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |

# Menu Calendar Nutrient Analysis Report - September, 2026

Generated on: 8/18/2026 2:03:39 PM by Mary Trammell

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W3D4<br/>Menu 2 -<br/>ServingDate:<br/>09/17/2026</b> |             |                    |             |                    |                     |                     |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Southern Mud - 7620 (1<br>square)                                 | 40          | 247.30             | 45.24       | 0.90               | 31.47               | 28.84<br>(M)        |
| Ketchup - 8000 (1 foil<br>pack)                                   | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Variety of Dipping<br>Sauce - LR1085 (1<br>packet)                | 5           | 36.52              | 8.09        | 0.17               | 6.99                | 6.81                |
| <b>HS Lunch W3D5<br/>Menu 2 -<br/>ServingDate:<br/>09/18/2026</b> |             |                    |             |                    |                     |                     |
| Cheeseburger - 4100.1<br>(1 Cheeseburg)                           | 20          | 334.91             | 32.00       | 3.00               | 5.50                | 4.00(M)             |
| Hamburger - 4105.1 (1<br>burger)                                  | 55          | 279.91             | 31.00       | 3.00               | 5.00                | 4.00(M)             |
| Crispy Rolled Tacos<br>with Chicken - 3242 (2<br>tacos)           | 25          | 428.16             | 42.96       | 0.56               | 2.74                | 0.24                |
| Baked Beans - LR1012<br>(1/2 c.)                                  | 10          | 207.05             | 39.49       | 5.45               | 15.11<br>(M)        | 6.47(M)             |
| Crinkle Cut Fries - 6110<br>(1/2 c.)                              | 40          | 91.12              | 13.16       | 1.01               | 0.00                | 0.00                |
| Chilled Mandarin<br>Oranges - 6795 (1/2 c.)                       | 60          | 77.91              | 20.68       | 0.89               | 19.78               | 0.00                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 40          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 30          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Assorted Gelatins with<br>Topping - 7580 (1/2 c.)                 | 40          | 89.81              | 19.38       | 0.00               | 19.38               | 18.26<br>(M)        |

# Menu Calendar Nutrient Analysis Report - September, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned<br>Qty | Calories<br>(Kcal) | Carb<br>(g) | Total<br>Fiber<br>(g) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) |
|-------------------------------------------------------------------|----------------|--------------------|-------------|-----------------------|------------------------|------------------------|
| <b>HS Lunch W3D5<br/>Menu 2 -<br/>ServingDate:<br/>09/18/2026</b> |                |                    |             |                       |                        |                        |
| Ketchup - 8000 (1 foil<br>pack)                                   | 15             | 10.62              | 2.39        | 0.12                  | 2.01                   | 1.77                   |
| Mayonnaise - 8010<br>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                   |
| <b>HS Lunch W4D1<br/>Menu 2 -<br/>ServingDate:<br/>09/21/2026</b> |                |                    |             |                       |                        |                        |
| Hot Dog - 4230<br>Merchants (1 ea.)                               | 10             | 309.70             | 29.00       | 3.00                  | 3.00                   | 1.33(M)                |
| Pizza, Variety - LR1001<br>(1 slice)                              | 90             | 329.01             | 33.23       | 3.25                  | 4.00                   | 1.00                   |
| Glazed Carrots - 5865<br>(1/2 c.)                                 | 10             | 53.95              | 8.89        | 2.86                  | 6.24                   | 2.16                   |
| Green Peas - LR1059<br>(1/2 c.)                                   | 15             | 116.99             | 18.72       | 5.76                  | 8.64                   | 2.88                   |
| Sidewinder Potatoes -<br>6167 (1/2 c.)                            | 30             | 103.70             | 15.55       | 1.04                  | 0.00                   | 0.00                   |
| Chilled Applesauce -<br>6555 (1/2 c.)                             | 40             | 59.25              | 15.55       | 1.70                  | 11.86                  | (M)                    |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 50             | 90.99              | 23.70       | 3.96                  | 14.13                  | 0.00                   |
| Rosey Applesauce -<br>6565 (1/2 c.)                               | 10             | 70.45              | 18.27       | 1.70                  | 14.58                  | 2.72(M)                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25             | 100.00             | 11.00       | 0.00                  | 11.00                  | 0.00                   |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5              | 140.00             | 22.00       | 0.00                  | 22.00                  | 9.00                   |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 35             | 130.00             | 20.00       | 0.00                  | 18.00                  | 6.00                   |
| Red Velvet Cookie -<br>7557 (1 cookie)                            | 40             | 160.00             | 25.00       | 1.00                  | 13.00                  | 6.00                   |
| Ketchup - 8000 (1 foil<br>pack)                                   | 10             | 10.62              | 2.39        | 0.12                  | 2.01                   | 1.77                   |
| Mayonnaise - 8010<br>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                   |

# Menu Calendar Nutrient Analysis Report - September, 2026

Generated on: 8/18/2026 2:03:39 PM by Mary Trammell

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W4D2<br/>Menu 2 -<br/>ServingDate:<br/>09/22/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Sandwich -<br>LR1037 (1 sandwich)                         | 80          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00                |
| Southwest Dip and<br>Chips - LR1040 (1<br>serving)                | 20          | 601.81             | 37.17       | 2.51               | 6.69                | 0.50                |
| Pinto Beans - 5550 (1/2<br>c.)                                    | 10          | 144.78             | 26.76       | 10.67              | 1.59                | 0.00(M)             |
| Tater Tots - 6095 (1/2<br>c.)                                     | 35          | 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 -<br>6815 (1/2 c.)                           | 60          | 57.24              | 13.36       | 0.95               | 12.40               | 4.77                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 40          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Chocolate Pudding -<br>7640 (1/2 c.)                              | 40          | 134.17             | 24.95       | 0.00               | 17.01               | 15.88<br>(M)        |
| Ketchup - 8000 (1 foil<br>pack)                                   | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                         | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| <b>HS Lunch W4D3<br/>Menu 2 -<br/>ServingDate:<br/>09/23/2026</b> |             |                    |             |                    |                     |                     |
| Chef Salad - LR1041 (1<br>salad)                                  | 10          | 246.46             | 17.79       | 2.40               | 8.72                | 3.71(M)             |
| Mandarin Chicken -<br>3055 (1 #6 scoop)                           | 90          | 151.04             | 20.14       | 0.00               | 11.08               | 11.08               |
| Garlic Knot Roll - 7141<br>(1 roll.)                              | 90          | 170.00             | 27.00       | 3.00               | 3.00                | 2.00                |
| Saltine Crackers -<br>LR1053 (6 pkg.)                             | 10          | 135.00             | 24.00       | 0.00               | 0.00                | 0.00                |

# Menu Calendar Nutrient Analysis Report - September, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W4D3<br/>Menu 2 -<br/>ServingDate:<br/>09/23/2026</b> |             |                    |             |                    |                     |                     |
| Carrots w/ Dip - LR1010 (1/2 c.)                                  | 15          | 39.77              | 9.93        | 2.46               | 5.05                | 1.00                |
| Savory Green Beans - 5745 (1/2 c.)                                | 25          | 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 )                 | 35          | 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)                        | 40          | 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                |
| <b>HS Lunch W4D4<br/>Menu 2 -<br/>ServingDate:<br/>09/24/2026</b> |             |                    |             |                    |                     |                     |
| 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)                                     | 70          | 90.00              | 14.00       | 1.00               | 1.00                | 0.00                |
| Mashed Potatoes - 6070 (1/2 c.)                                   | 40          | 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)                 |

# Menu Calendar Nutrient Analysis Report - September, 2026

Generated on: 8/18/2026 2:03:39 PM by Mary Trammell

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W4D4<br/>Menu 2 -<br/>ServingDate:<br/>09/24/2026</b> |             |                    |             |                    |                     |                     |
| 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.)                                    | 40          | 157.32             | 31.23       | 0.85               | 18.14               | 9.61(M)             |
| Ketchup - 8000 (1 foil pack)                                      | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Variety of Dipping Sauce - LR1085 (1 packet)                      | 15          | 36.52              | 8.09        | 0.17               | 6.99                | 6.81                |
| <b>HS Lunch W4D5<br/>Menu 2 -<br/>ServingDate:<br/>09/25/2026</b> |             |                    |             |                    |                     |                     |
| Cheeseburger - 4100.1 (1 Cheeseburg)                              | 15          | 334.91             | 32.00       | 3.00               | 5.50                | 4.00(M)             |
| Hamburger - 4105.1 (1 burger)                                     | 75          | 279.91             | 31.00       | 3.00               | 5.00                | 4.00(M)             |
| Hot Ham & Cheese Croissant - LR1006 (1 sandwich)                  | 10          | 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.)                               | 35          | 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                |

# Menu Calendar Nutrient Analysis Report - September, 2026

Generated on: 8/18/2026 2:03:39 PM by Mary Trammell

Site: NORTHWEST RANKIN HIGH SCHOOL

Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W4D5<br/>Menu 2 -<br/>ServingDate:<br/>09/25/2026</b> |             |                    |             |                    |                     |                     |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Assorted Gelatins with<br>Topping - 7580 (1/2 c.)                 | 40          | 89.81              | 19.38       | 0.00               | 19.38               | 18.26<br>(M)        |
| Ketchup - 8000 (1 foil<br>pack)                                   | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>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                |
| <b>HS Lunch W1D1<br/>Menu 2 -<br/>ServingDate:<br/>09/28/2026</b> |             |                    |             |                    |                     |                     |
| Country Fried Steak<br>Sandwich - 4125 (1<br>sandwich)            | 70          | 409.91             | 47.00       | 6.00               | 6.00                | 4.00                |
| Pizza, Variety - LR1001<br>(1 slice)                              | 30          | 329.01             | 33.23       | 3.25               | 4.00                | 1.00                |
| Glazed Carrots - 5865<br>(1/2 c.)                                 | 10          | 53.95              | 8.89        | 2.86               | 6.24                | 2.16                |
| Green Peas - LR1059<br>(1/2 c.)                                   | 15          | 116.99             | 18.72       | 5.76               | 8.64                | 2.88                |
| Sidewinder Potatoes -<br>6167 (1/2 c.)                            | 35          | 103.70             | 15.55       | 1.04               | 0.00                | 0.00                |
| Chilled Applesauce -<br>6555 (1/2 c.)                             | 60          | 59.25              | 15.55       | 1.70               | 11.86               | (M)                 |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Rosey Applesauce -<br>6565 (1/2 c.)                               | 20          | 70.45              | 18.27       | 1.70               | 14.58               | 2.72(M)             |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )  | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )          | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )           | 40          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Brookie Cookie - 7515<br>(1 cookie)                               | 50          | 150.07             | 23.00       | 1.00               | 14.00               | 3.00                |

# Menu Calendar Nutrient Analysis Report - September, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL  
Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W1D1<br/>Menu 2 -<br/>ServingDate:<br/>09/28/2026</b> |             |                    |             |                    |                     |                     |
| 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                |
| <b>HS Lunch W1D2<br/>Menu 2 -<br/>ServingDate:<br/>09/29/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Sandwich - LR1037 (1 sandwich)                            | 80          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00                |
| Fajita Chicken Wrap - 4345 Merchants (1 wrap)                     | 20          | 310.97             | 24.77       | 2.00               | 3.88                | 1.83                |
| Saltine Crackers - LR1054 (2 pkg.)                                | 20          | 45.00              | 8.00        | 0.00               | 0.00                | 0.00                |
| Pinto Beans - 5550 (1/2 c.)                                       | 10          | 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.)                                              | 25          | 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.)                                   | 45          | 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)                            | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |

# Menu Calendar Nutrient Analysis Report - September, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL  
Date: 09/01/2026 - 09/30/2026

| Item Name<br>(Serving Size)                                       | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>HS Lunch W1D3<br/>Menu 2 -<br/>ServingDate:<br/>09/30/2026</b> |             |                    |             |                    |                     |                     |
| 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.)                                  | 15          | 39.77              | 9.93        | 2.46               | 5.05                | 1.00                |
| Savory Green Beans - 5745 (1/2 c.)                                | 25          | 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)                                   | 45          | 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                |

**Legend**  
(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - September, 2026

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Site: NORTHWEST RANKIN HIGH SCHOOL  
Date: 09/01/2026 - 09/30/2026

**Report Selections**

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