Menu Calendar Nutrient Analysis Report - December, 2026

Generated on: 11/5/2026 12:11:57 PM by Mary Trammell

Site: NORTHWEST RANKIN HIGH SCHOOL
Date: 12/01/2026 - 12/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W4D2 Menu 5 - ServingDate: 12/01/2026						
Buffalo Hot Wings - 3280 (4 Wings)	10	160.08	3.00	0.00	1.00	0.00(M)
Southwest Dip and Chips - LR1040 (1 serving)	90	601.81	37.17	2.51	6.69	0.50
Garlic Knot Roll - 7141 (1 roll.)	10	170.00	27.00	3.00	3.00	2.00
Pinto Beans - 5550 (1/2 c.)	5	144.78	26.76	10.67	1.59	0.00(M)
Tater Tots - 6095 (1/2 c.)	40	143.10	16.36	1.02	0.00	0.00
Corn - 6010 (1/2 c.)	20	117.17	21.46	1.26	8.84	3.79
Chilled Peach Slices - 6815 (1/2 c.)	50	57.24	13.36	0.95	12.40	4.77
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)	35	130.00	20.00	0.00	18.00	6.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Chocolate Pudding - 7640 (1/2 c.)	40	134.17	24.95	0.00	17.01	15.88 (M)
HS Lunch W4D3 Menu 5 - ServingDate: 12/02/2026						
Chicken and Sausage Gumbo over Rice - 4610.1 (1 serving)	55	337.30	35.84	1.94	3.30	0.00
Chicken Tenders - 3190 (3 tenders)	40	200.00	14.00	0.00	0.00	0.00
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	5	306.93	35.09	2.31	6.20	3.00(M)

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HS Lunch W4D3 Menu 5 - ServingDate: 12/02/2026						
Garlic Toast - 7115 (1 slice)	85	90.00	14.00	1.00	1.00	0.00
Carrots w/ Dip - LR1010 (1/2 c.)	10	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)	35	130.00	20.00	0.00	18.00	6.00
Chocolate Brownies - 7510 Briggs (1 piece)	40	169.81	25.89	1.36	18.03	18.03 (M)
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
Variety of Dipping Sauce - LR1085 (1 packet)	10	36.52	8.09	0.17	6.99	6.81
HS Lunch W4D4 Menu 5 - ServingDate: 12/03/2026						
Buffalo Hot Wings - 3280 (4 Wings)	15	160.08	3.00	0.00	1.00	0.00(M)
Chicken Tenders - 3190 (3 tenders)	75	200.00	14.00	0.00	0.00	0.00
Stromboli Supreme - LR1060 (1 slice)	20	365.59	43.18	1.63	3.92	1.50(M)
Garlic Knot Roll - 7141 (1 roll.)	70	170.00	27.00	3.00	3.00	2.00

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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 W4D4 Menu 5 - ServingDate: 12/03/2026						
Celery Sticks with Dip - 5715 (1/2 c.)	5	40.46	9.45	1.05	4.88	4.00
Mashed Potatoes - 6070 (1/2 c.)	30	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.)	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
HS Lunch W4D5 Menu 5 - ServingDate: 12/04/2026						
Chicken Tenders - 3190 (3 tenders)	85	200.00	14.00	0.00	0.00	0.00
Philly Chicken Sandwich - 4165.1 (1 sandwich)	15	313.32	34.83	3.29	7.17	5.00(M)
Garlic Knot Roll - 7141 (1 roll.)	70	170.00	27.00	3.00	3.00	2.00
Baked Beans - LR1012 (1/2 c.)	10	207.05	39.49	5.45	15.11	6.47(M)
Spicy Fries - 6150 Merchants (1/2 c.)	35	110.48	16.07	1.00	0.00	0.00

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HS Lunch W4D5 Menu 5 - ServingDate: 12/04/2026						
Chilled Mandarin Oranges - 6795 (1/2 c.)	50	77.91	20.68	0.89	19.78	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	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
Assorted Gelatins with Topping - 7580 (1/2 c.)	40	89.81	19.38	0.00	19.38	18.26 (M)
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
Variety of Dipping Sauce - LR1085 (1 packet)	10	36.52	8.09	0.17	6.99	6.81
HS Lunch W1D1 Menu 6 - ServingDate: 12/07/2026						
Chicken Tenders - 3190 (3 tenders)	55	200.00	14.00	0.00	0.00	0.00
Mandarin Chicken over Rice w/ Egg Roll - LR1062 (1 serving)	45	473.42	69.61	3.02	14.08	11.08 (M)
Garlic Knot Roll - 7141 (1 roll.)	55	170.00	27.00	3.00	3.00	2.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Lima Beans - 5525 (1/2 c.)	15	117.30	20.22	6.07	1.01	0.00
Sidewinder Potatoes - 6167 (1/2 c.)	35	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	0.00

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HS Lunch W1D1 Menu 6 - ServingDate: 12/07/2026						
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
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
Variety of Dipping Sauce - LR1085 (1 packet)	10	36.52	8.09	0.17	6.99	6.81
HS Lunch W1D2 Menu 6 - ServingDate: 12/08/2026						
Boneless Buffalo Hot Wings - 3285 (5 chunk)	50	200.00	10.00	1.25	1.25	1.25
Pepper Jack Chicken Quesadilla - 3147.1 (1 quesadilla)	50	306.44	24.67	3.26	3.10	1.04(M)
Garlic Knot Roll - 7141 (1 roll.)	50	170.00	27.00	3.00	3.00	2.00
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
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

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HS Lunch W1D2 Menu 6 - ServingDate: 12/08/2026						
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
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Saltine Crackers - LR1054 (2 pkg.)	20	45.00	8.00	0.00	0.00	0.00
Vanilla Pudding - 7645 (1/2 c.)	45	134.17	25.94	0.00	16.02	13.88 (M)
HS Lunch W1D3 Menu 6 - ServingDate: 12/09/2026						
Chicken Salad on a Croissant - 4280.1 (1 ea.)	10	327.45	32.41	2.22	5.13	4.82
Chicken Tenders - 3190 (3 tenders)	45	200.00	14.00	0.00	0.00	0.00
Spaghetti with Meat Sauce - LR1055 (1 serving)	45	268.80	24.47	1.51	5.95	0.00
Garlic Knot Roll - 7141 (1 roll.)	90	170.00	27.00	3.00	3.00	2.00
Carrots w/ Dip - LR1010 (1/2 c.)	15	39.77	9.93	2.46	5.05	1.00
Steamed Broccoli Florets - 5610 (1/2 c.)	25	34.78	3.58	2.15	0.71	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

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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 6 - ServingDate: 12/09/2026						
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	40	130.00	20.00	0.00	18.00	6.00
Candy Cookies - 7537 (1 cookie)	45	101.92	18.38	1.87	9.00	8.79
Variety of Dipping Sauce - LR1085 (1 packet)	15	36.52	8.09	0.17	6.99	6.81
High School Christmas Menu 2026 - ServingDate: 12/10/2026						
Chicken Tenders - 3190 (3 tenders)	65	200.00	14.00	0.00	0.00	0.00
Sliced Turkey Roast with Gravy - LR1091 (1 serving)	35	169.71	3.97	0.00	1.32	0.00(M)
Fluffy Roll - 7145 (1 roll.)	80	170.00	31.00	1.00	5.00	4.00
Savory Green Beans - 5745 (1/2 c.)	15	39.55	4.58	2.27	2.27	0.00
Mashed Potatoes - 6070 (1/2 c.)	40	101.46	17.12	1.14	0.00	0.00
Sweet Potato Casserole - 5915 (1/2 c.)	15	309.15	66.93	6.58	46.72	8.62(M)
Chilled Pineapple Tidbits - 6890 (1/2 c.)	60	72.12	18.87	0.96	15.21	(M)
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
Turkey Dressing - LR1048 (1 serving 1/)	35	128.14	13.87	1.12	2.28	1.36(M)
Christmas Dessert - LR1098 (1 serving)	50	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
High School Christmas Menu 2026 - ServingDate: 12/10/2026						
Ketchup - 8000 (1 foil pack)	15	10.62	2.39	0.12	2.01	1.77
Variety of Dipping Sauces - 8175 (1 packet)	15	40.09	9.06	0.12	7.67	7.59
HS Lunch W1D5 Menu 6 - ServingDate: 12/11/2026						
Chicken Tenders - 3190 (3 tenders)	50	200.00	14.00	0.00	0.00	0.00
Fajita Chicken Loaded Baked Potato - 3255 Briggs (1 potato)	10	222.75	22.07	1.94	2.14	0.00
Crispy Rolled Tacos with Chicken - 3242 (2 tacos)	40	428.16	42.96	0.56	2.74	0.24
Garlic Knot Roll - 7141 (1 roll.)	60	170.00	27.00	3.00	3.00	2.00
Baked Beans - LR1012 (1/2 c.)	15	207.05	39.49	5.45	15.11	6.47(M)
Spicy Fries - 6150 Merchants (1/2 c.)	40	110.48	16.07	1.00	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)	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

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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 W2D1 Menu 6 - ServingDate: 12/14/2026						
Chicken Tenders - 3190 (3 tenders)	65	200.00	14.00	0.00	0.00	0.00
Mandarin Chicken over Rice w/ Egg Roll - LR1062 (1 serving)	25	473.42	69.61	3.02	14.08	11.08 (M)
Garlic Knot Roll - 7141 (1 roll.)	65	170.00	27.00	3.00	3.00	2.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Lima Beans - 5525 (1/2 c.)	15	117.30	20.22	6.07	1.01	0.00
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	0.00
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
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
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
Variety of Dipping Sauce - LR1085 (1 packet)	10	36.52	8.09	0.17	6.99	6.81

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HS Lunch W2D2 Menu 6 - ServingDate: 12/15/2026						
Buffalo Hot Wings - 3280 (4 Wings)	15	160.08	3.00	0.00	1.00	0.00(M)
Walking Tacos - 1095 Merchants (1 Walking Ta)	85	424.95	37.13	2.43	6.26	1.22
Garlic Knot Roll - 7141 (1 roll.)	15	170.00	27.00	3.00	3.00	2.00
Carrots w/Ranch Dressing - LR1092 (1/2 c.)	5	91.63	10.01	2.38	4.91	0.00
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
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)	35	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.)	45	134.17	24.95	0.00	17.01	15.88 (M)
HS Lunch W2D3 Menu 6 - ServingDate: 12/16/2026						
Cheesy Chicken over Rice - 3120.1 (1 serving)	65	346.73	30.66	1.39	3.15	0.17
Chicken Tenders - 3190 (3 tenders)	25	200.00	14.00	0.00	0.00	0.00

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HS Lunch W2D3 Menu 6 - ServingDate: 12/16/2026						
Garlic Knot Roll - 7141 (1 roll.)	100	170.00	27.00	3.00	3.00	2.00
Carrots w/Ranch Dressing - LR1092 (1/2 c.)	10	91.63	10.01	2.38	4.91	0.00
Savory Green Beans - 5745 (1/2 c.)	15	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
Chocolate Brownies - 7510 Briggs (1 piece)	45	169.81	25.89	1.36	18.03	18.03 (M)
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
Variety of Dipping Sauce - LR1085 (1 packet)	10	36.52	8.09	0.17	6.99	6.81
HS Lunch W2D4 Menu 6 - ServingDate: 12/17/2026						
Buffalo Hot Wings - 3280 (4 Wings)	10	160.08	3.00	0.00	1.00	0.00(M)
Chicken Tenders - 3190 (3 tenders)	60	200.00	14.00	0.00	0.00	0.00
Sloppy Joe on Bun - 4085 (1 ea.)	30	325.65	33.94	2.21	8.80	7.04
Garlic Knot Roll - 7141 (1 roll.)	70	170.00	27.00	3.00	3.00	2.00

Menu Calendar Nutrient Analysis Report - December, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL
Date: 12/01/2026 - 12/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
HS Lunch W2D4 Menu 6 - ServingDate: 12/17/2026						
Mashed Potatoes - 6070 (1/2 c.)	50	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)	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
Brown Gravy - 8130 Merchants (2 oz.)	35	20.65	3.10	0.00	1.03	0.00(M)
Banana Pudding - 7610 (1/2 c.)	45	157.32	31.23	0.85	18.14	9.61(M)
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Variety of Dipping Sauce - LR1085 (1 packet)	15	36.52	8.09	0.17	6.99	6.81
High School Brunch Manager's Choice Menu - ServingDate: 12/18/2026						
Brunch Entree - LR1072 (1 serving)	100	(M)	(M)	(M)	(M)	(M)
Brunch Vegetable - LR1075 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Brunch Vegetable - LR1076 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Brunch Fruit - LR1073 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Brunch Fruit - LR1074 (1 serving)	50	(M)	(M)	(M)	(M)	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00

Menu Calendar Nutrient Analysis Report - December, 2026

Site: NORTHWEST RANKIN HIGH SCHOOL
Date: 12/01/2026 - 12/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
High School Brunch Manager's Choice Menu - ServingDate: 12/18/2026						
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)	35	130.00	20.00	0.00	18.00	6.00

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