Menu Calendar Nutrient Analysis Report - December, 2026

Generated on: 11/5/2026 11:46:51 AM 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)
Cougar Cafe W4D2 W4OP2 - ServingDate: 12/01/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Crispy Rolled Tacos with Chicken - 3242 (2 tacos)	15	428.16	42.96	0.56	2.74	0.24
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Black Bean Salad - 5565.1 (2/3 c.)	10	214.27	33.20	8.15	5.76	1.44(M)
Tater Tots - 6095 (1/2 c.)	50	143.10	16.36	1.02	0.00	0.00
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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Vanilla Pudding - 7645 (1/2 c.)	45	134.17	25.94	0.00	16.02	13.88 (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

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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)
Cougar Cafe W4D2 W4OP2 - ServingDate: 12/01/2026						
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Cougar Cafe W4D3W4OP2 - ServingDate: 12/02/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Chicken Tenders Salad - 3570 Merchants (1 salad)	5	302.14	22.90	3.40	7.38	3.41
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Crispy Rolled Tacos with Chicken - 3242 (2 tacos)	15	428.16	42.96	0.56	2.74	0.24
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Carrot, Celery, Cucumber with Dressing - 5965 (1/2 c.)	10	49.32	11.93	1.30	6.10	4.00
Seasoned Potato Wedges - 6145 (1/2 c.)	40	135.53	16.46	1.94	0.00	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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00

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)
Cougar Cafe W4D3W4OP2 - ServingDate: 12/02/2026						
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Candy Cookies - 7537 (1 cookie)	50	101.92	18.38	1.87	9.00	8.79
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
Cougar Cafe W4D4 W4OP2 - ServingDate: 12/03/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chicken Salad with Crackers - 3535.1 (1 serving)	5	251.72	20.32	0.74	3.21	1.81
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Crispy Rolled Tacos with Chicken - 3242 (2 tacos)	15	428.16	42.96	0.56	2.74	0.24
Crunchy Crackers - 7025 (1 pkg.)	5	110.00	19.00	2.00	3.00	3.00
French Fries - 6130 (1/2 c.)	45	110.00	18.00	1.00	0.00	0.00
Raw Veggies w/Ranch Dressing - LR1093 (1/2 c.)	10	79.24	6.55	2.39	3.17	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	50	82.38	21.05	1.83	15.56	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00

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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)
Cougar Cafe W4D4 W4OP2 - ServingDate: 12/03/2026						
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
Southern Mud - 7620 (1 square)	50	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
Mayonnaise - 8010 Merchants (1 packet)	10	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Cougar Cafe W4D5W4OP2 - ServingDate: 12/04/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Crispy Rolled Tacos with Chicken - 3242 (2 tacos)	15	428.16	42.96	0.56	2.74	0.24
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Carrots w/Ranch Dressing - LR1092 (1/2 c.)	10	91.63	10.01	2.38	4.91	0.00
Spicy Fries - 6150 Merchants (1/2 c.)	45	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

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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)
Cougar Cafe W4D5W4OP2 - ServingDate: 12/04/2026						
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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Assorted Gelatins with Topping - 7580 (1/2 c.)	50	89.81	19.38	0.00	19.38	18.26 (M)
Ketchup - 8000 (1 foil pack)	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
Cougar Cafe W1D1 4WOP3 - ServingDate: 12/07/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	15	306.93	35.09	2.31	6.20	3.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Tuna Salad with Crackers - 3595 (1 serving)	5	262.41	21.15	0.83	2.51	0.91(M)
Crunchy Crackers - 7025 (1 pkg.)	5	110.00	19.00	2.00	3.00	3.00

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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)
Cougar Cafe W1D1 4WOP3 - ServingDate: 12/07/2026						
Carrots w/Ranch Dressing - LR1092 (1/2 c.)	10	91.63	10.01	2.38	4.91	0.00
Sidewinder Potatoes - 6167 (1/2 c.)	50	103.70	15.55	1.04	0.00	0.00
Chilled Applesauce - 6555 (1/2 c.)	50	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
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
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
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Cougar Cafe W1D2 4WOP3 - ServingDate: 12/08/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	15	306.93	35.09	2.31	6.20	3.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00

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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)
Cougar Cafe W1D2 4WOP3 - ServingDate: 12/08/2026						
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Black Bean Salad - 5565.1 (2/3 c.)	10	214.27	33.20	8.15	5.76	1.44(M)
Tater Tots - 6095 (1/2 c.)	50	143.10	16.36	1.02	0.00	0.00
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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Vanilla Pudding - 7645 (1/2 c.)	45	134.17	25.94	0.00	16.02	13.88 (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
Cougar Cafe W1D3 4WOP3 - ServingDate: 12/09/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Chicken Tenders Salad - 3570 Merchants (1 salad)	5	302.14	22.90	3.40	7.38	3.41

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)
Cougar Cafe W1D3 4WOP3 - ServingDate: 12/09/2026						
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	15	306.93	35.09	2.31	6.20	3.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Carrot, Celery, Cucumber w/Ranch Dressing - LR1095 (1/2 c.)	10	76.14	6.29	1.30	2.96	0.00
Seasoned Potato Wedges - 6145 (1/2 c.)	40	135.53	16.46	1.94	0.00	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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Candy Cookies - 7537 (1 cookie)	50	101.92	18.38	1.87	9.00	8.79
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

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)
Cougar Cafe W1D4 W4OP3 - ServingDate: 12/10/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chicken Salad with Crackers - 3535.1 (1 serving)	5	251.72	20.32	0.74	3.21	1.81
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	15	306.93	35.09	2.31	6.20	3.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Crunchy Crackers - 7025 (1 pkg.)	5	110.00	19.00	2.00	3.00	3.00
French Fries - 6130 (1/2 c.)	45	110.00	18.00	1.00	0.00	0.00
Raw Veggies w/Ranch Dressing - LR1093 (1/2 c.)	10	79.24	6.55	2.39	3.17	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	50	82.38	21.05	1.83	15.56	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Southern Mud - 7620 (1 square)	50	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
Mayonnaise - 8010 Merchants (1 packet)	10	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00

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)
Cougar Cafe W1D5 W4OP3 - ServingDate: 12/11/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Hot Ham & Cheese Croissant - LR1006 (1 sandwich)	15	306.93	35.09	2.31	6.20	3.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Carrots w/Ranch Dressing - LR1092 (1/2 c.)	10	91.63	10.01	2.38	4.91	0.00
Spicy Fries - 6150 Merchants (1/2 c.)	45	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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Assorted Gelatins with Topping - 7580 (1/2 c.)	50	89.81	19.38	0.00	19.38	18.26 (M)
Ketchup - 8000 (1 foil pack)	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

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)
Cougar Cafe W1D5 W4OP3 - ServingDate: 12/11/2026						
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Cougar Cafe W2D1 W4OP3 - ServingDate: 12/14/2026						
BBQ Chicken Sandwiches - 4140.1 (1 ea.)	15	253.91	35.77	2.00	10.22	10.22
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Tuna Salad with Crackers - 3595 (1 serving)	5	262.41	21.15	0.83	2.51	0.91(M)
Crunchy Crackers - 7025 (1 pkg.)	5	110.00	19.00	2.00	3.00	3.00
Carrots w/Ranch Dressing - LR1092 (1/2 c.)	10	91.63	10.01	2.38	4.91	0.00
Sidewinder Potatoes - 6167 (1/2 c.)	50	103.70	15.55	1.04	0.00	0.00
Chilled Applesauce - 6555 (1/2 c.)	50	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
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Red Velvet Cookie - 7557 (1 cookie)	45	160.00	25.00	1.00	13.00	6.00

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)
Cougar Cafe W2D1 W4OP3 - ServingDate: 12/14/2026						
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	5	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Cougar Cafe W2D2 W4OP3 - ServingDate: 12/15/2026						
BBQ Chicken Sandwiches - 4140.1 (1 ea.)	15	253.91	35.77	2.00	10.22	10.22
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Black Bean Salad - 5565 Merchants (2/3 c.)	15	214.95	33.33	7.80	5.83	1.44
Tater Tots - 6095 (1/2 c.)	50	143.10	16.36	1.02	0.00	0.00
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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00

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)
Cougar Cafe W2D2 W4OP3 - ServingDate: 12/15/2026						
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.)	50	134.17	24.95	0.00	17.01	15.88 (M)
Ketchup - 8000 (1 foil pack)	25	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	10	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Cougar Cafe W2D3 W4OP3 - ServingDate: 12/16/2026						
BBQ Chicken Sandwiches - 4140.1 (1 ea.)	15	253.91	35.77	2.00	10.22	10.22
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Chicken Tenders Salad - 3570 Merchants (1 salad)	5	302.14	22.90	3.40	7.38	3.41
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	0.00
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Carrot, Celery, Cucumber with Dressing - 5965 (1/2 c.)	10	49.32	11.93	1.30	6.10	4.00
Seasoned Potato Wedges - 6145 (1/2 c.)	50	135.53	16.46	1.94	0.00	0.00
Chilled Pear Halves - 6850 (1/2 c.)	50	51.52	13.74	2.58	10.30	4.29

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)
Cougar Cafe W2D3 W4OP3 - ServingDate: 12/16/2026						
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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Chocolate Brownies - 7510 Briggs (1 piece)	50	169.81	25.89	1.36	18.03	18.03 (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
Cougar Cafe W2D4 W4OP3 - ServingDate: 12/17/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chicken Salad with Crackers - 3535.1 (1 serving)	5	251.72	20.32	0.74	3.21	1.81
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Corn Dog - 4075 (1 ea.)	15	239.68	30.00	2.00	8.00	7.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Crunchy Crackers - 7025 (1 pkg.)	5	110.00	19.00	2.00	3.00	3.00
French Fries - 6130 (1/2 c.)	40	110.00	18.00	1.00	0.00	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)
Cougar Cafe W2D4 W4OP3 - ServingDate: 12/17/2026						
Raw Veggies w/Ranch Dressing - LR1093 (1/2 c.)	10	79.24	6.55	2.39	3.17	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	50	82.38	21.05	1.83	15.56	(M)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Banana Pudding - 7610 (1/2 c.)	45	157.32	31.23	0.85	18.14	9.61(M)
Ketchup - 8000 (1 foil pack)	25	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	10	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Cougar Cafe W2D5 W4OP3 - ServingDate: 12/18/2026						
BBQ Chicken Sandwiches - 4140.1 (1 ea.)	15	253.91	35.77	2.00	10.22	10.22
Cheeseburger - 4100.1 (1 Cheeseburg)	20	334.91	32.00	3.00	5.50	4.00(M)
Chef Salad - LR1041 (1 salad)	5	246.46	17.79	2.40	8.72	3.71(M)
Chicken Sandwich - LR1037 (1 sandwich)	20	344.07	44.01	2.67	4.67	4.00
Hamburger - 4105.1 (1 burger)	20	279.91	31.00	3.00	5.00	4.00(M)
Pizza, Variety - LR1001 (1 slice)	20	329.01	33.23	3.25	4.00	1.00
Croutons - 7110 (1 pkg.)	5	60.00	9.00	1.00	1.00	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)
Cougar Cafe W2D5 W4OP3 - ServingDate: 12/18/2026						
Saltine Crackers - LR1053 (6 pkg.)	5	135.00	24.00	0.00	0.00	0.00
Carrots w/Ranch Dressing - LR1092 (1/2 c.)	10	91.63	10.01	2.38	4.91	0.00
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)	20	100.00	11.00	0.00	11.00	0.00
Strawberry Milk - 135 Prairie Farms (1 Carton (8)	5	140.00	22.00	0.00	22.00	9.00
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ranch Dressing - 8080 (1 oz.)	5	56.76	1.86	0.00	0.86	0.00
Assorted Gelatins with Topping - 7580 (1/2 c.)	50	89.81	19.38	0.00	19.38	18.26 (M)
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Mayonnaise - 8010 Merchants (1 packet)	5	29.64	0.59	0.00	0.00	0.00
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

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