

Menu Cycle Week – Weighted Nutrient Analysis

Generated on: 9/30/2026 3:17:18 PM by Malia Dybzinski

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2026 PIEROGIES / BROCCOLI MYO/ PK-6 - Day: 1	400					
Category: Entrees; May Choose: 1						
2024 PIEROGIES -- POTATO & CHEESE JEN USF 7245640 - LR100683 (3 piece)	240	390.27	28.53	3.10	2.24	1.00(M)
2025 A CHICKEN PATTY BREADED 3.63 OZ TYSON 23797 GFS 509728-E - LR100424 (1 ea.)	110	360.00	36.00	3.00	3.00	3.00
MYO flatbread pizza with pepperoni - LR101147 (1 ea.)	40	567.00	0.00	0.00	0.00	0.00
Category: Vegetables; May Choose: 2						
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	400	33.74	3.52	2.11	0.70	0.00
Category: Fruits; May Choose: 1						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	350	30.00	7.00	1.00	6.00	0.00
2025 APPLES FRESH - LR100082 (1 ea.)	20	94.64	24.13	4.37	18.91	0.00
Category: Milk; May Choose: 1						
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	400	122.33	20.91	0.00	19.41	7.41
2026 SLOPPY JOE / TOTS/ K-6 - Day: 2	400					
Category: Entrees; May Choose: 1						
2026 Elem. CHICKEN/BACON RANCH FLATBREAD - LR101164 (1/3 flatbread)	100	350.44	30.51	0.00	3.00	1.50(M)
2026 MUNCHABLE no dessert WOWBUTTER & JELLY CHEESESTICK - LR101120 (1 serv.)	100	389.26	37.99	4.00	15.99	0.00(M)
Sandwich, Turkey Sandwich, MMA, WG - SR105374 (1 sandwich)	100	135.04	1.79	0.00	0.09(M)	(M)

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SLOPPY JOES ELEMENTARY - 8 - LR100192 (1 ea.)	100	178.89	37.12	2.04	13.84	12.76 (M)
Category: Vegetables; May Choose: 2						
Celery, raw - SR105165 (1/2 cup choppe)	300	0.44	0.09	0.05	0.04	(M)
Potatoes, Tater Tots, Ore-Ida, McCain, OIF00215A, Veg-S - SR101762 (2.52 oz.)	250	110.00	14.00	1.00	0.99	0.00
Category: Fruits; May Choose: 1						
2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve)	100	24.32	5.84	1.52	3.72	(M)
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	100	110.00	27.00	2.00	24.00	(M)
Apple Crisps, Dried Apple Crips .34oz,Tree Top, 105261, 1/2 Fruit - SR110279 (1 serv.)	100	40.00	10.00	2.00	7.00	0.00
Bananas, raw - SR105089 (1 medium (7"))	100	105.02	26.95	3.07	14.43	(M)
Category: Milk; May Choose: 1						
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	400	122.33	20.91	0.00	19.41	7.41
Category: Condiments; May Choose: 1						
2023 KETCHUP HEINZE LOW SODIUM 1.5 GAL 515686 USF 9625716 - LR100970 (1 Tbsp.)	100	10.50	2.50	0.00	2.00	0.00
2026 MISSISSIPPI PPORK BS/ CHICKEN SAND / MASHED/CARROTS - Day: 3	350					
Category: Entrees; May Choose: 1						
2025 A CHICKEN PATTY BREADED 3.63 OZ TYSON 23797 GFS 509728-E - LR100424 (1 ea.)	110	360.00	36.00	3.00	3.00	3.00

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BBQ PULLED PORK SANDWICH- ELEMENTARY - LR100391 (1 ea.)	200	198.31	29.13	2.00	7.74	6.54
MYO flatbread pizza with pepperoni - LR101147 (1 ea.)	50	567.00	0.00	0.00	0.00	0.00
Category: Vegetables; May Choose: 2						
2024 A BABY CARROTS BULK CROSS VALLEY 44955 GFS 768146 USF 6342026 - LR100798 (1/2 c.)	350	29.08	6.79	1.94	4.85	0.00
2025 POTATOES MASHED 1/2 CUP WITH 1/4 CUP CHICKEN GRAVY SMART SNACK - LR100223 (1 serv.)	125	95.01	20.96	2.04	0.09	0.00
Category: Fruits; May Choose: 2						
2025 APPLES FRESH - LR100082 (1 ea.)	300	94.64	24.13	4.37	18.91	0.00
2025 FROZEN CUP PEACHES DICED 96/4.4 OZ 500136 / 100241 - LR101079 (1/2 c.)	50	90.00	21.00	2.00	19.00	(M)
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	50	60.00	14.00	0.00	13.00	0.00
2025 WATERMELON 2/CS GFS 326089 - LR100087 (2 wedge (app)	150	66.88	16.35	1.49	13.38	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	350	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 1						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	55	40.00	10.00	0.00	8.00	6.00
TACO SALAD / TATOR TOTS / CORN - Day: 4	400					
Category: Entrees; May Choose: 1						
2024 TACO SALAD - LR100021 (1 ea.)	100	551.53	54.09	11.88	4.82	0.83(M)

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2026 CHICKEN SNACK WRAP 8" - LOWER SODIUM - E - LR101161 (1 ea.)	0	153.76	24.04	2.09	1.03	1.03
2026 MUNCHABLE no dessert WOWBUTTER & JELLY CHEESESTICK - LR101120 (1 serv.)	100	389.26	37.99	4.00	15.99	0.00(M)
CHEESE SANDWICH PACK - LR101150 (1 ea.)	100	(M)	(M)	(M)	(M)	(M)
Category: Vegetables; May Choose: 2						
2024 TEXAS CAVIAR -- JEN LEGUME CREDITS - LR100790 (1/2 c.)	250	157.52	23.17	3.16	9.03	6.47(M)
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	300	87.02	16.09	2.01	3.02	0.00(M)
2025 TATOR TOTS MCCAIN 2789 GFS 563840 RS SMART SNACK W/NO KETHCUP - LR100649 (1/2 c.)	150	90.00	14.00	2.00	1.00	0.00
Celery, raw - SR105165 (1/2 cup choppe)	100	0.44	0.09	0.05	0.04	(M)
Category: Fruits; May Choose: 2						
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	250	110.00	27.00	2.00	24.00	(M)
2025 A MANDARIN ORANGES IN PEAR JUICE CANNED 22/1.2 CUP BLACKHIVE 90046 USF 9680012 - LR101046 (1/2 c.)	250	90.00	20.00	0.00	19.00	17.00
Apple Crisps, Dried Apple Crips .34oz,Tree Top, 105261, 1/2 Fruit - SR110279 (1 serv.)	100	40.00	10.00	2.00	7.00	0.00
Dried Apple, Dried Apple Crips Strawberry .34oz, Tree Top, 105260, 1/2F - SR110281 (1 serv.)	100	40.00	10.00	2.00	7.00	0.00
Category: Milk; May Choose: 1						
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	400	122.33	20.91	0.00	19.41	7.41
Category: Condiments; May Choose: 3						

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2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	50	40.00	10.00	0.00	8.00	6.00
2025 SALSA RED GOLD REDSC90 GFS 452841 - LR100227 (2 ounces)	200	20.00	2.67	1.33	1.33	1.33
2026 BOSCO STICKS- PIZZA STICKS W SAUCE / ROASTED CARROTS - Day: 5	400					
Category: Entrees; May Choose: 1						
2025 A BOSCO STICKS PIZZA STUFFED PEPPERONI 72/3.9 OZ 7" TYSON 0651 GFS 518691 - LR100969 (1 ea.)	260	250.00	30.00	3.00	3.00	3.00
2025 CHEESEBURGER ON A BUN K-6 - LR100350 (1 ea.)	50	347.69	24.01	2.00	3.51	3.00(M)
2026 MUNCHABLE WOWBUTTER & JELLY CHEESESTICK RICE KRISPIE - LR101114 (1 serv.)	50	384.26	36.99	4.00	16.99	4.00(M)
Cheese Stick, 1.0 oz, Mozzarella, String Cheese, Land O Lakes, 59701, MMA - SR101516 (1 ounces)	50	79.01	1.98	0.00	0.99	0.00
MYO flatbread pizza with pepperoni - LR101147 (1 ea.)	40	567.00	0.00	0.00	0.00	0.00
Category: Vegetables; May Choose: 2						
2025 A SPAGHETTI SAUCE - JEN - LR100600 (1/2 c.)	210	38.71	8.08	1.94	3.87	0.00
Category: Fruits; May Choose: 1						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	200	40.00	10.00	2.00	6.00	0.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	100	30.00	7.00	1.00	6.00	0.00

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2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	55	60.00	14.00	0.00	13.00	0.00
Category: Milk; May Choose: 1						
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	303	122.33	20.91	0.00	19.41	7.41
Category: Condiments; May Choose: 1						
2023 KETCHUP HEINZE LOW SODIUM 1.5 GAL 515686 USF 9625716 - LR100970 (1 Tbsp.)	20	10.50	2.50	0.00	2.00	0.00