

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
<b>CHICKEN RANCH/BBQ FLATBREAD - Day: 1</b>	300					
<b>Category: Entrees; May Choose: 1</b>						
2026 Elem. CHICKEN/BACON RANCH FLATBREAD - LR101164 (1/3 flatbread)	275	350.44	30.51	0.00	3.00	1.50(M)
2026 MUNCHABLE WOWBUTTER & JELLY CHEESESTICK RICE KRISPIE - LR101114 (1 serv.)	0	384.26	36.99	4.00	16.99	4.00(M)
EGG CHEF SALAD W/BREADSTICK - LR101136 (1 serv.)	25	629.91	43.18	7.59	8.37	2.00(M)
<b>Category: Vegetables; May Choose: 2</b>						
2024 CARROTS BABY 3 OZ PACK - DOD 15W90 - LR101029 (1 pkg.)	250	34.87	8.15	2.38	4.03	(M)
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	55	95.74	12.99	4.72	4.72	0.00(M)
<b>Category: Fruits; May Choose: 1</b>						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34 )	20	40.00	10.00	2.00	6.00	0.00
2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.)	250	60.00	14.60	1.30	13.21	0.00
<b>Category: Milk; May Choose: 1</b>						
MILK BREAKFAST/LUNCH - LR100051 (1 cup servin)	300	124.19	21.74	0.00	20.11	0.00(M)
<b>Category: Condiments; May Choose: 1</b>						
2023 KETCHUP HEINZE LOW SODIUM 1.5 GAL 515686 USF 9625716 - LR100970 (1 Tbsp.)	0	10.50	2.50	0.00	2.00	0.00
Condiment, BBQ Sauce, Low Sodium, 1.5 gallon dispenser pouch pack, Red Gold, REDO7D - SR108771 (2 Tbsp.)	50	5.00	1.25	0.00	1.00	1.00

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Dressing Mix, Original Ranch Unprepared, Hidden Valley - SR107625 (1/2 tsp.)	50	5.00	1.00	0.00	0.00	(M)
<b>Category: Desserts; May Choose: 1</b>						
Churros, Apple Filled, WG, 5", 1.9 oz, J&J Snack Foods, 41110, WGR - SR104732 (1 piece)	200	150.00	25.00	1.00	8.00	8.00
<b>(5) MEXICAN PIZZA / BB / RICE KRISPY / MON / PK-6MD! - Day: 2</b>						
<b>Category: Entrees; May Choose: 1</b>						
2025 A MEXICAN PIZZA 72/5.44 OZ TONY'S 68523 USF 7220730 - LR100739 (1 ea.)	260	360.00	43.00	4.00	8.00	3.00
Breaded Popcorn Chicken salad - LR101137 (1 ea.)	40	644.02	23.07	6.57	5.17	0.99(M)
<b>Category: Vegetables; May Choose: 2</b>						
2024 CUCUMBERS WITH DIP - LR100712 (1 serv.)	40	139.43	2.90	0.26	0.87	1.01(M)
2025 BEANS BAKED VEG LOW SODIUM CANNED USDA 500032 / 100364 - LR100258 (1/2 c.)	200	180.87	32.78	5.65	7.91	0.00
<b>Category: Fruits; May Choose: 1</b>						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34 )	233	40.00	10.00	2.00	6.00	0.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	125	60.00	14.00	0.00	13.00	0.00
<b>Category: Milk; May Choose: 1</b>						
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	280	122.33	20.91	0.00	19.41	7.41
<b>(5) CHICKEN SNACK WRAP / FF / PK-6 :127662 - Day: 3</b>						

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<b>Category: Entrees; May Choose: 1</b>						
2026 CHICKEN SNACK WRAP 8" - LOWER SODIUM - E - LR101161 (1 ea.)	290	153.76	24.04	2.09	1.03	1.03
MYO flatbread pizza - LR101146 (1 ea.)	18	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>						
2025 A FRENCH FRIES McCain, MCX40 6/5 LB BAGS GFS 510043 SMART SNACK NO KETCHUP - LR100954 (1/2 c.)	100	76.24	13.72	0.76	0.00	0.00
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	300	33.74	3.52	2.11	0.70	0.00(M)
<b>Category: Fruits; May Choose: 1</b>						
2024 MANDARIN ORANGES LIGHT SYRUPCAN GFS 117897 - LR100949 (1/2 c.)	100	90.00	20.00	0.00	19.00	17.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	25	110.00	27.00	3.00	14.00	0.00
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	100	60.00	14.00	0.69	12.89	0.00
<b>Category: Milk; May Choose: 1</b>						
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	309	122.33	20.91	0.00	19.41	7.41
<b>Category: Condiments; May Choose: 3</b>						
2024 LETTUCE ROMAINE CHOPPED MONTEVERDES 06999 - LR100714 (1/2 oz.)	111	8.61	1.67	1.06	0.60	(M)
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	30	11.67	2.33	0.33	1.33	(M)
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	194	40.00	10.00	0.00	8.00	6.00

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2025 A RANCH DRESSING JUG 4/1 GALLON HIDDEN VALLEY 85620HVR USF 6306922 - LR100596 (1 ounces)	200	120.00	2.00	0.00	1.00	1.00
2025 BBQ SAUCE 4/1 GALLON SWEET BABY RAYS SJ0440HF GFS 655937 - LR101088 (1 1/2 ounces)	100	70.00	18.00	0.00	17.00	16.00
<b>(3) CHICKEN NUGGETS / M POTATOES / PEAS AND BUTTER / BS / THURS / PK-6 - Day: 4</b>	348					
<b>Category: Entrees; May Choose: 1</b>						
2025 A CHICKEN NUGGETS WG .608 OZ PLIGRIMS PRIDE GOLD KIST 615300 USF 2837163 - LR101047 (5 nuggets)	339	200.00	13.00	2.00	0.00	0.00
EGG CHEF SALAD W/BREADSTICK - LR101136 (1 serv.)	24	629.91	43.18	7.59	8.37	2.00(M)
<b>Category: Grains; May Choose: 1</b>						
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	340	140.00	26.00	0.00	2.00	1.00
<b>Category: Vegetables; May Choose: 2</b>						
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	0	87.02	16.09	2.01	3.02	0.00(M)
2025 POTATOES MASHED 1/2 CUP WITH 1/4 CUP CHICKEN GRAVY SMART SNACK - LR100223 (1 serv.)	300	95.01	20.96	2.04	0.09	0.00
<b>Category: Fruits; May Choose: 1</b>						
2024 MANDARIN ORANGES LIGHT SYRUPCAN GFS 117897 - LR100949 (1/2 c.)	196	90.00	20.00	0.00	19.00	17.00
<b>Category: Milk; May Choose: 1</b>						
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	348	121.83	20.72	0.00	19.27	7.27

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<b>Category: Condiments; May Choose: 1</b>						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	181	40.00	10.00	0.00	8.00	6.00
2025 A RANCH DRESSING JUG 4/1 GALLON HIDDEN VALLEY 85620HVR USF 6306922 - LR100596 (1 ounces)	69	120.00	2.00	0.00	1.00	1.00
Barbeque Sauce, Low Sodium 14.9 lbs Pouch, OA7D - SR109202 (2 Tbsp.)	60	50.00	12.00	0.00	11.00	(M)
<b>(4) PIZZA FRENCH BREAD / GREENBEANS / FRI / PK-6 :127651 - Day: 5</b>	323					
<b>Category: Entrees; May Choose: 1</b>						
2026 FRENCH BREAD PIZZA CHEESE WG TONYS 78356 GFS 154321 - LR100742 (1 ea.)	300	300.00	32.00	2.00	8.00	2.00
CHEESE SANDWICH PACK - LR101150 (1 ea.)	23	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetables; May Choose: 2</b>						
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	200	33.74	3.52	2.11	0.70	0.00(M)
2025 SALAD LETTUCE NOT DRESSED 100 SERVINGS - LR101125 (1 1/2 c.)	10	60.16	11.85	5.97	4.71	0.00(M)
<b>Category: Fruits; May Choose: 1</b>						
2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve)	163	24.32	5.84	1.52	3.72	(M)
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	77	110.00	27.00	2.00	24.00	(M)
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	76	110.00	27.00	2.00	24.00	(M)
<b>Category: Milk; May Choose: 1</b>						

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2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	323	122.33	20.91	0.00	19.41	7.41