

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) |
|--|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| CHICKEN TENDERS / MPOTATOES / PEAS / BS /MD - Day: 1 | 18 | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | |
| 2025 CHICKEN TENDERS 1.13 OZ TYSON 3340928 USF 6986566 - LR100974 (3 ea.) | 16 | 260.00 | 16.00 | 3.00 | 1.00 | 1.00 |
| pretzel, yogurt snack pack lunch - LR101139 (1 ea.) | 2 | 289.26 | 45.99 | 3.00 | 13.99 | 7.00 |
| Category: Vegetables; May Choose: 2 | | | | | | |
| 2025 PEAS W/BUTTER - LR100062 (1/2 c.) | 28 | 95.74 | 12.99 | 4.72 | 4.72 | 0.00(M) |
| 2025 POTATOES MASHED 1/2 CUP WITH 1/4 CUP CHICKEN GRAVY SMART SNACK - LR100223 (1 serv.) | 6 | 95.01 | 20.96 | 2.04 | 0.09 | 0.00 |
| Category: Fruits; May Choose: 1 | | | | | | |
| 2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch) | 0 | 110.00 | 27.00 | 2.00 | 24.00 | (M) |
| 2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.) | 10 | 50.00 | 13.00 | 0.00 | 10.00 | 8.00 |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin) | 18 | 122.33 | 20.91 | 0.00 | 19.41 | 7.41 |
| Category: Condiments; May Choose: 2 | | | | | | |
| 2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.) | 9 | 40.00 | 10.00 | 0.00 | 8.00 | 6.00 |
| 2025 BBQ SAUCE DIPPING CUP 1.5 OZ/100 CS SWEET BABY RAYS SJ0440A5 GFS 816951 - LR101056 (1 ea.) | 9 | 80.00 | 21.00 | 0.00 | 19.00 | 18.00 |

Menu Cycle Week – Nutrient Analysis

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) |
|---|----------|--------------------|-------------|-----------------------|------------------------|------------------------|
| 2025 RANCH DRESSING 1.5 OZ MARZETTIS 81992 GFS 266523 USF 1156256 - LR100024 (1 packet) | 5 | 200.00 | 2.00 | 0.00 | 1.00 | 1.00 |
| GRILLED CHICKEN SALAD / ROLL / BABY CARROTS/CUCCUMBERS / GRAPES/PEACHES - Day: 2 | 18 | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | |
| 2024 GRILLED CHICKEN SALAD - elementary - LR100452 (1 ea.) | 10 | 344.87 | 22.01 | 4.29 | 2.00 | 0.00(M) |
| MYO flatbread pizza - LR101146 (1 ea.) | 7 | (M) | (M) | (M) | (M) | (M) |
| Category: Grains; May Choose: 1 | | | | | | |
| Bread Sticks, Pan Baked, Whole Grain, 7", Bake Crafters, 5009, WGR - SR107505 (1 ea.) | 0 | 110.00 | 21.00 | 2.00 | 1.00 | 0.99 |
| Category: Vegetables; May Choose: 2 | | | | | | |
| 2024 A BABY CARROTS BULK CROSS VALLEY 44955 GFS 768146 USF 6342026 - LR100798 (1/2 c.) | 1 | 29.08 | 6.79 | 1.94 | 4.85 | 0.00 |
| 2024 CUCUMBER WITH PEEL MONTEVERDES 00259 - LR100998 (1/2 cucumber (| 0 | 22.57 | 5.46 | 0.75 | 2.51 | (M) |
| Category: Fruits; May Choose: 1 | | | | | | |
| 2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve) | 17 | 24.32 | 5.84 | 1.52 | 3.72 | (M) |
| 2025 PEACHES DICED EXTRA LIGHT GORDON CHOICE 268348 - LR100802 (1/2 c.) | 1 | 85.53 | 19.96 | 0.00 | 18.53 | 0.00 |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin) | 18 | 122.33 | 20.91 | 0.00 | 19.41 | 7.41 |
| Category: Condiments; May Choose: 1 | | | | | | |

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) |
|---|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| 2025 DRESSING ITALIAN 1.5 OZ MARZETTIS 81998 GFS 546186 - LR100022 (1 packet (1.)) | 0 | 140.00 | 4.00 | 0.00 | 3.00 | 3.00 |
| 2025 RANCH DRESSING 1.5 OZ MARZETTIS 81992 GFS 266523 USF 1156256 - LR100024 (1 packet) | 0 | 200.00 | 2.00 | 0.00 | 1.00 | 1.00 |
| Category: Desserts; May Choose: 1 | | | | | | |
| 2022 RICE KRISPIES MINI .42 OZ KELLOGGS 14540 USF 2182951 - LR100775 (1 ea.) | 0 | 50.00 | 9.00 | 0.00 | 3.00 | 0.00 |
| POPCORN CHICKEN / RICE / BROCCOLI / CARROTS / THURS / PK-6 MD - Day: 3 | 18 | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | |
| 2025 CHICKEN POPCORN 6/5 LB GOLDKIST 110452 USF 7743693 - LR101058 (10 popcorn bi) | 10 | 270.00 | 19.00 | 3.00 | 0.00 | 0.00 |
| MYO flatbread pizza - LR101146 (1 ea.) | 0 | (M) | (M) | (M) | (M) | (M) |
| Category: Grains; May Choose: 1 | | | | | | |
| 2025 BROWN RICE 25 LB BAG WG 1804904 GFS 516371 - LR100175 (1/4 c.) | 10 | 97.80 | 17.28 | 0.48 | 0.00 | 0.00(M) |
| Category: Vegetables; May Choose: 2 | | | | | | |
| 2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.) | 9 | 33.74 | 3.52 | 2.11 | 0.70 | 0.00(M) |
| 2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.) | 9 | 55.90 | 7.56 | 2.52 | 3.78 | 0.00 |
| Category: Fruits; May Choose: 1 | | | | | | |
| 2024 BANANAS MONTEVERDES 02525 - LR100136 (1 medium (7")) | 9 | 105.02 | 26.95 | 3.07 | 14.43 | (M) |

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) |
|---|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| 2025 FROZEN CUP PEACHES DICED 96/4.4 OZ 500136 / 100241 - LR101079 (1/2 c.) | 9 | 90.00 | 21.00 | 2.00 | 19.00 | (M) |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin) | 18 | 122.33 | 20.91 | 0.00 | 19.41 | 7.41 |
| Category: Condiments; May Choose: 3 | | | | | | |
| 2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.) | 10 | 40.00 | 10.00 | 0.00 | 8.00 | 6.00 |
| 2025 BBQ SAUCE SWEET BABY RAYS 9515294 USF 9844416 - LR100716 (1 fl. oz.) | 1 | 70.00 | 18.00 | 0.00 | 17.00 | 16.00 |
| 2025 GENERAL TSO SAUCE 1/2 Gallon/Jug 4 Each/Case 64019 GFS 802850 - LR101066 (1 Tbsp.) | 1 | 35.00 | 8.00 | 0.00 | 7.00 | 7.00 |
| (2) FISH STICKS / TT / SALAD / BS / FRI / PK-6 MD - Day: 4 | 18 | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | |
| 2025 FISH STICKS GORDON 1511980 GFS 511986 - LR100755 (4 ea.) | 18 | 240.00 | 23.00 | 1.00 | 1.00 | 0.00 |
| EGG CHEF SALAD W/BREADSTICK - LR101136 (1 serv.) | 0 | 629.91 | 43.18 | 7.59 | 8.37 | 2.00(M) |
| Category: Grains; May Choose: 1 | | | | | | |
| Bread Sticks, Pan Baked, Whole Grain, 7", Bake Crafters, 5009, WGR - SR107505 (1 ea.) | 18 | 110.00 | 21.00 | 2.00 | 1.00 | 0.99 |
| Category: Vegetables; May Choose: 2 | | | | | | |
| 2022 SALAD LETTUCE DRESSED Elementary - Lisa - LR100883 (1 1/8 c.) | 18 | 59.68 | 8.54 | 3.96 | 3.41 | 0.00(M) |

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) |
|--|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| 2025 TATOR TOTS MCCAIN 2789 GFS 563840 RS SMART SNACK W/NO KETHCUP - LR100649 (1/2 c.) | 18 | 90.00 | 14.00 | 2.00 | 1.00 | 0.00 |
| Category: Fruits; May Choose: 1 | | | | | | |
| 2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve) | 12 | 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) | 0 | 110.00 | 27.00 | 2.00 | 24.00 | (M) |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin) | 18 | 122.33 | 20.91 | 0.00 | 19.41 | 7.41 |
| Category: Condiments; May Choose: 1 | | | | | | |
| 2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.) | 18 | 40.00 | 10.00 | 0.00 | 8.00 | 6.00 |
| (4) PIZZA FRENCH BREAD / GREENBEANS / FRI / PK-6 :127651 MD2 - Day: 5 | 18 | | | | | |
| Category: Entrees; May Choose: 1 | | | | | | |
| 2026 FRENCH BREAD PIZZA CHEESE WG TONYS 78356 GFS 154321 - LR100742 (1 ea.) | 18 | 300.00 | 32.00 | 2.00 | 8.00 | 2.00 |
| CHEESE SANDWICH PACK - LR101150 (1 ea.) | 0 | (M) | (M) | (M) | (M) | (M) |
| Category: Vegetables; May Choose: 2 | | | | | | |
| 2023 FRENCH FRIES 2.29 OZ W/LOW SODIUM KETCHUP 2 T MCCAIN MCX40 GFS510043 SMART SNACK - LR100629 (1 serv.) | 0 | 97.33 | 18.74 | 0.76 | 4.00 | 0.00 |
| 2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.) | 0 | 80.07 | 14.75 | 2.46 | 7.37 | 0.00 |

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) |
|---|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| Category: Fruits; May Choose: 1 | | | | | | |
| 2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch) | 9 | 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) | 9 | 110.00 | 27.00 | 2.00 | 24.00 | (M) |
| 2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.) | 0 | 50.00 | 13.00 | 0.00 | 10.00 | 8.00 |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin) | 18 | 122.33 | 20.91 | 0.00 | 19.41 | 7.41 |