Menu Cycle Week – Weighted Nutrient Analysis

a USDA is offering flexibility by allowing SFAs to exceed the maximum amount of grains and meat/meat meal alternates as long as the daily and weekly minimums for these components are met and the calories are within the required range.

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2026 CAJUN CHICKEN SANDWICH/STRIPS OF FIRE / ONION RINGS / CARROTS / BREADSTICK / FRI / 7-12 - Day: 1	183					
Category: Entrees; May Choose: 1						
2024 STRIPS OF FIRE TYSON 10703440928 GFS 281731 USF 9212093 - LR100648 (1 serv.)	156	346.67	22.67	4.00	0.00	1.33
2026 CAJUN GRILLED CHICKEN SANDWICH 3 OZ TYSON 0928 GFS 185033 USF 9978131 - LR101171 (1 ea.)	0	494.62	29.72	2.00	4.74	4.00
Category: Grains; May Choose: 1						
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	142	140.00	26.00	0.00	2.00	1.00
Category: Vegetables; May Choose: 2						
2024 A BABY CARROTS BULK CROSS VALLEY 44955 GFS 768146 USF 6342026 - LR100798 (1/2 c.)	53	29.08	6.79	1.94	4.85	0.00
2025 ONION RINGS WG 6/5LB BAGS TASTY BRANDS 33504 GFS 234061 - LR100221 (6 ea.)	96	240.00	33.60	3.60	6.00	0.00
Category: Fruits; May Choose: 2						
2024 MANDARIN ORANGES LIGHT SYRUPCAN GFS 117897 - LR100949 (1/2 c.)	56	90.00	20.00	0.00	19.00	17.00
2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve)	68	24.32	5.84	1.52	3.72	(M)
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	39	30.00	7.00	1.00	6.00	0.00

Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2025 PEACHES DICED EXTRA LIGHT GORDON CHOICE 268348 - LR100802 (1/2 c.)	48	85.53	19.96	0.00	18.53	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	142	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 3						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	71	40.00	10.00	0.00	8.00	6.00
2025 RANCH DRESSING 1OZ CUP MARZETTI 83984 GFS 537705 NOT SS - LR100008 (1 ea.)	100	130.00	1.00	0.00	0.00	1.00
2026 FRENCH DIP PORK SANDWICH / CHICKEN CHEESE BACON CROISSANT / FF / PEAS / PUDDING / TUES / 7-12 - Day: 2	144					
Category: Entrees; May Choose: 1						
2024 BBQ PULLED PORK SANDWICH - LR100067 (1 ea.)	46	287.14	34.23	2.00	11.77	11.31
2025 CHICKEN CHEESE BACON CROISSANT-HS - LR101130 (1 serv.)	98	411.67	31.00	3.00	4.50	3.00(M)
Category: Vegetables; May Choose: 2						
2025 A FRENCH FRIES McCain, MCX40 6/5 LB BAGS GFS 510043 SMART SNACK NO KETCHUP - LR100954 (1/2 c.)	144	76.24	13.72	0.76	0.00	0.00
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	66	95.74	12.99	4.72	4.72	0.00
Category: Fruits; May Choose: 2						
2025 A MANDARIN ORANGES IN PEAR JUICE CANNED 22/1.2 CUP BLACKHIVE 90046 USF 9680012 - LR101046 (1/2 c.)	12	90.00	20.00	0.00	19.00	17.00

Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2025 APPLESAUCE CANNED UNSWEETENED 500452 / 100541 - LR101036 (1/2 c.)	42	60.00	15.00	1.00	12.00	(M)
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	11	60.83	15.00	0.92	12.25	0.00(M)
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	57	110.00	27.00	3.00	14.00	0.00
2025 JUICE HS LUNCH VARIETY - LR100092 (4 fl. oz.)	119	60.00	14.00	0.54	12.83	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	144	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 6						
2024 LETTUCE ROMAINE CHOPPED MONTEVERDES 06999 - LR100714 (1/2 oz.)	19	8.61	1.67	1.06	0.60	(M)
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	81	40.00	10.00	0.00	8.00	6.00
2025 A MAYO HELLMANNS SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	25	70.00	0.00	0.00	0.00	0.00
2025 A MUSTARD PACKETS 200/.20 OZ USF 3009222 - LR100704 (1 packet)	6	0.00	0.00	0.00	0.00	0.00
2025 PICKLE CHIPS DILL 1/5 GALLON BRICKMANS 301846 GFS 580511 - LR101081 (1 ounces)	34	0.00	0.00	0.00	0.00	0.00
2025 TOMATOES MARKON 407 GFS 508616 - LR101044 (2 slice)	15	8.22	1.92	0.55	1.37	0.00
Category: Desserts; May Choose: 1						
CHOCOLATE PUDDING - LR100015 (1/4 c.)	92	60.00	12.00	0.50	8.00	8.00
VANILLA PUDDING - LR100168 (1/4 c.)	52	60.00	12.50	0.00	7.50	7.00

Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2026 TURKEY CHEESE S/ WALKING TACO/BB/CORN / APPLE / 7-12 - Day: 3	184					
Category: Entrees; May Choose: 1						
2025 TURKEY & CHEESE SANDWICH - LR100606 (1 ea.)	67	291.83	28.09	2.00	4.50	4.00(M)
2025 WALKING TACOS - HS - LR100663 (1 portion)	117	301.21	29.58	2.43	1.43	1.43(M)
Category: Vegetables; May Choose: 2						
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	184	87.02	16.09	2.01	3.02	0.00(M)
2025 SALSA USDA 500070 / 100330 - LR101087 (1 oz.)	0	463.45	105.93	13.24	79.45	0.00
BAKED BEANS - SCRATCH - LR100264 (1/2 c.)	184	245.22	67.86	22.09	25.63	23.60 (M)
Category: Fruits; May Choose: 1						
2025 APPLES FRESH - LR100082 (1 ea.)	201	94.64	24.13	4.37	18.91	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	184	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 5						
2024 ONIONS RAW SLICED DICED WHOLE MONTEVERDES 00156 - LR100651 (1 Tbsp.)	12	4.00	1.00	0.00	0.00	(M)
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	9	11.67	2.33	0.33	1.33	(M)
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	4	40.00	10.00	0.00	8.00	6.00
2025 A MAYO HELLMANNS SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	25	70.00	0.00	0.00	0.00	0.00
2025 A MUSTARD PACKETS 200/.20 OZ USF 3009222 - LR100704 (2 packet)	10	0.00	0.00	0.00	0.00	0.00

Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2025 SOUR CREAM 1 OZ DAISY IDP100 USF 8480154 - LR100724 (1 Pouch)	10	59.26	0.99	0.00	0.99	0.00
LETTUCE ICEBERG SHREDDED AS A CONDIMENT - LR100639 (1/2 oz.)	20	3.87	0.77	0.26	0.52	(M)
2026 CHICKEN RANCH PASTA/BROCCOLI/SALAD - Day: 4	184					
Category: Entrees; May Choose: 1						
2026 GRILLED CHICKEN RANCH PASTA W/PENNE - LR101170 (1 serv.)	126	408.78	56.43	4.00	6.12	0.00(M)
Category: Grains; May Choose: 1						
2025 A ROLL DINNER16/1 OZ G NICKLES 1975 SMART SNACK - LR100810 (1 ea.)	100	80.00	20.00	1.00	1.00	1.00
Category: Vegetables; May Choose: 2						
2024 SALAD LETTUCE DRESSED 100 SERVINGS - LR100636 (1 1/2 c.)	80	192.03	12.85	5.97	4.73	0.00(M)
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	180	33.74	3.52	2.11	0.70	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	140	30.00	7.00	1.00	6.00	0.00
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	100	50.00	13.00	0.00	10.00	8.00
2025 WATERMELON 2/CS GFS 326089 - LR100087 (2 wedge (app)	100	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)	184	122.91	21.16	0.00	19.64	7.64

Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2026 PIZZA BAR / GYRO/FRIES/PEAS/BREADSTICK HS - Day: 5	180					
Category: Entrees; May Choose: 1						
2025 PIZZA BAR KB PIZZA 84316 USF 9395902 - LR101080 (1 slice)	100	396.74	51.15	3.47	4.81	0.00(M)
2026 GYRO W/ SAUCE - LR101202 (4 oz.)	45	30.27	6.46	1.22	2.83	(M)
Category: Grains; May Choose: 1						
Bread Sticks, Pan Baked, Whole Grain, 7", Bake Crafters, 5009, WGR - SR107505 (1 ea.)	20	110.00	21.00	2.00	1.00	0.99
Category: Vegetables; May Choose: 2						
2025 A FRENCH FRIES McCain, MCX40 6/5 LB BAGS GFS 510043 SMART SNACK NO KETCHUP - LR100954 (1/2 c.)	110	76.24	13.72	0.76	0.00	0.00
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	50	95.74	12.99	4.72	4.72	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	60	30.00	7.00	1.00	6.00	0.00
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	100	50.00	13.00	0.00	10.00	8.00
2025 APPLES FRESH - LR100082 (1 ea.)	180	94.64	24.13	4.37	18.91	0.00
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	60	60.00	14.00	0.69	12.89	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	180	122.91	21.16	0.00	19.64	7.64