

# 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 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	0	150.00	30.00	3.00	14.00	13.00
2025 PANCAKE BUTTERMILK WG 144/1.3 OZ BAKE CRAFTERS 1475 USF 401976 - LR101003 (2 ea.)	10	160.00	30.00	2.00	10.00	4.00
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	2	100.00	21.00	3.00	1.00	1.00
2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl)	2	110.00	22.00	4.00	6.00	6.00
2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.)	2	120.00	25.00	2.00	8.00	8.00
2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl)	2	110.00	23.00	2.00	6.00	6.00
<b>Category: Entrees; May Choose: 1</b>						
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (3 slice)	10	70.00	0.00	0.00	0.00	0.00
2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.)	8	120.00	21.00	1.00	8.00	8.00
Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.)	0	60.75	1.01	0.00	1.01	0.00
Yogurt, Trix Raspberry Rainbow, Low Fat, 4oz, Yoplait, General Mills, 70470-17725, MMA - SR100398 (1 container )	0	80.00	15.00	0.00	9.00	5.00

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
<b>Category: Fruits; May Choose: 2</b>						
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	9	60.00	14.00	1.00	18.00	0.00
<b>Category: Milk; May Choose: 1</b>						
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	18	121.83	20.72	0.00	19.27	7.27
<b>Category: Condiments; May Choose: 1</b>						
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	10	120.00	30.00	0.00	22.00	22.00
<b>Category: Desserts; May Choose: 1</b>						
2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container )	0	80.00	15.00	0.00	12.00	7.00
<b>(1) WOW BUTTER &amp; JELLY SANDWICH / CEREAL &amp; BB / MON / PK-6 :127758 - Day: 2</b>	14					
<b>Category: Breakfast; May Choose: 1</b>						
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	0	150.00	30.00	3.00	14.00	13.00
2025 EZ JAMMERS WOW BUTTER & GRAPE JELLY72/2.4 OZ ALBIES 609 USF 1870286 - LR101113 (1 sandwich)	14	280.00	28.00	4.00	12.00	(M)
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	0	100.00	21.00	3.00	1.00	1.00

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2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl)	0	110.00	22.00	4.00	6.00	6.00
2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.)	0	120.00	25.00	2.00	8.00	8.00
2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl)	0	110.00	23.00	2.00	6.00	6.00
<b>Category: Entrees; May Choose: 1</b>						
2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.)	0	120.00	21.00	1.00	8.00	8.00
Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.)	0	60.75	1.01	0.00	1.01	0.00
Yogurt, Trix Raspberry Rainbow, Low Fat, 4oz, Yoplait, General Mills, 70470-17725, MMA - SR100398 (1 container )	0	80.00	15.00	0.00	9.00	5.00
<b>Category: Fruits; May Choose: 2</b>						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	14	30.00	7.00	1.00	6.00	0.00
2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.)	14	60.00	14.60	1.30	13.21	0.00
<b>Category: Milk; May Choose: 1</b>						
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	14	121.83	20.72	0.00	19.27	7.27
<b>Category: Desserts; May Choose: 1</b>						

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container )	0	80.00	15.00	0.00	12.00	7.00
<b>(2) DONUT HOLES / CEREAL &amp; BB / THURS / PK-6 :127760 - Day: 3</b>	16					
<b>Category: Breakfast; May Choose: 1</b>						
2025 A DONUT HOLES POWDERED WG 60/3.1OZ SUPER BAKERY 9300 GFS 371058 - LR101011 (1 ea.)	16	280.00	42.00	2.00	20.00	19.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	0	150.00	30.00	3.00	14.00	13.00
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	0	100.00	21.00	3.00	1.00	1.00
2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl)	0	110.00	22.00	4.00	6.00	6.00
2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.)	0	120.00	25.00	2.00	8.00	8.00
2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl)	0	110.00	23.00	2.00	6.00	6.00
<b>Category: Entrees; May Choose: 1</b>						
Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.)	0	60.75	1.01	0.00	1.01	0.00

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Yogurt, Trix Raspberry Rainbow, Low Fat, 4oz, Yoplait, General Mills, 70470-17725, MMA - SR100398 (1 container )	0	80.00	15.00	0.00	9.00	5.00
<b>Category: Grains; May Choose: 1</b>						
2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.)	0	120.00	21.00	1.00	8.00	8.00
<b>Category: Fruits; May Choose: 2</b>						
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	16	50.00	13.00	0.00	10.00	8.00
2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.)	16	60.00	14.60	1.30	13.21	0.00
<b>Category: Milk; May Choose: 1</b>						
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	16	121.83	20.72	0.00	19.27	7.27
<b>Category: Desserts; May Choose: 1</b>						
2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container )	0	80.00	15.00	0.00	12.00	7.00
<b>SAUSAGE &amp; CHESSE MUFFIN/CEREAL/BAR PK-127758 MD - Day: 4</b>	16					
<b>Category: Breakfast; May Choose: 1</b>						
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	0	150.00	30.00	3.00	14.00	13.00
2025 SAUSAGE & CHEESE MUFFIN - LR100354 (1 serv.)	16	424.32	25.87	0.99	1.50	0.00(M)

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2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	0	100.00	21.00	3.00	1.00	1.00
2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl)	0	110.00	22.00	4.00	6.00	6.00
2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.)	0	120.00	25.00	2.00	8.00	8.00
2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl)	0	110.00	23.00	2.00	6.00	6.00
<b>Category: Entrees; May Choose: 1</b>						
Cheese Stick, Breaded Mozzarella, .84oz, Fishery Products, High Liner, G1042DF, MMA, WG - SR100695 (5 pcs.)	0	400.00	32.00	3.00	0.00(M)	2.00
Yogurt, Trix Raspberry Rainbow, Low Fat, 4oz, Yoplait, General Mills, 70470-17725, MMA - SR100398 (1 container )	0	80.00	15.00	0.00	9.00	5.00
<b>Category: Grains; May Choose: 1</b>						
2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.)	0	120.00	21.00	1.00	8.00	8.00
<b>Category: Fruits; May Choose: 2</b>						
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	16	50.00	13.00	0.00	10.00	8.00
2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.)	0	60.00	14.60	1.30	13.21	0.00
<b>Category: Milk; May Choose: 1</b>						

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2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	16	121.83	20.72	0.00	19.27	7.27
<b>Category: Desserts; May Choose: 1</b>						
2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container )	0	80.00	15.00	0.00	12.00	7.00
<b>(1) SOFT BAGELS FILLED CINNAMON / CEREAL &amp; BB / FRI / PK-6 :127758 - Day: 5</b>	16					
<b>Category: Breakfast; May Choose: 1</b>						
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	0	150.00	30.00	3.00	14.00	13.00
2026 BAGEL CINNAMON FILLED72/2.43 OZ PILLSBURY 138399000 USF 9647413 - LR101123 (1 ea.)	16	230.00	42.00	3.00	12.00	10.00
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	0	100.00	21.00	3.00	1.00	1.00
2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl)	0	110.00	22.00	4.00	6.00	6.00
2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.)	0	120.00	25.00	2.00	8.00	8.00
2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl)	0	110.00	23.00	2.00	6.00	6.00
<b>Category: Entrees; May Choose: 1</b>						

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.)	0	60.75	1.01	0.00	1.01	0.00
Yogurt, Trix Raspberry Rainbow, Low Fat, 4oz, Yoplait, General Mills, 70470-17725, MMA - SR100398 (1 container )	0	80.00	15.00	0.00	9.00	5.00
<b>Category: Grains; May Choose: 1</b>						
2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.)	0	120.00	21.00	1.00	8.00	8.00
<b>Category: Fruits; May Choose: 2</b>						
2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve)	16	24.32	5.84	1.52	3.72	(M)
2025 RAISINS 1.33 OZ 100293 ZEEZEE A621169 USF 8248953 - LR100852 (1 Box)	16	110.00	29.00	1.00	22.00	0.00
<b>Category: Milk; May Choose: 1</b>						
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	16	121.83	20.72	0.00	19.27	7.27
<b>Category: Desserts; May Choose: 1</b>						
2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container )	0	80.00	15.00	0.00	12.00	7.00