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)
(2) SNACK N WAFFLE / CB / MON / 7-12 - Day: 1	90					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	3	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	3	160.00	30.00	3.00	9.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	4	150.00	30.00	3.00	14.00	13.00
Category: Entrees; May Choose: 1						
2025 SNACK N WAFFLES MAPLE BUTTER 96/2.4 OZ 00110 USF 8364522 - LR100955 (1 serv.)	85	250.00	35.00	3.00	11.00	10.00
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	48	30.00	7.00	1.00	6.00	0.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	17	110.00	27.00	3.00	14.00	0.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	3	70.00	18.00	3.00	14.00	(M)
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	22	60.00	15.00	1.00	14.00	0.00
Category: Milk; May Choose: 1						
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	90	125.02	22.01	0.00	20.34	8.34
Category: Condiments; May Choose: 1						
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	55	120.00	30.00	0.00	22.00	22.00

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)
(2) DONUT HOLES / CB / TUES / 7-12 - Day: 2	87					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	6	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	2	160.00	30.00	3.00	9.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	6	150.00	30.00	3.00	14.00	13.00
Category: Grains; May Choose: 1						
2025 A DONUT HOLES POWDERED WG 60/3.1OZ SUPER BAKERY 9300 GFS 371058 - LR101011 (1 ea.)	110	280.00	42.00	2.00	20.00	19.00
Category: Fruits; May Choose: 2						
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	2	50.00	13.00	0.00	10.00	8.00
2025 APPLESAUCE CUP 4.5 OZ 96/CS PETERSON ASA10001 USF 6932476 - LR101097 (1 ea.)	21	50.00	14.00	1.00	12.00	0.00
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	0	60.83	15.00	0.92	12.25	0.00(M)
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	35	110.00	27.00	3.00	14.00	0.00
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	65	60.00	14.00	0.49	12.57	0.00
Category: Milk; May Choose: 1						
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	117	125.02	22.01	0.00	20.34	8.34

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)
(2) OVERNIGHT OATMEAL / BACON / CB / WED / K-12 - Day: 3	75					
Category: Breakfast; May Choose: 2						
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (2 slice)	56	46.67	0.00	0.00	0.00	0.00
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	18	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	16	160.00	30.00	3.00	9.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	20	150.00	30.00	3.00	14.00	13.00
OVERNIGHT OATMEAL - LR101110 (1 serv.)	56	185.77	34.21	4.93	6.91	0.00(M)
Category: Fruits; May Choose: 2						
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	32	70.00	18.00	3.00	14.00	(M)
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	49	60.00	14.00	0.49	12.57	0.00
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	37	50.00	12.00	1.00	10.00	0.00
2026 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	15	60.00	16.00	2.00	11.00	0.00
Category: Milk; May Choose: 1						
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	83	125.02	22.01	0.00	20.34	8.34

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)
(2) WAFFLES & BACON / CB / THURS / K-12 - Day: 4	111					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	0	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	7	160.00	30.00	3.00	9.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	11	150.00	30.00	3.00	14.00	13.00
Category: Entrees; May Choose: 2						
2024 WAFFLES W/SYRUP 1.3 OZ BAKE CRAFTERS 1453 USF 6531719 - LR100957 (1 serv.)	102	280.00	54.00	2.00	26.00	24.00
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (3 slice)	102	70.00	0.00	0.00	0.00	0.00
Category: Fruits; May Choose: 2						
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	27	60.00	14.00	1.00	18.00	0.00
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	55	60.00	15.00	1.00	14.00	0.00
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	21	50.00	12.00	1.00	10.00	0.00
2026 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	10	60.00	16.00	2.00	11.00	0.00
Category: Milk; May Choose: 1						

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 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	111	125.02	22.01	0.00	20.34	8.34
(2) MINI FRENCH TOAST / CB / FRI / K-12 - Day: 5	118					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	6	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	7	160.00	30.00	3.00	9.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	11	150.00	30.00	3.00	14.00	13.00
Category: Entrees; May Choose: 1						
2025 A MINI FRENCH TOAST 72/3.03 OZ EGGO 498442 USF 7670466 - LR101070 (1 ea.)	106	190.00	37.00	4.00	11.00	11.00
Category: Fruits; May Choose: 2						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	22	40.00	10.00	2.00	6.00	0.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	38	30.00	7.00	1.00	6.00	0.00
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	20	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)	11	110.00	27.00	2.00	24.00	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	10	94.64	24.13	4.37	18.91	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 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	16	42.30	10.57	2.16	8.41	(M)
Category: Milk; May Choose: 1						
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	118	125.02	22.01	0.00	20.34	8.34
Category: Condiments; May Choose: 1						
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	106	120.00	30.00	0.00	22.00	22.00