

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	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
(3) BOSCO STICKS 7" W/SAUCES / SALAD / CARROTS & RANCH / MON / 7-12 - Day: 1	185					
Category: Entrees; May Choose: 1						
2025 A BOSCO STICKS PIZZA STUFFED PEPPERONI 72/3.9 OZ 7" TYSON 0651 GFS 518691 - LR100969 (2 ea.)	185	500.00	60.00	6.00	6.00	6.00
Category: Vegetables; May Choose: 2						
2024 CARROTS BABY 3 OZ PACK - DOD 15W90 - LR101029 (1 pkg.)	100	34.87	8.15	2.38	4.03	(M)
2025 SALAD LETTUCE NOT DRESSED 100 SERVINGS - LR101125 (1 1/2 c.)	100	60.16	11.85	5.97	4.71	0.00(M)
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	62	30.00	7.00	1.00	6.00	0.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	76	110.00	27.00	3.00	14.00	0.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	13	70.00	18.00	3.00	14.00	(M)
PINEAPPLE TIDBITS UNSWEETEND JUICE #10 CAN 6/CS RESH 6/CASE LIMSON TRADING 189979 GFS 189979 - LR101059 (2/3 c.)	81	79.60	19.90	0.99	16.91	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	185	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 3						

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2024 DRESSING ITALIAN MIXED HOMEMADE - LR100058 (1 oz.)	90	122.38	0.93	0.00	0.01	0.00(M)
2025 A RANCH DRESSING JUG 4/1 GALLON HIDDEN VALLEY 85620HVR USF 6306922 - LR100596 (1 ounces)	90	120.00	2.00	0.00	1.00	1.00
2025 PIZZA SAUCE CANNED TAVOLINI168971 GFS 168971 - LR101095 (1/4 c.)	197	43.03	8.61	2.15	5.38	0.00
(2) PORK TACO / POTSTICKERS / FRIED RICE / EGG ROLL / CARROTS / CHEESESTICK / WED / 7-12 - Day: 2	152					
Category: Entrees; May Choose: 2						
2024 POT STICKERS W/TERIYAKI SAUCE - LR101024 (3 ea.)	112	135.00	19.50	1.00	7.00	4.50
2025 A MOZZ CHEESESTICK LIGHT 168/1 OZ LANDOLAKE 34500 USF 6939045 SMART SNACK - LR100741 (1 ea.)	100	59.26	0.99	0.00	0.99	0.00
2025 TACOS SOFT SHELL PORK 8" - LR101112 (1 ea.)	40	449.74	25.07	2.16	1.98	1.00
Category: Grains; May Choose: 2						
EGG ROLL VEG WG 72/3.1 OZ MINH 70255 USF 1148558 - LR101133 (1 ea.)	90	130.00	2.00	13.00	3.00	1.00
FRIED RICE - LR101030 (3 oz.)	100	223.75	39.43	1.38	11.32	10.38 (M)
Category: Vegetables; May Choose: 1						
2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)	121	55.90	7.56	2.52	3.78	0.00
Category: Fruits; May Choose: 2						
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	74	70.00	18.00	3.00	14.00	(M)

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2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	1	60.00	14.00	0.69	12.89	0.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	1	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	2	60.00	16.00	2.00	12.00	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	152	122.91	21.16	0.00	19.64	7.64
2026 CHICKEN TENDERS /HOT DOG/ FF / PEAS / BS / WED / 7-12 - Day: 3	156					
Category: Entrees; May Choose: 1						
2025 A HOT DOG ON A BUN - LR100623 (1 ea.)	40	270.00	22.00	2.00	5.00	4.00
2025 CHICKEN TENDERS 1.13 OZ TYSON 3340928 USF 6986566 - LR100974 (3 ea.)	116	260.00	16.00	3.00	1.00	1.00
Category: Grains; May Choose: 1						
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	194	140.00	26.00	0.00	2.00	1.00
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.)	156	76.24	13.72	0.76	0.00	0.00
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	52	95.74	12.99	4.72	4.72	0.00
Category: Fruits; May Choose: 2						
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	12	70.00	18.00	3.00	14.00	(M)

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2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	53	60.00	14.00	0.69	12.89	0.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	7	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	15	60.00	16.00	2.00	12.00	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	156	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 2						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	120	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)	100	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)	21	70.00	18.00	0.00	17.00	16.00
(5) MISSISSIPPI PPORK / GROUND BEEF OVER / M POTATOES / GB / CORNBREAD / R&B / THURS / 7-12 - Day: 4	175					
Category: Entrees; May Choose: 1						
2024 GROUND BEEF IN GRAVY - LR100242 (1 serv.)	78	127.51	1.08	0.03	0.29	0.00(M)
2024 MISSISSIPPI PULLED PORK-HS - LR100789 (4 oz.)	97	189.95	1.07	0.00	0.05	0.00(M)
Category: Grains; May Choose: 2						
2025 A CORNBREAD 72/2 OZ WG SMARTCHOICE 51605 USF 2765568 - LR100794 (1 serv.)	175	180.00	28.00	1.00	15.00	15.00

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2025 A ROLL & BUTTER SMART SNACK - LR100333 (1 serv.)	100	100.00	20.00	1.00	1.00	1.00
Category: Vegetables; May Choose: 2						
2024 POTATOES MASHED GFS 222585 SMART SNACK - LR100063 (1/2 c.)	175	92.01	20.45	2.04	0.00	0.00
2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.)	105	80.07	14.75	2.46	7.37	0.00
Category: Fruits; May Choose: 2						
2025 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	60	50.00	13.00	2.00	9.00	9.00
2025 JUICE HS LUNCH VARIETY - LR100092 (4 fl. oz.)	103	60.00	14.00	0.54	12.83	0.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	28	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	22	60.00	16.00	2.00	12.00	0.00
PINEAPPLE TIDBITS UNSWEETEND JUICE #10 CAN 6/CS RESH 6/CASE LIMSON TRADING 189979 GFS 189979 - LR101059 (2/3 c.)	24	79.60	19.90	0.99	16.91	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	175	122.91	21.16	0.00	19.64	7.64
2026 GRILLED CHICKEN SALAD/MC RIB SANDWICH / BS / FRI / 7 -12 - Day: 5	174					
Category: Entrees; May Choose: 1						
2025 BBQ MCRIB SANDWICH -HS TYSON 20481 USF 3076460 - LR100164 (1 ea.)	44	360.00	37.00	3.00	13.00	4.00(M)

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2025 GRILLED CHICKEN SALAD - HS - LR100011 (1 serv.)	144	248.63	26.43	7.88	4.00	0.00(M)
Category: Grains; May Choose: 1						
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	185	140.00	26.00	0.00	2.00	1.00
Category: Vegetables; May Choose: 1						
2025 A FRENCH FRIES McCain, MCX40 6/5 LB BAGS GFS 510043 SMART SNACK NO KETCHUP - LR100954 (1/2 c.)	44	76.24	13.72	0.76	0.00	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	41	40.00	10.00	2.00	6.00	0.00
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
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	54	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)	41	110.00	27.00	2.00	24.00	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	0	94.64	24.13	4.37	18.91	0.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	54	42.30	10.57	2.16	8.41	(M)
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	174	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 1						

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2025 DRESSING ITALIAN 1.5 OZ MARZETTIS 81998 GFS 546186 - LR100022 (1 packet (1.))	23	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)	159	200.00	2.00	0.00	1.00	1.00