

Menu Cycle Week – Weighted Nutrient Analysis

Generated on: 10/8/2026 5:45:53 PM by Malia Dybzinski

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2026 STEAKUM / CHICKEN PARMESAN WITH PASTA/FF/BROC / 7-12 - Day: 1	183					
Category: Entrees; May Choose: 1						
2019 CHICKEN PARM W/6 OZ COOKED PASTA -- HS - LR100723 (1 serv.)	120	397.96	43.77	5.40	5.80	0.00(M)
2024 STEAKUM PHILLY BEEF 4 OZ GORDON 93901398772 GFS398773-HS - LR100076 (1 ea.)	40	360.00	31.00	2.00	5.00	4.00
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.)	100	76.24	13.72	0.76	0.00	0.00
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	50	33.74	3.52	2.11	0.70	0.00
Category: Fruits; May Choose: 2						
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	54	70.00	18.00	3.00	14.00	(M)
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	111	60.00	14.00	0.69	12.89	0.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	19	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	5	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)	183	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 2						

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2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	90	40.00	10.00	0.00	8.00	6.00
2025 A MAYO HELLMANN'S SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	17	70.00	0.00	0.00	0.00	0.00
2026 CHICKEN RANCH FB / BUFFALO CHICKEN / TATOR TOTS / PEAS / TUES / 7-12 - Day: 2	164					
Category: Entrees; May Choose: 1						
2024 BUFFALO CHICKEN FLATBREAD - LR100535 (1/2 flatbread)	50	279.00	30.50	0.00	3.00	1.50(M)
2024 CHICKEN RANCH FLATBREAD - LR100291 (1/2 flatbread)	114	338.21	31.48	0.00	3.49	1.99(M)
Category: Vegetables; May Choose: 2						
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	164	95.74	12.99	4.72	4.72	0.00
2025 TATOR TOTS MCCAIN 2789 GFS 563840 RS SMART SNACK W/NO KETCHUP - LR100649 (1/2 c.)	164	90.00	14.00	2.00	1.00	0.00
Category: Fruits; May Choose: 2						
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	24	110.00	27.00	2.00	24.00	(M)
2025 APPLESAUCE CANNED UNSWEETENED 500452 / 100541 - LR101036 (1/2 c.)	60	60.00	15.00	1.00	12.00	(M)
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	86	42.30	10.57	2.16	8.41	(M)
2025 PEACHES DICED EXTRA LIGHT GORDON CHOICE 268348 - LR100802 (1/2 c.)	24	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)	164	122.91	21.16	0.00	19.64	7.64

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Category: Condiments; May Choose: 3						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	34	40.00	10.00	0.00	8.00	6.00
2025 RANCH DRESSING 10Z CUP MARZETTI 83984 GFS 537705 NOT SS - LR100008 (1 ea.)	36	130.00	1.00	0.00	0.00	1.00
2025 SALSA RED GOLD REDSC90 GFS 452841 - LR100227 (2 ounces)	50	20.00	2.67	1.33	1.33	1.33
2026 PULLED PORK OVER / MAC & CHEESE - Day: 3	168					
Category: Entrees; May Choose: 1						
2025 MEATBALL HOAGIE - HS - LR100624 (1 ea.)	80	438.50	43.20	5.26	7.52	5.00
BBQ PULLED PORK NO BUN - LR100533 (2 1/3 oz.)	88	135.74	0.92	0.03	0.00(M)	(M)
Category: Grains; May Choose: 1						
2025 A MACARONI & CHEESE - LR100155 (1/2 c.)	168	197.96	14.44	1.22	1.63	0.00(M)
Category: Vegetables; May Choose: 2						
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	40	33.74	3.52	2.11	0.70	0.00
2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)	168	55.90	7.56	2.52	3.78	0.00
2025 GREEN BEANS CANNED 500008 / 100307 - LR100061 (1/2 c.)	127	30.57	2.24	1.49	0.74	0.00(M)
Category: Fruits; May Choose: 2						
2025 APPLES FRESH - LR100082 (1 ea.)	148	94.64	24.13	4.37	18.91	0.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	40	42.30	10.57	2.16	8.41	(M)
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	60	60.00	14.00	0.00	13.00	0.00

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Watermelon, raw - SR105072 (1/2 cup, balls)	87	23.10	5.81	0.31	4.77	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	168	122.91	21.16	0.00	19.64	7.64
2026 QUESDAILLA / TACOS / CORN / T CAVIAR CHIPS / THURS / 7-12 - Day: 4	178					
Category: Entrees; May Choose: 1						
2025 A QUESADILLA CHEESE WG 96/CS THE MAX 7738712699 USF 5858915 - LR100738 (1 ea.)	58	300.00	39.00	4.00	3.00	0.00
2025 TACOS SOFT SHELL BEEF 8" - LR100142 (1 ea.)	82	287.64	22.49	2.65	1.65	0.65(M)
2025 TACOS SOFT SHELL CHICKEN 8" - LR100788 (1 ea.)	38	260.70	20.52	2.00	1.00	0.00(M)
Category: Vegetables; May Choose: 2						
2024 TEXAS CAVIAR -- JEN LEGUME CREDITS - LR100790 (1/2 c.)	22	157.52	23.17	3.16	9.03	6.47(M)
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	51	87.02	16.09	2.01	3.02	0.00(M)
Category: Fruits; May Choose: 2						
2025 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	10	50.00	13.00	2.00	9.00	9.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	40	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	40	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.)	40	79.60	19.90	0.99	16.91	0.00

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Category: Milk; May Choose: 1						
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	178	121.83	20.72	0.00	19.27	7.27
Category: Condiments; May Choose: 7						
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	14	11.67	2.33	0.33	1.33	(M)
2025 BANANA PEPPERS GORDON 7701 GFS 466251 - LR100667 (1/4 oz.)	68	1.25	0.25	0.25	0.00	0.00
2025 JALAPENO PEPPERS SLICED 4/1 GALLON DEL PASADO USF 1811215 - LR100707 (1 Ounce serv)	45	5.00	1.00	1.00	0.00	0.00
2025 OLIVES BLACK SLICED GORDON 324532 GFS 324531 - LR100668 (1 oz.)	81	53.16	1.77	0.00	0.00	0.00
2025 SALSA RED GOLD REDSC90 GFS 452841 - LR100227 (1/4 c.)	60	(M)	(M)	(M)	(M)	(M)
2025 SOUR CREAM 1 OZ DAISY IDP100 USF 8480154 - LR100724 (1 Pouch)	58	59.26	0.99	0.00	0.99	0.00
LETTUCE ICEBERG SHREDDED AS A CONDIMENT - LR100639 (1/2 oz.)	82	3.87	0.77	0.26	0.52	(M)
Category: Desserts; May Choose: 1						
2024 TORTILLA CHIPS RF WGR .88 OZ TOSTITOS 187923 GFS 284751 SMART SNACK - LR100443 (1 ea.)	129	120.00	18.00	2.00	0.00	0.00
2026 GRILLED CHEESE / FISH SANDWICH / TOMATO SOUP/ PICKLE / SALAD / FRI / 7-12 - Day: 5	183					
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2025 FISH SANDWICH WG 3.6 OZ VIKING 1089271 USF 2878676 - LR100068 (1 ea.)	47	340.00	42.00	3.00	5.00	4.00
2025 GRILLED CHEESE SANDWICH - HS - LR100128 (2 ea.)	136	620.91	56.08	4.00	10.02	8.00(M)
Category: Vegetables; May Choose: 2						
2024 SALAD LETTUCE DRESSED 100 SERVINGS - LR100636 (1 1/2 c.)	81	192.03	12.85	5.97	4.73	0.00(M)
2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.)	81	80.07	14.75	2.46	7.37	0.00
2025 TOMATO SOUP CAMPBELLS W/PICKLE SPEARS - LR100804 (1 serv.)	88	90.00	20.00	1.00	12.00	0.00
Category: Fruits; May Choose: 4						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	37	40.00	10.00	2.00	6.00	0.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	40	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)	11	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)	19	110.00	27.00	2.00	24.00	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	33	94.64	24.13	4.37	18.91	0.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	39	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)	183	122.91	21.16	0.00	19.64	7.64

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2019 TARTER SAUCE SS PACK 12 GRAM = 1/2 OZ GFS 213361 - LR100638 (1 ea.)	19	45.00	3.00	0.00	2.00	0.00
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