

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)
(1) TURKEY & CHEESE SANDWICH / STRIPS OF FIRE / OR / CARROTS / BS / MON / 7-12 - Day: 1	164					
Category: Entrees; May Choose: 1						
2024 STRIPS OF FIRE TYSON 10703440928 GFS 281731 USF 9212093 - LR100648 (1 serv.)	109	346.67	22.67	4.00	0.00	1.33
2025 TURKEY & CHEESE SANDWICH - LR100606 (1 ea.)	55	291.83	28.09	2.00	4.50	4.00(M)
Category: Grains; May Choose: 1						
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	135	140.00	26.00	0.00	2.00	1.00
Category: Vegetables; May Choose: 2						
2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)	42	55.90	7.56	2.52	3.78	0.00
2025 ONION RINGS WG 6/5LB BAGS TASTY BRANDS 33504 GFS 234061 - LR100221 (6 ea.)	164	240.00	33.60	3.60	6.00	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	76	30.00	7.00	1.00	6.00	0.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	32	110.00	27.00	3.00	14.00	0.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	70	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.)	27	79.60	19.90	0.99	16.91	0.00
Category: Milk; May Choose: 1						

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2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	164	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 5						
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	15	11.67	2.33	0.33	1.33	(M)
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	72	40.00	10.00	0.00	8.00	6.00
2025 A MAYO HELLMANN'S SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	19	70.00	0.00	0.00	0.00	0.00
2025 RANCH DRESSING 10Z CUP MARZETTI 83984 GFS 537705 NOT SS - LR100008 (1 ea.)	135	130.00	1.00	0.00	0.00	1.00
LETTUCE ICEBERG SHREDDED AS A CONDIMENT - LR100639 (1/2 oz.)	26	3.87	0.77	0.26	0.52	(M)
(1) 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(M)
Category: Fruits; May Choose: 2						

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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
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 HELLMANNSS 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						

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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
(1) FISH STICKS / WALKING TACO / BB / CORN / BS / WED / 7-12 - Day: 3	165					
Category: Entrees; May Choose: 1						
2025 FISH STICKS GORDON 1511980 GFS 511986 - LR100755 (4 ea.)	12	240.00	23.00	1.00	1.00	0.00
2025 WALKING TACOS - HS - LR100663 (1 portion)	153	301.21	29.58	2.43	1.43	1.43(M)
Category: Grains; May Choose: 1						
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	198	140.00	26.00	0.00	2.00	1.00
Category: Vegetables; May Choose: 2						
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	83	87.02	16.09	2.01	3.02	0.00(M)
BAKED BEANS - SCRATCH - LR100264 (1/2 c.)	36	245.22	67.86	22.09	25.63	6.15(M)
Category: Fruits; May Choose: 2						
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	58	70.00	18.00	3.00	14.00	(M)
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	45	60.00	14.00	0.69	12.89	0.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	36	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	13	60.00	16.00	2.00	12.00	0.00
Category: Milk; May Choose: 1						

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2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	165	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 10						
2019 TARTER SAUCE SS PACK 12 GRAM = 1/2 OZ GFS 213361 - LR100638 (1 ea.)	15	45.00	3.00	0.00	2.00	0.00
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	99	40.00	10.00	0.00	8.00	6.00
2025 BANANA PEPPERS GORDON 7701 GFS 466251 - LR100667 (1/2 oz.)	19	2.50	0.50	0.50	0.00	0.00
2025 JALAPENO PEPPERS SLICED 4/1 GALLON DEL PASADO USF 1811215 - LR100707 (1 Ounce serv)	15	5.00	1.00	1.00	0.00	0.00
2025 LETTUCE ROMAINE CUT 6/2 LB BAGS GFS 451730 - LR101042 (1/2 oz.)	68	3.02	0.60	0.30	0.30	0.00
2025 OLIVES BLACK SLICED GORDON 324532 GFS 324531 - LR100668 (1 oz.)	15	53.16	1.77	0.00	0.00	0.00
2025 ONIONS WHOLE YELLOW 50 LB GFS 200778 - LR101043 (1 oz.)	30	10.00	3.00	1.00	1.00	0.00
2025 SALSA RED GOLD REDSC90 GFS 452841 - LR100227 (2 ounces)	139	20.00	2.67	1.33	1.33	1.33
2025 SOUR CREAM 1 OZ DAISY IDP100 USF 8480154 - LR100724 (1 Pouch)	66	59.26	0.99	0.00	0.99	0.00
2025 TOMATOES MARKON 407 GFS 508616 - LR101044 (2 slice)	38	8.22	1.92	0.55	1.37	0.00
(1) PIZZA BAR / CORN / SALAD / FRI / 7-12 - Day: 4	164					
Category: Entrees; May Choose: 1						

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2025 PIZZA BAR KB PIZZA 84316 USF 9395902 - LR101080 (1 slice)	164	396.74	51.15	3.47	4.81	0.00(M)
Category: Vegetables; May Choose: 2						
2024 SALAD LETTUCE DRESSED 100 SERVINGS - LR100636 (1 1/2 c.)	27	192.03	12.85	5.97	4.73	0.00(M)
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	63	87.02	16.09	2.01	3.02	0.00(M)
Category: Fruits; May Choose: 2						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	17	40.00	10.00	2.00	6.00	0.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	46	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)	24	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)	33	110.00	27.00	2.00	24.00	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	110	94.64	24.13	4.37	18.91	0.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	36	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)	164	122.91	21.16	0.00	19.64	7.64
(1) CHICKEN ALFREDO / BROCCOLI / SALAD / THURS / 7-12 - Day: 5	148					
Category: Entrees; May Choose: 1						
2025 GRILLED CHICKEN W/PENNE ALFREDO - LR100383 (1 serv.)	148	408.78	56.43	4.00	6.12	0.00(M)
Category: Vegetables; May Choose: 2						

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2024 SALAD LETTUCE DRESSED 100 SERVINGS - LR100636 (1 1/2 c.)	40	192.03	12.85	5.97	4.73	0.00(M)
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	122	33.74	3.52	2.11	0.70	0.00(M)
Category: Fruits; May Choose: 2						
2025 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	36	50.00	13.00	2.00	9.00	9.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	46	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	61	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.)	44	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)	148	122.91	21.16	0.00	19.64	7.64