

Menu Cycle Week – Nutrient Analysis

Generated on: 9/23/2026 6:47:25 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 CAJUN CHICKEN SANDWICH/STRIPS OF FIRE / ONION RINGS / CARROTS / BREADSTICK / FRI / 7-12 - Day: 1	142					
Category: Entrees; May Choose: 1						
2024 STRIPS OF FIRE TYSON 10703440928 GFS 281731 USF 9212093 - LR100648 (1 serv.)	156	346.67	22.67	4.00	0.00	1.33
2026 CAJUN GRILLED CHICKEN SANDWICH 3 OZ TYSON 0928 GFS 185033 USF 9978131 - LR101171 (1 ea.)	0	494.62	29.72	2.00	4.74	4.00
Category: Grains; May Choose: 1						
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	142	140.00	26.00	0.00	2.00	1.00
Category: Vegetables; May Choose: 2						
2024 A BABY CARROTS BULK CROSS VALLEY 44955 GFS 768146 USF 6342026 - LR100798 (1/2 c.)	53	29.08	6.79	1.94	4.85	0.00
2025 ONION RINGS WG 6/5LB BAGS TASTY BRANDS 33504 GFS 234061 - LR100221 (6 ea.)	96	240.00	33.60	3.60	6.00	0.00
Category: Fruits; May Choose: 2						
2024 MANDARIN ORANGES LIGHT SYRUPCAN GFS 117897 - LR100949 (1/2 c.)	56	90.00	20.00	0.00	19.00	17.00
2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve)	68	24.32	5.84	1.52	3.72	(M)
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 PEACHES DICED EXTRA LIGHT GORDON CHOICE 268348 - LR100802 (1/2 c.)	48	85.53	19.96	0.00	18.53	0.00
Category: Milk; May Choose: 1						

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2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	142	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 3						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	71	40.00	10.00	0.00	8.00	6.00
2025 RANCH DRESSING 10Z CUP MARZETTI 83984 GFS 537705 NOT SS - LR100008 (1 ea.)	100	130.00	1.00	0.00	0.00	1.00
2026 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
Category: Fruits; May Choose: 2						
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)

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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 HELLMANN'S 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						
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
2026 TURKEY CHEESE S/ WALKING TACO/BB/CORN / APPLE / 7-12 - Day: 3	184					
Category: Entrees; May Choose: 1						
2025 TURKEY & CHEESE SANDWICH - LR100606 (1 ea.)	67	291.83	28.09	2.00	4.50	4.00(M)

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2025 WALKING TACOS - HS - LR100663 (1 portion)	117	301.21	29.58	2.43	1.43	1.43(M)
Category: Vegetables; May Choose: 2						
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	184	87.02	16.09	2.01	3.02	0.00(M)
2025 SALSA USDA 500070 / 100330 - LR101087 (1 oz.)	0	463.45	105.93	13.24	79.45	0.00
BAKED BEANS - SCRATCH - LR100264 (1/2 c.)	184	245.22	67.86	22.09	25.63	23.60 (M)
Category: Fruits; May Choose: 1						
2025 APPLES FRESH - LR100082 (1 ea.)	201	94.64	24.13	4.37	18.91	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	184	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 5						
2024 ONIONS RAW SLICED DICED WHOLE MONTEVERDES 00156 - LR100651 (1 Tbsp.)	12	4.00	1.00	0.00	0.00	(M)
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	9	11.67	2.33	0.33	1.33	(M)
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	4	40.00	10.00	0.00	8.00	6.00
2025 A MAYO HELLMANN'S 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 (2 packet)	10	0.00	0.00	0.00	0.00	0.00
2025 SOUR CREAM 1 OZ DAISY IDP100 USF 8480154 - LR100724 (1 Pouch)	10	59.26	0.99	0.00	0.99	0.00
LETTUCE ICEBERG SHREDDED AS A CONDIMENT - LR100639 (1/2 oz.)	20	3.87	0.77	0.26	0.52	(M)

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2026 CHICKEN RANCH PASTA/BROCCOLI/SALAD - Day: 4	184					
Category: Entrees; May Choose: 1						
2026 GRILLED CHICKEN RANCH PASTA W/PENNE - LR101170 (1 serv.)	126	408.78	56.43	4.00	6.12	0.00(M)
Category: Grains; May Choose: 1						
2025 A ROLL DINNER16/1 OZ G NICKLES 1975 SMART SNACK - LR100810 (1 ea.)	100	80.00	20.00	1.00	1.00	1.00
Category: Vegetables; May Choose: 2						
2024 SALAD LETTUCE DRESSED 100 SERVINGS - LR100636 (1 1/2 c.)	80	192.03	12.85	5.97	4.73	0.00(M)
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	180	33.74	3.52	2.11	0.70	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	140	30.00	7.00	1.00	6.00	0.00
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	100	50.00	13.00	0.00	10.00	8.00
2025 WATERMELON 2/CS GFS 326089 - LR100087 (2 wedge (app))	100	66.88	16.35	1.49	13.38	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	184	122.91	21.16	0.00	19.64	7.64
2026 PIZZA BAR / GYRO/FRIES/PEAS/BREA DSTICK HS - Day: 5	180					
Category: Entrees; May Choose: 1						
2025 PIZZA BAR KB PIZZA 84316 USF 9395902 - LR101080 (1 slice)	100	396.74	51.15	3.47	4.81	0.00(M)

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2026 GYRO W/ SAUCE - LR101202 (4 oz.)	45	30.27	6.46	1.22	2.83	(M)
Category: Grains; May Choose: 1						
Bread Sticks, Pan Baked, Whole Grain, 7", Bake Crafters, 5009, WGR - SR107505 (1 ea.)	20	110.00	21.00	2.00	1.00	0.99
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.)	110	76.24	13.72	0.76	0.00	0.00
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	50	95.74	12.99	4.72	4.72	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	60	30.00	7.00	1.00	6.00	0.00
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	100	50.00	13.00	0.00	10.00	8.00
2025 APPLES FRESH - LR100082 (1 ea.)	180	94.64	24.13	4.37	18.91	0.00
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	60	60.00	14.00	0.69	12.89	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	180	122.91	21.16	0.00	19.64	7.64