

Menu Cycle Week – Weighted Nutrient Analysis

Generated on: 10/8/2026 5:38:28 PM by Malia Dybzinski

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
(3) BREAKFAST STICK / CB / MON / 7-12 - Day: 1	208					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	16	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)	38	150.00	30.00	3.00	14.00	13.00
Category: Entrees; May Choose: 1						
2025 A BREAKFAST STICK BULK 60/2.51 OZ JIMMY DEAN 38215 USF 3292991 - LR101034 (1 ea.)	173	140.00	16.00	2.00	6.00	6.00
Category: Fruits; May Choose: 2						
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	11	70.00	18.00	3.00	14.00	(M)
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	152	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.)	62	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.)	37	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)	208	125.02	22.01	0.00	20.34	8.34
Category: Condiments; May Choose: 1						

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2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	142	120.00	30.00	0.00	22.00	22.00
(5) BANANA CHOCOLATE BREAD / CB / TUES / 7- 12 - Day: 2	101					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	2	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	1	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)	3	150.00	30.00	3.00	14.00	13.00
Category: Entrees; May Choose: 1						
2025 A BREAD CHOCOLATE 75/3.4 OZ SUPER BAKERY 7506 USF 892230 - LR100858 (1 slice)	51	260.00	44.00	3.00	22.00	22.00
2025 BREAD BANANA SLICE 75/3.45 OZ Super Bakery, 7501 USF 5637795 - LR100402 (1 slice)	51	260.00	45.00	2.00	24.00	23.00
Category: Fruits; May Choose: 2						
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	29	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.)	40	50.00	14.00	1.00	12.00	0.00
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	32	60.83	15.00	0.92	12.25	0.00(M)
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	30	60.00	14.00	0.49	12.57	0.00
Category: Milk; May Choose: 1						

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2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	101	125.02	22.01	0.00	20.34	8.34
(5) EGG & CHEESE CROISSANT / CB / WED / 7-12 - Day: 3	102					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	10	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	13	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)	21	150.00	30.00	3.00	14.00	13.00
Category: Entrees; May Choose: 1						
2025 EGG & CHEESE CROISSANT - LR100876 (1 ea.)	80	305.00	31.00	3.00	4.50	3.00(M)
Category: Fruits; May Choose: 2						
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	3	70.00	18.00	3.00	14.00	(M)
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	26	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.)	75	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.)	40	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)	102	125.02	22.01	0.00	20.34	8.34

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(5) PANCAKES & BACON / CB / THURS / 7-12 - Day: 4	102					
Category: Breakfast; May Choose: 2						
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (2 slice)	94	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)	2	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	5	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)	0	150.00	30.00	3.00	14.00	13.00
2025 PANCAKE BUTTERMILK WG 144/1.3 OZ BAKE CRAFTERS 1475 USF 401976 - LR101003 (2 ea.)	94	160.00	30.00	2.00	10.00	4.00
Category: Fruits; May Choose: 2						
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	16	60.00	14.00	1.00	18.00	0.00
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	29	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.)	45	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.)	16	60.00	16.00	2.00	11.00	0.00
Category: Milk; May Choose: 1						

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2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	102	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.)	82	120.00	30.00	0.00	22.00	22.00
(5) FRUIT PARFAIT CORNbread / CB / FRI / K-12 - Day: 5	49					
Category: Breakfast; May Choose: 2						
2025 A CORNBREAD 72/2 OZ WG SMARTCHOICE 51605 USF 2765568 - LR100794 (1 serv.)	38	180.00	28.00	1.00	15.00	15.00
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)	9	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)	10	150.00	30.00	3.00	14.00	13.00
YOGURT PARFAIT W/FRUIT 1 MMA 1/2 F - LR101111 (1 ea.)	38	146.72	30.68	0.00	24.34	8.01
Category: Fruits; May Choose: 2						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	4	40.00	10.00	2.00	6.00	0.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	5	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)	8	110.00	27.00	2.00	24.00	(M)

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2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	12	110.00	27.00	2.00	24.00	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	16	94.64	24.13	4.37	18.91	0.00
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	27	60.00	14.00	0.49	12.57	0.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	1	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)	49	125.02	22.01	0.00	20.34	8.34