

Menu Cycle Week – Nutrient Analysis

- 2 Cereals served must not have more than 6 grams of added sugar per 1 ounce.
- 3 Yogurts served must not have more than 12 grams of added sugar per 6 ounce.
- 4 Added sugars standard goes into effect starting from July 1st, 2027.

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
(1) WOW BUTER & JELLY / SAUSAGE LINKS / CB / MON / K-12 - Day: 1	85																		
Category: Breakfast; May Choose: 2																			
2025 A SAUSAGE LINKS BREAKFAST 160/1 OZ LOWER SODIUM 2 EA = 1 MMA JONES 18514 GFS 278201 - LR100766 (2 ea.)	65	240.00	24.00	8.00	0.00	40.00	180.00	0.00	0.00	0.00	0.00	8.00	0.72	0.00	0.00	0.00	0.00	0.00	(M)
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 GFS 265891 - LR101074 (1 Bar)	11	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	11	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	18	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
2025 EZ JAMMERS WOW BUTTER & GRAPE JELLY72/2.4 OZ ALBIES 609 USF 1870286 - LR101113 (1 sandwich)	65	280.00	14.00	3.00	0.00	0.00	200.00	28.00	4.00	12.00	(M)	9.00	2.00	121.00	(M)	(M)	1.00	350.15	(M)
Category: Fruits; May Choose: 2																			
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	11	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	0.00	0.00	0.00	39.00	0.00	0.00	(M)
2025 APPLESAUCE CANNED UNSWEETENED 500452 / 100541 - LR101036 (1/2 c.)	14	60.00	0.00	0.00	0.00	0.00	5.00	15.00	1.00	12.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	12	110.00	0.00	0.00	0.00	0.00	1.00	27.00	3.00	14.00	0.00	1.00	0.31	5.90	75.50	10.27	0.00	422.06	(M)
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	20	70.00	0.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	(M)	0.00	0.36	40.00	0.00	48.00	(M)	(M)	(M)

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	28	60.00	0.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	120.00	(M)
Category: Milk; May Choose: 1																			
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	85	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
(1) SOFT BAGELS FILLED / CB / TUES / 7-12 - Day: 2																			
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	11	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	12	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	9	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Entrees; May Choose: 1																			
2025 A BAGEL STRAWBERRY FILLED 72/2.43 OZ PILLSBURY 38413 USF 9647827 - LR101085 (1 pkg.)	96	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00	0.00	0.00	140.06	(M)
Category: Fruits; May Choose: 2																			
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	4	50.00	0.00	0.00	0.00	0.00	10.00	13.00	0.00	10.00	8.00	1.00	0.40	20.00	0.00	0.00	0.00	115.15	(M)
2025 APPLESAUCE CUP 4.5 OZ 96/CS PETERSON ASA10001 USF 6932476 - LR101097 (1 ea.)	32	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	94.94	(M)
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	25	60.83	0.00	0.00	0.00	0.00	9.17	15.00	0.92	12.25	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	34	110.00	0.00	0.00	0.00	0.00	1.00	27.00	3.00	14.00	0.00	1.00	0.31	5.90	75.50	10.27	0.00	422.06	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	18	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.49	12.57	0.00	0.22	0.08	6.67	0.00	60.00	0.00	157.43	(M)
Category: Milk; May Choose: 1																			
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	112	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
(1) FUNNEL CAKE / CB / WED / 7-12 - Day: 3																			
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	3	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	5	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	10	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Entrees; May Choose: 1																			
2025 A FUNNEL CAKE 48/2.85 OZ WGR 5" DUTCH WAFFLE 4521 USF 9558891 - LR100764 (1 ea.)	51	300.00	13.00	3.00	0.00	20.00	350.00	43.00	3.00	12.00	0.00	4.00	1.80	40.00	0.00	0.00	0.00	0.00	(M)
Category: Fruits; May Choose: 2																			
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	11	70.00	0.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	(M)	0.00	0.36	40.00	0.00	48.00	(M)	(M)	(M)
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	27	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.49	12.57	0.00	0.22	0.08	6.67	0.00	60.00	0.00	157.43	(M)
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	20	50.00	0.00	0.00	0.00	0.00	0.00	12.00	1.00	10.00	0.00	0.00	0.00	50.00	0.00	0.00	0.00	164.97	(M)
2026 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	7	60.00	0.00	0.00	0.00	0.00	0.00	16.00	2.00	11.00	0.00	0.00	0.00	11.00	0.00	0.00	0.00	126.00	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Category: Milk; May Choose: 1																			
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	60	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
(1) SCRAMBLED EGGS / BACON / CB / THURS / K-12 - Day: 4																			
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 GFS 265891 - LR101074 (1 Bar)	12	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	10	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	10	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Entrees; May Choose: 2																			
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (3 slice)	82	70.00	6.00	2.00	0.00	10.00	250.00	0.00	0.00	0.00	0.00	4.00	0.18	0.00	0.00	0.00	0.00	0.00	0.00(M)
EGGS LIQUID FROZEN CARTON 500212 / 100046 - LR101134 (1/4 c.)	82	93.33	8.00	2.67	0.00	288.00	93.33	0.00	0.00	0.00	(M)	8.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	32	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	36	60.00	0.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	120.00	(M)
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	23	50.00	0.00	0.00	0.00	0.00	0.00	12.00	1.00	10.00	0.00	0.00	0.00	50.00	0.00	0.00	0.00	164.97	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2026 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	10	60.00	0.00	0.00	0.00	0.00	0.00	16.00	2.00	11.00	0.00	0.00	0.00	11.00	0.00	0.00	0.00	126.00	(M)
Category: Milk; May Choose: 1																			
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	99	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
(1) SAUSAGE & CHEESE MUFFIN / CB / FRI / 7-12 - Day: 5	111																		
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	14	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	15	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	3	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Entrees; May Choose: 1																			
2025 SAUSAGE & CHEESE MUFFIN - LR100354 (1 serv.)	95	424.32	27.50	10.50	0.00	62.50	823.89	25.87	0.99	1.50	0.00(M)	15.48	1.79	99.58 (M)	0.00(M)	0.00(M)	0.00(M)	204.60 (M)	(M)
Category: Fruits; May Choose: 2																			
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	29	40.00	0.00	0.00	0.00	0.00	0.00	10.00	2.00	6.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	25	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	0.00	0.00	0.00	39.00	0.00	0.00	(M)
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	7	110.00	0.00	0.00	(M)	(M)	0.00	27.00	2.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	9	110.00	0.00	0.00	0.00	(M)	0.00	27.00	2.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	24	94.64	0.31	0.51	0.00	0.00	1.82	24.13	4.37	18.91	0.00	0.48	0.22	10.90	98.28	8.37	0.00	194.58	155.72
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	30	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Category: Milk; May Choose: 1																			
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	111	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)