Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (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	0.00	0.00	0.00	0.00
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 GFS 265891 - LR101074 (1 Bar)	11	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	11	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)	18	150.00	30.00	3.00	14.00	13.00
2025 EZ JAMMERS WOW BUTTER & GRAPE JELLY72/2.4 OZ ALBIES 609 USF 1870286 - LR101113 (1 sandwich)	65	280.00	28.00	4.00	12.00	(M)
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	11	30.00	7.00	1.00	6.00	0.00
2025 APPLESAUCE CANNED UNSWEETENED 500452 / 100541 - LR101036 (1/2 c.)	14	60.00	15.00	1.00	12.00	(M)
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	12	110.00	27.00	3.00	14.00	0.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	20	70.00	18.00	3.00	14.00	(M)
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	28	60.00	15.00	1.00	14.00	0.00
Category: Milk; May Choose: 1						

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	85	125.02	22.01	0.00	20.34	8.34
(1) SOFT BAGELS FILLED / CB / TUES / 7-12 - Day: 2	89					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	11	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	12	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)	9	150.00	30.00	3.00	14.00	13.00
Category: Entrees; May Choose: 1						
2025 A BAGEL STRAWBERRY FILLED72/2.43 OZ PILLSBURY 38413 USF 9647827 - LR101085 (1 pkg.)	96	230.00	42.00	2.00	13.00	12.00
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	13.00	0.00	10.00	8.00
2025 APPLESAUCE CUP 4.5 OZ 96/CS PETERSON ASA10001 USF 6932476 - LR101097 (1 ea.)	32	50.00	14.00	1.00	12.00	0.00
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	25	60.83	15.00	0.92	12.25	0.00(M)
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	34	110.00	27.00	3.00	14.00	0.00
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	18	60.00	14.00	0.49	12.57	0.00
Category: Milk; May Choose: 1						

Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	112	125.02	22.01	0.00	20.34	8.34
(1) FUNNEL CAKE / CB / WED / 7-12 - Day: 3	60					
Category: Breakfast; May Choose: 2						
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)	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)	10	150.00	30.00	3.00	14.00	13.00
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	43.00	3.00	12.00	0.00
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)	27	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.)	20	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.)	7	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)	60	125.02	22.01	0.00	20.34	8.34

Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
(1) SCRAMBLED EGGS / BACON / CB / THURS / K-12 - Day: 4	99					
Category: Breakfast; May Choose: 2						
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 GFS 265891 - LR101074 (1 Bar)	12	160.00	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	10	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
Category: Entrees; May Choose: 2						
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (3 slice)	82	70.00	0.00	0.00	0.00	0.00
EGGS LIQUID FROZEN CARTON 500212 / 100046 - LR101134 (1/4 c.)	82	93.33	0.00	0.00	0.00	(M)
Category: Fruits; May Choose: 2						
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	32	60.00	14.00	1.00	18.00	0.00
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	36	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.)	23	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.)	10	60.00	16.00	2.00	11.00	0.00
Category: Milk; May Choose: 1						

Menu Cycle Week – Weighted Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	99	125.02	22.01	0.00	20.34	8.34
(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	30.00	3.00	8.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	15	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 SAUSAGE & CHEESE MUFFIN - LR100354 (1 serv.)	95	424.32	25.87	0.99	1.50	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)	29	40.00	10.00	2.00	6.00	0.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	25	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)	7	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)	9	110.00	27.00	2.00	24.00	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	24	94.64	24.13	4.37	18.91	0.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	30	42.30	10.57	2.16	8.41	(M)

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Category: Milk; May Choose: 1						
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	111	125.02	22.01	0.00	20.34	8.34