

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) |
|-----------------------------------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| 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 SNACK N WAFFLES MAPLE BUTTER 96/2.4 OZ 00110 USF 8364522 - LR100955 (1 serv.) | 143 | 250.00 | 35.00 | 3.00 | 11.00 | 10.00 |
| 2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.) | 4 | 100.00 | 21.00 | 3.00 | 1.00 | 1.00 |
| 2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl) | 5 | 110.00 | 22.00 | 4.00 | 6.00 | 6.00 |
| 2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.) | 5 | 120.00 | 25.00 | 2.00 | 8.00 | 8.00 |
| 2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl) | 5 | 110.00 | 23.00 | 2.00 | 6.00 | 6.00 |
| Category: Entrees; May Choose: 1 | | | | | | |
| Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.) | 0 | 60.75 | 1.01 | 0.00 | 1.01 | 0.00 |
| Category: Grains; May Choose: 1 | | | | | | |
| 2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.) | 19 | 120.00 | 21.00 | 1.00 | 8.00 | 8.00 |
| Category: Fruits; May Choose: 2 | | | | | | |
| 2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.) | 81 | 30.00 | 7.00 | 1.00 | 6.00 | 0.00 |
| 2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.) | 112 | 60.00 | 14.60 | 1.30 | 13.21 | 0.00 |

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|-----------------------------------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin) | 162 | 121.83 | 20.72 | 0.00 | 19.27 | 7.27 |
| Category: Desserts; May Choose: 1 | | | | | | |
| 2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container) | 0 | 80.00 | 15.00 | 0.00 | 12.00 | 7.00 |
| (4) CROISSANT BUTTER JELLY & BACON / CEREAL & BB / TUES / K-6 :127763 - Day: 2 | | | | | | |
| Category: Breakfast; May Choose: 2 | | | | | | |
| 2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar) | 2 | 150.00 | 30.00 | 3.00 | 14.00 | 13.00 |
| 2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.) | 29 | 120.00 | 21.00 | 1.00 | 8.00 | 8.00 |
| 2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.) | 19 | 100.00 | 21.00 | 3.00 | 1.00 | 1.00 |
| 2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl) | 19 | 110.00 | 22.00 | 4.00 | 6.00 | 6.00 |
| 2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.) | 19 | 120.00 | 25.00 | 2.00 | 8.00 | 8.00 |
| 2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl) | 20 | 110.00 | 23.00 | 2.00 | 6.00 | 6.00 |

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| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) |
|--------------------------------------------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| Category: Entrees; May Choose: 2 | | | | | | |
| 2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (3 slice) | 105 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 2025 A CROISSANT WG 144/2.2 OZ HADLEY FARMS 139 USF 693465 - LR100952 (1 Croissant) | 110 | 190.00 | 29.00 | 3.00 | 4.00 | 3.00 |
| Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.) | 2 | 60.75 | 1.01 | 0.00 | 1.01 | 0.00 |
| Category: Fruits; May Choose: 2 | | | | | | |
| 2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch) | 66 | 110.00 | 27.00 | 2.00 | 24.00 | (M) |
| 2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container) | 124 | 60.00 | 14.00 | 1.00 | 18.00 | 0.00 |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin) | 207 | 121.83 | 20.72 | 0.00 | 19.27 | 7.27 |
| Category: Condiments; May Choose: 2 | | | | | | |
| 2025 A MARGARINE SS 5G 900/.2 OZ GFS 772331 - LR100591 (1 ea.) | 46 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jelly/Jam, Single Serve Assorted Jelly/Jam, 200 pack, 0.5 oz, Kraft Heinz, 10013000543900, Condiment - SR110519 (1 pkg.) | 40 | 35.00 | 9.00 | (M) | (M) | 6.00 |
| Category: Desserts; May Choose: 1 | | | | | | |
| 2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container) | 2 | 80.00 | 15.00 | 0.00 | 12.00 | 7.00 |

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) |
|-----------------------------------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| (4) YOGURT & MUFFIN CHOCOLATE / CEREAL & BB / WED / PK-6 :127763 - Day: 3 | 178 | | | | | |
| Category: Breakfast; May Choose: 1 | | | | | | |
| 2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar) | 2 | 150.00 | 30.00 | 3.00 | 14.00 | 13.00 |
| 2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.) | 7 | 100.00 | 21.00 | 3.00 | 1.00 | 1.00 |
| 2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl) | 9 | 110.00 | 22.00 | 4.00 | 6.00 | 6.00 |
| 2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMs 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.) | 9 | 120.00 | 25.00 | 2.00 | 8.00 | 8.00 |
| 2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl) | 8 | 110.00 | 23.00 | 2.00 | 6.00 | 6.00 |
| 2026 MUFFIN CHOCOLATE CHIP WGR DELICIOUS ESSENTIALS 72/2 OZ ASPIRE 10145 USF 7853468 - LR100769 (1 ea.) | 144 | 190.00 | 33.00 | 2.00 | 3.00 | 17.00 |
| Category: Entrees; May Choose: 1 | | | | | | |
| Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.) | 2 | 60.75 | 1.01 | 0.00 | 1.01 | 0.00 |
| Category: Grains; May Choose: 1 | | | | | | |
| 2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.) | 34 | 120.00 | 21.00 | 1.00 | 8.00 | 8.00 |

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) |
|-----------------------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| 2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container) | 144 | 80.00 | 15.00 | 0.00 | 12.00 | 7.00 |
| Category: Fruits; May Choose: 2 | | | | | | |
| 2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34) | 116 | 40.00 | 10.00 | 2.00 | 6.00 | 0.00 |
| 2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.) | 61 | 50.00 | 12.00 | 1.00 | 10.00 | 0.00 |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin) | 178 | 121.83 | 20.72 | 0.00 | 19.27 | 7.27 |
| (4) BAGEL STRAWBERRY & GC / THURS / PK-6 - Day: 4 | | | | | | |
| Category: Breakfast; May Choose: 2 | | | | | | |
| 2025 A BAGEL STRAWBERRY FILLED72/2.43 OZ PILLSBURY 38413 USF 9647827 - LR101085 (1 pkg.) | 180 | 230.00 | 42.00 | 2.00 | 13.00 | 12.00 |
| 2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar) | 2 | 150.00 | 30.00 | 3.00 | 14.00 | 13.00 |
| 2025 CEREAL ELEM VARIETY - LR101001 (1 serv.) | 50 | 111.17 | 22.89 | 2.13 | 6.91 | 6.91 |
| 2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.) | 50 | 100.00 | 21.00 | 3.00 | 1.00 | 1.00 |

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| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) |
|-----------------------------------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| 2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl) | 50 | 110.00 | 22.00 | 4.00 | 6.00 | 6.00 |
| 2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.) | 50 | 120.00 | 25.00 | 2.00 | 8.00 | 8.00 |
| 2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl) | 50 | 110.00 | 23.00 | 2.00 | 6.00 | 6.00 |
| Category: Entrees; May Choose: 1 | | | | | | |
| Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.) | 2 | 60.75 | 1.01 | 0.00 | 1.01 | 0.00 |
| Category: Grains; May Choose: 1 | | | | | | |
| 2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.) | 110 | 120.00 | 21.00 | 1.00 | 8.00 | 8.00 |
| Category: Fruits; May Choose: 2 | | | | | | |
| 2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.) | 66 | 50.00 | 13.00 | 0.00 | 10.00 | 8.00 |
| 2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.) | 180 | 60.00 | 14.60 | 1.30 | 13.21 | 0.00 |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin) | 234 | 121.83 | 20.72 | 0.00 | 19.27 | 7.27 |
| Category: Desserts; May Choose: 1 | | | | | | |

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| Menu Item (Serving Size) | Plan Qty | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) |
|----------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|------------------------|
| 2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container) | 2 | 80.00 | 15.00 | 0.00 | 12.00 | 7.00 |
| (2) BLUEBERRY/BANANA/CH OCOLATE BREAD / CEREAL & BB / TUES /K-6 - Day: 5 | 153 | | | | | |
| Category: Breakfast; May Choose: 1 | | | | | | |
| 2025 A BREAD CHOCOLATE 75/3.4 OZ SUPER BAKERY 7506 USF 892230 - LR100858 (1 slice) | 77 | 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) | 30 | 260.00 | 45.00 | 2.00 | 24.00 | 23.00 |
| 2025 BREAD BLUEBERRY 75/3.45 OZ Super Bakery 7503 USF 3270886 - LR100964 (1 slice) | 13 | 270.00 | 45.00 | 2.00 | 24.00 | 24.00 |
| 2025 CEREAL ELEM VARIETY - LR101001 (1 serv.) | 33 | 111.17 | 22.89 | 2.13 | 6.91 | 6.91 |
| Category: Grains; May Choose: 1 | | | | | | |
| 2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.) | 13 | 120.00 | 21.00 | 1.00 | 8.00 | 8.00 |
| Category: Fruits; May Choose: 2 | | | | | | |
| 2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch) | 120 | 110.00 | 27.00 | 2.00 | 24.00 | (M) |
| 2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container) | 72 | 60.00 | 14.00 | 1.00 | 18.00 | 0.00 |
| Category: Milk; May Choose: 1 | | | | | | |
| 2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin) | 153 | 121.83 | 20.72 | 0.00 | 19.27 | 7.27 |