

Menu Cycle Week – Weighted Nutrient Analysis

Generated on: 10/8/2026 5:46:48 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 MEXICAN PIZZA / CHICKEN PATTY / CORN / FF / MON 7-12 - Day: 1	201					
Category: Entrees; May Choose: 1						
2025 A MEXICAN PIZZA 72/5.44 OZ TONY'S 68523 USF 7220730 - LR100739 (1 ea.)	52	360.00	43.00	4.00	8.00	3.00
2025 CHICKEN PATTY BREADED SANDWICH 60/3.63 OZ TYSON 23797 GFS 509728-HS - LR100609 (1 ea.)	110	390.00	39.00	3.00	4.00	4.00
2025 CHICKEN PATTY SPICY BREADED 150/3.49 OZ TYSON 33901 GFS 327080-HS - LR100744 (1 ea.)	39	380.00	41.00	4.00	5.00	5.00
Category: Vegetables; May Choose: 2						
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	90	87.02	16.09	2.01	3.02	0.00(M)
2025 A FRENCH FRIES McCain, MCX40 6/5 LB BAGS GFS 510043 SMART SNACK NO KETCHUP - LR100954 (1/2 c.)	201	76.24	13.72	0.76	0.00	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	51	30.00	7.00	1.00	6.00	0.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	29	110.00	27.00	3.00	14.00	0.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	60	70.00	18.00	3.00	14.00	(M)
PINEAPPLE TIDBITS UNSWEETEND JUICE #10 CAN 6/CS RESH 6/CASE LIMSON TRADING 189979 GFS 189979 - LR101059 (2/3 c.)	110	79.60	19.90	0.99	16.91	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	201	122.91	21.16	0.00	19.64	7.64

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Category: Condiments; May Choose: 7						
2024 LETTUCE ROMAINE CHOPPED MONTEVERDES 06999 - LR100714 (1/2 oz.)	75	8.61	1.67	1.06	0.60	(M)
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	47	11.67	2.33	0.33	1.33	(M)
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	92	40.00	10.00	0.00	8.00	6.00
2025 A MAYO HELLMANN'S SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	77	70.00	0.00	0.00	0.00	0.00
2025 A MUSTARD PACKETS 200/.20 OZ USF 3009222 - LR100704 (2 packet)	4	0.00	0.00	0.00	0.00	0.00
2025 PICKLE CHIPS DILL 1/5 GALLON BRICKMANS 301846 GFS 580511 - LR101081 (1 ounces)	56	0.00	0.00	0.00	0.00	0.00
2025 RANCH DRESSING GORDON 1938609 GFS 699981 .5 OZ (12 G) - LR100708 (1 packet)	36	30.00	2.00	0.00	1.00	0.00
2026 CHICKEN CHEESE BACON BAGEL / CHEESEBURGER / FF / BB / 7-12 - Day: 2	152					
Category: Entrees; May Choose: 1						
2025 CHEESEBURGER WITH BUN - HS - LR100593 (1 ea.)	112	377.00	27.00	2.00	4.50	4.00(M)
2025 CHICKEN CHEESE BACON BAGEL-HS - LR100727 (1 serv.)	40	421.67	43.00	1.00	2.50	2.00(M)
Category: Vegetables; May Choose: 3						
2025 A FRENCH FRIES McCain, MCX40 6/5 LB BAGS GFS 510043 SMART SNACK NO KETCHUP - LR100954 (1/2 c.)	152	76.24	13.72	0.76	0.00	0.00
BAKED BEANS - SCRATCH - LR100264 (1/2 c.)	27	245.22	67.86	22.09	25.63	23.60 (M)
Category: Fruits; May Choose: 2						

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2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	21	70.00	18.00	3.00	14.00	(M)
2025 JUICE HS LUNCH VARIETY - LR100092 (4 fl. oz.)	111	60.00	14.00	0.54	12.83	0.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	27	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	17	60.00	16.00	2.00	12.00	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	152	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 8						
2024 LETTUCE ROMAINE CHOPPED MONTEVERDES 06999 - LR100714 (1/2 oz.)	64	8.61	1.67	1.06	0.60	(M)
2024 ONIONS RAW SLICED DICED WHOLE MONTEVERDES 00156 - LR100651 (1 Tbsp.)	34	4.00	1.00	0.00	0.00	(M)
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	33	11.67	2.33	0.33	1.33	(M)
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	119	40.00	10.00	0.00	8.00	6.00
2025 A MAYO HELLMANN'S SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	50	70.00	0.00	0.00	0.00	0.00
2025 A MUSTARD PACKETS 200/.20 OZ USF 3009222 - LR100704 (1 packet)	4	0.00	0.00	0.00	0.00	0.00
2025 PICKLE CHIPS DILL 1/5 GALLON BRICKMANS 301846 GFS 580511 - LR101081 (1 ounces)	95	0.00	0.00	0.00	0.00	0.00

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2026 CHICKEN FRIES / CHICKEN OVER BIS / MPOTATOES / & GRAVY/ROLL / PEAS / 7 -12 - Day: 3	161					
Category: Entrees; May Choose: 1						
2025 A CHICKEN FRIES TYSON 4/7.87 LB BAGS 167 SERVINGS PER CONTAINER TYSON 10703670928 GFS 463653 - LR100720 (8 pcs.)	110	262.86	16.00	2.29	1.14	0.00
2025 CHICKEN (2 OZ) OVER BISCUIT W/GRAVY (3/8 CUP) - LR100646 (1 serv.)	51	311.87	32.30	1.00	2.72	2.00(M)
Category: Vegetables; May Choose: 2						
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	163	95.74	12.99	4.72	4.72	0.00
2025 POTATOES MASHED 1/2 CUP WITH 1/2 CUP CHICKEN GRAVY - LR100756 (1 serv.)	160	79.14	17.34	1.65	0.14	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.)	50	90.00	20.00	0.00	19.00	17.00
2025 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	39	50.00	13.00	2.00	9.00	9.00
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	56	60.83	15.00	0.92	12.25	0.00(M)
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	39	110.00	27.00	3.00	14.00	0.00
2025 JUICE HS LUNCH VARIETY - LR100092 (4 fl. oz.)	23	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)	116	122.91	21.16	0.00	19.64	7.64

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Category: Condiments; May Choose: 2						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	36	40.00	10.00	0.00	8.00	6.00
TARTAR SAUCE - LR100191 (2 oz.)	23	204.88	3.32	0.04	1.09	0.00(M)
2026 BREAKFAST FOR LUNCH / BCARROTS / THURS / 7-12 - Day: 4	177					
Category: Breakfast; May Choose: 2						
2025 A FRENCH TOAST 144/2.9 OZ WG PAPETTS 75014 GFS 646262 - LR100828 (2 slice)	177	420.00	52.00	4.00	22.00	20.00
2025 A SAUSAGE LINKS BREAKFAST 160/1 OZ LOWER SODIUM 2 EA = 1 MMA JONES 18514 GFS 278201 - LR100766 (2 ea.)	177	240.00	0.00	0.00	0.00	0.00
Category: Vegetables; May Choose: 2						
2024 A BABY CARROTS BULK CROSS VALLEY 44955 GFS 768146 USF 6342026 - LR100798 (1/2 c.)	18	29.08	6.79	1.94	4.85	0.00
2025 A TATOR TRIANGLES GORDON 151855 GFS 518557 - LR101007 (2 ea.)	177	180.00	22.00	2.00	0.00	0.00
Category: Fruits; May Choose: 2						
2025 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	68	50.00	13.00	2.00	9.00	9.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	60	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	18	60.00	16.00	2.00	12.00	0.00

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PINEAPPLE TIDBITS UNSWEETEND JUICE #10 CAN 6/CS RESH 6/CASE LIMSON TRADING 189979 GFS 189979 - LR101059 (2/3 c.)	63	79.60	19.90	0.99	16.91	0.00
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	177	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 2						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	74	40.00	10.00	0.00	8.00	6.00
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	151	120.00	30.00	0.00	22.00	22.00
2026 PASTA W/MEATBALLS / LEMON PEPPER CHICKEN/SALAD / GB / FRI / 7-12 - Day: 5	149					
Category: Entrees; May Choose: 1						
2025 PASTA (4 OZ COOKED = 1/2 CUP) & MEATBALLS (6) - HS - LR100695 (1 serv.)	100	2.11	0.18	0.03	0.03	0.00(M)
2026 Pasta cooked =1/2 cup & Lemon Pepper chicken =1/2cup - LR101200 (1 serv.)	49	1.57	0.10	0.01	0.01	0.00(M)
Category: Vegetables; May Choose: 2						
2024 SALAD LETTUCE DRESSED 100 SERVINGS - LR100636 (1 1/2 c.)	39	192.03	12.85	5.97	4.73	0.00(M)
2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.)	63	80.07	14.75	2.46	7.37	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	12	40.00	10.00	2.00	6.00	0.00

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2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	55	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)	35	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)	53	110.00	27.00	2.00	24.00	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	14	94.64	24.13	4.37	18.91	0.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	83	42.30	10.57	2.16	8.41	(M)
Category: Milk; May Choose: 1						
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	149	122.91	21.16	0.00	19.64	7.64