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)
(2) BBQ CHICKEN SANDWICH / SWEDISH MEATBALLS/ NOODLES / PEAS / CARROTS & DIP / MON / 7-12 - Day: 1	712					
Category: Entrees; May Choose: 1						
2025 BBQ CHICKEN SANDWICH - LR100296 (1 ea.)	49	340.00	45.00	2.00	21.00	20.00
2025 SWEDISH MEATBALLS (6) - HS - LR100826 (1 serv.)	120	198.21	7.44	1.40	1.07	0.00(M)
Category: Grains; May Choose: 1						
2025 NOODLES COOKED NWG ROSELI 210467 USF 6328678 - LR100679 (2 ounces, co)	120	111.37	20.25	0.51	1.01	0.00
Category: Vegetables; May Choose: 2						
2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)	67	55.90	7.56	2.52	3.78	0.00
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	72	95.74	12.99	4.72	4.72	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	130	30.00	7.00	1.00	6.00	0.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	60	110.00	27.00	3.00	14.00	0.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	50	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.)	50	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)	169	122.91	21.16	0.00	19.64	7.64

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)
Category: Condiments; May Choose: 2						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	46	40.00	10.00	0.00	8.00	6.00
2025 A RANCH DRESSING HOMEMADE - LR100838 (1 oz.)	67	104.61	1.72	0.00	0.74	0.00
2026 CHICKEN FAJITAS / BUFFALO CHICKEN WRAP - Day: 2	150					
Category: Entrees; May Choose: 1						
2019 CHICKEN FAJITAS OVER RICE - LR100551 (1 serv.)	0	447.15	43.32	0.96	0.00	0.00(M)
2026 SWEET N SOUR CHICKEN/ POTSTICKERS / FRIED RICE / EGG ROLL / CARROTS / CHEESESTICK / WED / 7-12 - Day: 3	152					
Category: Entrees; May Choose: 2						
2024 POT STICKERS W/TERIYAKI SAUCE - LR101024 (3 ea.)	112	135.00	19.50	1.00	7.00	4.50
2025 A MOZZ CHEESESTICK LIGHT 168/1 OZ LANDOLAKE 34500 USF 6939045 SMART SNACK - LR100741 (1 ea.)	100	59.26	0.99	0.00	0.99	0.00
2026 SWEET N SOUR CHICKEN - LR101172 (10 pcs.)	0	12.12	1.15	0.12	0.39	0.35
Category: Grains; May Choose: 2						
EGG ROLL VEG WG 72/3.1 OZ MINH 70255 USF 1148558 - LR101133 (1 ea.)	90	130.00	2.00	13.00	3.00	1.00
FRIED RICE - LR101030 (3 oz.)	100	223.75	39.43	1.38	11.32	10.38 (M)
Category: Vegetables; May Choose: 1						
2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)	121	55.90	7.56	2.52	3.78	0.00
Category: Fruits; May Choose: 2						

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 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	74	70.00	18.00	3.00	14.00	(M)
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	1	60.00	14.00	0.69	12.89	0.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	1	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	2	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
2026 PIEROGIES / PIZZABURGERS / SALAD / GREEN BREANS / THURS / 7-12 - Day: 4	160					
Category: Entrees; May Choose: 1						
2024 PIEROGIES POTATO & CHEESE JEN USF 7245640 no chicken base - LR100761 (4 piece)	54	379.04	38.51	4.21	3.20	1.33(M)
PIZZABURGERS 1 1/2 OZ MMA 2 PIECE BUN - LR100205 (1 SERVING (T)	0	184.42	27.52	2.40	5.69	3.19(M)
Category: Vegetables; May Choose: 2						
2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.)	102	80.07	14.75	2.46	7.37	0.00
2025 SALAD LETTUCE NOT DRESSED 100 SERVINGS - LR101125 (1 1/2 c.)	70	60.16	11.85	5.97	4.71	0.00(M)
Category: Fruits; May Choose: 2						
2025 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	38	50.00	13.00	2.00	9.00	9.00

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 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	65	60.00	14.00	0.00	13.00	0.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	27	60.00	16.00	2.00	12.00	0.00
PINEAPPLE TIDBITS UNSWEETEND JUICE #10 CAN 6/CS RESH 6/CASE LIMSON TRADING 189979 GFS 189979 - LR101059 (2/3 c.)	78	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)	160	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 1						
2024 DRESSING ITALIAN MIXED HOMEMADE - LR100058 (1 c.)	20	1055.00	8.04	0.00	0.12	0.00(M)
2025 RANCH DRESSING JUG 4/1 GALLON HIDDEN VALLEY 85620HVR GFS 759082 - LR101108 (1.023 ounces)	50	120.00	2.00	0.00	1.00	1.00
(2) CHICKEN NUGGETS / MPOTATOES / CORN / R&B / MON 7-12 - Day: 5	192					
Category: Entrees; May Choose: 1						
2025 A CHICKEN NUGGETS WG .608 OZ PLIGRIMS PRIDE GOLD KIST 615300 USF 2837163 - LR101047 (5 nuggets)	192	200.00	13.00	2.00	0.00	0.00
Category: Grains; May Choose: 1						
2025 A ROLL & BUTTER SMART SNACK - LR100333 (1 serv.)	165	100.00	20.00	1.00	1.00	1.00
Category: Vegetables; May Choose: 2						
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	45	87.02	16.09	2.01	3.02	0.00(M)

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 POTATOES MASHED 1/2 CUP WITH 1/4 CUP CHICKEN GRAVY SMART SNACK - LR100223 (1 serv.)	192	95.01	20.96	2.04	0.09	0.00
Category: Fruits; May Choose: 2						
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	33	40.00	10.00	2.00	6.00	0.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	54	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)	20	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)	20	110.00	27.00	2.00	24.00	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	30	94.64	24.13	4.37	18.91	0.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	43	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)	192	122.91	21.16	0.00	19.64	7.64
Category: Condiments; May Choose: 5						
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	93	40.00	10.00	0.00	8.00	6.00
2025 BBQ SAUCE SWEET BABY RAYS 9515294 USF 9844416 - LR100716 (1 fl. oz.)	42	70.00	18.00	0.00	17.00	16.00
2025 HONEY MUSTARD DIPPING CUP 1 OZ/100 CS DIAMOND CRYSTAL 76091 GFS 714500 - LR100812 (1 ounces)	43	140.00	6.00	0.00	6.00	6.00

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
2025 RANCH DRESSING 1OZ CUP MARZETTI 83984 GFS 537705 NOT SS - LR100008 (1 ea.)	150	130.00	1.00	0.00	0.00	1.00