

Menu Cycle Week – Nutrient Analysis

Generated on: 9/28/2025 8:33:14 AM by Sally Cowden

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
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
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
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
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
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
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
2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.)	112	60.00	14.60	1.30	13.21
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
(4) CROISSANT BUTTER JELLY & BACON / CEREAL & BB / TUES / K-6 - Day: 2	207				
Category: Breakfast; May Choose: 2					

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2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.)	29	120.00	21.00	1.00	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
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
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
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
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
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
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
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	124	60.00	14.00	1.00	18.00
Category: Milk; May Choose: 1					

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2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	207	121.83	20.72	0.00	19.27
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
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)
(4) YOGURT & MUFFIN CHOCOLATE / CEREAL & BB / WED / PK-6 - Day: 3	178				
Category: Breakfast; May Choose: 1					
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
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
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
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
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

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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
2026 YOGURT VANILLA FF 48/4 OZ UPSTATE121029 USF 1116006 - LR100990 (1 container)	144	80.00	15.00	0.00	12.00
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
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	61	50.00	12.00	1.00	10.00
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
(4) CEREAL & GC / THURS / PK-6 - Day: 4	234				
Category: Breakfast; May Choose: 2					
2025 CEREAL ELEM VARIETY - LR101001 (1 serv.)	234	111.17	22.89	2.13	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
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

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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
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
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
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
2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.)	180	60.00	14.60	1.30	13.21
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
(4) MINI PANCAKES & BACON / CEREAL & BB / FRI / PK-6 - Day: 5	157				
Category: Breakfast; May Choose: 1					
2025 A MINI PANCAKES - LR100979 (1 serv.)	145	200.00	35.00	4.00	10.00
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	3	100.00	21.00	3.00	1.00

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2026 CEREAL CINNAMON TOAST CRUNCH 25% Less Sugar 96/1 OZ GENERAL MILLS 29444000 USF 9491895 - LR101117 (1 bowl)	3	110.00	22.00	4.00	6.00
2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.)	3	120.00	25.00	2.00	8.00
2026 CEREAL TRIX 25% LESS SUGAR 96/1 OZ GENERAL MILLS 31922000 USF 6960611 - LR101118 (1 bowl)	3	110.00	23.00	2.00	6.00
Category: Entrees; May Choose: 1					
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (3 slice)	145	70.00	0.00	0.00	0.00
2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.)	12	120.00	21.00	1.00	8.00
Category: Fruits; May Choose: 2					
2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve)	56	24.32	5.84	1.52	3.72
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	50	110.00	27.00	2.00	24.00
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	50	110.00	27.00	2.00	24.00
Category: Milk; May Choose: 1					
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	157	121.83	20.72	0.00	19.27
Category: Condiments; May Choose: 1					

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	145	120.00	30.00	0.00	22.00