

Menu Cycle Week – Nutrient Analysis

Generated on: 9/28/2025 8:27:12 AM by Sally Cowden

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
(4) MCRIB / CHICKEN SANDWICH / FF / BROCCOLI / MON 7-12 - Day: 1	171				
Category: Entrees; May Choose: 1					
2025 BBQ MCRIB SANDWICH -HS TYSON 20481 USF 3076460 - LR100164 (1 ea.)	34	360.00	37.00	3.00	13.00
2025 CHICKEN PATTY BREADED SANDWICH 60/3.63 OZ TYSON 23797 GFS 509728-HS - LR100609 (1 ea.)	137	390.00	39.00	3.00	4.00
Category: Vegetables; May Choose: 2					
2025 A FRENCH FRIES McCain, MCX40 6/5 LB BAGS GFS 510043 SMART SNACK NO KETCHUP - LR100954 (1/2 c.)	171	76.24	13.72	0.76	0.00
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	97	33.74	3.52	2.11	0.70
Category: Fruits; May Choose: 2					
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	44	30.00	7.00	1.00	6.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	32	110.00	27.00	3.00	14.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	35	70.00	18.00	3.00	14.00
PINEAPPLE TIDBITS UNSWEETEND JUICE #10 CAN 6/CS RESH 6/CASE LIMSON TRADING 189979 GFS 189979 - LR101059 (2/3 c.)	83	79.60	19.90	0.99	16.91
Category: Milk; May Choose: 1					
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	171	122.91	21.16	0.00	19.64
Category: Condiments; May Choose: 1					

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2025 BBQ SAUCE SWEET BABY RAYS 9515294 USF 9844416 - LR100716 (1 fl. oz.)	21	70.00	18.00	0.00	17.00
(4) PULLED PORK SANDWICH / MEATBALL HOAGIE / MAC & CHEESE / GB / CARROTS / TUES / 7-12 - Day: 2	148				
Category: Entrees; May Choose: 1					
2025 MEATBALL HOAGIE - HS - LR100624 (1 ea.)	116	438.50	43.20	5.26	7.52
2025 PULLED PORK SANDWICH - HS - LR100881 (1 ea.)	32	255.14	26.00	2.00	4.00
Category: Grains; May Choose: 1					
2025 A MACARONI & CHEESE - LR100155 (1/2 c.)	140	197.96	14.44	1.22	1.63
Category: Vegetables; May Choose: 2					
2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.)	16	80.07	14.75	2.46	7.37
2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)	50	55.90	7.56	2.52	3.78
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.)	31	90.00	20.00	0.00	19.00
2025 APPLESAUCE CANNED UNSWEETENED 500452 / 100541 - LR101036 (1/2 c.)	39	60.00	15.00	1.00	12.00
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	47	60.83	15.00	0.92	12.25
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	4	110.00	27.00	3.00	14.00
2025 JUICE HS LUNCH VARIETY - LR100092 (4 fl. oz.)	128	60.00	14.00	0.54	12.83

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Category: Milk; May Choose: 1					
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	148	122.91	21.16	0.00	19.64
(4) STEAKUM / CHICKEN RANCH FB / TT / PEAS / WED / 7-12 - Day: 3		183			
Category: Entrees; May Choose: 1					
2024 CHICKEN RANCH FLATBREAD - LR100291 (1/2 flatbread)	157	338.21	31.48	0.00	3.49
2024 STEAKUM PHILLY BEEF 4 OZ GORDON 93901398772 GFS398773-HS - LR100076 (1 ea.)	26	360.00	31.00	2.00	5.00
Category: Vegetables; May Choose: 2					
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	183	95.74	12.99	4.72	4.72
2025 TATOR TOTS MCCAIN 2789 GFS 563840 RS SMART SNACK W/NO KETHCUP - LR100649 (1/2 c.)	180	90.00	14.00	2.00	1.00
Category: Fruits; May Choose: 2					
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	54	70.00	18.00	3.00	14.00
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	111	60.00	14.00	0.69	12.89
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	19	60.00	14.00	0.00	13.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	5	60.00	16.00	2.00	12.00
Category: Milk; May Choose: 1					
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	183	122.91	21.16	0.00	19.64
Category: Condiments; May Choose: 2					

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	90	40.00	10.00	0.00	8.00
2025 A MAYO HELLMANN'S SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	17	70.00	0.00	0.00	0.00
(4) QUESADILLA / TACOS / CORN / T CAVIAR CHIPS / THURS / 7-12 - Day: 4	178				
Category: Entrees; May Choose: 1					
2025 A QUESADILLA CHEESE WG 96/CS THE MAX 7738712699 USF 5858915 - LR100738 (1 ea.)	58	300.00	39.00	4.00	3.00
2025 TACOS SOFT SHELL BEEF 8" - LR100142 (1 ea.)	82	287.64	22.49	2.65	1.65
2025 TACOS SOFT SHELL CHICKEN 8" - LR100788 (1 ea.)	38	260.70	20.52	2.00	1.00
Category: Vegetables; May Choose: 2					
2024 TEXAS CAVIAR -- JEN LEGUME CREDITS - LR100790 (1/2 c.)	22	157.52	23.17	3.16	9.03
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	51	87.02	16.09	2.01	3.02
Category: Fruits; May Choose: 2					
2025 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	10	50.00	13.00	2.00	9.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	40	60.00	14.00	0.00	13.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	40	60.00	16.00	2.00	12.00
PINEAPPLE TIDBITS UNSWEETEND JUICE #10 CAN 6/CS RESH 6/CASE LIMSON TRADING 189979 GFS 189979 - LR101059 (2/3 c.)	40	79.60	19.90	0.99	16.91

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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
Category: Condiments; May Choose: 7					
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	14	11.67	2.33	0.33	1.33
2025 BANANA PEPPERS GORDON 7701 GFS 466251 - LR100667 (1/4 oz.)	68	1.25	0.25	0.25	0.00
2025 JALAPENO PEPPERS SLICED 4/1 GALLON DEL PASADO USF 1811215 - LR100707 (1 Ounce serv)	45	5.00	1.00	1.00	0.00
2025 OLIVES BLACK SLICED GORDON 324532 GFS 324531 - LR100668 (1 oz.)	81	53.16	1.77	0.00	0.00
2025 SALSA RED GOLD REDSC90 GFS 452841 - LR100227 (1/4 c.)	60	(M)	(M)	(M)	(M)
2025 SOUR CREAM 1 OZ DAISY IDP100 USF 8480154 - LR100724 (1 Pouch)	58	59.26	0.99	0.00	0.99
LETTUCE ICEBERG SHREDDED AS A CONDIMENT - LR100639 (1/2 oz.)	82	3.87	0.77	0.26	0.52
Category: Desserts; May Choose: 1					
2024 TORTILLA CHIPS RF WGR .88 OZ TOSTITOS 187923 GFS 284751 SMART SNACK - LR100443 (1 ea.)	129	120.00	18.00	2.00	0.00
(4) GRILLED CHEESE / FISH SANDWICH / TOMATO SOUP/ PICKLE / SALAD / FRI / 7-12 - Day: 5	183				
Category: Entrees; 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 FISH SANDWICH WG 3.6 OZ VIKING 1089271 USF 2878676 - LR100068 (1 ea.)	47	340.00	42.00	3.00	5.00
2025 GRILLED CHEESE SANDWICH - HS - LR100128 (2 ea.)	136	620.91	56.08	4.00	10.02
Category: Vegetables; May Choose: 2					
2024 SALAD LETTUCE DRESSED 100 SERVINGS - LR100636 (1 1/2 c.)	81	192.03	12.85	5.97	4.73
2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.)	81	80.07	14.75	2.46	7.37
2025 TOMATO SOUP CAMPBELLS W/PICKLE SPEARS - LR100804 (1 serv.)	88	90.00	20.00	1.00	12.00 (M)
Category: Fruits; May Choose: 4					
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	37	40.00	10.00	2.00	6.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	40	30.00	7.00	1.00	6.00
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	11	110.00	27.00	2.00	24.00
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	19	110.00	27.00	2.00	24.00
2025 APPLES FRESH - LR100082 (1 ea.)	33	95.00	25.13	4.40	0.00(M)
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	39	42.30	10.57	2.16	8.41
Category: Milk; May Choose: 1					
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	183	122.91	21.16	0.00	19.64

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Category: Condiments; May Choose: 2					
2019 TARTER SAUCE SS PACK 12 GRAM = 1/2 OZ GFS 213361 - LR100638 (1 ea.)	19	45.00	3.00	0.00	2.00
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	18	40.00	10.00	0.00	8.00