

Menu Cycle Week – Nutrient Analysis

Generated on: 9/19/2025 5:17:03 AM by Sally Cowden

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	16	160.00	30.00	3.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	16	160.00	30.00	3.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	38	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 1					
2025 A BREAKFAST STICK BULK 60/2.51 OZ JIMMY DEAN 38215 USF 3292991 - LR101034 (1 ea.)	173	140.00	16.00	2.00	6.00
Category: Fruits; May Choose: 2					
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	11	70.00	18.00	3.00	14.00
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	152	60.00	14.00	0.49	12.57
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	62	50.00	12.00	1.00	10.00
2026 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	37	60.00	16.00	2.00	11.00
Category: Milk; May Choose: 1					
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	208	125.02	22.01	0.00	20.34
Category: Condiments; May Choose: 1					
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	142	120.00	30.00	0.00	22.00

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
(3) BAGEL W/CC / CB / TUES / 7-12 - Day: 2	211				
Category: Breakfast; May Choose: 2					
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	11	160.00	30.00	3.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	38	160.00	30.00	3.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	7	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 1					
2025 BAGEL 2.8 OZ NWG GORDON 6/BAG 15/CS = 90/CS 118178 GFS 175600 - LR100771 (1 ea.)	183	200.00	41.00	1.00	2.00
Category: Fruits; May Choose: 2					
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	18	50.00	13.00	0.00	10.00
2025 APPLESAUCE CUP 4.5 OZ 96/CS PETERSON ASA10001 USF 6932476 - LR101097 (1 ea.)	38	50.00	14.00	1.00	12.00
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	36	60.83	15.00	0.92	12.25
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	54	110.00	27.00	3.00	14.00
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	134	60.00	14.00	0.49	12.57
Category: Milk; May Choose: 1					
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	211	125.02	22.01	0.00	20.34
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 CREAM CHEESE SS CUP 1 OZ GLENVIEW 578289 USF 5022914 - LR100634 (1 ounces)	135	69.14	1.98	0.00	1.98
(3) CINNAMON ROLL / CB / WED / K-12 - Day: 3	193				
Category: Breakfast; May Choose: 2					
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	8	160.00	30.00	3.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	14	160.00	30.00	3.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	36	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 1					
2025 A CINNAMON ROLL 120/2.25 OZ RICHES 3439 GFS 222127 - LR100685 (1 ea.)	164	170.00	32.00	1.00	7.00
Category: Fruits; May Choose: 2					
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	11	70.00	18.00	3.00	14.00
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	87	60.00	14.00	0.49	12.57
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	36	50.00	12.00	1.00	10.00
2026 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	65	60.00	16.00	2.00	11.00
Category: Milk; May Choose: 1					
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	193	125.02	22.01	0.00	20.34

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(3) FRENCH TOAST STICKS & BACON / CB / THURS / 7-12 - Day: 4	163				
Category: Breakfast; May Choose: 2					
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	4	160.00	30.00	3.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	4	160.00	30.00	3.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	14	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 2					
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (2 slice)	152	46.67	0.00	0.00	0.00
2025 A FRENCH TOAST STICKS 108 SERVING/CS 12/2 LB FARM RICH USF 7893753 - LR100713 (3 ea.)	152	195.00	28.50	2.25	6.75
Category: Fruits; May Choose: 2					
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	55	60.00	14.00	1.00	18.00
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	56	60.00	15.00	1.00	14.00
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	13	50.00	12.00	1.00	10.00
2026 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	11	60.00	16.00	2.00	11.00
Category: Milk; May Choose: 1					

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2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	163	125.02	22.01	0.00	20.34
Category: Condiments; May Choose: 1					
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	124	120.00	30.00	0.00	22.00
(3) SCRAMBLED EGGS / SAUSAGE LINK / CORNBREAD / CB / FRI / K-12 - Day: 5	202				
Category: Breakfast; May Choose: 2					
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 GFS 265891 - LR101074 (1 Bar)	19	160.00	30.00	3.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	33	160.00	30.00	3.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	42	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 3					
2024 SCRAMBLED EGGS BOIL IN BAG GORDON 294586 - LR100246 (1 oz.)	155	43.14	0.00	0.00	0.00
2025 A CORNBREAD 72/2 OZ WG SMARTCHOICE 51605 USF 2765568 - LR100794 (1 serv.)	155	180.00	28.00	1.00	15.00
2025 A SAUSAGE LINKS BREAKFAST 160/1 OZ LOWER SODIUM 2 EA = 1 MMA JONES 18514 GFS 278201 - LR100766 (2 ea.)	155	240.00	0.00	0.00	0.00
Category: Fruits; May Choose: 2					
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

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2025 APPLESAUCE CANNED UNSWEETENED 500452 / 100541 - LR101036 (1/2 c.)	41	60.00	15.00	1.00	12.00
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	100	42.30	10.57	2.16	8.41
2025 PEACHES DICED EXTRA LIGHT GORDON CHOICE 268348 - LR100802 (1/2 c.)	48	85.53	19.96	0.00	18.53
Category: Milk; May Choose: 1					
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	202	125.02	22.01	0.00	20.34