

Menu Cycle Week – Nutrient Analysis

Generated on: 9/28/2025 8:34:20 AM by Sally Cowden

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Category: Entrees; May Choose: 1					
2025 A CHICKEN PATTY BREADED 3.63 OZ TYSON 23797 GFS 509728-E - LR100424 (1 ea.)	281	360.00	36.00	3.00	3.00
2026 MUNCHABLE WOWBUTTER & JELLY CHEESESTICK RICE KRISPIE - LR101114 (1 serv.)	29	384.26	36.99	4.00	16.99
Category: Vegetables; May Choose: 2					
2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)	70	55.90	7.56	2.52	3.78
2025 TATOR TOTS MCCAIN 2789 GFS 563840 RS SMART SNACK W/NO KETHCUP - LR100649 (1/2 c.)	149	90.00	14.00	2.00	1.00
Category: Fruits; May Choose: 1					
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	190	30.00	7.00	1.00	6.00
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	201	60.00	14.00	0.69	12.89
Category: Milk; May Choose: 1					
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	310	122.33	20.91	0.00	19.41
Category: Condiments; May Choose: 3					
2024 LETTUCE ROMAINE CHOPPED MONTEVERDES 06999 - LR100714 (1/2 oz.)	246	8.61	1.67	1.06	0.60
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	102	40.00	10.00	0.00	8.00
2025 A MAYO HELLMANN'S SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	29	70.00	0.00	0.00	0.00

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(4) HOT DOG / FF / BB / CUPCAKE / TUES / PK-6 - Day: 2	320				
Category: Entrees; May Choose: 1					
2025 A HOT DOG ON A BUN - LR100623 (1 ea.)	298	270.00	22.00	2.00	5.00
2026 MUNCHABLE no dessert WOWBUTTER & JELLY CHEESESTICK - LR101120 (1 serv.)	22	389.26	37.99	4.00	15.99
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.)	281	76.24	13.72	0.76	0.00
2025 BEANS BAKED VEG LOW SODIUM CANNED USDA 500032 / 100364 - LR100258 (1/2 c.)	60	180.87	32.78	5.65	7.91
Category: Fruits; May Choose: 2					
2025 APPLESAUCE CANNED UNSWEETENED 500452 / 100541 - LR101036 (1/2 c.)	189	60.00	15.00	1.00	12.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	173	110.00	27.00	3.00	14.00
Category: Milk; May Choose: 1					
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	320	122.33	20.91	0.00	19.41
Category: Condiments; May Choose: 3					
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (2 fl. oz.)	295	80.00	20.00	0.00	16.00
2025 A MUSTARD PACKETS 200/.20 OZ USF 3009222 - LR100704 (2 packet)	27	0.00	0.00	0.00	0.00
2025 A RELISH SWEET PICKLE SS POUCH 200/CS MONARCH 270017 USF 6329213 - LR101049 (1 ea.)	16	15.00	3.00	0.00	3.00

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Category: Desserts; May Choose: 1					
CUPCAKE CREME FILLED CHOCOLATE WGR 72/1.75 OZ SUPER BAKERY 9588 USF 1165832 - LR101131 (1 cupcake)	300	140.00	30.00	6.00	16.00
SALAD BOXED - LR100905 (1 serv.)	0	214.56	11.86	5.22	4.64
(4) BOSCO STICKS-PIZZA STICKS W SAUCE / CORN / WED / PK-6 - Day: 3		303			
Category: Entrees; May Choose: 1					
2025 A BOSCO STICKS PIZZA STUFFED PEPPERONI 72/3.9 OZ 7" TYSON 0651 GFS 518691 - LR100969 (1 ea.)	260	250.00	30.00	3.00	3.00
2026 MUNCHABLE WOWBUTTER & JELLY CHEESESTICK RICE KRISPIE - LR101114 (1 serv.)	43	384.26	36.99	4.00	16.99
Category: Vegetables; May Choose: 2					
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	258	87.02	16.09	2.01	3.02
2025 A SPAGHETTI SAUCE - JEN - LR100600 (1/2 c.)	210	38.71	8.08	1.94	3.87
Category: Fruits; May Choose: 1					
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	200	40.00	10.00	2.00	6.00
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	55	60.00	14.00	0.00	13.00
Category: Milk; May Choose: 1					
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	303	122.33	20.91	0.00	19.41
(4) CHEESEBURGER / TT / GB / THURS / PK-6 - Day: 4		319			

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Category: Entrees; May Choose: 1					
2025 CHEESEBURGER ON A BUN K-6 - LR100350 (1 ea.)	289	347.69	24.01	2.00	3.51
2026 MUNCHABLE WOWBUTTER & JELLY CHEESESTICK RICE KRISPIE - LR101114 (1 serv.)	30	384.26	36.99	4.00	16.99
Category: Vegetables; May Choose: 2					
2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.)	100	80.07	14.75	2.46	7.37
2025 TATOR TOTS MCCAIN 2789 GFS 563840 RS SMART SNACK W/NO KETHCUP - LR100649 (1/2 c.)	254	90.00	14.00	2.00	1.00
Category: Fruits; May Choose: 1					
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	142	60.00	14.00	0.69	12.89
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	174	42.30	10.57	2.16	8.41
Category: Milk; May Choose: 1					
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	319	122.33	20.91	0.00	19.41
Category: Condiments; May Choose: 6					
2024 LETTUCE ROMAINE CHOPPED MONTEVERDES 06999 - LR100714 (1/2 oz.)	92	8.61	1.67	1.06	0.60
2024 TOMATOES MONTEVERDES 02583 - LR100652 (2 slice)	132	11.67	2.33	0.33	1.33
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	153	40.00	10.00	0.00	8.00
2025 A MAYO HELLMANN'S SS 210/.38 OZ USF 8656480 - LR101091 (1 ea.)	36	70.00	0.00	0.00	0.00

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2025 A MUSTARD PACKETS 200/.20 OZ USF 3009222 - LR100704 (2 packet)	9	0.00	0.00	0.00	0.00
2025 PICKLE CHIPS DILL 1/5 GALLON BRICKMANS 301846 GFS 580511 - LR101081 (1 ounces)	84	0.00	0.00	0.00	0.00
(4) PIZZA NARDONE / SALAD / BROCCOLI / FRI / PK-6 - Day: 5	323				
Category: Entrees; May Choose: 1					
2024 PIZZA CHEESE WG - E NARDONE 72WWSCM2 USF 2810323 - LR101006 (1 ea.)	300	325.00	30.00	3.00	3.00
2026 MUNCHABLE WOWBUTTER & JELLY CHEESESTICK RICE KRISPIE - LR101114 (1 serv.)	23	384.26	36.99	4.00	16.99
Category: Vegetables; May Choose: 2					
2022 SALAD LETTUCE DRESSED Elementary - Lisa - LR100883 (1 1/8 c.)	149	59.68	8.54	3.96	3.41
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	77	33.74	3.52	2.11	0.70
Category: Fruits; May Choose: 1					
2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve)	163	24.32	5.84	1.52	3.72
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	77	110.00	27.00	2.00	24.00
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	76	110.00	27.00	2.00	24.00
Category: Milk; May Choose: 1					
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	323	122.33	20.91	0.00	19.41