

# Menu Cycle Week – Nutrient Analysis

Generated on: 9/19/2025 5:41:30 AM by Sally Cowden

| Menu Item<br>(Serving Size)                                                                                        | Plan Qty | Calorie<br>s<br>(Kcal) | Carb<br>(g) | Total<br>Fiber<br>(g) | Total<br>Sugars<br>(g) |
|--------------------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|
| <b>Category: Entrees; May Choose: 1</b>                                                                            |          |                        |             |                       |                        |
| 2025 CHEESEY PORK<br>WRAP 8" - E - LR101126<br>(1 ea.)                                                             | 194      | 261.33                 | 25.40       | 2.00                  | 6.67                   |
| 2026 MUNCHABLE no<br>dessert WOWBUTTER &<br>JELLY CHEESESTICK -<br>LR101120 (1 serv.)                              | 68       | 389.26                 | 37.99       | 4.00                  | 15.99                  |
| <b>Category: Vegetables; May<br/>Choose: 2</b>                                                                     |          |                        |             |                       |                        |
| 2025 A FRENCH FRIES<br>McCain, MCX40 6/5 LB<br>BAGS GFS 510043<br>SMART SNACK NO<br>KETCHUP - LR100954<br>(1/2 c.) | 217      | 76.24                  | 13.72       | 0.76                  | 0.00                   |
| BAKED BEANS -<br>SCRATCH - LR100264<br>(1/2 c.)                                                                    | 45       | 245.69                 | 67.29       | 22.41                 | 25.52<br>(M)           |
| <b>Category: Fruits; May Choose: 2</b>                                                                             |          |                        |             |                       |                        |
| 2025 A APPLE SLICES<br>100/2 OZ PETERSON<br>203102 GFS 473131 -<br>LR100946 (1 pkg.)                               | 100      | 30.00                  | 7.00        | 1.00                  | 6.00                   |
| 2025 JUICE ELEM LUNCH<br>APPLE ORANGE GRAPE<br>VARIETY - LR100991 (4<br>fl. oz.)                                   | 90       | 60.00                  | 14.00       | 0.69                  | 12.89                  |
| <b>Category: Milk; May Choose: 1</b>                                                                               |          |                        |             |                       |                        |
| 2025 MILK ELEM LUNCH<br>CHOCOLATE, WHITE<br>1%, & LACTAID VARIET<br>- LR100984 (1 cup<br>servin)                   | 262      | 122.33                 | 20.91       | 0.00                  | 19.41                  |
| <b>Category: Desserts; May Choose:<br/>1</b>                                                                       |          |                        |             |                       |                        |
| CUPCAKE CREME FILLED<br>CHOCOLATE WGR<br>72/1.75 OZ SUPER<br>BAKERY 9588 USF<br>1165832 - LR101131 (1<br>cupcake)  | 200      | 140.00                 | 30.00       | 6.00                  | 16.00                  |
| <b>(3) CHICKEN FRIES / TT /<br/>GB / BS / TUES / PK-6 -<br/>Day: 2</b>                                             | 362      |                        |             |                       |                        |
| <b>Category: Entrees; May Choose: 1</b>                                                                            |          |                        |             |                       |                        |

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|-----------------------------------------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|
| 2025 A CHICKEN FRIES<br>TYSON 4/7.87 LB BAGS<br>167 SERVINGS PER<br>CONTAINER TYSON<br>10703670928 GFS<br>463653 - LR100720 (8<br>pcs.) | 349      | 262.86                 | 16.00       | 2.29                  | 1.14                   |
| 2026 MUNCHABLE<br>WOWBUTTER & JELLY<br>CHEESESTICK RICE<br>KRISPIE - LR101114 (1<br>serv.)                                              | 13       | 384.26                 | 36.99       | 4.00                  | 16.99                  |
| <b>Category: Grains; May Choose: 1</b>                                                                                                  |          |                        |             |                       |                        |
| 2025 A BREADSTICKS<br>TWISTED TASTY<br>BRANDS 62102 GFS<br>313887 SMART SNACK -<br>LR100958 (1 ea.)                                     | 237      | 140.00                 | 26.00       | 0.00                  | 2.00                   |
| <b>Category: Vegetables; May<br/>Choose: 2</b>                                                                                          |          |                        |             |                       |                        |
| 2025 A GREEN BEANS<br>CANNED W/BUTTER<br>100351 - LR100760 (1/2<br>c.)                                                                  | 74       | 80.07                  | 14.75       | 2.46                  | 7.37                   |
| 2025 TATOR TOTS<br>MCCAIN 2789 GFS<br>563840 RS SMART<br>SNACK W/NO KETHCUP -<br>LR100649 (1/2 c.)                                      | 349      | 90.00                  | 14.00       | 2.00                  | 1.00                   |
| <b>Category: Fruits; May Choose: 2</b>                                                                                                  |          |                        |             |                       |                        |
| 2025 APPLESAUCE<br>CANNED UNSWEETENED<br>500452 / 100541 -<br>LR101036 (1/2 c.)                                                         | 120      | 60.00                  | 15.00       | 1.00                  | 12.00                  |
| 2025 BANANAS STAGE 3<br>-5 GFS 201006 -<br>LR101041 (1 ea.)                                                                             | 59       | 110.00                 | 27.00       | 3.00                  | 14.00                  |
| <b>Category: Milk; May Choose: 1</b>                                                                                                    |          |                        |             |                       |                        |
| 2025 MILK ELEM LUNCH<br>CHOCOLATE, WHITE<br>1%, & LACTAID VARIET<br>- LR100984 (1 cup<br>servin)                                        | 360      | 122.33                 | 20.91       | 0.00                  | 19.41                  |
| <b>Category: Condiments; May<br/>Choose: 1</b>                                                                                          |          |                        |             |                       |                        |
| 2025 A KETCHUP POUCH<br>6/7 POUND BAGGS USF<br>1000322 - LR101073 (1<br>fl. oz.)                                                        | 200      | 40.00                  | 10.00       | 0.00                  | 8.00                   |
| <b>(3) PASTA &amp; MEATBALLS<br/>/ BROCCOLI / CARROTS /<br/>WED / PK-6 - Day: 3</b>                                                     | 321      |                        |             |                       |                        |

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|------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|
| <b>Category: Entrees; May Choose: 1</b>                                                              |          |                        |             |                       |                        |
| 2025 PASTA (4 OZ COOKED) & MEATBALLS (5) - E - LR100698 (1 serv.)                                    | 291      | 426.21                 | 45.50       | 6.60                  | 6.20                   |
| 2026 MUNCHABLE WOWBUTTER & JELLY CHEESESTICK RICE KRISPIE - LR101114 (1 serv.)                       | 30       | 384.26                 | 36.99       | 4.00                  | 16.99                  |
| <b>Category: Vegetables; May Choose: 2</b>                                                           |          |                        |             |                       |                        |
| 2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)                                                           | 184      | 33.74                  | 3.52        | 2.11                  | 0.70                   |
| 2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)                          | 155      | 55.90                  | 7.56        | 2.52                  | 3.78                   |
| <b>Category: Fruits; May Choose: 1</b>                                                               |          |                        |             |                       |                        |
| 2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34 )         | 136      | 40.00                  | 10.00       | 2.00                  | 6.00                   |
| 2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)                                | 191      | 60.00                  | 14.00       | 0.00                  | 13.00                  |
| <b>Category: Milk; May Choose: 1</b>                                                                 |          |                        |             |                       |                        |
| 2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)                 | 321      | 122.33                 | 20.91       | 0.00                  | 19.41                  |
| <b>(3) CHICKEN NUGGETS / M POTATOES / PEAS / BS / THURS / PK-6 - Day: 4</b>                          | 348      |                        |             |                       |                        |
| <b>Category: Entrees; May Choose: 1</b>                                                              |          |                        |             |                       |                        |
| 2025 A CHICKEN NUGGETS WG .608 OZ PLIGRIMS PRIDE GOLD KIST 615300 USF 2837163 - LR101047 (5 nuggets) | 339      | 200.00                 | 13.00       | 2.00                  | 0.00                   |
| 2026 MUNCHABLE WOWBUTTER & JELLY CHEESESTICK RICE KRISPIE - LR101114 (1 serv.)                       | 9        | 384.26                 | 36.99       | 4.00                  | 16.99                  |

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|----------------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|
| <b>Category: Grains; May Choose: 1</b>                                                                   |          |                        |             |                       |                        |
| 2025 A BREADSTICKS<br>TWISTED TASTY<br>BRANDS 62102 GFS<br>313887 SMART SNACK -<br>LR100958 (1 ea.)      | 339      | 140.00                 | 26.00       | 0.00                  | 2.00                   |
| <b>Category: Vegetables; May Choose: 2</b>                                                               |          |                        |             |                       |                        |
| 2025 PEAS W/BUTTER -<br>LR100062 (1/2 c.)                                                                | 73       | 95.74                  | 12.99       | 4.72                  | 4.72                   |
| 2025 POTATOES<br>MASHED 1/2 CUP WITH<br>1/4 CUP CHICKEN<br>GRAVY SMART SNACK -<br>LR100223 (1 serv.)     | 300      | 95.01                  | 20.96       | 2.04                  | 0.09(M)                |
| <b>Category: Fruits; May Choose: 1</b>                                                                   |          |                        |             |                       |                        |
| 2024 MANDARIN<br>ORANGES LIGHT<br>SYRUPCAN GFS 117897<br>- LR100949 (1/2 c.)                             | 196      | 90.00                  | 20.00       | 0.00                  | 19.00                  |
| 2025 JUICE ELEM LUNCH<br>APPLE ORANGE GRAPE<br>VARIETY - LR100991 (4<br>fl. oz.)                         | 70       | 60.00                  | 14.00       | 0.69                  | 12.89                  |
| <b>Category: Milk; May Choose: 1</b>                                                                     |          |                        |             |                       |                        |
| 2025 MILK ELEM<br>BREAKFAST<br>CHOCOLATE, WHITE<br>1%, & LACTAID VARIETY<br>- LR100796 (1 cup<br>servin) | 348      | 121.83                 | 20.72       | 0.00                  | 19.27                  |
| <b>Category: Condiments; May Choose: 1</b>                                                               |          |                        |             |                       |                        |
| 2025 A KETCHUP POUCH<br>6/7 POUND BAGGS USF<br>1000322 - LR101073 (1<br>fl. oz.)                         | 181      | 40.00                  | 10.00       | 0.00                  | 8.00                   |
| <b>(3) GRILLED CHEESE<br/>SANDWICH / TOMATO<br/>SOUP / SALAD / PICKLES<br/>/ FRI / PK-6 - Day: 5</b>     | 320      |                        |             |                       |                        |
| <b>Category: Entrees; May Choose: 1</b>                                                                  |          |                        |             |                       |                        |
| 2025 GRILLED CHEESE<br>SANDWICH - E -<br>LR101016 (1 ea.)                                                | 281      | 425.91                 | 29.08       | 2.00                  | 5.52                   |
| 2026 MUNCHABLE<br>WOWBUTTER & JELLY<br>CHEESESTICK RICE<br>KRISPIE - LR101114 (1<br>serv.)               | 39       | 384.26                 | 36.99       | 4.00                  | 16.99                  |

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|--------------------------------------------------------------------------------------------------|----------|------------------------|-------------|-----------------------|------------------------|
| <b>Category: Vegetables; May Choose: 2</b>                                                       |          |                        |             |                       |                        |
| 2022 SALAD LETTUCE<br>DRESSED Elementary -<br>Lisa - LR100883 (1 1/8<br>c.)                      | 120      | 59.68                  | 8.54        | 3.96                  | 3.41                   |
| 2025 TOMATO SOUP<br>CAMPBELLS W/PICKLE<br>SPEARS - LR100804 (1<br>serv.)                         | 101      | 90.00                  | 20.00       | 1.00                  | 12.00<br>(M)           |
| <b>Category: Fruits; May Choose: 1</b>                                                           |          |                        |             |                       |                        |
| 2024 STRAWBERRIES<br>FRESH - LR100038 (1/2<br>cup, halve)                                        | 28       | 24.32                  | 5.84        | 1.52                  | 3.72                   |
| 2025 RAISINS 1.33 OZ<br>100293 ZEEZEE<br>A621169 USF 8248953 -<br>LR100852 (1 Box)               | 95       | 110.00                 | 29.00       | 1.00                  | 22.00                  |
| <b>Category: Milk; May Choose: 1</b>                                                             |          |                        |             |                       |                        |
| 2025 MILK ELEM LUNCH<br>CHOCOLATE, WHITE<br>1%, & LACTAID VARIET<br>- LR100984 (1 cup<br>servin) | 320      | 122.33                 | 20.91       | 0.00                  | 19.41                  |