

Menu Cycle Week – Nutrient Analysis

Generated on: 9/19/2025 5:39:51 AM by Sally Cowden

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
2025 A BREAKFAST STICK BULK 60/2.51 OZ JIMMY DEAN 38215 USF 3292991 - LR101034 (1 ea.)	132	140.00	16.00	2.00	6.00
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	6	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.)	6	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.)	22	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.)	98	30.00	7.00	1.00	6.00
2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.)	68	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)	154	121.83	20.72	0.00	19.27
Category: Condiments; May Choose: 1					

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2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	132	120.00	30.00	0.00	22.00
(3) FRENCH TOAST & BACON / CEREAL & BB / TUES / PK-6 - Day: 2	159				
Category: Breakfast; May Choose: 1					
2025 A FRENCH TOAST 144/2.9 OZ WG PAPETTS 75014 GFS 646262 - LR100828 (1 slice)	150	210.00	26.00	2.00	11.00
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	1	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)	2	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 (2 slice)	150	46.67	0.00	0.00	0.00
2026 BUG BITES 210/1 OZ KEEBLER 55644 USF 3885621 - LR100987 (1 pkg.)	9	120.00	21.00	1.00	8.00
Category: Fruits; May Choose: 2					
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	75	60.00	14.00	1.00	18.00

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2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	87	110.00	27.00	3.00	14.00
Category: Milk; May Choose: 1					
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	159	121.83	20.72	0.00	19.27
Category: Condiments; May Choose: 1					
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	150	120.00	30.00	0.00	22.00
(3) CHEESE OMELETTE & BACON / CEREAL & BB / WED / PK-6 - Day: 3	215				
Category: Breakfast; May Choose: 1					
2024 CHEESE OMELETE 2.1 OZ PAPETTIS 46025- 85137 GFS 240080 - LR100823 (1 ea.)	145	120.00	1.00	0.00	0.00
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	20	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)	20	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.)	20	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)	10	110.00	23.00	2.00	6.00
Category: Entrees; May Choose: 1					

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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.)	39	120.00	21.00	1.00	8.00
Category: Fruits; May Choose: 2					
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	173	40.00	10.00	2.00	6.00
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	84	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)	215	121.83	20.72	0.00	19.27
(3) CINNAMON ROLL / CEREAL & BB / THURS / PK-6 - Day: 4	191				
Category: Breakfast; May Choose: 1					
2025 A CINNAMON ROLL 120/2.25 OZ RICHES 3439 GFS 222127 - LR100685 (1 ea.)	179	170.00	32.00	1.00	7.00
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
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

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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: Grains; May Choose: 1					
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					
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	110	50.00	13.00	0.00	10.00
2025 JUICE ELEM BREAKFAST APPLE ORANGE GRAPE VARIETY - LR100023 (4 fl. oz.)	93	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)	191	121.83	20.72	0.00	19.27
(3) DUNKIN STICKS / CEREAL & BB / FRI / PK- 6 - Day: 5	149				
Category: Breakfast; May Choose: 1					
2025 DUNKIN STICK WGR TWIN 60/3.2 OZ GOODYMAN 7012 USF 6083030 - LR100927 (1 ea.)	101	300.00	48.00	3.00	23.00
2026 CEREAL CHEERIOS SG 96/1 OZ EACH GENERAL MILLS 32262 USF 6960512 CACFP ELIGIBLE - LR101107 (1 ea.)	12	100.00	21.00	3.00	1.00

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2026 CEREAL COCOA PUFFS WG REDUCED SUGAR 1.06 OZ GMS 31888 USF 6960678 GFS 270401 - LR101119 (1 ea.)	12	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)	12	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.)	48	120.00	21.00	1.00	8.00
Category: Fruits; May Choose: 2					
2024 STRAWBERRIES FRESH - LR100038 (1/2 cup, halve)	82	24.32	5.84	1.52	3.72
2025 RAISINS 1.33 OZ 100293 ZEEZEE A621169 USF 8248953 - LR100852 (1 Box)	81	110.00	29.00	1.00	22.00
Category: Milk; May Choose: 1					
2025 MILK ELEM BREAKFAST CHOCOLATE, WHITE 1%, & LACTAID VARIETY - LR100796 (1 cup servin)	149	121.83	20.72	0.00	19.27