

Menu Cycle Week – Nutrient Analysis

Generated on: 9/19/2025 5:15:40 AM by Sally Cowden

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
(3) BOSCO STICKS 7" W/SAUCES / SALAD / CARROTS & RANCH / MON / 7-12 - Day: 1	185				
Category: Entrees; May Choose: 1					
2025 A BOSCO STICKS PIZZA STUFFED PEPPERONI 72/3.9 OZ 7" TYSON 0651 GFS 518691 - LR100969 (2 ea.)	185	500.00	60.00	6.00	6.00
Category: Vegetables; May Choose: 2					
2024 CARROTS BABY 3 OZ PACK - DOD 15W90 - LR101029 (1 pkg.)	100	34.87	8.15	2.38	4.03
2025 SALAD LETTUCE NOT DRESSED 100 SERVINGS - LR101125 (1 1/2 c.)	100	60.16	11.85	5.97	4.71
Category: Fruits; May Choose: 2					
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	62	30.00	7.00	1.00	6.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	76	110.00	27.00	3.00	14.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	13	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.)	81	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)	185	122.91	21.16	0.00	19.64
Category: Condiments; May Choose: 3					
2024 DRESSING ITALIAN MIXED HOMEMADE - LR100058 (1 oz.)	90	122.38	0.93	0.00	0.01

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2025 A RANCH DRESSING JUG 4/1 GALLON HIDDEN VALLEY 85620HVR USF 6306922 - LR100596 (1 ounces)	90	120.00	2.00	0.00	1.00
2025 PIZZA SAUCE CANNED TAVOLINI168971 GFS 168971 - LR101095 (1/4 c.)	197	43.03	8.61	2.15	5.38
(1) QUESADILLA SALSA / GENERAL TSO / RICE / BROCCOLI / BB / TUES / 7-12 - Day: 2	184				
Category: Entrees; May Choose: 1					
2025 A QUESADILLA CHEESE WG 96/CS THE MAX 7738712699 USF 5858915 - LR100738 (1 ea.)	49	300.00	39.00	4.00	3.00
2025 GENERAL TSO CHICKEN (10 pcs) USF 7743693 - LR101128 (1 serv.)	135	158.33	34.77	0.10	29.87
Category: Grains; May Choose: 1					
2025 BROWN RICE 25 LB BAG WG 1804904 GFS 516371 - LR100175 (1/2 c.)	180	195.60	34.56	0.96	0.00
Category: Vegetables; May Choose: 2					
2025 BEANS BAKED VEG LOW SODIUM CANNED USDA 500032 / 100364 - LR100258 (1/2 c.)	12	180.87	32.78	5.65	7.91
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	103	33.74	3.52	2.11	0.70
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.)	74	90.00	20.00	0.00	19.00
2025 APPLESAUCE CANNED UNSWEETENED 500452 / 100541 - LR101036 (1/2 c.)	18	60.00	15.00	1.00	12.00
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	30	60.83	15.00	0.92	12.25

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2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	73	110.00	27.00	3.00	14.00
2025 JUICE HS LUNCH VARIETY - LR100092 (4 fl. oz.)	39	60.00	14.00	0.54	12.83
Category: Milk; May Choose: 1					
2025 MILK HS LUNCH CHOCOLATE FF & WHITE 1% VARIETY - LR100985 (1 cup servin)	184	122.91	21.16	0.00	19.64
Category: Condiments; May Choose: 1					
2025 SALSA USDA 500070 / 100330 - LR101087 (2 oz.)	23	926.90	211.86	26.48	158.90
(3) CHICKEN TENDERS / FF / PEAS / BS / WED / 7 -12 - Day: 3	156				
Category: Entrees; May Choose: 1					
2025 CHICKEN TENDERS 1.13 OZ TYSON 3340928 USF 6986566 - LR100974 (3 ea.)	156	260.00	16.00	3.00	1.00
Category: Grains; May Choose: 1					
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	194	140.00	26.00	0.00	2.00
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.)	156	76.24	13.72	0.76	0.00
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	52	95.74	12.99	4.72	4.72
Category: Fruits; May Choose: 2					
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	12	70.00	18.00	3.00	14.00
2025 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	53	60.00	14.00	0.69	12.89

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2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	7	60.00	14.00	0.00	13.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	15	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)	156	122.91	21.16	0.00	19.64
Category: Condiments; May Choose: 2					
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	120	40.00	10.00	0.00	8.00
2025 A RANCH DRESSING JUG 4/1 GALLON HIDDEN VALLEY 85620HVR USF 6306922 - LR100596 (1 ounces)	100	120.00	2.00	0.00	1.00
2025 BBQ SAUCE 4/1 GALLON SWEET BABY RAYS SJ0440HF GFS 655937 - LR101088 (1 1/2 ounces)	21	70.00	18.00	0.00	17.00
(5) MISSISSIPPI PPORK / GROUND BEEF OVER / M POTATOES / GB / CORNBREAD / R&B / THURS / 7-12 - Day: 4	175				
Category: Entrees; May Choose: 1					
2024 GROUND BEEF IN GRAVY - LR100242 (1 serv.)	78	127.51	1.08	0.03	0.29
2024 MISSISSIPPI PULLED PORK-HS - LR100789 (4 oz.)	97	189.95	1.07	0.00	0.05
Category: Grains; May Choose: 2					
2025 A CORNBREAD 72/2 OZ WG SMARTCHOICE 51605 USF 2765568 - LR100794 (1 serv.)	175	180.00	28.00	1.00	15.00
2025 A ROLL & BUTTER SMART SNACK - LR100333 (1 serv.)	100	100.00	20.00	1.00	1.00

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Category: Vegetables; May Choose: 2					
2024 POTATOES MASHED GFS 222585 SMART SNACK - LR100063 (1/2 c.)	175	92.01	20.45	2.04	0.00(M)
2025 A GREEN BEANS CANNED W/BUTTER 100351 - LR100760 (1/2 c.)	105	80.07	14.75	2.46	7.37
Category: Fruits; May Choose: 2					
2025 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	60	50.00	13.00	2.00	9.00
2025 JUICE HS LUNCH VARIETY - LR100092 (4 fl. oz.)	103	60.00	14.00	0.54	12.83
2025 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	28	60.00	14.00	0.00	13.00
2025 PEARS DICED EX LT SYRUP 500152 / 100225 - LR101040 (1/2 c.)	22	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.)	24	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)	175	122.91	21.16	0.00	19.64
(3) GRILLED CHICKEN SALAD / BS / FRI / 7-12 - Day: 5	174				
Category: Entrees; May Choose: 1					
2025 GRILLED CHICKEN SALAD - HS - LR100011 (1 serv.)	174	248.63	26.43	7.88	4.00
Category: Grains; May Choose: 1					
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	185	140.00	26.00	0.00	2.00

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Category: Fruits; May Choose: 2					
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	41	40.00	10.00	2.00	6.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	39	30.00	7.00	1.00	6.00
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	54	110.00	27.00	2.00	24.00
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	41	110.00	27.00	2.00	24.00
2025 APPLES FRESH - LR100082 (1 ea.)	0	95.00	25.13	4.40	0.00(M)
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	54	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)	174	122.91	21.16	0.00	19.64
Category: Condiments; May Choose: 1					
2025 DRESSING ITALIAN 1.5 OZ MARZETTIS 81998 GFS 546186 - LR100022 (1 packet (1.)	23	140.00	4.00	0.00	3.00
2025 RANCH DRESSING 1.5 OZ MARZETTIS 81992 GFS 266523 USF 1156256 - LR100024 (1 packet)	159	200.00	2.00	0.00	1.00