

Menu Cycle Week – Nutrient Analysis

Generated on: 9/28/2025 8:24:21 AM by Sally Cowden

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	13	160.00	30.00	3.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	45	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 1					
2025 SNACK N WAFFLES MAPLE BUTTER 96/2.4 OZ 00110 USF 8364522 - LR100955 (1 serv.)	147	250.00	35.00	3.00	11.00
Category: Fruits; May Choose: 2					
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	54	30.00	7.00	1.00	6.00
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	25	110.00	27.00	3.00	14.00
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	45	70.00	18.00	3.00	14.00
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	56	60.00	15.00	1.00	14.00
Category: Milk; May Choose: 1					
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	179	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.)	89	120.00	30.00	0.00	22.00
(4) EGG & BACON MUFFIN / CB / TUES / 7-12 - Day: 2	190				
Category: Breakfast; May Choose: 2					

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2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	14	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)	46	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 1					
2025 EGG BACON MUFFIN - LR100356 (1 serv.)	152	235.98	25.87	0.99	0.99
Category: Fruits; May Choose: 2					
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	7	50.00	13.00	0.00	10.00
2025 APPLESAUCE CUP 4.5 OZ 96/CS PETERSON ASA10001 USF 6932476 - LR101097 (1 ea.)	25	50.00	14.00	1.00	12.00
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	7	60.83	15.00	0.92	12.25
2025 BANANAS STAGE 3 -5 GFS 201006 - LR101041 (1 ea.)	51	110.00	27.00	3.00	14.00
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	140	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)	190	125.02	22.01	0.00	20.34
(4) DUNKIN STICKS / CB / WED / 7-12 - Day: 3	160				
Category: Breakfast; May Choose: 2					
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	15	160.00	30.00	3.00	8.00

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2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	29	160.00	30.00	3.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	19	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 1					
2025 DUNKIN STICK WGR TWIN 60/3.2 OZ GOODYMAN 7012 USF 6083030 - LR100927 (1 ea.)	128	300.00	48.00	3.00	23.00
Category: Fruits; May Choose: 2					
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	63	70.00	18.00	3.00	14.00
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	105	60.00	14.00	0.49	12.57
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	71	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.)	24	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)	160	125.02	22.01	0.00	20.34
(4) BREAKFAST PIZZA / CB / THURS / K-12 - Day: 4	160				
Category: Breakfast; May Choose: 1					
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	15	160.00	30.00	3.00	8.00

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2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	47	160.00	30.00	3.00	9.00
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	18	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 1					
2025 BREAKFAST PIZZA TURKEY WGR TONYS 63912 USF 3976255 - LR100767 (1 piece)	120	210.00	28.00	3.00	6.00
Category: Fruits; May Choose: 2					
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	50	60.00	14.00	1.00	18.00
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	50	60.00	15.00	1.00	14.00
2026 PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	50	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.)	50	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)	160	125.02	22.01	0.00	20.34
(4) MINI PANCAKES / CB / FRI / 7-12 - Day: 5	188				
Category: Breakfast; May Choose: 2					
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	9	160.00	30.00	3.00	8.00
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	24	160.00	30.00	3.00	9.00

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2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	31	150.00	30.00	3.00	14.00
Category: Entrees; May Choose: 1					
2025 A BACON LAID OUT SMOKED 100 CT GORDON 01414 GFS 874124 - LR100247 (2 slice)	156	46.67	0.00	0.00	0.00
2025 A MINI PANCAKES - LR100979 (1 serv.)	156	200.00	35.00	4.00	10.00
Category: Fruits; May Choose: 2					
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	26	40.00	10.00	2.00	6.00
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	50	30.00	7.00	1.00	6.00
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	50	110.00	27.00	2.00	24.00
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	47	110.00	27.00	2.00	24.00
2025 APPLES FRESH - LR100082 (1 ea.)	36	95.00	25.13	4.40	0.00(M)
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	75	42.30	10.57	2.16	8.41
Category: Milk; May Choose: 1					
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	188	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.)	129	120.00	30.00	0.00	22.00