

Menu Cycle Week – Nutrient Analysis

Generated on: 4/25/2025 2:05:25 PM by Sally Cowden

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
(2) BANANA BLUEBERRY CHOCOLATE BREAD / CB / MON / 7-12 - Day: 1	202																		
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	7	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	5	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	20	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Entrees; May Choose: 1																			
2025 A BREAD CHOCOLATE 75/3.4 OZ SUPER BAKERY 7506 USF 892230 - LR100858 (1 slice)	69	260.00	8.00	1.50	0.00	0.00	270.00	44.00	3.00	22.00	22.00	6.00	2.00	108.00	0.00	0.00	0.00	195.99	(M)
2025 BREAD BANANA SLICE 75/3.45 OZ Super Bakery, 7501 USF 5637795 - LR100402 (1 slice)	88	260.00	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	23.00	5.00	1.00	161.00	0.00	0.00	0.00	114.21	(M)
2025 BREAD BLUEBERRY 75/3.45 OZ Super Bakery 7503 USF 3270886 - LR100964 (1 slice)	29	270.00	8.00	1.50	0.00	0.00	250.00	45.00	2.00	24.00	24.00	5.00	1.00	46.00	0.00	0.00	0.00	172.96	(M)
Category: Fruits; May Choose: 2																			
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	66	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	0.00	0.00	0.00	39.00	0.00	0.00	(M)
2025 A BANANAS STAGE 3-5 GFS 201006 - LR101041 (1 ea.)	30	110.00	0.00	0.00	0.00	0.00	1.00	27.00	3.00	14.00	0.00	1.00	0.31	5.90	75.50	10.27	0.00	422.06	(M)
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	13	70.00	0.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	(M)	0.00	0.36	40.00	0.00	48.00	(M)	(M)	(M)
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	136	60.00	0.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	120.00	(M)
Category: Milk; May Choose: 1																			

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2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	202	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
(2) BREAKFAST STICK / CB / TUES / 7-12 - Day: 2	208																		
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	16	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	16	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	38	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Entrees; May Choose: 1																			
2025 A BREAKFAST STICK BULK 60/2.51 OZ JIMMY DEAN 38215 USF 3292991 - LR101034 (1 ea.)	173	140.00	5.00	2.00	0.00	10.00	360.00	16.00	2.00	6.00	6.00	8.00	1.00	50.00	0.00	0.00	0.00	250.00	(M)
Category: Fruits; May Choose: 2																			
2025 A BANANAS STAGE 3-5 GFS 201006 - LR101041 (1 ea.)	62	110.00	0.00	0.00	0.00	0.00	1.00	27.00	3.00	14.00	0.00	1.00	0.31	5.90	75.50	10.27	0.00	422.06	(M)
2025 A MANDARIN ORANGES JUICE CUP 36/4.5 OZ LIMSON 560912 GFS 560912 - LR101064 (1 ea.)	37	50.00	0.00	0.00	0.00	0.00	10.00	13.00	0.00	10.00	8.00	1.00	0.40	20.00	0.00	0.00	0.00	115.15	(M)
2025 APPLESAUCE CUP 4.5 OZ 96/CS PETERSON ASA10001 USF 6932476 - LR101097 (1 ea.)	36	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	94.94	(M)
2025 BAKED APPLES - LISA SMART SNACK - LR100975 (1/2 c.)	11	60.83	0.00	0.00	0.00	0.00	9.17	15.00	0.92	12.25	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	152	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.49	12.57	0.00	0.22	0.08	6.67	0.00	60.00	0.00	157.43	(M)
Category: Milk; May Choose: 1																			

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Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	208	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
Category: Condiments; May Choose: 1																			
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	142	120.00	0.00	0.00	0.00	0.00	20.00	30.00	0.00	22.00	22.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)
(2) EGG & CHEESE CROISSANT / CB / WED / 7-12 - Day: 3	183																		
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	10	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	40	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	44	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Entrees; May Choose: 1																			
2025 EGG & CHEESE CROISSANT - LR100876 (1 ea.)	136	305.00	15.50	6.50	0.00	107.50	435.00	31.00	3.00	4.50	3.00(M)	10.50	1.44(M)	38.00 (M)	0.00(M)	0.00(M)	0.00(M)	46.00 (M)	(M)
Category: Fruits; May Choose: 2																			
2025 A PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	24	50.00	0.00	0.00	0.00	0.00	0.00	12.00	1.00	10.00	0.00	0.00	0.00	50.00	0.00	0.00	0.00	164.97	(M)
2025 CLEMENTINES 2 ORANGES = 3/4 C FRUIT USF 9433559 - LR100650 (2 ea.)	43	70.00	0.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	(M)	0.00	0.36	40.00	0.00	48.00	(M)	(M)	(M)
2025 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	13	60.00	0.00	0.00	0.00	0.00	0.00	16.00	2.00	11.00	0.00	0.00	0.00	11.00	0.00	0.00	0.00	126.00	(M)

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2025 SIDEKICKS BLUE RASBERRY/LEMONFROZEN CUP 84/4.4 OZ RIDGEFIELDS 2009 USF 6618078 - LR101027 (1 ea.)	138	90.00	0.00	0.00	0.00	0.00	20.00	23.00	0.00	21.00	0.00	0.00	1.40	90.00	180.00	60.00	0.00	80.00	(M)
2025 SIDEKICKS KIWI-STRAWBERRY FROZEN CUP 84/4.4 oz RIDGEFIELDS 2014 USF 2868222 - LR101026 (1 ea.)	28	90.00	0.00	0.00	0.00	0.00	20.00	23.00	0.00	21.00	0.00	0.00	1.40	90.00	1000.00	60.00	0.00	80.00	(M)
2025 SIDEKICKS SOUR CHERRY/LEMON FROZEN CUP 84/4.4 OZ RIDGEFIELDS 2016 USF 9561309 - LR101025 (1 ea.)	16	90.00	0.00	0.00	0.00	0.00	20.00	23.00	0.00	21.00	0.00	0.00	1.40	90.00	180.00	60.00	0.00	79.90	(M)
Category: Milk; May Choose: 1																			
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	183	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
(2) DONUT HOLES / CB / THURS / 7-12 - Day: 4	201																		
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	5	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	17	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	34	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Grains; May Choose: 1																			
2025 A DONUT HOLES POWDERED WG 60/3.1OZ SUPER BAKERY 9300 GFS 371058 - LR101011 (1 ea.)	173	280.00	11.00	4.50	0.00	0.00	230.00	42.00	2.00	20.00	19.00	4.00	1.00	29.00	0.00	0.00	0.00	108.10	(M)
Category: Fruits; May Choose: 2																			

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2025 A PEACHES DICED JUICE CUP 48/4 OZ GORDON 93901580801 GFS 758080 - LR101094 (1 ea.)	27	50.00	0.00	0.00	0.00	0.00	0.00	12.00	1.00	10.00	0.00	0.00	0.00	50.00	0.00	0.00	0.00	164.97	(M)
2025 APPLESAUCE CUPS 96/4 OZ USDA 500382 / 110361 - LR101037 (1 Container)	17	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2025 JUICE HS BREAKFAST VARIETY - LR100640 (4 oz 1 servi)	153	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.49	12.57	0.00	0.22	0.08	6.67	0.00	60.00	0.00	157.43	(M)
2025 PEARS DICED IN JUICE CUP 48/4 OZ 48/CS PACIFIC COAST 93901758187 GFS 758180 - LR101093 (1 ea.)	15	60.00	0.00	0.00	0.00	0.00	0.00	16.00	2.00	11.00	0.00	0.00	0.00	11.00	0.00	0.00	0.00	126.00	(M)
2025 PINEAPPLE TIDBITS CUPS 4 OZ/36 CS DOLE GFS 216300 - LR101067 (1 ea.)	41	60.00	0.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	120.00	(M)
Category: Milk; May Choose: 1																			
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	201	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
(2 & 4) MINI PANCAKES / CB / FRI - Day: 5	173																		
Category: Breakfast; May Choose: 2																			
2025 BAR CINNAMON TOAST CRUNCH 96/1.42oz GM 45576 USF 6963490 - LR100907 (1 Bar)	8	160.00	3.50	0.00	0.00	0.00	120.00	30.00	3.00	8.00	8.00	2.00	1.70	230.00	0.00	0.00	0.00	0.00	(M)
2025 BAR COCOA PUFFS 96/1.42OZ GM 45577 USF 6963524 - LR100908 (1 Bar)	9	160.00	3.50	0.00	0.00	0.00	105.00	30.00	3.00	9.00	9.00	3.00	1.90	260.00	20.00	0.00	0.00	100.11	(M)
2025 BAR STRAWBERRY NUTRI GRAIN 96/1.55OZ KELLOGGS 59772 GFS 209761 - LR100962 (1 Bar)	33	150.00	3.50	0.50	0.00	0.00	150.00	30.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00	0.00	0.00	110.00	(M)
Category: Entrees; May Choose: 1																			
2025 A MINI PANCAKES WG 72/3.03 OZ KELLOGGS 3800092562 USF 7613524 - LR101092 (1 ea.)	148	200.00	6.00	1.00	0.00	0.00	210.00	35.00	4.00	10.00	10.00	4.00	3.60	40.00	0.00	0.00	0.00	130.00	(M)
Category: Fruits; May Choose: 2																			

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2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	12	40.00	0.00	0.00	0.00	0.00	0.00	10.00	2.00	6.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	73	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	0.00	0.00	0.00	39.00	0.00	0.00	(M)
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	24	110.00	0.00	0.00	0.00	(M)	0.00	27.00	2.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2025 APPLES FRESH - LR100082 (1 ea.)	25	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	0.00(M)	(M)	0.47	0.22	10.99	98.01	8.41	0.00(M)	0.00(M)	0.00(M)
2025 ORANGES SEASHORE 113 CT 35 LB CS - LR100997 (1/2 c.)	42	42.30	0.11	0.01	0.00	0.00	0.00	10.57	2.16	8.41	(M)	0.85	0.09	36.00	202.50	47.88	0.00	162.90	78.08
Category: Milk; May Choose: 1																			
2025 MILK HS BREAKFAST CHOCOLATE & WHITE 1% VARIETY - LR100986 (1 cup servin)	173	125.02	0.41	0.25	0.00	1.66	120.83	22.01	0.00	20.34	8.34	8.00	0.00	300.00	500.00	0.40	5.00	415.19	(M)
Category: Condiments; May Choose: 1																			
2025 A SYRUP SS CUP 200/1.5 OZ GORDON 160096 GFS 160090 NOT SS - LR100044 (1 serv.)	131	120.00	0.00	0.00	0.00	0.00	20.00	30.00	0.00	22.00	22.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)