

Menu Cycle Week – Nutrient Analysis

Generated on: 4/25/2025 2:28:14 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) QUESADILLA / CORN / BB / TORT CHIPS / SALSA / MON/ K-6 - Day: 1	295																		
Category: Entrees; May Choose: 1																			
2025 A MUNCHABLE CHEESE TURKEY SLIDER GF COOKIE - LR100581 (1 serv.)	54	296.59	9.30	3.64	0.00	28.54	631.86	40.65	2.00	8.99	8.00	16.91	2.20	325.56	0.00	0.00	0.00	196.58	(M)
2025 QUESADILLA CHEESE WG 96/CS THE MAX 7738712699 USF 5858915 - LR100738 (1 ea.)	241	300.00	10.00	3.00	0.00	10.00	670.00	39.00	4.00	3.00	0.00	16.00	2.90	320.00	0.00	0.00	0.00	200.00	(M)
Category: Vegetables; May Choose: 2																			
2025 A CORN W/BUTTER - LR100153 (1/2 c.)	147	87.02	3.17	0.88	0.00	0.00	22.61	16.09	2.01	3.02	0.00(M)	2.01	0.00(M)	0.00(M)	147.27 (M)	0.00(M)	0.00(M)	0.00(M)	(M)
2025 BEANS BAKED VEG LOW SODIUM CANNED USDA 500032 / 100364 - LR100258 (1/2 c.)	49	180.87	1.13	0.00	0.00	0.00	158.26	32.78	5.65	7.91	0.00	5.65	0.00	0.00	0.00	0.00	0.00	0.00	(M)
Category: Fruits; May Choose: 1																			
2025 A APPLE SLICES 100/2 OZ PETERSON 203102 GFS 473131 - LR100946 (1 pkg.)	80	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 JUICE ELEM LUNCH APPLE ORANGE GRAPE VARIETY - LR100991 (4 fl. oz.)	90	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.69	12.89	0.00	0.06	0.07	5.36	0.00	60.00	0.00	106.31	(M)
Category: Milk; May Choose: 1																			
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	295	122.33	0.65	0.39	0.00	2.63	121.29	20.91	0.00	19.41	7.41	8.00	0.00	300.00	496.85	0.60	4.98	411.15	(M)
Category: Condiments; May Choose: 1																			
2025 SALSA RED GOLD REDSC90 GFS 452841 - LR100227 (2 ounces)	184	20.00	0.00	0.00	0.00	0.00	93.33	2.67	1.33	1.33	1.33	0.00	0.00	0.00	0.00	0.00	0.00	106.53	(M)
Category: Desserts; May Choose: 1																			
2024 TORTILLA CHIPS RF WGR .88 OZ TOSTITOS 187923 GFS 284751 SMART SNACK - LR100443 (1 ea.)	298	120.00	4.50	0.50	0.00	0.00	100.00	18.00	2.00	0.00	0.00	2.00	0.00	23.00	0.00	0.00	0.00	39.01	(M)

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(2) CHICKEN TENDERS / MPOTATOES / PEAS / R&B / TUES / K-6 - Day: 2	345																		
Category: Entrees; May Choose: 1																			
2025 A MUNCHABLE CHEESE TURKEY SLIDER GF COOKIE - LR100581 (1 serv.)	10	296.59	9.30	3.64	0.00	28.54	631.86	40.65	2.00	8.99	8.00	16.91	2.20	325.56	0.00	0.00	0.00	196.58	(M)
2025 CHICKEN TENDERS 1.13 OZ TYSON 3340928 USF 6986566 - LR100974 (3 ea.)	346	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	1.00	15.00	2.10	40.00	0.00(M)	0.00(M)	0.10	300.00	(M)
Category: Grains; May Choose: 1																			
2025 A ROLL & BUTTER SMART SNACK - LR100333 (1 serv.)	200	100.00	3.50	0.50	0.00	0.00	180.00	20.00	1.00	1.00	1.00	3.00	0.10	30.00	61.00	0.00	0.00	47.94	(M)
Category: Vegetables; May Choose: 2																			
2025 PEAS W/BUTTER - LR100062 (1/2 c.)	96	95.74	2.48	1.01	0.00	0.00	93.26	12.99	4.72	4.72	0.00(M)	4.72	0.00(M)	0.00(M)	168.75 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
2025 POTATOES MASHED 1/2 CUP WITH 1/4 CUP CHICKEN GRAVY SMART SNACK - LR100223 (1 serv.)	292	95.01	0.09	0.00	0.00	0.43	29.51	20.96	2.04	0.09(M)	0.00(M)	2.13	0.31	14.98	0.00	0.00	0.00(M)	339.90 (M)	129.83 (M)
Category: Fruits; May Choose: 1																			
2025 A CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	50	110.00	0.00	0.00	(M)	(M)	0.00	27.00	2.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	50	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 APPLESAUCE CANNED UNSWEETENED 511996 / 711616 - LR101084 (1/2 c.)	125	50.00	0.00	0.00	0.00	0.00	10.00	13.00	2.00	9.00	9.00	0.00	0.00	0.00	0.00	0.00	0.00	115.15	(M)
Category: Milk; May Choose: 1																			
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	345	122.33	0.65	0.39	0.00	2.63	121.29	20.91	0.00	19.41	7.41	8.00	0.00	300.00	496.85	0.60	4.98	411.15	(M)
Category: Condiments; May Choose: 2																			

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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 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	139	40.00	0.00	0.00	0.00	0.00	340.00	10.00	0.00	8.00	6.00	0.00	0.00	0.00	200.00	2.40	0.00	0.00	(M)
2025 BBQ SAUCE DIPPING CUP 1.5 OZ/100 CS SWEET BABY RAYS SJ0440A5 GFS 816951 - LR101056 (1 ea.)	122	80.00	0.00	0.00	0.00	0.00	340.00	21.00	0.00	19.00	18.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)
(2) WALKING TACOS / TT / GB / WED / K-6 - Day: 3	307																		
Category: Entrees; May Choose: 1																			
2024 WALKING TACO -E - LR100480 (1 portion)	283	286.32	15.42	6.47	0.74	39.17	482.80	22.00	2.33	1.32	0.33(M)	14.16	0.00(M)	38.20 (M)	0.00(M)	0.00(M)	0.00(M)	80.35 (M)	0.00(M)
2025 A MUNCHABLE CHEESE TURKEY SLIDER GF COOKIE - LR100581 (1 serv.)	24	296.59	9.30	3.64	0.00	28.54	631.86	40.65	2.00	8.99	8.00	16.91	2.20	325.56	0.00	0.00	0.00	196.58	(M)
Category: Vegetables; May Choose: 2																			
2025 GREEN BEANS CANNED 500008 / 100307 - LR100061 (1/2 c.)	121	30.57	2.05	0.84	0.00	0.00	125.08	2.24	1.49	0.74	0.00(M)	0.74	0.27	14.94	214.37	0.00	0.00(M)	0.00(M)	(M)
2025 TATOR TOTS MCCAIN 2789 GFS 563840 RS SMART SNACK W/NO KETHCUP - LR100649 (1/2 c.)	293	90.00	3.50	0.00	0.00	0.00	170.00	14.00	2.00	1.00	0.00	1.00	0.70	290.00	0.00	0.00	0.10	219.96	(M)
Category: Fruits; May Choose: 1																			
2025 A BANANAS STAGE 3-5 GFS 201006 - LR101041 (1 ea.)	134	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 PEACHES DICED EX LT CAN USDA 500134 / 100220 - LR101035 (1/2 c.)	248	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	13.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	307	122.33	0.65	0.39	0.00	2.63	121.29	20.91	0.00	19.41	7.41	8.00	0.00	300.00	496.85	0.60	4.98	411.15	(M)
Category: Condiments; May Choose: 3																			
2024 LETTUCE ROMAINE CHOPPED MONTEVERDES 06999 - LR100714 (1/2 oz.)	102	8.61	0.15	0.02	0.00	0.00	4.05	1.67	1.06	0.60	(M)	0.62	0.49	16.71	4409.44	2.02	(M)	(M)	47.90

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2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	175	40.00	0.00	0.00	0.00	0.00	340.00	10.00	0.00	8.00	6.00	0.00	0.00	0.00	200.00	2.40	0.00	0.00	(M)
2025 SALSA RED GOLD REDSC90 GFS 452841 - LR100227 (1 ounces)	95	10.00	0.00	0.00	0.00	0.00	46.67	1.33	0.67	0.67	0.67	0.00	0.00	0.00	0.00	0.00	0.00	53.27	(M)
(2) POPCORN CHICKEN / RICE / SALAD / CARROTS / THURS / K-6 - Day: 4	300																		
Category: Entrees; May Choose: 1																			
2025 A MUNCHABLE CHEESE TURKEY SLIDER GF COOKIE - LR100581 (1 serv.)	11	296.59	9.30	3.64	0.00	28.54	631.86	40.65	2.00	8.99	8.00	16.91	2.20	325.56	0.00	0.00	0.00	196.58	(M)
2025 CHICKEN POPCORN 6/5 LB GOLDKIST 110452 USF 7743693 - LR101058 (10 popcorn bi)	289	270.00	13.00	3.00	0.00	70.00	480.00	19.00	3.00	0.00	0.00	19.00	1.44	20.00	0.00	0.00	0.10	420.00	(M)
Category: Grains; May Choose: 1																			
2025 BROWN RICE 25 LB BAG WG 1804904 GFS 516371 - LR100175 (1/4 c.)	233	97.80	2.50	0.73	0.00	0.00	19.52	17.28	0.48	0.00	0.00(M)	1.92	0.48	4.10	121.50	0.00	0.00	52.00	56.72 (M)
Category: Vegetables; May Choose: 2																			
2022 SALAD LETTUCE DRESSED Elementary - Lisa - LR100883 (1 1/8 c.)	100	75.23	4.22	0.61	0.00	1.30	80.08	8.81	3.96	3.54	0.13(M)	2.66	1.97	72.30	15062.8 6	9.91	0.01(M)	99.60 (M)	198.10 (M)
2025 CARROTS W/BUTTER OLD #110480 NEW # 501045 / 111052 - LR100576 (1/2 c.)	114	55.90	2.41	0.98	0.00	0.00	78.24	7.56	2.52	3.78	0.00	0.00	0.00	0.00	164.19	0.00	0.00	0.00	(M)
Category: Fruits; May Choose: 1																			
2025 A MANDARIN ORANGES IN PEAR JUICE CANNED 22/1.2 CUP BLACKHIVE 90046 USF 9680012 - LR101046 (1/2 c.)	109	90.00	0.00	0.00	0.00	0.00	10.00	20.00	0.00	19.00	17.00	1.00	1.00	26.00	0.00	0.00	0.00	115.00	(M)
2025 A SIDEKICKS STRAWBERRY/MANGO FROZEN CUP 84/4.4 OZ RIDGEFIELDS 2015 USF 2838373 - LR101028 (1 ea.)	286	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)
Category: Milk; May Choose: 1																			

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2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	300	122.33	0.65	0.39	0.00	2.63	121.29	20.91	0.00	19.41	7.41	8.00	0.00	300.00	496.85	0.60	4.98	411.15	(M)
Category: Condiments; May Choose: 1																			
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	140	40.00	0.00	0.00	0.00	0.00	340.00	10.00	0.00	8.00	6.00	0.00	0.00	0.00	200.00	2.40	0.00	0.00	(M)
(2) FISH STICKS / FF / BROCCOLI / BS / FRI / K- 6 - Day: 5	269																		
Category: Entrees; May Choose: 1																			
2025 A MUNCHABLE CHEESE TURKEY SLIDER GF COOKIE - LR100581 (1 serv.)	40	296.59	9.30	3.64	0.00	28.54	631.86	40.65	2.00	8.99	8.00	16.91	2.20	325.56	0.00	0.00	0.00	196.58	(M)
2025 FISH STICKS GORDON 1511980 GFS 511986 - LR100755 (4 ea.)	229	240.00	10.00	1.50	0.00	45.00	410.00	23.00	1.00	1.00	0.00	14.00	1.80	0.00	0.00	0.00	1.30	269.78	(M)
Category: Grains; May Choose: 1																			
2025 A BREADSTICKS TWISTED TASTY BRANDS 62102 GFS 313887 SMART SNACK - LR100958 (1 ea.)	235	140.00	3.00	1.00	0.00	0.00	180.00	26.00	0.00	2.00	1.00	4.00	1.00	16.00	0.00	0.00	0.00	101.99	(M)
Category: Vegetables; May Choose: 3																			
2025 A FRENCH FRIES McCain, MCX40 6/5 LB BAGS GFS 510043 SMART SNACK NO KETCHUP - LR100954 (1/2 c.)	174	76.24	2.29	0.00	0.00	0.00	15.25	13.72	0.76	0.00	0.00	0.76	0.00	0.00	0.00	0.00	0.00	205.85	(M)
2025 BROCCOLI W/BUTTER - LR100074 (1/2 c.)	189	33.74	1.70	0.69	0.00	0.00	32.47	3.52	2.11	0.70	0.00(M)	2.11	0.00(M)	0.00(M)	115.71 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Category: Fruits; May Choose: 1																			
2025 A APPLE CRISPS STRAWBERRY 125/.34 OZ TREETOP 5260 USF 7449870 - LR100895 (1 bag (0.34)	130	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 CRAISINS STRAWBERRY 200/1.16 OZ OCEAN SPRAY 23445 USF 7766264 - LR101105 (1 Pouch)	50	110.00	0.00	0.00	(M)	(M)	0.00	27.00	2.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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2025 A CRAISINS WATERMELON 200/1.16 OZ OCEAN SPRAY 22044 USF 7587492 - LR101086 (1 Pouch)	50	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)
Category: Milk; May Choose: 1																			
2025 MILK ELEM LUNCH CHOCOLATE, WHITE 1%, & LACTAID VARIET - LR100984 (1 cup servin)	269	122.33	0.65	0.39	0.00	2.63	121.29	20.91	0.00	19.41	7.41	8.00	0.00	300.00	496.85	0.60	4.98	411.15	(M)
Category: Condiments; May Choose: 2																			
2025 A KETCHUP POUCH 6/7 POUND BAGGS USF 1000322 - LR101073 (1 fl. oz.)	200	40.00	0.00	0.00	0.00	0.00	340.00	10.00	0.00	8.00	6.00	0.00	0.00	0.00	200.00	2.40	0.00	0.00	(M)