

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Tomball Early Excellence Academy

Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2023 Fall Connections Breakfast Friday :335 - ServingDate: 03/01/2024																			
Breakfast Donut - TR1582 (1 ea.)	100	230.00	11.00	4.00	0.00	0.00	260.00	29.00	2.00	6.00	0.00(M)	5.00	1.44	100.00	0.00	6.00	0.00	188.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	100	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Apple Juice - TR1036 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2023 Fall Connections Breakfast Monday :335 - ServingDate: 03/04/2024																			
Cinnamon Mini Waffle - TR1616 (1 pkg.)	50	190.00	5.00	1.50	0.00	0.00	260.00	35.00	4.00	11.00	10.00	4.00	3.60	260.00	1000.00	0.00	0.00	149.93	0.00
Whole Grain Mini Waffles - TR1020 (1 pkg.)	50	200.00	5.00	1.50	0.00	0.00	220.00	35.00	4.00	10.00	(M)	4.00	2.70	100.00	500.00	0.00	(M)	(M)	(M)
Granny Smith Apple - TR1054 (1 ea.)	100	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Orange Juice - TR1038 (1/2 c.)	100	50.00	0.00	0.00	0.00	0.00	15.00	12.00	0.00	10.00	0.00	1.00	0.00	0.00	0.00	42.00	(M)	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2023 Fall Connections Breakfast Tuesday :335 - ServingDate: 03/05/2024																			
Whole Grain Breakfast Bun - TR1008 (1 ea.)	100	230.00	7.00	2.00	0.00	0.00	340.00	39.00	3.00	10.00	(M)	6.00	2.70	80.00	200.00	0.00	(M)	(M)	(M)
Apple Juice - TR1036 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Tomball Early Excellence Academy

Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Ash (g)
2023 Fall Connections Breakfast Friday :335 - ServingDate: 03/01/2024	
Breakfast Donut - TR1582 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Apple Juice - TR1036 (1/2 c.)	(M)
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
2023 Fall Connections Breakfast Monday :335 - ServingDate: 03/04/2024	
Cinnamon Mini Waffle - TR1616 (1 pkg.)	0.00
Whole Grain Mini Waffles - TR1020 (1 pkg.)	(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Orange Juice - TR1038 (1/2 c.)	(M)
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
2023 Fall Connections Breakfast Tuesday :335 - ServingDate: 03/05/2024	
Whole Grain Breakfast Bun - TR1008 (1 ea.)	(M)
Apple Juice - TR1036 (1/2 c.)	(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Chocolate Milk - TR1033 (1 c.)	(M)

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Tomball Early Excellence Academy

Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2023 Fall Connections Breakfast Tuesday :335 - ServingDate: 03/05/2024																			
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2023 Fall Connections Breakfast Wednesday :335 - ServingDate: 03/06/2024																			
Blueberry Mini Pancakes - TR1257 (1 pkg.)	34	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)
Confetti Mini Pancakes - TR1617 (1 pkg.)	33	220.00	7.00	1.00	1.00	0.00	300.00	36.00	4.00	11.00	11.00	4.00	3.60	60.00	1000.00	0.00	0.00	140.06	0.00
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	33	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)
Banana - TR1056 (1 ea.)	100	105.00	0.39	0.00	0.00	0.00	1.00	27.00	3.00	14.50	(M)	1.30	0.31	6.00	76.00	10.00	(M)	(M)	(M)
Apple Juice - TR1036 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2023 Fall Connections Breakfast Thursday :335 - ServingDate: 03/07/2024																			
Whole Grain Cinnamon Poptarts - TR1027 (1 pkg.)	33	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	(M)	5.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Whole Grain Fudge Poptarts - TR1028 (1 pkg.)	33	360.00	6.00	2.00	0.00	0.00	390.00	76.00	6.00	33.00	(M)	5.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Whole Grain Strawberry Poptarts - TR1029 (1 pkg.)	33	360.00	4.50	2.00	0.00	0.00	360.00	75.00	6.00	30.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Apple Juice - TR1036 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Raisins - TR1049 (1 pkg.)	100	120.00	0.20	0.00	0.00	0.00	10.00	30.00	2.00	24.00	0.00	1.00	0.72	20.00	0.00	1.20	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - March, 2024

Site: Tomball Early Excellence Academy
 Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Ash (g)
2023 Fall Connections Breakfast Tuesday :335 - ServingDate: 03/05/2024	
White Milk - TR1035 (1 c.)	(M)
2023 Fall Connections Breakfast Wednesday :335 - ServingDate: 03/06/2024	
Blueberry Mini Pancakes - TR1257 (1 pkg.)	(M)
Confetti Mini Pancakes - TR1617 (1 pkg.)	0.00
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	(M)
Banana - TR1056 (1 ea.)	(M)
Apple Juice - TR1036 (1/2 c.)	(M)
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
2023 Fall Connections Breakfast Thursday :335 - ServingDate: 03/07/2024	
Whole Grain Cinnamon Poptarts - TR1027 (1 pkg.)	(M)
Whole Grain Fudge Poptarts - TR1028 (1 pkg.)	(M)
Whole Grain Strawberry Poptarts - TR1029 (1 pkg.)	(M)
Apple Juice - TR1036 (1/2 c.)	(M)
Raisins - TR1049 (1 pkg.)	(M)

Menu Calendar Nutrient Analysis Report - March, 2024

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Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2023 Fall Connections Breakfast Thursday :335 - ServingDate: 03/07/2024																			
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Ketchup - TR1088 (2 ea.)	0	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Syrup Dip Cup - TR1058 (1 ea.)	0	120.00	0.00	0.00	0.00	0.00	0.00	31.00	0.00	19.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2023 Fall Connections Breakfast Tuesday :335 - ServingDate: 03/19/2024																			
Whole Grain Breakfast Bun - TR1008 (1 ea.)	100	230.00	7.00	2.00	0.00	0.00	340.00	39.00	3.00	10.00	(M)	6.00	2.70	80.00	200.00	0.00	(M)	(M)	(M)
Apple Juice - TR1036 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Orange Wedges - TR1057 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2023 Fall Connections Breakfast Wednesday :335 - ServingDate: 03/20/2024																			
Blueberry Mini Pancakes - TR1257 (1 pkg.)	34	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)
Confetti Mini Pancakes - TR1617 (1 pkg.)	33	220.00	7.00	1.00	1.00	0.00	300.00	36.00	4.00	11.00	11.00	4.00	3.60	60.00	1000.00	0.00	0.00	140.06	0.00
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	33	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)
Banana - TR1056 (1 ea.)	100	105.00	0.39	0.00	0.00	0.00	1.00	27.00	3.00	14.50	(M)	1.30	0.31	6.00	76.00	10.00	(M)	(M)	(M)
Apple Juice - TR1036 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - March, 2024

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Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Ash (g)
2023 Fall Connections Breakfast Thursday :335 - ServingDate: 03/07/2024	
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Ketchup - TR1088 (2 ea.)	(M)
Syrup Dip Cup - TR1058 (1 ea.)	(M)
2023 Fall Connections Breakfast Tuesday :335 - ServingDate: 03/19/2024	
Whole Grain Breakfast Bun - TR1008 (1 ea.)	(M)
Apple Juice - TR1036 (1/2 c.)	(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
2023 Fall Connections Breakfast Wednesday :335 - ServingDate: 03/20/2024	
Blueberry Mini Pancakes - TR1257 (1 pkg.)	(M)
Confetti Mini Pancakes - TR1617 (1 pkg.)	0.00
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	(M)
Banana - TR1056 (1 ea.)	(M)
Apple Juice - TR1036 (1/2 c.)	(M)

Menu Calendar Nutrient Analysis Report - March, 2024

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Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Planned Qty	Calories (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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2023 Fall Connections Breakfast Wednesday :335 - ServingDate: 03/20/2024																			
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2023 Fall Connections Breakfast Thursday :335 - ServingDate: 03/21/2024																			
Whole Grain Cinnamon Poptarts - TR1027 (1 pkg.)	33	370.00	5.00	2.00	0.00	0.00	380.00	75.00	6.00	31.00	(M)	5.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Whole Grain Fudge Poptarts - TR1028 (1 pkg.)	33	360.00	6.00	2.00	0.00	0.00	390.00	76.00	6.00	33.00	(M)	5.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Whole Grain Strawberry Poptarts - TR1029 (1 pkg.)	33	360.00	4.50	2.00	0.00	0.00	360.00	75.00	6.00	30.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)
Apple Juice - TR1036 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Raisins - TR1049 (1 pkg.)	100	120.00	0.20	0.00	0.00	0.00	10.00	30.00	2.00	24.00	0.00	1.00	0.72	20.00	0.00	1.20	(M)	(M)	(M)
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Ketchup - TR1088 (2 ea.)	0	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Syrup Dip Cup - TR1058 (1 ea.)	0	120.00	0.00	0.00	0.00	0.00	0.00	31.00	0.00	19.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2023 Fall Connections Breakfast Friday :335 - ServingDate: 03/22/2024																			
Breakfast Donut - TR1582 (1 ea.)	100	230.00	11.00	4.00	0.00	0.00	260.00	29.00	2.00	6.00	0.00(M)	5.00	1.44	100.00	0.00	6.00	0.00	188.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	100	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Apple Juice - TR1036 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

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Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Ash (g)
2023 Fall Connections Breakfast Wednesday :335 - ServingDate: 03/20/2024	
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
2023 Fall Connections Breakfast Thursday :335 - ServingDate: 03/21/2024	
Whole Grain Cinnamon Poptarts - TR1027 (1 pkg.)	(M)
Whole Grain Fudge Poptarts - TR1028 (1 pkg.)	(M)
Whole Grain Strawberry Poptarts - TR1029 (1 pkg.)	(M)
Apple Juice - TR1036 (1/2 c.)	(M)
Raisins - TR1049 (1 pkg.)	(M)
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Ketchup - TR1088 (2 ea.)	(M)
Syrup Dip Cup - TR1058 (1 ea.)	(M)
2023 Fall Connections Breakfast Friday :335 - ServingDate: 03/22/2024	
Breakfast Donut - TR1582 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Apple Juice - TR1036 (1/2 c.)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (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)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	
2023 Fall Connections Breakfast Friday :335 - ServingDate: 03/22/2024																				
Chocolate Milk - TR1033 (1 c.)	50	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
White Milk - TR1035 (1 c.)	50	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Breakfast
 Site Group: Elementary Regular
 Menu Line: Connections Breakfast
 Serving Group: K-12
 Nutrients Option: All

Menu Calendar Nutrient Analysis Report - March, 2024

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Date: 03/01/2024 - 03/31/2024

Item Name (Serving Size)	Ash (g)
2023 Fall Connections Breakfast Friday :335 - ServingDate: 03/22/2024	
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)