

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Friday - ServingDate: 11/01/2024 | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 30 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 25 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 25 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 50 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 20 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 10 | 137.45 | 2.25 | 0.00 | 0.00 | 0.00 | 354.78 | 19.75 | 7.75 | 1.75 | 0.00(M) | 4.50 | 1.62 | 64.89 | 348.92 | 2.09 | 0.00(M) | 13.39(M) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | 75 | 125.15 | 4.17 | 0.52 | 0.00 | 0.00 | 146.01 | 20.86 | 2.09 | 0.00 | (M) | 2.09 | 0.38 | 0.00 | 104.30 | 3.75 | (M) | (M) | (M) |
| Granny Smith Apple - TR1054 (1 ea.) | 20 | 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) |
| Diced Peach Cup - TR1759 (1 ea.) | 35 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) |
| Pudding - TR1090 (1/2 c.) | 50 | 3.75 | 0.10 | 0.10 | 0.00 | 0.00 | 5.00 | 0.67 | 0.07 | 0.47 | (M) | 0.03 | 0.01 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Friday - ServingDate: 11/01/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | (M) |
| Granny Smith Apple - TR1054 (1 ea.) | (M) |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Pudding - TR1090 (1/2 c.) | 0.00(M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) | |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| 2024 FALL HS Express Friday - ServingDate: 11/01/2024 | | | | | | | | | | | | | | | | | | | | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) | |
| Ketchup - TR1088 (2 ea.) | 70 | 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) | |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 5 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 | |
| 2024 FALL HS Express Wednesday - ServingDate: 11/06/2024 | | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 20 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 30 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 | |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 30 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) | |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 | |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 60 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 | |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Fresh Broccoli & Ranch - TR1629 (1/2 c.) | 20 | 195.50 | 19.00 | 3.00 | 0.00 | 0.00 | 345.00 | 5.00 | 1.00 | 1.75 | 0.00(M) | 2.25 | 0.35 | 51.50 | 283.50 | 40.50 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Sweet Potato Fries - TR1740 (3 oz.) | 75 | 207.12 | 9.71 | 1.29 | 0.00 | 0.00 | 271.84 | 29.77 | 5.18 | 3.88 | 0.00 | 3.88 | 0.47 | 51.78 | 5825.15 | 0.00 | 0.00 | 0.00 | 0.00 | |
| Red Delicious Apple - TR1055 (1 ea.) | 30 | 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) | |

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Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| 2024 FALL HS Express Friday - ServingDate: 11/01/2024 | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |
| 2024 FALL HS Express Wednesday - ServingDate: 11/06/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 0.00 |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Fresh Broccoli & Ranch - TR1629 (1/2 c.) | 0.00(M) |
| Sweet Potato Fries - TR1740 (3 oz.) | 0.00 |
| Red Delicious Apple - TR1055 (1 ea.) | (M) |

Menu Calendar Nutrient Analysis Report - November, 2024

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Date: 11/01/2024 - 11/30/2024

| 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) | |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| 2024 FALL HS Express Wednesday - ServingDate: 11/06/2024 | | | | | | | | | | | | | | | | | | | | |
| Chilled Fruit Cocktail - TR1506 (1/2 c.) | 35 | 67.83 | 0.00 | 0.00 | 0.00 | 0.00 | 5.65 | 16.96 | 1.13 | 13.56 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) | |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.) | 25 | 99.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 25.00 | 0.00 | 25.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 12.00 | 0.00 | 0.00 | 0.00 | |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 | |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) | |
| Ketchup - TR1088 (2 ea.) | 50 | 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) | |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 20 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 | |
| 2024 FALL HS Express Thursday - ServingDate: 11/07/2024 | | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 20 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 4 | 626.45 | 35.88 | 6.77 | 0.00 | 51.59 | 1326.78 | 50.22 | 6.78 | 10.67 | 0.00(M) | 27.74 | 8.91 | 187.03 | 3940.67 | 13.75 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 30 | 370.00 | 10.00 | 1.50 | 0.00 | 50.00 | 830.00 | 46.00 | 5.00 | 4.00 | 4.00 | 23.00 | 2.08 | 136.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 | |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 30 | 420.60 | 12.59 | 1.76 | 0.00 | 64.70 | 778.92 | 50.35 | 4.35 | 5.18 | 4.00(M) | 27.35 | 2.27 | 139.53 | 0.00 | 0.00 | 0.00(M) | 494.11 (M) | 0.00(M) | |

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 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| 2024 FALL HS Express Wednesday - ServingDate: 11/06/2024 | |
| Chilled Fruit Cocktail - TR1506 (1/2 c.) | 0.00(M) |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |
| 2024 FALL HS Express Thursday - ServingDate: 11/07/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 0.00(M) |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 0.00 |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 0.00(M) |

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Date: 11/01/2024 - 11/30/2024

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Thursday - ServingDate: 11/07/2024 | | | | | | | | | | | | | | | | | | | |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 25 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Crinkle Cut Fries - TR1527 (3 oz.) | 75 | 190.47 | 5.71 | 0.00 | 0.00 | 0.00 | 323.80 | 28.57 | 3.81 | 0.00 | (M) | 3.81 | 0.69 | 0.00 | 0.00 | 6.86 | (M) | 399.99 | 0.00 |
| Diced Peach Cup - TR1759 (1 ea.) | 35 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 |
| Orange Wedges - TR1057 (1 ea.) | 35 | 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) |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | 70 | 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) |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| 2024 FALL HS Express Friday - ServingDate: 11/08/2024 | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 30 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 25 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 25 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Thursday - ServingDate: 11/07/2024 | |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Crinkle Cut Fries - TR1527 (3 oz.) | 0.00 |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Orange Wedges - TR1057 (1 ea.) | (M) |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| 2024 FALL HS Express Friday - ServingDate: 11/08/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Friday - ServingDate: 11/08/2024 | | | | | | | | | | | | | | | | | | | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 50 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 20 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 10 | 137.45 | 2.25 | 0.00 | 0.00 | 0.00 | 354.78 | 19.75 | 7.75 | 1.75 | 0.00(M) | 4.50 | 1.62 | 64.89 | 348.92 | 2.09 | 0.00(M) | 13.39 (M) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | 75 | 125.15 | 4.17 | 0.52 | 0.00 | 0.00 | 146.01 | 20.86 | 2.09 | 0.00 | (M) | 2.09 | 0.38 | 0.00 | 104.30 | 3.75 | (M) | (M) | (M) |
| Granny Smith Apple - TR1054 (1 ea.) | 20 | 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) |
| Diced Peach Cup - TR1759 (1 ea.) | 35 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) |
| Pudding - TR1090 (1/2 c.) | 50 | 3.75 | 0.10 | 0.10 | 0.00 | 0.00 | 5.00 | 0.67 | 0.07 | 0.47 | (M) | 0.03 | 0.01 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | 70 | 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) |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 5 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Friday - ServingDate: 11/08/2024 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | (M) |
| Granny Smith Apple - TR1054 (1 ea.) | (M) |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Pudding - TR1090 (1/2 c.) | 0.00(M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| 2024 FALL HS Express Monday - ServingDate: 11/11/2024 | | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 25 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 35 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 | |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 30 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) | |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 5 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 | |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 65 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 | |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 25 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Crinkle Cut Fries - TR1527 (3 oz.) | 80 | 190.47 | 5.71 | 0.00 | 0.00 | 0.00 | 323.80 | 28.57 | 3.81 | 0.00 | (M) | 3.81 | 0.69 | 0.00 | 0.00 | 6.86 | (M) | 399.99 | 0.00 | |
| Granny Smith Apple - TR1054 (1 ea.) | 20 | 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) | |
| Diced Peach Cup - TR1759 (1 ea.) | 40 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 | |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 | |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 15 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) | |
| Ketchup - TR1088 (2 ea.) | 25 | 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) | |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Monday - ServingDate: 11/11/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Crinkle Cut Fries - TR1527 (3 oz.) | 0.00 |
| Granny Smith Apple - TR1054 (1 ea.) | (M) |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Monday - ServingDate: 11/11/2024 | | | | | | | | | | | | | | | | | | | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 20 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 |
| 2024 FALL HS Express Tuesday - ServingDate: 11/12/2024 | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 20 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 4 | 626.45 | 35.88 | 6.77 | 0.00 | 51.59 | 1326.78 | 50.22 | 6.78 | 10.67 | 0.00(M) | 27.74 | 8.91 | 187.03 | 3940.67 | 13.75 | 0.00(M) | 0.00(M) | 0.00(M) |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 40 | 370.00 | 10.00 | 1.50 | 0.00 | 50.00 | 830.00 | 46.00 | 5.00 | 4.00 | 4.00 | 23.00 | 2.08 | 136.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 20 | 420.60 | 12.59 | 1.76 | 0.00 | 64.70 | 778.92 | 50.35 | 4.35 | 5.18 | 4.00(M) | 27.35 | 2.27 | 139.53 | 0.00 | 0.00 | 0.00(M) | 494.11(M) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 20 | 137.45 | 2.25 | 0.00 | 0.00 | 0.00 | 354.78 | 19.75 | 7.75 | 1.75 | 0.00(M) | 4.50 | 1.62 | 64.89 | 348.92 | 2.09 | 0.00(M) | 13.39(M) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | 80 | 125.15 | 4.17 | 0.52 | 0.00 | 0.00 | 146.01 | 20.86 | 2.09 | 0.00 | (M) | 2.09 | 0.38 | 0.00 | 104.30 | 3.75 | (M) | (M) | (M) |
| Banana - TR1056 (1 ea.) | 40 | 150.89 | 0.56 | 0.00 | 0.00 | 0.00 | 1.44 | 38.80 | 4.31 | 20.84 | 0.00 | 1.87 | 0.45 | 8.62 | 109.21 | 14.37 | 0.00 | 606.42 | 0.00 |
| Chilled Diced Pears - TR1507 (1/2 c.) | 35 | 67.83 | 0.00 | 0.00 | 0.00 | 0.00 | 5.65 | 18.09 | 2.26 | 13.56 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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 - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| 2024 FALL HS Express Monday - ServingDate: 11/11/2024 | |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |
| 2024 FALL HS Express Tuesday - ServingDate: 11/12/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 0.00(M) |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 0.00 |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | (M) |
| Banana - TR1056 (1 ea.) | 0.00 |
| Chilled Diced Pears - TR1507 (1/2 c.) | 0.00(M) |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Tuesday - ServingDate: 11/12/2024 | | | | | | | | | | | | | | | | | | | |
| White Milk - TR1035 (1 c.) | 20 | 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) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | 70 | 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) |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| 2024 FALL HS Express Wednesday - ServingDate: 11/13/2024 | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 20 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 30 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 30 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 60 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Fresh Broccoli & Ranch - TR1629 (1/2 c.) | 20 | 195.50 | 19.00 | 3.00 | 0.00 | 0.00 | 345.00 | 5.00 | 1.00 | 1.75 | 0.00(M) | 2.25 | 0.35 | 51.50 | 283.50 | 40.50 | 0.00(M) | 0.00(M) | 0.00(M) |
| Sweet Potato Fries - TR1740 (3 oz.) | 75 | 207.12 | 9.71 | 1.29 | 0.00 | 0.00 | 271.84 | 29.77 | 5.18 | 3.88 | 0.00 | 3.88 | 0.47 | 51.78 | 5825.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Red Delicious Apple - TR1055 (1 ea.) | 30 | 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) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| 2024 FALL HS Express Tuesday - ServingDate: 11/12/2024 | |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| 2024 FALL HS Express Wednesday - ServingDate: 11/13/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 0.00 |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Fresh Broccoli & Ranch - TR1629 (1/2 c.) | 0.00(M) |
| Sweet Potato Fries - TR1740 (3 oz.) | 0.00 |
| Red Delicious Apple - TR1055 (1 ea.) | (M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) | |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| 2024 FALL HS Express Wednesday - ServingDate: 11/13/2024 | | | | | | | | | | | | | | | | | | | | |
| Chilled Fruit Cocktail - TR1506 (1/2 c.) | 35 | 67.83 | 0.00 | 0.00 | 0.00 | 0.00 | 5.65 | 16.96 | 1.13 | 13.56 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) | |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.) | 25 | 99.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 25.00 | 0.00 | 25.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 12.00 | 0.00 | 0.00 | 0.00 | |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 | |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) | |
| Ketchup - TR1088 (2 ea.) | 50 | 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) | |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 20 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 | |
| 2024 FALL HS Express Thursday - ServingDate: 11/14/2024 | | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 20 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 4 | 626.45 | 35.88 | 6.77 | 0.00 | 51.59 | 1326.78 | 50.22 | 6.78 | 10.67 | 0.00(M) | 27.74 | 8.91 | 187.03 | 3940.67 | 13.75 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 30 | 370.00 | 10.00 | 1.50 | 0.00 | 50.00 | 830.00 | 46.00 | 5.00 | 4.00 | 4.00 | 23.00 | 2.08 | 136.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 | |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 30 | 420.60 | 12.59 | 1.76 | 0.00 | 64.70 | 778.92 | 50.35 | 4.35 | 5.18 | 4.00(M) | 27.35 | 2.27 | 139.53 | 0.00 | 0.00 | 0.00(M) | 494.11 (M) | 0.00(M) | |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| 2024 FALL HS Express Wednesday - ServingDate: 11/13/2024 | |
| Chilled Fruit Cocktail - TR1506 (1/2 c.) | 0.00(M) |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |
| 2024 FALL HS Express Thursday - ServingDate: 11/14/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 0.00(M) |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 0.00 |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 0.00(M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) | Moisture (g) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|--------------|--|
| 2024 FALL HS Express Thursday - ServingDate: 11/14/2024 | | | | | | | | | | | | | | | | | | | | |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 25 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Crinkle Cut Fries - TR1527 (3 oz.) | 75 | 190.47 | 5.71 | 0.00 | 0.00 | 0.00 | 323.80 | 28.57 | 3.81 | 0.00 | (M) | 3.81 | 0.69 | 0.00 | 0.00 | 6.86 | (M) | 399.99 | 0.00 | |
| Diced Peach Cup - TR1759 (1 ea.) | 35 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 | |
| Orange Wedges - TR1057 (1 ea.) | 35 | 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) | |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 | |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) | |
| Ketchup - TR1088 (2 ea.) | 70 | 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) | |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| 2024 FALL HS Express Friday - ServingDate: 11/15/2024 | | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 30 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 25 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 | |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 25 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) | |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Thursday - ServingDate: 11/14/2024 | |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Crinkle Cut Fries - TR1527 (3 oz.) | 0.00 |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Orange Wedges - TR1057 (1 ea.) | (M) |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| 2024 FALL HS Express Friday - ServingDate: 11/15/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) | |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| 2024 FALL HS Express Friday - ServingDate: 11/15/2024 | | | | | | | | | | | | | | | | | | | | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 | |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 50 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 | |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 20 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Celery & Bean Dip - TR1605 (1 pkg.) | 10 | 137.45 | 2.25 | 0.00 | 0.00 | 0.00 | 354.78 | 19.75 | 7.75 | 1.75 | 0.00(M) | 4.50 | 1.62 | 64.89 | 348.92 | 2.09 | 0.00(M) | 13.39 (M) | 0.00(M) | |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Wedge Fries - TR1529 (3 oz.) | 75 | 125.15 | 4.17 | 0.52 | 0.00 | 0.00 | 146.01 | 20.86 | 2.09 | 0.00 | (M) | 2.09 | 0.38 | 0.00 | 104.30 | 3.75 | (M) | (M) | (M) | |
| Granny Smith Apple - TR1054 (1 ea.) | 20 | 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) | |
| Diced Peach Cup - TR1759 (1 ea.) | 35 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 | |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 | |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) | |
| Pudding - TR1090 (1/2 c.) | 50 | 3.75 | 0.10 | 0.10 | 0.00 | 0.00 | 5.00 | 0.67 | 0.07 | 0.47 | (M) | 0.03 | 0.01 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) | |
| Ketchup - TR1088 (2 ea.) | 70 | 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) | |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 5 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 | |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Friday - ServingDate: 11/15/2024 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | (M) |
| Granny Smith Apple - TR1054 (1 ea.) | (M) |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Pudding - TR1090 (1/2 c.) | 0.00(M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Monday - ServingDate: 11/18/2024 | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 25 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 35 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 30 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 5 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 65 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 25 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Crinkle Cut Fries - TR1527 (3 oz.) | 80 | 190.47 | 5.71 | 0.00 | 0.00 | 0.00 | 323.80 | 28.57 | 3.81 | 0.00 | (M) | 3.81 | 0.69 | 0.00 | 0.00 | 6.86 | (M) | 399.99 | 0.00 |
| Granny Smith Apple - TR1054 (1 ea.) | 20 | 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) |
| Diced Peach Cup - TR1759 (1 ea.) | 40 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 15 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | 25 | 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) |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Monday - ServingDate: 11/18/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Crinkle Cut Fries - TR1527 (3 oz.) | 0.00 |
| Granny Smith Apple - TR1054 (1 ea.) | (M) |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Monday - ServingDate: 11/18/2024 | | | | | | | | | | | | | | | | | | | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 20 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 |
| 2024 FALL HS Express Tuesday - ServingDate: 11/19/2024 | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 20 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 4 | 626.45 | 35.88 | 6.77 | 0.00 | 51.59 | 1326.78 | 50.22 | 6.78 | 10.67 | 0.00(M) | 27.74 | 8.91 | 187.03 | 3940.67 | 13.75 | 0.00(M) | 0.00(M) | 0.00(M) |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 40 | 370.00 | 10.00 | 1.50 | 0.00 | 50.00 | 830.00 | 46.00 | 5.00 | 4.00 | 4.00 | 23.00 | 2.08 | 136.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 20 | 420.60 | 12.59 | 1.76 | 0.00 | 64.70 | 778.92 | 50.35 | 4.35 | 5.18 | 4.00(M) | 27.35 | 2.27 | 139.53 | 0.00 | 0.00 | 0.00(M) | 494.11(M) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 20 | 137.45 | 2.25 | 0.00 | 0.00 | 0.00 | 354.78 | 19.75 | 7.75 | 1.75 | 0.00(M) | 4.50 | 1.62 | 64.89 | 348.92 | 2.09 | 0.00(M) | 13.39(M) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | 80 | 125.15 | 4.17 | 0.52 | 0.00 | 0.00 | 146.01 | 20.86 | 2.09 | 0.00 | (M) | 2.09 | 0.38 | 0.00 | 104.30 | 3.75 | (M) | (M) | (M) |
| Banana - TR1056 (1 ea.) | 40 | 150.89 | 0.56 | 0.00 | 0.00 | 0.00 | 1.44 | 38.80 | 4.31 | 20.84 | 0.00 | 1.87 | 0.45 | 8.62 | 109.21 | 14.37 | 0.00 | 606.42 | 0.00 |
| Chilled Diced Pears - TR1507 (1/2 c.) | 35 | 67.83 | 0.00 | 0.00 | 0.00 | 0.00 | 5.65 | 18.09 | 2.26 | 13.56 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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 - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| 2024 FALL HS Express Monday - ServingDate: 11/18/2024 | |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |
| 2024 FALL HS Express Tuesday - ServingDate: 11/19/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 0.00(M) |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 0.00 |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | (M) |
| Banana - TR1056 (1 ea.) | 0.00 |
| Chilled Diced Pears - TR1507 (1/2 c.) | 0.00(M) |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) | |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| 2024 FALL HS Express Tuesday - ServingDate: 11/19/2024 | | | | | | | | | | | | | | | | | | | | |
| White Milk - TR1035 (1 c.) | 20 | 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) | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) | |
| Ketchup - TR1088 (2 ea.) | 70 | 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) | |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| 2024 FALL HS Express Wednesday - ServingDate: 11/20/2024 | | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 20 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 30 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 | |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 30 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) | |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 | |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 60 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 | |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Fresh Broccoli & Ranch - TR1629 (1/2 c.) | 20 | 195.50 | 19.00 | 3.00 | 0.00 | 0.00 | 345.00 | 5.00 | 1.00 | 1.75 | 0.00(M) | 2.25 | 0.35 | 51.50 | 283.50 | 40.50 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Sweet Potato Fries - TR1740 (3 oz.) | 75 | 207.12 | 9.71 | 1.29 | 0.00 | 0.00 | 271.84 | 29.77 | 5.18 | 3.88 | 0.00 | 3.88 | 0.47 | 51.78 | 5825.15 | 0.00 | 0.00 | 0.00 | 0.00 | |
| Red Delicious Apple - TR1055 (1 ea.) | 30 | 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) | |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| 2024 FALL HS Express Tuesday - ServingDate: 11/19/2024 | |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| 2024 FALL HS Express Wednesday - ServingDate: 11/20/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 0.00 |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Fresh Broccoli & Ranch - TR1629 (1/2 c.) | 0.00(M) |
| Sweet Potato Fries - TR1740 (3 oz.) | 0.00 |
| Red Delicious Apple - TR1055 (1 ea.) | (M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) | |
|---|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|--|
| 2024 FALL HS Express Wednesday - ServingDate: 11/20/2024 | | | | | | | | | | | | | | | | | | | | |
| Chilled Fruit Cocktail - TR1506 (1/2 c.) | 35 | 67.83 | 0.00 | 0.00 | 0.00 | 0.00 | 5.65 | 16.96 | 1.13 | 13.56 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) | |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.) | 25 | 99.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 25.00 | 0.00 | 25.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 12.00 | 0.00 | 0.00 | 0.00 | |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 | |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) | |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) | |
| Ketchup - TR1088 (2 ea.) | 50 | 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) | |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) | |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 20 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 | |
| 2024 FALL HS Express Thursday - ServingDate: 11/21/2024 | | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 20 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 4 | 626.45 | 35.88 | 6.77 | 0.00 | 51.59 | 1326.78 | 50.22 | 6.78 | 10.67 | 0.00(M) | 27.74 | 8.91 | 187.03 | 3940.67 | 13.75 | 0.00(M) | 0.00(M) | 0.00(M) | |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 30 | 370.00 | 10.00 | 1.50 | 0.00 | 50.00 | 830.00 | 46.00 | 5.00 | 4.00 | 4.00 | 23.00 | 2.08 | 136.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 | |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 30 | 420.60 | 12.59 | 1.76 | 0.00 | 64.70 | 778.92 | 50.35 | 4.35 | 5.18 | 4.00(M) | 27.35 | 2.27 | 139.53 | 0.00 | 0.00 | 0.00(M) | 494.11 (M) | 0.00(M) | |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|---|---------|
| 2024 FALL HS Express Wednesday - ServingDate: 11/20/2024 | |
| Chilled Fruit Cocktail - TR1506 (1/2 c.) | 0.00(M) |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |
| 2024 FALL HS Express Thursday - ServingDate: 11/21/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Chicken Popper Ranch Salad - TR1466 (1 ea.) | 0.00(M) |
| Spicy Crispy Chicken Sandwich - TR1659 (1 ea.) | 0.00 |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 0.00(M) |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Thursday - ServingDate: 11/21/2024 | | | | | | | | | | | | | | | | | | | |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 25 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Crinkle Cut Fries - TR1527 (3 oz.) | 75 | 190.47 | 5.71 | 0.00 | 0.00 | 0.00 | 323.80 | 28.57 | 3.81 | 0.00 | (M) | 3.81 | 0.69 | 0.00 | 0.00 | 6.86 | (M) | 399.99 | 0.00 |
| Diced Peach Cup - TR1759 (1 ea.) | 35 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 |
| Orange Wedges - TR1057 (1 ea.) | 35 | 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) |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | 70 | 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) |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| 2024 FALL HS Express Friday - ServingDate: 11/22/2024 | | | | | | | | | | | | | | | | | | | |
| Cheeseburger - TR1897 (1 ea.) | 30 | 392.00 | 19.60 | 7.40 | 0.00 | 68.00 | 616.00 | 31.00 | 2.00 | 5.00 | 4.00(M) | 27.60 | 2.60 | 325.00 | 300.00 | 0.00 | 0.00(M) | 0.00(M) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 25 | 246.45 | 11.60 | 2.17 | 0.00 | 57.99 | 608.88 | 15.95 | 1.45 | 2.90 | 1.45 | 20.30 | 1.04 | 0.00 | 0.00 | 0.00 | 0.00 | 545.09 | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 25 | 261.99 | 12.09 | 2.52 | 0.00 | 55.42 | 493.75 | 14.11 | 2.02 | 1.01 | (M) | 23.18 | 1.45 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 4 | 452.00 | 8.70 | 4.25 | 0.00 | 20.00 | 381.00 | 84.50 | 7.00 | 52.50 | 11.00(M) | 13.50 | 2.07 | 550.00 | 350.00 | 37.20 | 0.00(M) | 47.00(M) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 15 | 600.00 | 33.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | (M) | 18.00 | 2.00 | 88.00 | 0.00 | 0.00 | (M) | (M) | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Thursday - ServingDate: 11/21/2024 | |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Crinkle Cut Fries - TR1527 (3 oz.) | 0.00 |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Orange Wedges - TR1057 (1 ea.) | (M) |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| 2024 FALL HS Express Friday - ServingDate: 11/22/2024 | |
| Cheeseburger - TR1897 (1 ea.) | 0.00(M) |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.) | 0.00 |
| Chicken Mega Mini Bites - TR1462 (10 ea.) | 0.00 |
| HS Fruit & Yogurt Plate - TR1983 (1 ea.) | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.) | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| 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) |
|--|-------------|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|----------|
| 2024 FALL HS Express Friday - ServingDate: 11/22/2024 | | | | | | | | | | | | | | | | | | | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 1 | 280.31 | 9.90 | 5.50 | 0.00 | 31.80 | 580.77 | 31.00 | 3.00 | 5.60 | (M) | 18.50 | 1.64 | 465.88 | 523.97 | 0.00 | (M) | (M) | 0.00 |
| Breadstick Garlic 1g (24Oct) - TR1655 (1 stick.) | 50 | 100.00 | 3.50 | 0.50 | 0.00 | 0.00 | 95.00 | 15.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.90 | 0.00 | 0.00 | 0.00 | 0.00 | 100.11 | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 20 | 200.58 | 19.00 | 3.00 | 0.00 | 0.00 | 375.27 | 6.94 | 1.65 | 3.47 | 0.00(M) | 1.00 | 0.59 | 46.46 | 7818.93 | 1.98 | 0.00(M) | 0.00(M) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 10 | 137.45 | 2.25 | 0.00 | 0.00 | 0.00 | 354.78 | 19.75 | 7.75 | 1.75 | 0.00(M) | 4.50 | 1.62 | 64.89 | 348.92 | 2.09 | 0.00(M) | 13.39 (M) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 5 | 30.79 | 0.00 | 0.00 | 0.00 | 0.00 | 485.69 | 6.89 | 1.29 | 3.74 | 0.96(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 5 | 76.39 | 3.50 | 0.50 | 0.00 | 5.00 | 385.29 | 11.02 | 1.29 | 4.82 | 0.00(M) | 1.05 | 0.52 | 24.49 | 1296.57 | 6.65 | 0.00(M) | 0.00(M) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | 75 | 125.15 | 4.17 | 0.52 | 0.00 | 0.00 | 146.01 | 20.86 | 2.09 | 0.00 | (M) | 2.09 | 0.38 | 0.00 | 104.30 | 3.75 | (M) | (M) | (M) |
| Granny Smith Apple - TR1054 (1 ea.) | 20 | 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) |
| Diced Peach Cup - TR1759 (1 ea.) | 35 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 1.00 | 16.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 49.82 | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 1 | 90.00 | 0.00 | 0.00 | 0.00 | 4.00 | 125.00 | 13.00 | 0.00 | 12.00 | 0.00 | 8.00 | 0.00 | 500.00 | 500.00 | 0.00 | (M) | (M) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | 60 | 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.) | 20 | 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) |
| Pudding - TR1090 (1/2 c.) | 50 | 3.75 | 0.10 | 0.10 | 0.00 | 0.00 | 5.00 | 0.67 | 0.07 | 0.47 | (M) | 0.03 | 0.01 | 0.00 | 0.00 | 0.00 | (M) | (M) | 0.00(M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 25 | 9.59 | 0.00 | 0.00 | 0.00 | 0.00 | 107.22 | 2.65 | 0.73 | 1.46 | (M) | 0.73 | 0.26 | 10.00 | 373.88 | 3.98 | (M) | (M) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | 70 | 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) |
| Mayo - TR1144 (1 ea.) | 10 | 40.00 | 3.00 | 0.00 | 0.00 | 5.00 | 105.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Mustard - TR1145 (1 ea.) | 5 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 1.00 | 0.00 | 0.00 | (M) | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 5 | 60.10 | 4.51 | 0.50 | 0.00 | 5.01 | 140.25 | 5.01 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 10.02 | 0.00 | 1.20 | 0.00 | 110.17 | 0.00 |

Legend

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
 Date: 11/01/2024 - 11/30/2024

| Item Name (Serving Size) | Ash (g) |
|--|---------|
| 2024 FALL HS Express Friday - ServingDate: 11/22/2024 | |
| Toasted Cheese Sandwich - TR1491 (1 ea.) | 0.00 |
| Breadstick Garlic 1g (240ct) - TR1655 (1 stick.) | 0.00 |
| Baby Carrots & Ranch - TR1627 (1/2 c.) | 0.00(M) |
| Celery & Bean Dip - TR1605 (1 pkg.) | 0.00(M) |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.) | 0.00(M) |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.) | 0.00(M) |
| Wedge Fries - TR1529 (3 oz.) | (M) |
| Granny Smith Apple - TR1054 (1 ea.) | (M) |
| Diced Peach Cup - TR1759 (1 ea.) | 0.00 |
| Lactaid Milk - TR1367 (1 c.) | 0.00 |
| Chocolate Milk - TR1033 (1 c.) | (M) |
| White Milk - TR1035 (1 c.) | (M) |
| Pudding - TR1090 (1/2 c.) | 0.00(M) |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.) | 0.00(M) |
| Ketchup - TR1088 (2 ea.) | (M) |
| Mayo - TR1144 (1 ea.) | (M) |
| Mustard - TR1145 (1 ea.) | (M) |
| Buffalo Ranch Sauce - TR1854 (1 ea.) | 0.00 |

Menu Calendar Nutrient Analysis Report - November, 2024

Site: ALL
Date: 11/01/2024 - 11/30/2024

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: High School
Menu Line: Express Line
Serving Group: 9-12
Nutrients Option: All