

ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

Generated on: 1/6/2025 9:34:15 AM

	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/01/2025								
4 day Anna HS lunch	Total	0						
HOLIDAY	SERVING	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories				0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650				<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/02/2025								
4 day Anna HS lunch	Total	0						
HOLIDAY	SERVING	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories				0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650				<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/06/2025								
4 day Anna HS lunch	Total	935						
Chicken Sand, Breaded WG	1 EACH	250	390	3	41.0	16.5	2.50	0.00
Cheesy Rotini	2/3 CUP	350	202	*3	16.47	5.52	3.00	*0.00
Pizza, Pepperoni, rmd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	35	592	*6	74.12	18.95	5.06	*0.30
Cheese Sticks w/ Marinara	Servings, 5 ea	150	401	3	38.59	18.29	7.11	0.00
Breadstick: WG Cheesy Gar14.15	1 each	550	90	2	13.0	3.0	0.50	0.00
California Veggies: Process 2	1/2 cup	160	31	0	5.3	0.0	0.00	0.00
Broccoli w/ Cheese Sauce	1/2 Cup	389	54	1	6.47	1.18	0.67	0.00
Lettuce/Tom/Pick: HS	1 each	200	8	1	1.75	0.05	0.01	0.00
Applesauce Cups, Strawb Banana	4.5oz cup	750	90	19	22.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	500	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
Ketchup: individual	2 each	500	21	4	4.9	0.01	0.00	0.00
Mustard: individual PC	1 each	100	0	0	0.0	0.0	0.00	0.00
Mayo PC	1 each	100	10	1	3.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	500	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			668	*42	87.81	20.85	6.18	*0.01
% of Calories				*25.1%	52.6%	28.1%	8.3%	*0.0%
Nutrient Guideline			550-650				<10.00	

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Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/07/2025								
4 day Anna HS lunch	Total	930						
Crispito, Chick & Cheese WG: 2	2 each	550	461	4	46.1	23.56	6.03	0.00
Beef Soft Tacos	2 EACH	0	0	*0	0.0	0.0	0.00	*0.00
Pizza, Pepperoni, rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	30	592	*6	74.12	18.95	5.06	*0.30
Nachos w/Bf crmbl: Sec Proc 2	1/2 cup	200	422	*9	41.14	20.26	8.69	*0.00
Refried Beans: Process 2	1/2 cup	250	116	*1	17.82	1.46	0.58	*0.00
Spanish Rice 1/2 cup w/ Rotel	0.50 cup	500	124	*0	22.05	2.94	0.03	0.00
Corn, Elotes	.5 Cup	280	108	3	21.19	3.56	1.47	*0.00
Salad w/ Ranch	1 Cup serv	200	140	*1	4.55	11.26	1.69	*0.00
Sidekicks: Variety	1 each	750	80	19	20.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	500	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
PICANTE	2 OZ	312	4	0	0.94	0.02	0.00	0.00
RANCH DRESSING, KENS PC	PC	400	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			835	*42	108.50	31.89	8.90	*0.01
% of Calories				*20.1%	52.0%	34.4%	9.6%	*0.0%
Nutrient Guideline			550-650				<10.00	

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Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

Generated on: 1/6/2025 9:34:15 AM

	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/08/2025								
4 day Anna HS lunch	Total	740						
Chicken Strip:Process 2	3 EACH	350	376	1	21.49	17.46	3.36	*N/A*
Chef Salad,Ham & Turkey	1 each	150	322	8	21.33	17.69	4.92	0.00
Pizza, Pepperoni,rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	40	592	*6	74.12	18.95	5.06	*0.30
Spicy Chicken Sandwich	1 each	50	368	3	40.0	14.73	2.65	0.00
Broccoli w/ Cheese Sauce	1/2 Cup	250	54	1	6.47	1.18	0.67	0.00
Potatoes, mashed LS	1/2 CUP	680	86	0	18.69	1.19	0.00	0.00
PEAS & CARROTS: frozen 1/2 cup	1/2 cup	150	48	5	9.62	0.0	0.00	0.00
Breadstick: WG Cheesy Gar14.15	1 each	450	90	2	13.0	3.0	0.50	0.00
Pears, diced: Process 1	1/2 CUP	713	80	15	18.91	0.0	0.00	0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	245	110	12	13.0	2.5	1.50	0.00
Gravy, Peppered: FF 14.15	1/4 CUP	414	26	1	5.2	0.0	0.00	0.00
Ketchup: individual	2 each	500	21	4	4.9	0.01	0.00	0.00
RANCH DRESSING, KENS PC	PC	500	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			860	*47	110.26	28.01	6.79	*0.02
% of Calories				*22.1%	51.3%	29.3%	7.1%	*0.0%
Nutrient Guideline			550-650				<10.00	

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Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/09/2025								
4 day Anna HS lunch	Total	720						
Cheeseburger	1 EACH	300	213	1	1.5	14.1	6.19	0.00
Fish Nuggets: Sec Proc 2	5 each	200	287	*N/A*	23.75	13.75	1.25	*N/A*
Pizza, Pepperoni, rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	30	592	*6	74.12	18.95	5.06	*0.30
Corn Dog, beef	1 each	40	240	9	33.0	8.0	2.00	0.00
Potato Wedges: Spicy	1/2 cup serv	680	93	1	11.81	4.22	1.27	0.00
Crackers, Goldfish	Pkg	680	101	0	14.17	3.54	1.01	0.00
Baby Carrots: IW 1/2 cup	1 bag	400	26	4	6.07	0.1	0.02	0.00
Lettuce/Tom/Pick: HS	1 each	200	8	1	1.75	0.05	0.01	0.00
Apples, Sliced, Asst IW	pkg	400	30	6	7.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
Ketchup: individual	2 each	400	21	4	4.9	0.01	0.00	0.00
Mustard: individual PC	1 each	100	0	0	0.0	0.0	0.00	0.00
Mayo PC	1 each	100	10	1	3.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	400	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			718	*34	82.92	28.02	8.41	*0.01
% of Calories				*19.2%	46.2%	35.1%	10.5%	*0.0%
Nutrient Guideline			550-650				<10.00	

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Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/13/2025								
4 day Anna HS lunch	Total	850						
Chicken Sand, Breaded WG	1 EACH	200	390	3	41.0	16.5	2.50	0.00
CHICKEN ALFREDO WITH A TWIST	1 CUP	350	355	*0	43.94	7.49	3.10	*0.11
Breadstick: WG Cheesy Gar14.15	1 each	450	90	2	13.0	3.0	0.50	0.00
Pizza, Pepperoni, rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Chicken Nuggets: Process 2, Sec	6 each	120	317	1	16.56	19.32	3.17	0.00
Baked Potato, Variety	servings	30	592	*6	74.12	18.95	5.06	*0.30
Potato Wedges: Spicy	1/2 cup serv	750	93	1	11.81	4.22	1.27	0.00
Baked Beans: Process 2	1/2 cup	150	134	*14	30.58	0.52	0.09	*0.00
Lettuce/Tom/Pick: HS	1 each	200	8	1	1.75	0.05	0.01	0.00
Pineapple Tidbits: Process 1	1/2 CUP	770	85	20	22.19	0.11	0.01	0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
Ketchup: individual	2 each	400	21	4	4.9	0.01	0.00	0.00
Mustard: individual PC	1 each	100	0	0	0.0	0.0	0.00	0.00
Mayo PC	1 each	100	10	1	3.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	400	91	1	1.01	9.11	1.52	0.00
PICANTE	2 OZ	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			785	*47	108.51	24.08	6.44	*0.05
% of Calories				*23.9%	55.3%	27.6%	7.4%	*0.1%
Nutrient Guideline			550-650				<10.00	

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Portion Values - Detailed

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Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/14/2025								
4 day Anna HS lunch	Total	930						
Taco,beef,soft HS: Process 2	2 EACH	500	441	6	39.15	15.63	7.30	0.03
Chicken Quesadilla -8"tortilla	1 EACH	0	0	*0	0.0	0.0	0.00	*0.00
Pizza, Pepperoni,rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	30	592	*6	74.12	18.95	5.06	*0.30
Crispito, Chicken WG Tyson:Sec	2 EACH	250	427	3	42.74	21.6	4.92	0.00
Refried Beans: Process 2	1/2 cup	352	116	*1	17.82	1.46	0.58	*0.00
Spanish Rice 1/2 cup w/ Rotel	0.50 cup	483	124	*0	22.05	2.94	0.03	0.00
Broccoli w/ Cheese Sauce	1/2 Cup	245	54	1	6.47	1.18	0.67	0.00
Sidekicks: Variety	1 each	700	80	19	20.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
PICANTE	2 OZ	312	4	0	0.94	0.02	0.00	0.00
RANCH DRESSING, KENS PC	PC	500	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			783	*38	97.67	25.69	8.30	*0.03
% of Calories				*19.6%	49.9%	29.5%	9.5%	*0.0%
Nutrient Guideline			550-650				<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/15/2025								
4 day Anna HS lunch	Total	895						
Beef Fingers, WG Advance: Sec	5 each	250	384	1	22.77	23.97	5.99	0.00
Pepperoni Pizza Bake: Secondar	Serving	350	401	*5	38.38	15.41	7.23	*0.00
Breadstick: WG Cheesy Gar14.15	1 each	550	90	2	13.0	3.0	0.50	0.00
Pizza, Pepperoni,rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	25	592	*6	74.12	18.95	5.06	*0.30
Popcorn Chckn: Hot 'N Spicy WG	12 each	120	249	1	16.21	14.05	2.70	0.00
Potatoes, mashed LS	1/2 CUP	680	86	0	18.69	1.19	0.00	0.00
Green Beans, froz: Process 2	1/2 CUP	159	40	2	5.03	0.5	0.17	0.00
Roll, whole wheat 2oz	1 each	0	0	0	0.0	0.0	0.00	0.00
PEACHES: diced, cnd, ls	1/2 cup	700	85	16	20.65	0.0	0.00	0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
Gravy, Peppered: FF 14.15	1/4 CUP	207	26	1	5.2	0.0	0.00	0.00
Ketchup: individual	2 each	400	21	4	4.9	0.01	0.00	0.00
RANCH DRESSING, KENS PC	PC	400	91	1	1.01	9.11	1.52	0.00
Cond - Parmesan Cheese Pkg	1 each	0	0	0	0.0	0.0	0.00	0.00

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4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			749	*38	96.67	25.77	7.76	*0.01
% of Calories				*20.4%	51.6%	31.0%	9.3%	*0.0%
Nutrient Guideline			550-650				<10.00	

Thu - 01/16/2025								
4 day Anna HS lunch	Total	880						
Sweet & Sour Chicken: RTU sauc	serving	300	323	15	32.71	13.8	2.46	0.00
Egg Roll: Process 2:sec	2 Each	200	360	6	40.0	14.0	4.00	0.00
Pizza, Pepperoni, rmd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	40	592	*6	74.12	18.95	5.06	*0.30
CHICKEN WINGS	4.12	100	329	3	25.16	12.03	2.07	0.03
Fried Rice: 1/2 cup	1/2 cup	400	182	*1	34.15	3.28	0.01	*0.00
Broccoli w/ Cheese Sauce	1/2 Cup	250	54	1	6.47	1.18	0.67	0.00
Glazed Carrots: Process 2	1/2 CUP	100	51	5	8.56	1.78	0.00	0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	630	62	13	15.0	0.0	0.00	0.00
Cookie, Fortune	1 each	620	18	2	4.17	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	445	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
Ketchup: individual	2 each	500	21	4	4.9	0.01	0.00	0.00
Cond - Soy Sauce	1 each	100	4	0	0.38	0.0	0.00	0.00
Cond - Sweet & Sour Sauce, 1oz	1 each	150	51	7	12.15	0.0	0.00	0.00
Cond - BBQ Sauce, 1 oz	1 each	0	0	0	0.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	400	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			662	*41	91.22	20.08	4.86	*0.02
% of Calories				*25.0%	55.1%	27.3%	6.6%	*0.0%
Nutrient Guideline			550-650				<10.00	

Mon - 01/20/2025								
4 day Anna HS lunch	Total	0						
HOLIDAY	SERVING	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories				0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650				<10.00	

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4 day Anna HS lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/21/2025								
4 day Anna HS lunch	Total	1180						
Crispito, Chick & Cheese WG: 2	2 each	400	461	4	46.1	23.56	6.03	0.00
Chicken Quesadilla -6"tortilla	1 EACH	400	342	*1	29.28	14.77	5.96	*0.00
Nachos w/Bf crmbl: Sec Proc 2	1/2 cup	200	422	*9	41.14	20.26	8.69	*0.00
Pizza, Pepperoni, rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	30	592	*6	74.12	18.95	5.06	*0.30
Refried Beans: Process 2: M/MA	1/2 cup	216	144	1	21.68	2.7	1.35	0.00
Spanish Rice 1/2 cup w/ Rotel	0.50 cup	450	124	*0	22.05	2.94	0.03	0.00
Corn, Elotes	.5 Cup	300	108	3	21.19	3.56	1.47	*0.00
Salad w/ Ranch	1 Cup serv	250	140	*1	4.55	11.26	1.69	*0.00
Mandarin Orange Slices	1/2 cup	630	83	17	18.63	0.0	0.00	0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
PICANTE	2 OZ	312	4	0	0.94	0.02	0.00	0.00
RANCH DRESSING, KENS PC	PC	500	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			714	*29	84.98	28.50	8.61	*0.01
% of Calories				*16.0%	47.6%	35.9%	10.9%	*0.0%
Nutrient Guideline			550-650				<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/22/2025								
4 day Anna HS lunch	Total	950						
Beef Fingers, WG Advance: Sec	5 each	650	384	1	22.77	23.97	5.99	0.00
CHICKEN WINGS	4.12	0	0	0	0.0	0.0	0.00	0.00
Pizza, Pepperoni, rnd, Alpha wg	1 each	200	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	50	592	*6	74.12	18.95	5.06	*0.30
Spicy Chicken Sandwich	1 each	50	368	3	40.0	14.73	2.65	0.00
Potatoes, mashed LS	1/2 CUP	544	86	0	18.69	1.19	0.00	0.00
Green Beans, Frz, w/ Ham Base	1/2 CUP	150	32	0	5.67	0.05	0.02	0.00
Roll, whole wheat 2oz	1 each	580	150	4	24.0	1.5	0.00	0.00
Mandarin Oranges	1/2 cup	684	98	20	22.12	0.0	0.00	0.00
Fresh Fruit	1 EACH	500	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
Gravy, Peppered: FF 14.15	1/4 CUP	276	26	1	5.2	0.0	0.00	0.00
Ketchup: individual	2 each	400	21	4	4.9	0.01	0.00	0.00
RANCH DRESSING, KENS PC	PC	400	91	1	1.01	9.11	1.52	0.00

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ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			788	*40	98.00	28.11	7.22	*0.02
% of Calories				*20.3%	49.8%	32.1%	8.3%	*0.0%
Nutrient Guideline			550-650				<10.00	

Thu - 01/23/2025								
4 day Anna HS lunch	Total	865						
Cheeseburger	1 EACH	350	213	1	1.5	14.1	6.19	0.00
Fish Nuggets: Sec Proc 2	5 each	300	287	*N/A*	23.75	13.75	1.25	*N/A*
Pizza, Pepperoni, rmd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	35	592	*6	74.12	18.95	5.06	*0.30
Corn Dog, beef	1 each	30	240	9	33.0	8.0	2.00	0.00
Potato Wedges: Spicy	1/2 cup serv	790	93	1	11.81	4.22	1.27	0.00
Crackers, Goldfish	Pkg	700	101	0	14.17	3.54	1.01	0.00
Baby Carrots: IW 1/2 cup	1 bag	400	26	4	6.07	0.1	0.02	0.00
Lettuce/Tom/Pick: HS	1 each	250	8	1	1.75	0.05	0.01	0.00
Apples, Sliced, Asst IW	pkg	400	30	6	7.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
Ketchup: individual	2 each	400	21	4	4.9	0.01	0.00	0.00
Mustard: individual PC	1 each	400	0	0	0.0	0.0	0.00	0.00
Mayo PC	1 each	100	10	1	3.0	0.0	0.00	0.00
Tartar Sauce: PC, 13.14	1 each	0	0	0	0.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	400	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			658	*29	73.83	26.36	7.69	*0.01
% of Calories				*17.5%	44.9%	36.1%	10.5%	*0.0%
Nutrient Guideline			550-650				<10.00	

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ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/24/2025								
4 day Anna HS lunch	Total	0						
Pizza, Pepperoni WH: Proc 2	1 each	0	0	0	0.0	0.0	0.00	0.00
Spaghetti w/Meat Sauce	1 CUP	0	0	*0	0.0	0.0	0.00	*0.00
Pizza, Pepperoni,rnd, Alpha wg	1 each	0	0	0	0.0	0.0	0.00	0.00
Baked Potato, Variety	servings	0	0	*0	0.0	0.0	0.00	*0.00
CHICKEN WINGS	4.12	0	0	0	0.0	0.0	0.00	0.00
Corn: frozen: Process 2	1/2 CUP	0	0	0	0.0	0.0	0.00	0.00
Garden Salad	1 CUP	0	0	0	0.0	0.0	0.00	0.00
Juice, Variety 100%	1 Each	0	0	0	0.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	0	0	0	0.0	0.0	0.00	0.00
MILK,Chocolate FF: Process 1	1 each	0	0	0	0.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	0	0	0	0.0	0.0	0.00	0.00
Cond - Parmesan Cheese Pkg	1 each	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	*0	0.00	0.00	0.00	*0.00
% of Calories				*0.0%	0.0%	0.0%	0.0%	*0.0%
Nutrient Guideline			550-650				<10.00	

Mon - 01/27/2025								
4 day Anna HS lunch	Total	680						
Chicken Sand, Breaded WG	1 EACH	300	390	3	41.0	16.5	2.50	0.00
Oven Fried Chicken: Tyson	SERVINGS	60	215	0	11.0	13.0	3.00	0.00
Pizza, Pepperoni,rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	50	592	*6	74.12	18.95	5.06	*0.30
Cheese Sticks w/ Marinara	Servings, 5 ea	120	401	3	38.59	18.29	7.11	0.00
California Veggies: Process 2	1/2 cup	160	31	0	5.3	0.0	0.00	0.00
Broccoli w/ Cheese Sauce	1/2 Cup	260	54	1	6.47	1.18	0.67	0.00
Lettuce/Tom/Pick: HS	1 each	100	8	1	1.75	0.05	0.01	0.00
Applesauce Cups, Strawb Banana	4.5oz cup	650	90	19	22.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	500	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	500	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	245	110	12	13.0	2.5	1.50	0.00
Ketchup: individual	2 each	500	21	4	4.9	0.01	0.00	0.00
Mustard: individual PC	1 each	100	0	0	0.0	0.0	0.00	0.00
Mayo PC	1 each	100	10	1	3.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	500	91	1	1.01	9.11	1.52	0.00

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ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			769	*53	102.04	25.33	6.77	*0.02
% of Calories				*27.6%	53.1%	29.6%	7.9%	*0.0%
Nutrient Guideline			550-650				<10.00	

Tue - 01/28/2025								
4 day Anna HS lunch	Total	710						
Beef Quesadilla	1 EACH	200	322	1	21.41	18.65	8.61	0.56
Turkey Club Wrap: Sec 13.14	1 each	200	566	*5	54.18	26.59	7.57	*0.00
Pizza, Cheese,rnd, Alpha wg	1 each	0	0	0	0.0	0.0	0.00	0.00
Baked Potato, Variety	servings	40	592	*6	74.12	18.95	5.06	*0.30
Cheese Sticks w/ Marinara	Servings, 5 ea	120	401	3	38.59	18.29	7.11	0.00
Beans, Ranch Style: Process 2	1/2 cup	0	0	0	0.0	0.0	0.00	0.00
Corn: frozen: Process 2	1/2 CUP	500	92	5	19.31	0.92	0.00	0.00
Fresh Fruit	1 EACH	500	79	14	20.41	0.26	0.05	0.00
Applesauce Cups, Watermelon	4.5oz cup	650	90	19	22.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	240	110	12	13.0	2.5	1.50	0.00
Mustard: individual PC	1 each	120	0	0	0.0	0.0	0.00	0.00
Mayo PC	1 each	0	0	0	0.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	500	91	1	1.01	9.11	1.52	0.00
PICANTE	2 OZ	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			732	*50	98.45	24.99	7.66	*0.17
% of Calories				*27.3%	53.8%	30.7%	9.4%	*0.2%
Nutrient Guideline			550-650				<10.00	

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ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 12

Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/29/2025								
4 day Anna HS lunch	Total	960						
Beef Fingers, WG Advance: Sec	5 each	250	384	1	22.77	23.97	5.99	0.00
BBQ Pork Sliders	2 each	380	540	*11	59.36	18.04	5.37	*0.00
Breadstick: WG14.15	1 each	550	91	2	13.98	2.74	0.00	0.00
Pizza, Pepperoni, rnd, Alpha wg	1 each	150	392	3	32.92	18.26	8.25	0.00
Baked Potato, Variety	servings	30	592	*6	74.12	18.95	5.06	*0.30
Sweet & Sour Chicken: RTU sauc	serving	150	323	15	32.71	13.8	2.46	0.00
Potatoes, mashed LS	1/2 CUP	680	86	0	18.69	1.19	0.00	0.00
Green Beans, Frz, w/ Ham Base	1/2 CUP	159	32	0	5.67	0.05	0.02	0.00
Bahama Salad	1/2 cup	690	84	*10	21.53	0.14	0.01	*0.00
Fresh Fruit	1 EACH	400	79	14	20.41	0.26	0.05	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	245	110	12	13.0	2.5	1.50	0.00
Gravy, Peppered: FF 14.15	1/4 CUP	276	26	1	5.2	0.0	0.00	0.00
Ketchup: individual	2 each	100	21	4	4.9	0.01	0.00	0.00
RANCH DRESSING, KENS PC	PC	500	91	1	1.01	9.11	1.52	0.00
Cond - Parmesan Cheese Pkg	1 each	0	0	0	0.0	0.0	0.00	0.00
Cond - BBQ Sauce, 1 oz	1 each	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			796	*35	103.81	27.00	6.73	*0.01
% of Calories				*17.7%	52.1%	30.5%	7.6%	*0.0%
Nutrient Guideline			550-650				<10.00	

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ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Jan 1, 2025 thru Jan 31, 2025

4 day Anna HS lunch

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/30/2025								
4 day Anna HS lunch	Total	710						
Corn Dog, beef	1 each	200	240	9	33.0	8.0	2.00	0.00
HAMBURGER/CHEESEBURGER: HS	SERVING	0	0	0	0.0	0.0	0.00	0.00
Pizza, Cheese,rnd, Alpha wg	1 each	0	0	0	0.0	0.0	0.00	0.00
Baked Potato, Variety	servings	40	592	*6	74.12	18.95	5.06	*0.30
Bosco Sticks	Serving, 2 ea	120	440	4	56.0	14.0	6.00	0.00
Potato Tots: Process 2	2.5 oz	200	174	0	24.76	8.21	1.50	*N/A*
Baked Beans:Process 2	1/2 cup	0	0	*0	0.0	0.0	0.00	*0.00
Baby Carrots	1 bag	0	0	0	0.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	500	79	14	20.41	0.26	0.05	0.00
Applesauce Cups, Watermelon	4.5oz cup	650	90	19	22.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	495	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	240	110	12	13.0	2.5	1.50	0.00
Cond - Parmesan Cheese Pkg	1 each	100	17	0	0.0	1.14	0.57	0.00
Cond - Crushed Red Pepper Flak	1 each	100	5	0	1.0	0.0	0.00	0.00
Ketchup: individual	2 each	500	21	4	4.9	0.01	0.00	0.00
Mustard: individual PC	1 each	120	0	0	0.0	0.0	0.00	0.00
RANCH DRESSING, KENS PC	PC	500	91	1	1.01	9.11	1.52	0.00
Weighted Daily Average			558	*51	86.37	15.61	3.98	*0.02
% of Calories				*36.4%	61.9%	25.2%	6.4%	*0.0%
Nutrient Guideline			550-650				<10.00	

Weighted Average			738	*41	95.40	25.35	7.09	*0.03
				*50.1%	51.7%	30.9%	8.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	738		550 - 650	114%			88	Correction Required - Calories too High
Sugars (g)	41				Missing			
Carbohydrate (g)	95.40	22.28%						
Total Fat (g)	25.35	51.69%						
Saturated Fat (g)	7.09	30.90%	<10.00%					
Trans Fat ¹ (g)	0.03	8.64%			Missing			
		0.03%						

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