

Menu Calendar Nutrient Analysis Report - May, 2025

Site: TOMBALL STAR ACADEMY
Date: 05/01/2025 - 05/31/2025

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 Lunch HS STAR Thursday Build a Salad - ServingDate: 05/01/2025																			
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	10	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheese Cubes - TR1980 (8 cubes)	5	137.50	11.25	7.50	0.00	31.25	225.00	0.00	0.00	0.00	0.00	8.75	0.00	250.00	0.00	0.00	0.00	25.00	0.00
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	10	335.00	15.00	5.50	0.50	50.00	625.00	30.00	2.00	5.00	4.00(M)	24.00	2.08	316.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	10	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
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	10	201.00	10.00	6.00	0.00	61.00	707.00	2.00	0.00	0.00	0.00	25.00	0.18	210.00	0.00	0.00	0.00	520.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	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
Premium Lunch Quick Kit - TR1660 (1 kit)	1	480.00	11.50	3.50	0.00	20.00	545.00	75.00	3.00	33.00	4.00(M)	17.00	1.80	360.00	90.00	42.00	0.10(M)	269.31(M)	0.00
Grilled Cheese Sandwich - TR1078 (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
Diced Turkey Breast - TR1187 (4 oz.)	40	182.00	2.00	0.00	0.00	72.00	1053.98	4.00	0.00	0.00	0.00	36.00	0.36	20.00	0.00	0.00	0.00	999.98	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	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)
Garlic Breadstick - TR1622 (1 ea.)	50	170.00	6.00	1.00	0.00	0.00	170.00	25.00	2.00	2.00	1.00	2.00	1.40	10.00	0.00	0.00	0.10	170.14	0.00
Fresh Broccoli - TR1196 (1/4 c.)	50	7.75	0.00	0.00	0.00	0.00	7.50	1.50	0.50	0.38	(M)	0.63	0.17	10.75	141.75	20.25	(M)	(M)	(M)
Shredded Carrots - TR1194 (1/4 c.)	50	12.50	0.00	0.00	0.00	0.00	27.50	3.00	1.00	1.50	(M)	0.00	0.36	10.00	4750.00	1.20	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	35	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	(M)	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	15	65.00	1.00	0.00	0.00	0.00	70.00	10.00	3.00	0.50	(M)	3.50	0.90	20.00	0.00	0.60	(M)	(M)	0.00
Lettuce Mix - TR1189 (3 c.)	90	45.00	0.00	0.00	0.00	0.00	30.00	9.00	3.00	6.00	(M)	3.00	1.08	60.00	7500.00	14.40	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - May, 2025

Site: TOMBALL STAR ACADEMY
Date: 05/01/2025 - 05/31/2025

Item Name (Serving Size)	Ash (g)
2024 FALL Lunch HS STAR Thursday Build a Salad - ServingDate: 05/01/2025	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheese Cubes - TR1980 (8 cubes)	0.00
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Diced Turkey Breast - TR1187 (4 oz.)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	0.00
Fresh Broccoli - TR1196 (1/4 c.)	(M)
Shredded Carrots - TR1194 (1/4 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	0.00
Lettuce Mix - TR1189 (3 c.)	(M)

Menu Calendar Nutrient Analysis Report - May, 2025

Site: TOMBALL STAR ACADEMY
Date: 05/01/2025 - 05/31/2025

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 Lunch HS STAR Thursday Build a Salad - ServingDate: 05/01/2025																			
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Fresh Spinach - TR1195 (1 c.)	35	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	(M)	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Grape Tomatoes - TR1191 (3 ea.)	20	10.20	0.00	0.00	0.00	0.00	3.40	3.40	0.68	1.36	(M)	0.34	0.00	5.78	482.80	7.48	(M)	(M)	(M)
Strawberry Fruit Gel Dessert - TR1866 (1 c.)	50	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00	0.00
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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)
Orange Wedges - TR1057 (1 ea.)	20	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.)	30	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.)	10	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)
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	40	180.00	19.00	3.00	0.00	0.00	330.00	2.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00
Croutons - TR1981 (2 tablespoon)	15	303.75	10.13	0.00	0.00	0.00	860.61	50.62	0.00	0.00	0.00	10.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Balsamic Vinaigrette - TR1978 (1 Pouch)	5	157.33	14.68	2.62	0.00	0.00	346.13	6.29	0.00	6.29	5.24	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Italian Dressing - TR1979 (1 Pouch)	40	160.14	17.02	2.50	0.00	0.00	390.34	3.00	0.00	3.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2024 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 05/02/2025																			
Steak Fingers - TR2038 (4 ea.)	25	232.99	12.16	4.56	0.00	45.59	334.29	15.20	0.00	0.00	0.00	18.23	2.73	20.26	101.30	15.20	0.00	(M)	0.00
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 Tenders, Whole Muscle - TR1103 (3 ea)	20	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	3	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)

Menu Calendar Nutrient Analysis Report - May, 2025

Site: TOMBALL STAR ACADEMY
Date: 05/01/2025 - 05/31/2025

Item Name (Serving Size)	Ash (g)
2024 FALL Lunch HS STAR Thursday Build a Salad - ServingDate: 05/01/2025	
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Fresh Spinach - TR1195 (1 c.)	(M)
Grape Tomatoes - TR1191 (3 ea.)	(M)
Strawberry Fruit Gel Dessert - TR1866 (1 c.)	0.00
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
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)
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	0.00
Croutons - TR1981 (2 tablespoon)	0.00
Balsamic Vinaigrette - TR1978 (1 Pouch)	0.00
Italian Dressing - TR1979 (1 Pouch)	0.00
2024 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 05/02/2025	
Steak Fingers - TR2038 (4 ea.)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)

Menu Calendar Nutrient Analysis Report - May, 2025

Site: TOMBALL STAR ACADEMY
Date: 05/01/2025 - 05/31/2025

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 Lunch HS STAR Friday Tender Bowl - ServingDate: 05/02/2025																			
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	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
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	2	480.00	11.50	3.50	0.00	20.00	545.00	75.00	3.00	33.00	4.00(M)	17.00	1.80	360.00	90.00	42.00	0.10(M)	269.31(M)	0.00
Grilled Cheese Sandwich - TR1078 (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
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(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)
Golden Corn - TR1095 (1/2 c.)	50	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	80	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)	121.75(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Granny Smith Apple - TR1054 (1 ea.)	10	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.)	50	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.)	30	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 - May, 2025

Site: TOMBALL STAR ACADEMY
Date: 05/01/2025 - 05/31/2025

Item Name (Serving Size)	Ash (g)
2024 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 05/02/2025	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(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)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Marinara Dip Cup - TR1172 (1 ea.)	(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 - May, 2025

Site: TOMBALL STAR ACADEMY
Date: 05/01/2025 - 05/31/2025

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)	Potassi um (mg)	Mois (g)
2024 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 05/02/2025																			
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	50	120.30	6.02	3.01	0.00	0.00	631.58	15.04	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Lunch
Site Group: High School
Menu Line: STAR Academy Line
Serving Group: 9-12
Nutrients Option: All

Menu Calendar Nutrient Analysis Report - May, 2025

Site: TOMBALL STAR ACADEMY
Date: 05/01/2025 - 05/31/2025

Item Name (Serving Size)	Ash (g)
2024 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 05/02/2025	
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)