

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                    | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|--------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|----------|
| 2025 FALL Breakfast<br>HS STAR Wednesday<br>Pizza - ServingDate:<br>10/01/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Sausage Breakfast<br>Pizza - TR1009 (1 ea.)                                    | 40          | 200.00             | 7.00          | 2.00        | 0.00          | 15.00     | 320.00      | 26.00    | 3.00            | 6.00             | 2.00             | 9.00        | 1.80      | 100.00       | 0.00            | 0.00      | 0.00       | 370.00         | 0.00     |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                  | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)      |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                     | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00     |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                       | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00     |
| Cocoa Puffs - TR1429<br>(1 c.)                                                 | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00     |
| Trix Cereal - TR1884 (1<br>bowl)                                               | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00     |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                        | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00     |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                      | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                              | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)      |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)             | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00     |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                          | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11<br>(M)  | 0.00(M)  |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                        | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)      |
| Golden Apple - TR1053<br>(1 ea.)                                               | 5           | 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)      |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                         | 5           | 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)      |
| Red Delicious Apple -<br>TR1055 (1 ea.)                                        | 5           | 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)      |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                        | 15          | 57.65              | 0.00          | 0.00        | 0.00          | 0.00      | 2.26        | 15.83    | 1.13            | 12.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)  |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                          | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                           | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)      |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Ash (g) |
|------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/01/2025</b> |         |
| Sausage Breakfast<br>Pizza - TR1009 (1 ea.)                                              | 0.00    |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                            | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                               | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                 | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                           | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                         | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                  | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                        | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                       | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                    | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                  | (M)     |
| Golden Apple - TR1053<br>(1 ea.)                                                         | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                   | (M)     |
| Red Delicious Apple -<br>TR1055 (1 ea.)                                                  | (M)     |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                  | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | (M)     |

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Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                         | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|-----------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/01/2025</b>            |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Raisins - TR1049 (1 pkg.)                                                                           | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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.)                                                                      | 75          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| White Milk - TR1035 (1 c.)                                                                          | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                            | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                                    | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Ketchup - TR1088 (2 ea.)                                                                            | 10          | 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)          |
| Sugar Packet - TR1061 (1 ea.)                                                                       | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                                          | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                      | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle - ServingDate:<br/>10/02/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                          | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                             | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                               | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                                         | 10          | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Lucky Charms - TR1430 (1 bowl)                                                                      | 10          | 210.00             | 2.50          | 0.00        | 0.00          | 0.00      | 350.00      | 46.00    | 3.00            | 20.00            | (M)              | 4.00        | 9.00      | 150.00       | 1000.00         | 12.00     | (M)        | (M)            | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                                       | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Chicken & Waffles - TR2047 (1 serv.)                                                                | 20          | 210.00             | 9.50          | 1.50        | 0.00          | 40.00     | 335.00      | 22.00    | 1.00            | 3.00             | 0.00(M)          | 12.00       | 1.36      | 31.00        | 43.00           | 47.00     | 0.01(M)    | 180.00 (M)     | 0.00         |
| Donut Holes Powdered - TR1905 (1 c.)                                                                | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |

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Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                         | Ash (g) |
|-----------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/01/2025</b>            |         |
| Raisins - TR1049 (1 pkg.)                                                                           | (M)     |
| Lactaid Milk - TR1367 (1 c.)                                                                        | 0.00    |
| Chocolate Milk - TR1033 (1 c.)                                                                      | (M)     |
| White Milk - TR1035 (1 c.)                                                                          | (M)     |
| Creamer - TR1063 (1 ea.)                                                                            | (M)     |
| Hot Coffee - TR1065 (10 fl. oz.)                                                                    | 0.30    |
| Ketchup - TR1088 (2 ea.)                                                                            | (M)     |
| Sugar Packet - TR1061 (1 ea.)                                                                       | (M)     |
| Sugar Sub - TR1062 (1 ea.)                                                                          | (M)     |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                      | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle - ServingDate:<br/>10/02/2025</b> |         |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                          | (M)     |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                             | 0.00    |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                               | 0.00    |
| Cocoa Puffs - TR1429 (1 c.)                                                                         | 0.00    |
| Lucky Charms - TR1430 (1 bowl)                                                                      | 0.00    |
| Trix Cereal - TR1884 (1 bowl)                                                                       | 0.00    |
| Chicken & Waffles - TR2047 (1 serv.)                                                                | 0.00    |
| Donut Holes Powdered - TR1905 (1 c.)                                                                | 0.00    |

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| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|----------|
| 2025 FALL Breakfast<br>HS STAR Thursday<br>Chix & Waffle -<br>ServingDate:<br>10/02/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                      | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                              | 10          | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)      |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00     |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                          | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11(M)      | 0.00(M)  |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                        | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)      |
| Chilled Fruit Cocktail - TR1506 (1/2 c.)                                                 | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 16.25    | 1.08            | 13.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)  |
| 100% Apple Juice - TR2040 (1/2 c.)                                                       | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| 100% Berry Juice - TR2041 (1 ea.)                                                        | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)      |
| Orange Wedges - TR1057 (1 ea.)                                                           | 15          | 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)      |
| Raisins - TR1049 (1 pkg.)                                                                | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)      |
| 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          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)      |
| Creamer - TR1063 (1 ea.)                                                                 | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Hot Coffee - TR1065 (10 fl. oz.)                                                         | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70   |
| Jelly Assorted Flavors - TR1022 (1 ea.)                                                  | 20          | 25.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Picante Sauce - TR1865 (1 packet)                                                        | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 140.00      | 1.00     | 0.00            | 0.00             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 1.20      | 0.00       | 0.00           | 0.00     |
| Sugar Packet - TR1061 (1 ea.)                                                            | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/02/2025</b> |         |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                               | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                                       | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                                      | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                                   | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                                 | (M)     |
| Chilled Fruit Cocktail -<br>TR1506 (1/2 c.)                                                             | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                                   | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                                    | (M)     |
| Orange Wedges -<br>TR1057 (1 ea.)                                                                       | (M)     |
| Raisins - TR1049 (1<br>pkg.)                                                                            | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                                         | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                                       | (M)     |
| White Milk - TR1035 (1<br>c.)                                                                           | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                             | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                                     | 0.30    |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                                              | (M)     |
| Picante Sauce - TR1865<br>(1 packet)                                                                    | 0.00    |
| Sugar Packet - TR1061<br>(1 ea.)                                                                        | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|---------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/02/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Sugar Sub - TR1062 (1 ea.)                                                                              | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                          | 20          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/03/2025</b>                   |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                              | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                                 | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                                   | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                                             | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                                           | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Glazed Donut - TR1044 (1 ea.)                                                                           | 20          | 301.67             | 16.00         | 7.00        | 0.00          | 0.00      | 300.00      | 35.33    | 2.80            | 12.33            | (M)              | 5.00        | 0.70      | 13.97        | 9.65            | 0.00      | (M)        | (M)            | (M)          |
| Glazed Donut with Sprinkles - TR1047 (1 ea.)                                                            | 25          | 306.21             | 16.16         | 7.15        | 0.00          | 0.00      | 300.01      | 36.11    | 2.80            | 13.05            | (M)              | 5.00        | 0.70      | 13.97        | 9.65            | 0.00      | (M)        | (M)            | (M)          |
| Donut Holes Powdered - TR1905 (1 c.)                                                                    | 5           | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                                     | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                                             | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                               | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                                         | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                                       | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/02/2025</b> |         |
| Sugar Sub - TR1062 (1 ea.)                                                                              | (M)     |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                          | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/03/2025</b>                   |         |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                              | (M)     |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                                 | 0.00    |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                                   | 0.00    |
| Cocoa Puffs - TR1429 (1 c.)                                                                             | 0.00    |
| Trix Cereal - TR1884 (1 bowl)                                                                           | 0.00    |
| Glazed Donut - TR1044 (1 ea.)                                                                           | (M)     |
| Glazed Donut with Sprinkles - TR1047 (1 ea.)                                                            | (M)     |
| Donut Holes Powdered - TR1905 (1 c.)                                                                    | 0.00    |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                                     | (M)     |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                                             | (M)     |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                               | 0.00    |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                                         | 0.00(M) |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                                       | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                             | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|-----------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/03/2025</b>   |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Granny Smith Apple - TR1054 (1 ea.)                                                     | 15          | 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)          |
| 100% Apple Juice - TR2040 (1/2 c.)                                                      | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                                       | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Peaches - TR1504 (1/2 c.)                                                       | 15          | 62.40              | 0.00          | 0.00        | 0.00          | 0.00      | 10.40       | 14.56    | 0.00            | 11.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1 pkg.)                                                               | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                        | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Sugar Packet - TR1061 (1 ea.)                                                           | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                              | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit - ServingDate:<br/>10/06/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Biscuit - TR1006 (1 ea.)                                                    | 40          | 210.00             | 10.00         | 6.00        | 0.00          | 0.00      | 370.00      | 26.00    | 2.00            | 3.00             | (M)              | 4.00        | 1.44      | 100.00       | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                              | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                 | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                   | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                             | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                           | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/03/2025</b>       |         |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                      | (M)     |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                       | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                        | (M)     |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                                        | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                                | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                             | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                           | (M)     |
| White Milk - TR1035 (1<br>c.)                                                               | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                 | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                         | 0.30    |
| Sugar Packet - TR1061<br>(1 ea.)                                                            | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                               | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/06/2025</b> |         |
| Whole Grain Biscuit -<br>TR1006 (1 ea.)                                                     | 0.00    |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                               | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                  | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                    | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                              | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                            | 0.00    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                      | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|----------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Monday<br>Biscuit -<br>ServingDate:<br>10/06/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Donut Holes Powdered - TR1905 (1 c.)                                             | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                              | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                      | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                        | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Turkey Sausage - TR1283 (1 ea.)                                                  | 40          | 58.54              | 3.90          | 0.98        | 0.00          | 29.27     | 78.05       | 0.00     | 0.00            | 0.00             | (M)              | 5.85        | 0.70      | 19.51        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                  | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Granny Smith Apple - TR1054 (1 ea.)                                              | 15          | 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)          |
| 100% Apple Juice - TR2040 (1/2 c.)                                               | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                                | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Peaches - TR1505 (1/2 c.)                                                | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 15.17    | 1.08            | 14.08            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1 pkg.)                                                        | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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.)                                                   | 75          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| White Milk - TR1035 (1 c.)                                                       | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Cheese American sliced - TR1209 (1 ea.)                                          | 20          | 35.00              | 2.00          | 1.00        | 0.00          | 5.00      | 105.00      | 2.00     | 0.00            | 1.00             | (M)              | 7.00        | 0.00      | 200.00       | 300.00          | 0.00      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                         | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                 | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/06/2025</b> |         |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                     | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                   | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                           | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                          | 0.00    |
| Turkey Sausage -<br>TR1283 (1 ea.)                                                          | (M)     |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                       | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                     | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                      | (M)     |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                       | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                        | (M)     |
| Chilled Peaches -<br>TR1505 (1/2 c.)                                                        | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                                | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                             | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                           | (M)     |
| White Milk - TR1035 (1<br>c.)                                                               | (M)     |
| Cheese American sliced<br>- TR1209 (1 ea.)                                                  | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                 | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                         | 0.30    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|---------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|----------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/06/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Sugar Packet - TR1061 (1 ea.)                                                               | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Sugar Sub - TR1062 (1 ea.)                                                                  | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Syrup Dip Cup - TR1058 (1 ea.)                                                              | 50          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/07/2025</b>       |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Croissant - TR1953 (1 ea.)                                                                  | 0           | 190.00             | 7.00          | 3.00        | 0.00          | 0.00      | 190.00      | 29.00    | 3.00            | 4.00             | 3.00             | 5.00        | 1.44      | 20.00        | 0.00            | 0.00      | 0.00       | 0.00           | 0.00     |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                  | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)      |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                     | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00     |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                       | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00     |
| Cocoa Puffs - TR1429 (1 c.)                                                                 | 10          | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00     |
| Trix Cereal - TR1884 (1 bowl)                                                               | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00     |
| Donut Holes Powdered - TR1905 (1 c.)                                                        | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00     |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                         | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Egg Patty - TR2020 (1 ea.)                                                                  | 0           | 60.01              | 4.00          | 1.00        | 0.00          | 0.00      | 110.01      | 0.00     | 0.00            | 0.00             | 0.00             | 3.00        | 0.00      | 0.00         | 0.00            | 0.00      | 0.00       | 0.00           | 0.00     |
| Egg Patty - TR1805 (1 ea.)                                                                  | 0           | 103.83             | 8.07          | 2.43        | 0.00          | 137.50    | 204.83      | 2.73     | 0.00            | 0.83             | 0.00(M)          | 9.03        | 0.00      | 166.67       | 250.00          | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)  |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                                 | 10          | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)      |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                   | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00     |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                             | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)  |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/06/2025</b> |         |
| Sugar Packet - TR1061<br>(1 ea.)                                                            | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                               | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                           | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/07/2025</b>       |         |
| Croissant - TR1953 (1<br>ea.)                                                               | 0.00    |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                               | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                  | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                    | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                              | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                            | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                     | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                   | (M)     |
| Egg Patty - TR2020 (1<br>ea.)                                                               | 0.00    |
| Egg Patty - TR1805 (1<br>ea.)                                                               | 0.00(M) |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                           | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                          | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                       | 0.00(M) |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/07/2025</b>    |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2 c.)                                     | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Banana - TR1056 (1 ea.)                                                                  | 20          | 105.00             | 0.39          | 0.00        | 0.00          | 0.00      | 1.00        | 27.00    | 3.00            | 14.50            | 0.00             | 1.30        | 0.31      | 6.00         | 76.00           | 10.00     | 0.00       | 422.00         | 0.00         |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Pears - TR1508<br>(1/2 c.)                                                       | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 13.00    | 2.17            | 13.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1 pkg.)                                                                | 5           | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| Lactaid Milk - TR1367<br>(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 -<br>TR1033 (1 c.)                                                        | 60          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Cheese American sliced<br>- TR1209 (1 ea.)                                               | 0           | 35.00              | 2.00          | 1.00        | 0.00          | 5.00      | 105.00      | 2.00     | 0.00            | 1.00             | (M)              | 7.00        | 0.00      | 200.00       | 300.00          | 0.00      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                 | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                      | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                               | 25          | 25.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Ketchup - TR1088 (2 ea.)                                                                 | 10          | 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)          |
| Sugar Packet - TR1061<br>(1 ea.)                                                         | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                               | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                        | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/08/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Sausage Breakfast<br>Pizza - TR1009 (1 ea.)                                              | 40          | 200.00             | 7.00          | 2.00        | 0.00          | 15.00     | 320.00      | 26.00    | 3.00            | 6.00             | 2.00             | 9.00        | 1.80      | 100.00       | 0.00            | 0.00      | 0.00       | 370.00         | 0.00         |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Ash (g) |
|------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/07/2025</b>    |         |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                  | (M)     |
| Banana - TR1056 (1<br>ea.)                                                               | 0.00    |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | (M)     |
| Chilled Pears - TR1508<br>(1/2 c.)                                                       | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                             | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                          | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                        | (M)     |
| White Milk - TR1035 (1<br>c.)                                                            | (M)     |
| Cheese American sliced<br>- TR1209 (1 ea.)                                               | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                              | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                      | 0.30    |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                               | (M)     |
| Ketchup - TR1088 (2<br>ea.)                                                              | (M)     |
| Sugar Packet - TR1061<br>(1 ea.)                                                         | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                            | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                        | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/08/2025</b> |         |
| Sausage Breakfast<br>Pizza - TR1009 (1 ea.)                                              | 0.00    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                    | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|--------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Wednesday<br>Pizza - ServingDate:<br>10/08/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                     | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                        | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                          | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                    | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                  | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Donut Holes Powdered - TR1905 (1 c.)                                           | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                            | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                    | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                      | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                              | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Golden Apple - TR1053 (1 ea.)                                                  | 5           | 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)          |
| Granny Smith Apple - TR1054 (1 ea.)                                            | 5           | 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)          |
| Red Delicious Apple - TR1055 (1 ea.)                                           | 5           | 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)          |
| Chilled Applesauce - TR1503 (1/2 c.)                                           | 15          | 57.65              | 0.00          | 0.00        | 0.00          | 0.00      | 2.26        | 15.83    | 1.13            | 12.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| 100% Apple Juice - TR2040 (1/2 c.)                                             | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                              | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Raisins - TR1049 (1 pkg.)                                                      | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Ash (g) |
|------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/08/2025</b> |         |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                            | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                               | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                 | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                           | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                         | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                  | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                        | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                       | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                    | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                  | (M)     |
| Golden Apple - TR1053<br>(1 ea.)                                                         | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                   | (M)     |
| Red Delicious Apple -<br>TR1055 (1 ea.)                                                  | (M)     |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                  | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | (M)     |
| Raisins - TR1049 (1<br>pkg.)                                                             | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|----------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/08/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| 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.)                                                           | 75          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)      |
| White Milk - TR1035 (1 c.)                                                               | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)      |
| Creamer - TR1063 (1 ea.)                                                                 | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Hot Coffee - TR1065 (10 fl. oz.)                                                         | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70   |
| Ketchup - TR1088 (2 ea.)                                                                 | 10          | 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)      |
| Sugar Packet - TR1061 (1 ea.)                                                            | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Sugar Sub - TR1062 (1 ea.)                                                               | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Syrup Dip Cup - TR1058 (1 ea.)                                                           | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/14/2025</b>    |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Croissant - TR1953 (1 ea.)                                                               | 0           | 190.00             | 7.00          | 3.00        | 0.00          | 0.00      | 190.00      | 29.00    | 3.00            | 4.00             | 3.00             | 5.00        | 1.44      | 20.00        | 0.00            | 0.00      | 0.00       | 0.00           | 0.00     |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                               | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)      |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                  | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00     |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                    | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00     |
| Cocoa Puffs - TR1429 (1 c.)                                                              | 10          | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00     |
| Trix Cereal - TR1884 (1 bowl)                                                            | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00     |
| Donut Holes Powdered - TR1905 (1 c.)                                                     | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00     |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                      | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Egg Patty - TR2020 (1 ea.)                                                               | 0           | 60.01              | 4.00          | 1.00        | 0.00          | 0.00      | 110.01      | 0.00     | 0.00            | 0.00             | 0.00             | 3.00        | 0.00      | 0.00         | 0.00            | 0.00      | 0.00       | 0.00           | 0.00     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Ash (g) |
|------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/08/2025</b> |         |
| Lactaid Milk - TR1367<br>(1 c.)                                                          | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                        | (M)     |
| White Milk - TR1035 (1<br>c.)                                                            | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                              | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                      | 0.30    |
| Ketchup - TR1088 (2<br>ea.)                                                              | (M)     |
| Sugar Packet - TR1061<br>(1 ea.)                                                         | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                            | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                        | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/14/2025</b>    |         |
| Croissant - TR1953 (1<br>ea.)                                                            | 0.00    |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                            | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                               | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                 | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                           | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                         | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                  | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                | (M)     |
| Egg Patty - TR2020 (1<br>ea.)                                                            | 0.00    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                 | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|-----------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Tuesday<br>HASH - ServingDate:<br>10/14/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Egg Patty - TR1805 (1 ea.)                                                  | 0           | 103.83             | 8.07          | 2.43        | 0.00          | 137.50    | 204.83      | 2.73     | 0.00            | 0.83             | 0.00(M)          | 9.03        | 0.00      | 166.67       | 250.00          | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                 | 10          | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                   | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                             | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                           | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Banana - TR1056 (1 ea.)                                                     | 20          | 105.00             | 0.39          | 0.00        | 0.00          | 0.00      | 1.00        | 27.00    | 3.00            | 14.50            | 0.00             | 1.30        | 0.31      | 6.00         | 76.00           | 10.00     | 0.00       | 422.00         | 0.00         |
| 100% Apple Juice - TR2040 (1/2 c.)                                          | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                           | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Pears - TR1508 (1/2 c.)                                             | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 13.00    | 2.17            | 13.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1 pkg.)                                                   | 5           | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Cheese American sliced - TR1209 (1 ea.)                                     | 0           | 35.00              | 2.00          | 1.00        | 0.00          | 5.00      | 105.00      | 2.00     | 0.00            | 1.00             | (M)              | 7.00        | 0.00      | 200.00       | 300.00          | 0.00      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                    | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                            | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Jelly Assorted Flavors - TR1022 (1 ea.)                                     | 25          | 25.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Ketchup - TR1088 (2 ea.)                                                    | 10          | 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)          |
| Sugar Packet - TR1061 (1 ea.)                                               | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                           | Ash (g) |
|---------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/14/2025</b> |         |
| Egg Patty - TR1805 (1 ea.)                                                            | 0.00(M) |
| Whole Grain Mini<br>Pancakes - TR1026 (1 pkg.)                                        | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                    | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1 ea.)                                    | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2 c.)                                  | (M)     |
| Banana - TR1056 (1 ea.)                                                               | 0.00    |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                 | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                  | (M)     |
| Chilled Pears - TR1508<br>(1/2 c.)                                                    | 0.00(M) |
| Raisins - TR1049 (1 pkg.)                                                             | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                       | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                     | (M)     |
| White Milk - TR1035 (1 c.)                                                            | (M)     |
| Cheese American sliced<br>- TR1209 (1 ea.)                                            | (M)     |
| Creamer - TR1063 (1 ea.)                                                              | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                   | 0.30    |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                            | (M)     |
| Ketchup - TR1088 (2 ea.)                                                              | (M)     |
| Sugar Packet - TR1061<br>(1 ea.)                                                      | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/14/2025</b>    |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Sugar Sub - TR1062 (1 ea.)                                                               | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup - TR1058 (1 ea.)                                                           | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/15/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Sausage Breakfast Pizza - TR1009 (1 ea.)                                                 | 40          | 200.00             | 7.00          | 2.00        | 0.00          | 15.00     | 320.00      | 26.00    | 3.00            | 6.00             | 2.00             | 9.00        | 1.80      | 100.00       | 0.00            | 0.00      | 0.00       | 370.00         | 0.00         |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                               | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                  | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                    | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                              | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                            | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Donut Holes Powdered - TR1905 (1 c.)                                                     | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                      | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                              | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                          | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11(M)      | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                        | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Golden Apple - TR1053 (1 ea.)                                                            | 5           | 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)          |
| Granny Smith Apple - TR1054 (1 ea.)                                                      | 5           | 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 - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Ash (g) |
|------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/14/2025</b>    |         |
| Sugar Sub - TR1062 (1 ea.)                                                               | (M)     |
| Syrup Dip Cup - TR1058 (1 ea.)                                                           | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/15/2025</b> |         |
| Sausage Breakfast Pizza - TR1009 (1 ea.)                                                 | 0.00    |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                               | (M)     |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                  | 0.00    |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                    | 0.00    |
| Cocoa Puffs - TR1429 (1 c.)                                                              | 0.00    |
| Trix Cereal - TR1884 (1 bowl)                                                            | 0.00    |
| Donut Holes Powdered - TR1905 (1 c.)                                                     | 0.00    |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                      | (M)     |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                              | (M)     |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                | 0.00    |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                          | 0.00(M) |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                        | (M)     |
| Golden Apple - TR1053 (1 ea.)                                                            | (M)     |
| Granny Smith Apple - TR1054 (1 ea.)                                                      | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                         | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|-----------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|----------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/15/2025</b>            |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Red Delicious Apple - TR1055 (1 ea.)                                                                | 5           | 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)      |
| Chilled Applesauce - TR1503 (1/2 c.)                                                                | 15          | 57.65              | 0.00          | 0.00        | 0.00          | 0.00      | 2.26        | 15.83    | 1.13            | 12.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)  |
| 100% Apple Juice - TR2040 (1/2 c.)                                                                  | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| 100% Berry Juice - TR2041 (1 ea.)                                                                   | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)      |
| Raisins - TR1049 (1 pkg.)                                                                           | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)      |
| 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.)                                                                      | 75          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)      |
| White Milk - TR1035 (1 c.)                                                                          | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)      |
| Creamer - TR1063 (1 ea.)                                                                            | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Hot Coffee - TR1065 (10 fl. oz.)                                                                    | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70   |
| Ketchup - TR1088 (2 ea.)                                                                            | 10          | 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)      |
| Sugar Packet - TR1061 (1 ea.)                                                                       | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Sugar Sub - TR1062 (1 ea.)                                                                          | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                      | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle - ServingDate:<br/>10/16/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                          | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)      |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                             | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00     |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                               | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00     |
| Cocoa Puffs - TR1429 (1 c.)                                                                         | 10          | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/15/2025</b>                |         |
| Red Delicious Apple -<br>TR1055 (1 ea.)                                                                 | (M)     |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                                 | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                                   | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                                    | (M)     |
| Raisins - TR1049 (1<br>pkg.)                                                                            | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                                         | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                                       | (M)     |
| White Milk - TR1035 (1<br>c.)                                                                           | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                             | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                                     | 0.30    |
| Ketchup - TR1088 (2<br>ea.)                                                                             | (M)     |
| Sugar Packet - TR1061<br>(1 ea.)                                                                        | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                                           | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                                       | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/16/2025</b> |         |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                                           | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                              | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                                | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                                          | 0.00    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Thursday<br>Chix & Waffle -<br>ServingDate:<br>10/16/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Lucky Charms - TR1430<br>(1 bowl)                                                        | 10          | 210.00             | 2.50          | 0.00        | 0.00          | 0.00      | 350.00      | 46.00    | 3.00            | 20.00            | (M)              | 4.00        | 9.00      | 150.00       | 1000.00         | 12.00     | (M)        | (M)            | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                            | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Chicken & Waffles -<br>TR2047 (1 serv.)                                                  | 20          | 210.00             | 9.50          | 1.50        | 0.00          | 40.00     | 335.00      | 22.00    | 1.00            | 3.00             | 0.00(M)          | 12.00       | 1.36      | 31.00        | 43.00           | 47.00     | 0.01(M)    | 180.00 (M)     | 0.00         |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                  | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini<br>Pancakes - TR1026 (1 pkg.)                                           | 10          | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                       | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1 ea.)                                       | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2 c.)                                     | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Chilled Fruit Cocktail -<br>TR1506 (1/2 c.)                                              | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 16.25    | 1.08            | 13.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Orange Wedges -<br>TR1057 (1 ea.)                                                        | 15          | 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)          |
| Raisins - TR1049 (1 pkg.)                                                                | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| Lactaid Milk - TR1367<br>(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 -<br>TR1033 (1 c.)                                                        | 60          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                 | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/16/2025</b> |         |
| Lucky Charms - TR1430<br>(1 bowl)                                                                       | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                                        | 0.00    |
| Chicken & Waffles -<br>TR2047 (1 serv.)                                                                 | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                                 | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                               | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                                       | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                                      | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                                   | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                                 | (M)     |
| Chilled Fruit Cocktail -<br>TR1506 (1/2 c.)                                                             | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                                   | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                                    | (M)     |
| Orange Wedges -<br>TR1057 (1 ea.)                                                                       | (M)     |
| Raisins - TR1049 (1<br>pkg.)                                                                            | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                                         | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                                       | (M)     |
| White Milk - TR1035 (1<br>c.)                                                                           | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                             | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|---------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/16/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                                     | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                                              | 20          | 25.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Picante Sauce - TR1865<br>(1 packet)                                                                    | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 140.00      | 1.00     | 0.00            | 0.00             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 1.20      | 0.00       | 0.00           | 0.00         |
| Sugar Packet - TR1061<br>(1 ea.)                                                                        | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1<br>ea.)                                                                           | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                                       | 20          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/17/2025</b>                   |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                                           | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal -<br>TR1642 (1 bowl)                                                              | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch -<br>TR1428 (1 c.)                                                                | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429<br>(1 c.)                                                                          | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1<br>bowl)                                                                        | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Glazed Donut - TR1044<br>(1 ea.)                                                                        | 20          | 301.67             | 16.00         | 7.00        | 0.00          | 0.00      | 300.00      | 35.33    | 2.80            | 12.33            | (M)              | 5.00        | 0.70      | 13.97        | 9.65            | 0.00      | (M)        | (M)            | (M)          |
| Glazed Donut with<br>Sprinkles - TR1047 (1<br>ea.)                                                      | 25          | 306.21             | 16.16         | 7.15        | 0.00          | 0.00      | 300.01      | 36.11    | 2.80            | 13.05            | (M)              | 5.00        | 0.70      | 13.97        | 9.65            | 0.00      | (M)        | (M)            | (M)          |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                                 | 5           | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                               | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                                       | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/16/2025</b> |         |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                                     | 0.30    |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                                              | (M)     |
| Picante Sauce - TR1865<br>(1 packet)                                                                    | 0.00    |
| Sugar Packet - TR1061<br>(1 ea.)                                                                        | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                                           | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                                       | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/17/2025</b>                   |         |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                                           | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                              | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                                | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                                          | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                                        | 0.00    |
| Glazed Donut - TR1044<br>(1 ea.)                                                                        | (M)     |
| Glazed Donut with<br>Sprinkles - TR1047 (1<br>ea.)                                                      | (M)     |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                                 | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                               | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                                       | (M)     |

| Item Name<br>(Serving Size)                                                      | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|----------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Friday<br>Donut - ServingDate:<br>10/17/2025      |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)               | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                            | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11<br>(M)  | 0.00(M)      |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                          | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                           | 15          | 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)          |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                            | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                             | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                             | 15          | 62.40              | 0.00          | 0.00        | 0.00          | 0.00      | 10.40       | 14.56    | 0.00            | 11.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1<br>pkg.)                                                     | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| Lactaid Milk - TR1367<br>(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 -<br>TR1033 (1 c.)                                                | 60          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| White Milk - TR1035 (1<br>c.)                                                    | 30          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1<br>ea.)                                                      | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                              | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Sugar Packet - TR1061<br>(1 ea.)                                                 | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1<br>ea.)                                                    | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 2025 FALL Breakfast<br>HS STAR Monday<br>Biscuit -<br>ServingDate:<br>10/20/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Biscuit -<br>TR1006 (1 ea.)                                          | 40          | 210.00             | 10.00         | 6.00        | 0.00          | 0.00      | 370.00      | 26.00    | 2.00            | 3.00             | (M)              | 4.00        | 1.44      | 100.00       | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                    | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/17/2025</b>       |         |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                          | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                       | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                     | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                      | (M)     |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                       | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                        | (M)     |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                                        | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                                | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                             | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                           | (M)     |
| White Milk - TR1035 (1<br>c.)                                                               | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                 | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                         | 0.30    |
| Sugar Packet - TR1061<br>(1 ea.)                                                            | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                               | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/20/2025</b> |         |
| Whole Grain Biscuit -<br>TR1006 (1 ea.)                                                     | 0.00    |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                               | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                      | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|----------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Monday<br>Biscuit -<br>ServingDate:<br>10/20/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                          | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                            | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                      | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                    | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Donut Holes Powdered - TR1905 (1 c.)                                             | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                              | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                      | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                        | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Turkey Sausage - TR1283 (1 ea.)                                                  | 40          | 58.54              | 3.90          | 0.98        | 0.00          | 29.27     | 78.05       | 0.00     | 0.00            | 0.00             | (M)              | 5.85        | 0.70      | 19.51        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                  | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Granny Smith Apple - TR1054 (1 ea.)                                              | 15          | 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)          |
| 100% Apple Juice - TR2040 (1/2 c.)                                               | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                                | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Peaches - TR1505 (1/2 c.)                                                | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 15.17    | 1.08            | 14.08            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1 pkg.)                                                        | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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.)                                                   | 75          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/20/2025</b> |         |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                  | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                    | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                              | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                            | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                     | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                   | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                           | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                          | 0.00    |
| Turkey Sausage -<br>TR1283 (1 ea.)                                                          | (M)     |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                       | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                     | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                      | (M)     |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                       | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                        | (M)     |
| Chilled Peaches -<br>TR1505 (1/2 c.)                                                        | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                                | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                             | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                           | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|---------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/20/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| White Milk - TR1035 (1 c.)                                                                  | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Cheese American sliced - TR1209 (1 ea.)                                                     | 20          | 35.00              | 2.00          | 1.00        | 0.00          | 5.00      | 105.00      | 2.00     | 0.00            | 1.00             | (M)              | 7.00        | 0.00      | 200.00       | 300.00          | 0.00      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                    | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                            | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Sugar Packet - TR1061 (1 ea.)                                                               | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                                  | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup - TR1058 (1 ea.)                                                              | 50          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/21/2025</b>       |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Croissant - TR1953 (1 ea.)                                                                  | 0           | 190.00             | 7.00          | 3.00        | 0.00          | 0.00      | 190.00      | 29.00    | 3.00            | 4.00             | 3.00             | 5.00        | 1.44      | 20.00        | 0.00            | 0.00      | 0.00       | 0.00           | 0.00         |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                  | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                     | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                       | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                                 | 10          | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                               | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Donut Holes Powdered - TR1905 (1 c.)                                                        | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                         | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Egg Patty - TR2020 (1 ea.)                                                                  | 0           | 60.01              | 4.00          | 1.00        | 0.00          | 0.00      | 110.01      | 0.00     | 0.00            | 0.00             | 0.00             | 3.00        | 0.00      | 0.00         | 0.00            | 0.00      | 0.00       | 0.00           | 0.00         |
| Egg Patty - TR1805 (1 ea.)                                                                  | 0           | 103.83             | 8.07          | 2.43        | 0.00          | 137.50    | 204.83      | 2.73     | 0.00            | 0.83             | 0.00(M)          | 9.03        | 0.00      | 166.67       | 250.00          | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                                 | 10          | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/20/2025</b> |         |
| White Milk - TR1035 (1 c.)                                                                  | (M)     |
| Cheese American sliced - TR1209 (1 ea.)                                                     | (M)     |
| Creamer - TR1063 (1 ea.)                                                                    | (M)     |
| Hot Coffee - TR1065 (10 fl. oz.)                                                            | 0.30    |
| Sugar Packet - TR1061 (1 ea.)                                                               | (M)     |
| Sugar Sub - TR1062 (1 ea.)                                                                  | (M)     |
| Syrup Dip Cup - TR1058 (1 ea.)                                                              | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/21/2025</b>       |         |
| Croissant - TR1953 (1 ea.)                                                                  | 0.00    |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                  | (M)     |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                     | 0.00    |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                       | 0.00    |
| Cocoa Puffs - TR1429 (1 c.)                                                                 | 0.00    |
| Trix Cereal - TR1884 (1 bowl)                                                               | 0.00    |
| Donut Holes Powdered - TR1905 (1 c.)                                                        | 0.00    |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                         | (M)     |
| Egg Patty - TR2020 (1 ea.)                                                                  | 0.00    |
| Egg Patty - TR1805 (1 ea.)                                                                  | 0.00(M) |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                                 | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                 | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|-----------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|----------|
| 2025 FALL Breakfast<br>HS STAR Tuesday<br>HASH - ServingDate:<br>10/21/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)          | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00     |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                       | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11<br>(M)  | 0.00(M)  |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                     | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)      |
| Banana - TR1056 (1<br>ea.)                                                  | 20          | 105.00             | 0.39          | 0.00        | 0.00          | 0.00      | 1.00        | 27.00    | 3.00            | 14.50            | 0.00             | 1.30        | 0.31      | 6.00         | 76.00           | 10.00     | 0.00       | 422.00         | 0.00     |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                       | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                        | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)      |
| Chilled Pears - TR1508<br>(1/2 c.)                                          | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 13.00    | 2.17            | 13.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)  |
| Raisins - TR1049 (1<br>pkg.)                                                | 5           | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)      |
| Lactaid Milk - TR1367<br>(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 -<br>TR1033 (1 c.)                                           | 60          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)      |
| White Milk - TR1035 (1<br>c.)                                               | 30          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)      |
| Cheese American sliced<br>- TR1209 (1 ea.)                                  | 0           | 35.00              | 2.00          | 1.00        | 0.00          | 5.00      | 105.00      | 2.00     | 0.00            | 1.00             | (M)              | 7.00        | 0.00      | 200.00       | 300.00          | 0.00      | (M)        | (M)            | (M)      |
| Creamer - TR1063 (1<br>ea.)                                                 | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                         | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70   |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                  | 25          | 25.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Ketchup - TR1088 (2<br>ea.)                                                 | 10          | 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)      |
| Sugar Packet - TR1061<br>(1 ea.)                                            | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Sugar Sub - TR1062 (1<br>ea.)                                               | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                           | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                           | Ash (g) |
|---------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/21/2025</b> |         |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                    | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                 | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                               | (M)     |
| Banana - TR1056 (1<br>ea.)                                                            | 0.00    |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                 | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                  | (M)     |
| Chilled Pears - TR1508<br>(1/2 c.)                                                    | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                          | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                       | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                     | (M)     |
| White Milk - TR1035 (1<br>c.)                                                         | (M)     |
| Cheese American sliced<br>- TR1209 (1 ea.)                                            | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                           | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                   | 0.30    |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                            | (M)     |
| Ketchup - TR1088 (2<br>ea.)                                                           | (M)     |
| Sugar Packet - TR1061<br>(1 ea.)                                                      | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                         | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                     | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/22/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Sausage Breakfast<br>Pizza - TR1009 (1 ea.)                                              | 40          | 200.00             | 7.00          | 2.00        | 0.00          | 15.00     | 320.00      | 26.00    | 3.00            | 6.00             | 2.00             | 9.00        | 1.80      | 100.00       | 0.00            | 0.00      | 0.00       | 370.00         | 0.00         |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                            | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal -<br>TR1642 (1 bowl)                                               | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch -<br>TR1428 (1 c.)                                                 | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429<br>(1 c.)                                                           | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1<br>bowl)                                                         | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                  | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                        | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                       | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                    | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11<br>(M)  | 0.00(M)      |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                  | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Golden Apple - TR1053<br>(1 ea.)                                                         | 5           | 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)          |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                   | 5           | 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)          |
| Red Delicious Apple -<br>TR1055 (1 ea.)                                                  | 5           | 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)          |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                  | 15          | 57.65              | 0.00          | 0.00        | 0.00          | 0.00      | 2.26        | 15.83    | 1.13            | 12.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Ash (g) |
|------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/22/2025</b> |         |
| Sausage Breakfast<br>Pizza - TR1009 (1 ea.)                                              | 0.00    |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                            | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                               | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                 | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                           | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                         | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                  | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                        | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                       | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                    | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                  | (M)     |
| Golden Apple - TR1053<br>(1 ea.)                                                         | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                   | (M)     |
| Red Delicious Apple -<br>TR1055 (1 ea.)                                                  | (M)     |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                  | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                         | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|-----------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/22/2025</b>            |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Raisins - TR1049 (1 pkg.)                                                                           | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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.)                                                                      | 75          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| White Milk - TR1035 (1 c.)                                                                          | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                            | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                                    | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Ketchup - TR1088 (2 ea.)                                                                            | 10          | 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)          |
| Sugar Packet - TR1061 (1 ea.)                                                                       | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                                          | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                      | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle - ServingDate:<br/>10/23/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                          | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                             | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                               | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                                         | 10          | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Lucky Charms - TR1430 (1 bowl)                                                                      | 10          | 210.00             | 2.50          | 0.00        | 0.00          | 0.00      | 350.00      | 46.00    | 3.00            | 20.00            | (M)              | 4.00        | 9.00      | 150.00       | 1000.00         | 12.00     | (M)        | (M)            | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                                       | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Chicken & Waffles - TR2047 (1 serv.)                                                                | 20          | 210.00             | 9.50          | 1.50        | 0.00          | 40.00     | 335.00      | 22.00    | 1.00            | 3.00             | 0.00(M)          | 12.00       | 1.36      | 31.00        | 43.00           | 47.00     | 0.01(M)    | 180.00 (M)     | 0.00         |
| Donut Holes Powdered - TR1905 (1 c.)                                                                | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                         | Ash (g) |
|-----------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/22/2025</b>            |         |
| Raisins - TR1049 (1 pkg.)                                                                           | (M)     |
| Lactaid Milk - TR1367 (1 c.)                                                                        | 0.00    |
| Chocolate Milk - TR1033 (1 c.)                                                                      | (M)     |
| White Milk - TR1035 (1 c.)                                                                          | (M)     |
| Creamer - TR1063 (1 ea.)                                                                            | (M)     |
| Hot Coffee - TR1065 (10 fl. oz.)                                                                    | 0.30    |
| Ketchup - TR1088 (2 ea.)                                                                            | (M)     |
| Sugar Packet - TR1061 (1 ea.)                                                                       | (M)     |
| Sugar Sub - TR1062 (1 ea.)                                                                          | (M)     |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                      | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle - ServingDate:<br/>10/23/2025</b> |         |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                          | (M)     |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                             | 0.00    |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                               | 0.00    |
| Cocoa Puffs - TR1429 (1 c.)                                                                         | 0.00    |
| Lucky Charms - TR1430 (1 bowl)                                                                      | 0.00    |
| Trix Cereal - TR1884 (1 bowl)                                                                       | 0.00    |
| Chicken & Waffles - TR2047 (1 serv.)                                                                | 0.00    |
| Donut Holes Powdered - TR1905 (1 c.)                                                                | 0.00    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Thursday<br>Chix & Waffle -<br>ServingDate:<br>10/23/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                      | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                              | 10          | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                          | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11(M)      | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                        | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Chilled Fruit Cocktail - TR1506 (1/2 c.)                                                 | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 16.25    | 1.08            | 13.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| 100% Apple Juice - TR2040 (1/2 c.)                                                       | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                                        | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Orange Wedges - TR1057 (1 ea.)                                                           | 15          | 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)          |
| Raisins - TR1049 (1 pkg.)                                                                | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                 | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                         | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Jelly Assorted Flavors - TR1022 (1 ea.)                                                  | 20          | 25.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Picante Sauce - TR1865 (1 packet)                                                        | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 140.00      | 1.00     | 0.00            | 0.00             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 1.20      | 0.00       | 0.00           | 0.00         |
| Sugar Packet - TR1061 (1 ea.)                                                            | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/23/2025</b> |         |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                               | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                                       | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                                      | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                                   | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                                 | (M)     |
| Chilled Fruit Cocktail -<br>TR1506 (1/2 c.)                                                             | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                                   | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                                    | (M)     |
| Orange Wedges -<br>TR1057 (1 ea.)                                                                       | (M)     |
| Raisins - TR1049 (1<br>pkg.)                                                                            | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                                         | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                                       | (M)     |
| White Milk - TR1035 (1<br>c.)                                                                           | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                             | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                                     | 0.30    |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                                              | (M)     |
| Picante Sauce - TR1865<br>(1 packet)                                                                    | 0.00    |
| Sugar Packet - TR1061<br>(1 ea.)                                                                        | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|---------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/23/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Sugar Sub - TR1062 (1 ea.)                                                                              | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                          | 20          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/24/2025</b>                   |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                              | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                                 | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                                   | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                                             | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                                           | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Glazed Donut - TR1044 (1 ea.)                                                                           | 20          | 301.67             | 16.00         | 7.00        | 0.00          | 0.00      | 300.00      | 35.33    | 2.80            | 12.33            | (M)              | 5.00        | 0.70      | 13.97        | 9.65            | 0.00      | (M)        | (M)            | (M)          |
| Glazed Donut with Sprinkles - TR1047 (1 ea.)                                                            | 25          | 306.21             | 16.16         | 7.15        | 0.00          | 0.00      | 300.01      | 36.11    | 2.80            | 13.05            | (M)              | 5.00        | 0.70      | 13.97        | 9.65            | 0.00      | (M)        | (M)            | (M)          |
| Donut Holes Powdered - TR1905 (1 c.)                                                                    | 5           | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                                     | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                                             | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                               | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                                         | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                                       | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/23/2025</b> |         |
| Sugar Sub - TR1062 (1 ea.)                                                                              | (M)     |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                          | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/24/2025</b>                   |         |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                              | (M)     |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                                 | 0.00    |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                                   | 0.00    |
| Cocoa Puffs - TR1429 (1 c.)                                                                             | 0.00    |
| Trix Cereal - TR1884 (1 bowl)                                                                           | 0.00    |
| Glazed Donut - TR1044 (1 ea.)                                                                           | (M)     |
| Glazed Donut with Sprinkles - TR1047 (1 ea.)                                                            | (M)     |
| Donut Holes Powdered - TR1905 (1 c.)                                                                    | 0.00    |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                                     | (M)     |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                                             | (M)     |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                               | 0.00    |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                                         | 0.00(M) |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                                       | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                             | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|-----------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/24/2025</b>   |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Granny Smith Apple - TR1054 (1 ea.)                                                     | 15          | 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)          |
| 100% Apple Juice - TR2040 (1/2 c.)                                                      | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                                       | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Peaches - TR1504 (1/2 c.)                                                       | 15          | 62.40              | 0.00          | 0.00        | 0.00          | 0.00      | 10.40       | 14.56    | 0.00            | 11.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1 pkg.)                                                               | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                        | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Sugar Packet - TR1061 (1 ea.)                                                           | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                              | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit - ServingDate:<br/>10/27/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Biscuit - TR1006 (1 ea.)                                                    | 40          | 210.00             | 10.00         | 6.00        | 0.00          | 0.00      | 370.00      | 26.00    | 2.00            | 3.00             | (M)              | 4.00        | 1.44      | 100.00       | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                              | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                 | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                   | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                             | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                           | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/24/2025</b>       |         |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                      | (M)     |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                       | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                        | (M)     |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                                        | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                                | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                             | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                           | (M)     |
| White Milk - TR1035 (1<br>c.)                                                               | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                 | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                         | 0.30    |
| Sugar Packet - TR1061<br>(1 ea.)                                                            | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                               | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/27/2025</b> |         |
| Whole Grain Biscuit -<br>TR1006 (1 ea.)                                                     | 0.00    |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                               | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                  | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                    | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                              | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                            | 0.00    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                      | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|----------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Monday<br>Biscuit -<br>ServingDate:<br>10/27/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Donut Holes Powdered - TR1905 (1 c.)                                             | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                              | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                      | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                        | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Turkey Sausage - TR1283 (1 ea.)                                                  | 40          | 58.54              | 3.90          | 0.98        | 0.00          | 29.27     | 78.05       | 0.00     | 0.00            | 0.00             | (M)              | 5.85        | 0.70      | 19.51        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                  | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Granny Smith Apple - TR1054 (1 ea.)                                              | 15          | 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)          |
| 100% Apple Juice - TR2040 (1/2 c.)                                               | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                                | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Peaches - TR1505 (1/2 c.)                                                | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 15.17    | 1.08            | 14.08            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1 pkg.)                                                        | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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.)                                                   | 75          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| White Milk - TR1035 (1 c.)                                                       | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Cheese American sliced - TR1209 (1 ea.)                                          | 20          | 35.00              | 2.00          | 1.00        | 0.00          | 5.00      | 105.00      | 2.00     | 0.00            | 1.00             | (M)              | 7.00        | 0.00      | 200.00       | 300.00          | 0.00      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                         | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                 | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/27/2025</b> |         |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                     | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                   | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                           | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                          | 0.00    |
| Turkey Sausage -<br>TR1283 (1 ea.)                                                          | (M)     |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                       | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                     | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                      | (M)     |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                       | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                        | (M)     |
| Chilled Peaches -<br>TR1505 (1/2 c.)                                                        | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                                | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                             | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                           | (M)     |
| White Milk - TR1035 (1<br>c.)                                                               | (M)     |
| Cheese American sliced<br>- TR1209 (1 ea.)                                                  | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                 | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                         | 0.30    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|---------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|----------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/27/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Sugar Packet - TR1061 (1 ea.)                                                               | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Sugar Sub - TR1062 (1 ea.)                                                                  | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Syrup Dip Cup - TR1058 (1 ea.)                                                              | 50          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/28/2025</b>       |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |          |
| Croissant - TR1953 (1 ea.)                                                                  | 0           | 190.00             | 7.00          | 3.00        | 0.00          | 0.00      | 190.00      | 29.00    | 3.00            | 4.00             | 3.00             | 5.00        | 1.44      | 20.00        | 0.00            | 0.00      | 0.00       | 0.00           | 0.00     |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                  | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)      |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                     | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00     |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                       | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00     |
| Cocoa Puffs - TR1429 (1 c.)                                                                 | 10          | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00     |
| Trix Cereal - TR1884 (1 bowl)                                                               | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00     |
| Donut Holes Powdered - TR1905 (1 c.)                                                        | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00     |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                         | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)      |
| Egg Patty - TR2020 (1 ea.)                                                                  | 0           | 60.01              | 4.00          | 1.00        | 0.00          | 0.00      | 110.01      | 0.00     | 0.00            | 0.00             | 0.00             | 3.00        | 0.00      | 0.00         | 0.00            | 0.00      | 0.00       | 0.00           | 0.00     |
| Egg Patty - TR1805 (1 ea.)                                                                  | 0           | 103.83             | 8.07          | 2.43        | 0.00          | 137.50    | 204.83      | 2.73     | 0.00            | 0.83             | 0.00(M)          | 9.03        | 0.00      | 166.67       | 250.00          | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)  |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                                 | 10          | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)      |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                   | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00     |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                             | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)  |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                 | Ash (g) |
|---------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Monday<br/>Biscuit -<br/>ServingDate:<br/>10/27/2025</b> |         |
| Sugar Packet - TR1061<br>(1 ea.)                                                            | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                               | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                           | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/28/2025</b>       |         |
| Croissant - TR1953 (1<br>ea.)                                                               | 0.00    |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                               | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                  | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                    | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                              | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                            | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                     | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                   | (M)     |
| Egg Patty - TR2020 (1<br>ea.)                                                               | 0.00    |
| Egg Patty - TR1805 (1<br>ea.)                                                               | 0.00(M) |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                           | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                          | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                       | 0.00(M) |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/28/2025</b>    |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2 c.)                                     | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Banana - TR1056 (1 ea.)                                                                  | 20          | 105.00             | 0.39          | 0.00        | 0.00          | 0.00      | 1.00        | 27.00    | 3.00            | 14.50            | 0.00             | 1.30        | 0.31      | 6.00         | 76.00           | 10.00     | 0.00       | 422.00         | 0.00         |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Chilled Pears - TR1508<br>(1/2 c.)                                                       | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 13.00    | 2.17            | 13.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| Raisins - TR1049 (1 pkg.)                                                                | 5           | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| Lactaid Milk - TR1367<br>(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 -<br>TR1033 (1 c.)                                                        | 60          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Cheese American sliced<br>- TR1209 (1 ea.)                                               | 0           | 35.00              | 2.00          | 1.00        | 0.00          | 5.00      | 105.00      | 2.00     | 0.00            | 1.00             | (M)              | 7.00        | 0.00      | 200.00       | 300.00          | 0.00      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                 | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                      | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                               | 25          | 25.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Ketchup - TR1088 (2 ea.)                                                                 | 10          | 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)          |
| Sugar Packet - TR1061<br>(1 ea.)                                                         | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                               | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                        | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/29/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Sausage Breakfast<br>Pizza - TR1009 (1 ea.)                                              | 40          | 200.00             | 7.00          | 2.00        | 0.00          | 15.00     | 320.00      | 26.00    | 3.00            | 6.00             | 2.00             | 9.00        | 1.80      | 100.00       | 0.00            | 0.00      | 0.00       | 370.00         | 0.00         |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Ash (g) |
|------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Tuesday<br/>HASH - ServingDate:<br/>10/28/2025</b>    |         |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2 c.)                                     | (M)     |
| Banana - TR1056 (1 ea.)                                                                  | 0.00    |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | (M)     |
| Chilled Pears - TR1508<br>(1/2 c.)                                                       | 0.00(M) |
| Raisins - TR1049 (1 pkg.)                                                                | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                          | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                        | (M)     |
| White Milk - TR1035 (1 c.)                                                               | (M)     |
| Cheese American sliced<br>- TR1209 (1 ea.)                                               | (M)     |
| Creamer - TR1063 (1 ea.)                                                                 | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                      | 0.30    |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                               | (M)     |
| Ketchup - TR1088 (2 ea.)                                                                 | (M)     |
| Sugar Packet - TR1061<br>(1 ea.)                                                         | (M)     |
| Sugar Sub - TR1062 (1 ea.)                                                               | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                        | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/29/2025</b> |         |
| Sausage Breakfast<br>Pizza - TR1009 (1 ea.)                                              | 0.00    |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                    | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|--------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Wednesday<br>Pizza - ServingDate:<br>10/29/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                     | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                        | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                          | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                    | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                  | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Donut Holes Powdered - TR1905 (1 c.)                                           | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                            | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                    | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                      | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11 (M)     | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                              | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Golden Apple - TR1053 (1 ea.)                                                  | 5           | 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)          |
| Granny Smith Apple - TR1054 (1 ea.)                                            | 5           | 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)          |
| Red Delicious Apple - TR1055 (1 ea.)                                           | 5           | 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)          |
| Chilled Applesauce - TR1503 (1/2 c.)                                           | 15          | 57.65              | 0.00          | 0.00        | 0.00          | 0.00      | 2.26        | 15.83    | 1.13            | 12.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| 100% Apple Juice - TR2040 (1/2 c.)                                             | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                              | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Raisins - TR1049 (1 pkg.)                                                      | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Ash (g) |
|------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/29/2025</b> |         |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                            | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                               | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                 | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                           | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                         | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                  | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                        | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                       | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                    | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                  | (M)     |
| Golden Apple - TR1053<br>(1 ea.)                                                         | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                   | (M)     |
| Red Delicious Apple -<br>TR1055 (1 ea.)                                                  | (M)     |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                  | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                    | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                     | (M)     |
| Raisins - TR1049 (1<br>pkg.)                                                             | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                         | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|-----------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/29/2025</b>            |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| 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.)                                                                      | 75          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| White Milk - TR1035 (1 c.)                                                                          | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                            | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                                    | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Ketchup - TR1088 (2 ea.)                                                                            | 10          | 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)          |
| Sugar Packet - TR1061 (1 ea.)                                                                       | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                                          | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Syrup Dip Cup - TR1058 (1 ea.)                                                                      | 10          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle - ServingDate:<br/>10/30/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast Bun - TR1008 (1 ea.)                                                          | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal - TR1642 (1 bowl)                                                             | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch - TR1428 (1 c.)                                                               | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429 (1 c.)                                                                         | 10          | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Lucky Charms - TR1430 (1 bowl)                                                                      | 10          | 210.00             | 2.50          | 0.00        | 0.00          | 0.00      | 350.00      | 46.00    | 3.00            | 20.00            | (M)              | 4.00        | 9.00      | 150.00       | 1000.00         | 12.00     | (M)        | (M)            | 0.00         |
| Trix Cereal - TR1884 (1 bowl)                                                                       | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Chicken & Waffles - TR2047 (1 serv.)                                                                | 20          | 210.00             | 9.50          | 1.50        | 0.00          | 40.00     | 335.00      | 22.00    | 1.00            | 3.00             | 0.00(M)          | 12.00       | 1.36      | 31.00        | 43.00           | 47.00     | 0.01(M)    | 180.00 (M)     | 0.00         |
| Donut Holes Powdered - TR1905 (1 c.)                                                                | 10          | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini Chocolate Donuts - TR1017 (1 pkg.)                                                 | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Wednesday<br/>Pizza - ServingDate:<br/>10/29/2025</b>                |         |
| Lactaid Milk - TR1367<br>(1 c.)                                                                         | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                                       | (M)     |
| White Milk - TR1035 (1<br>c.)                                                                           | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                             | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                                     | 0.30    |
| Ketchup - TR1088 (2<br>ea.)                                                                             | (M)     |
| Sugar Packet - TR1061<br>(1 ea.)                                                                        | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                                           | (M)     |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                                       | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/30/2025</b> |         |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                                           | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                              | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                                | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                                          | 0.00    |
| Lucky Charms - TR1430<br>(1 bowl)                                                                       | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                                        | 0.00    |
| Chicken & Waffles -<br>TR2047 (1 serv.)                                                                 | 0.00    |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                                 | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                               | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Generated on: 9/23/2025 9:58:36 AM by Kevin White

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                              | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| 2025 FALL Breakfast<br>HS STAR Thursday<br>Chix & Waffle -<br>ServingDate:<br>10/30/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Mini Pancakes - TR1026 (1 pkg.)                                              | 10          | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J GRAPE SMUCKERS SINGLE 72CT - TR1468 (1 ea.)                                | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)                                          | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11(M)      | 0.00(M)      |
| 100% Juice Fruit Punch Peterson - TR2042 (1/2 c.)                                        | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Chilled Fruit Cocktail - TR1506 (1/2 c.)                                                 | 15          | 65.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.42        | 16.25    | 1.08            | 13.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | 0.00(M)      |
| 100% Apple Juice - TR2040 (1/2 c.)                                                       | 20          | 50.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 13.00    | 0.00            | 14.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| 100% Berry Juice - TR2041 (1 ea.)                                                        | 20          | 41.67              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 9.72     | 0.00            | 8.33             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | 48.61          | (M)          |
| Orange Wedges - TR1057 (1 ea.)                                                           | 15          | 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)          |
| Raisins - TR1049 (1 pkg.)                                                                | 10          | 120.00             | 0.20          | 0.00        | 0.00          | 0.00      | 10.00       | 30.00    | 2.00            | 24.00            | 0.00             | 1.00        | 0.72      | 20.00        | 0.00            | 1.20      | (M)        | (M)            | (M)          |
| 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          | 110.00             | 0.00          | 0.00        | 0.00          | 5.00      | 170.00      | 18.00    | 0.00            | 18.00            | 6.00             | 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     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00          | 2.40      | (M)        | (M)            | (M)          |
| Creamer - TR1063 (1 ea.)                                                                 | 10          | 15.00              | 1.00          | 1.00        | 0.00          | 5.00      | 10.00       | 1.00     | 0.00            | 1.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Hot Coffee - TR1065 (10 fl. oz.)                                                         | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 8.88        | 0.00     | 0.00            | 0.00             | 0.00(M)          | 0.00        | 0.00      | 9.45         | 0.00            | 0.00      | 0.00       | 16.85          | 295.70       |
| Jelly Assorted Flavors - TR1022 (1 ea.)                                                  | 20          | 25.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 7.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Picante Sauce - TR1865 (1 packet)                                                        | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 140.00      | 1.00     | 0.00            | 0.00             | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 1.20      | 0.00       | 0.00           | 0.00         |
| Sugar Packet - TR1061 (1 ea.)                                                            | 10          | 10.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 3.00     | 0.00            | 3.00             | 3.00             | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Sugar Sub - TR1062 (1 ea.)                                                               | 10          | 0.00               | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 1.00     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/30/2025</b> |         |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                                       | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                                      | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                                   | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                                 | (M)     |
| Chilled Fruit Cocktail -<br>TR1506 (1/2 c.)                                                             | 0.00(M) |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                                   | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                                    | (M)     |
| Orange Wedges -<br>TR1057 (1 ea.)                                                                       | (M)     |
| Raisins - TR1049 (1<br>pkg.)                                                                            | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                                         | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                                       | (M)     |
| White Milk - TR1035 (1<br>c.)                                                                           | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                                             | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                                     | 0.30    |
| Jelly Assorted Flavors -<br>TR1022 (1 ea.)                                                              | (M)     |
| Picante Sauce - TR1865<br>(1 packet)                                                                    | 0.00    |
| Sugar Packet - TR1061<br>(1 ea.)                                                                        | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                                           | (M)     |

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Planned Qty | Calories<br>(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, RAE (mcg) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|---------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/30/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                                       | 20          | 120.00             | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 31.00    | 0.00            | 19.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/31/2025</b>                   |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                 |           |            |                |              |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                                           | 5           | 230.00             | 7.00          | 2.00        | 0.00          | 0.00      | 340.00      | 39.00    | 3.00            | 10.00            | (M)              | 6.00        | 2.70      | 80.00        | 200.00          | 0.00      | (M)        | (M)            | (M)          |
| Chex Blueberry Cereal -<br>TR1642 (1 bowl)                                                              | 5           | 240.00             | 5.00          | 0.50        | 0.00          | 0.00      | 350.00      | 46.00    | 1.00            | 12.00            | 12.00            | 3.00        | 16.20     | 100.00       | 500.00          | 6.00      | 2.00       | 0.00           | 0.00         |
| Cinnamon Toast Crunch -<br>TR1428 (1 c.)                                                                | 5           | 210.00             | 5.00          | 0.50        | 0.00          | 0.00      | 320.00      | 44.00    | 7.00            | 11.00            | 11.00            | 3.00        | 8.10      | 400.00       | 1000.00         | 9.00      | (M)        | (M)            | 0.00         |
| Cocoa Puffs - TR1429<br>(1 c.)                                                                          | 5           | 220.00             | 3.00          | 0.00        | 0.00          | 0.00      | 230.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 9.00      | 200.00       | 1250.00         | 12.00     | 6.00       | 190.00         | 0.00         |
| Trix Cereal - TR1884 (1<br>bowl)                                                                        | 5           | 220.00             | 3.00          | 0.50        | 0.00          | 0.00      | 320.00      | 47.00    | 3.00            | 12.00            | 12.00            | 3.00        | 4.50      | 100.00       | 500.00          | 6.00      | 2.00       | 109.98         | 0.00         |
| Glazed Donut - TR1044<br>(1 ea.)                                                                        | 20          | 301.67             | 16.00         | 7.00        | 0.00          | 0.00      | 300.00      | 35.33    | 2.80            | 12.33            | (M)              | 5.00        | 0.70      | 13.97        | 9.65            | 0.00      | (M)        | (M)            | (M)          |
| Glazed Donut with<br>Sprinkles - TR1047 (1<br>ea.)                                                      | 25          | 306.21             | 16.16         | 7.15        | 0.00          | 0.00      | 300.01      | 36.11    | 2.80            | 13.05            | (M)              | 5.00        | 0.70      | 13.97        | 9.65            | 0.00      | (M)        | (M)            | (M)          |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                                 | 5           | 280.00             | 12.00         | 4.50        | 0.00          | 0.00      | 230.00      | 42.00    | 2.00            | 21.00            | 20.00            | 4.00        | 1.08      | 20.00        | 0.00            | 0.00      | 0.00       | 106.22         | 0.00         |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                               | 10          | 320.00             | 15.00         | 7.00        | 0.00          | 0.00      | 270.00      | 41.00    | 2.00            | 19.00            | (M)              | 5.00        | 1.80      | 40.00        | 0.00            | 0.00      | (M)        | (M)            | (M)          |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                                       | 5           | 210.00             | 6.00          | 1.00        | 0.00          | 10.00     | 320.00      | 35.00    | 4.00            | 11.00            | (M)              | 4.00        | 2.70      | 60.00        | 500.00          | 0.00      | (M)        | (M)            | (M)          |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                                      | 5           | 300.00             | 17.00         | 3.00        | 0.00          | 0.00      | 280.00      | 32.00    | 4.00            | 14.00            | (M)              | 9.00        | 1.44      | 20.00        | 0.00            | 0.00      | (M)        | (M)            | 0.00         |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                                   | 5           | 310.00             | 3.20          | 0.00        | 0.00          | 5.00      | 125.00      | 64.00    | 4.00            | 41.00            | 4.00(M)          | 8.00        | 1.44      | 170.00       | 0.00            | 1.20      | 0.00(M)    | 100.11<br>(M)  | 0.00(M)      |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                                 | 20          | 60.00              | 0.00          | 0.00        | 0.00          | 0.00      | 15.00       | 14.00    | 0.00            | 13.00            | 0.00             | 0.00        | 0.00      | 0.00         | 0.00            | 42.00     | (M)        | (M)            | (M)          |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                                  | 15          | 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 - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                                             | Ash (g) |
|---------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Thursday<br/>Chix &amp; Waffle -<br/>ServingDate:<br/>10/30/2025</b> |         |
| Syrup Dip Cup -<br>TR1058 (1 ea.)                                                                       | (M)     |
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/31/2025</b>                   |         |
| Whole Grain Breakfast<br>Bun - TR1008 (1 ea.)                                                           | (M)     |
| Chex Blueberry Cereal<br>- TR1642 (1 bowl)                                                              | 0.00    |
| Cinnamon Toast Crunch<br>- TR1428 (1 c.)                                                                | 0.00    |
| Cocoa Puffs - TR1429<br>(1 c.)                                                                          | 0.00    |
| Trix Cereal - TR1884 (1<br>bowl)                                                                        | 0.00    |
| Glazed Donut - TR1044<br>(1 ea.)                                                                        | (M)     |
| Glazed Donut with<br>Sprinkles - TR1047 (1<br>ea.)                                                      | (M)     |
| Donut Holes Powdered -<br>TR1905 (1 c.)                                                                 | 0.00    |
| Whole Grain Mini<br>Chocolate Donuts -<br>TR1017 (1 pkg.)                                               | (M)     |
| Whole Grain Mini<br>Pancakes - TR1026 (1<br>pkg.)                                                       | (M)     |
| SANDWICH PB&J<br>GRAPE SMUCKERS<br>SINGLE 72CT - TR1468<br>(1 ea.)                                      | 0.00    |
| Yogurt/Granola/Raisin<br>Meal Kit - TR1975 (1<br>ea.)                                                   | 0.00(M) |
| 100% Juice Fruit Punch<br>Peterson - TR2042 (1/2<br>c.)                                                 | (M)     |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                                  | (M)     |

Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Chol<br>(mg) | Sodium<br>(mg) | Carb<br>(g) | Total<br>Fiber<br>(g) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) | Protein<br>(g) | Iron<br>(mg) | Calcium<br>(mg) | VitA,<br>RAE<br>(mcg) | VitC<br>(mg) | VitD<br>(mcg) | Potassi<br>um<br>(mg) | Mois<br>(g) |
|-----------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|--------------|-----------------|-----------------------|--------------|---------------|-----------------------|-------------|
| 2025 FALL Breakfast<br>HS STAR Friday<br>Donut - ServingDate:<br>10/31/2025 |                |                    |                  |                |                  |              |                |             |                       |                        |                        |                |              |                 |                       |              |               |                       |             |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                       | 20             | 50.00              | 0.00             | 0.00           | 0.00             | 0.00         | 0.00           | 13.00       | 0.00                  | 14.00                  | 0.00                   | 0.00           | 0.00         | 0.00            | 0.00                  | 0.00         | (M)           | (M)                   | (M)         |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                        | 20             | 41.67              | 0.00             | 0.00           | 0.00             | 0.00         | 0.00           | 9.72        | 0.00                  | 8.33                   | 0.00                   | 0.00           | 0.00         | 0.00            | 0.00                  | 0.00         | (M)           | 48.61                 | (M)         |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                        | 15             | 62.40              | 0.00             | 0.00           | 0.00             | 0.00         | 10.40          | 14.56       | 0.00                  | 11.44                  | (M)                    | 0.00           | 0.00         | 0.00            | 0.00                  | 0.00         | (M)           | (M)                   | 0.00(M)     |
| Raisins - TR1049 (1<br>pkg.)                                                | 10             | 120.00             | 0.20             | 0.00           | 0.00             | 0.00         | 10.00          | 30.00       | 2.00                  | 24.00                  | 0.00                   | 1.00           | 0.72         | 20.00           | 0.00                  | 1.20         | (M)           | (M)                   | (M)         |
| Lactaid Milk - TR1367<br>(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 -<br>TR1033 (1 c.)                                           | 60             | 110.00             | 0.00             | 0.00           | 0.00             | 5.00         | 170.00         | 18.00       | 0.00                  | 18.00                  | 6.00                   | 8.00           | 0.00         | 300.00          | 500.00                | 2.40         | (M)           | (M)                   | (M)         |
| White Milk - TR1035 (1<br>c.)                                               | 30             | 100.00             | 2.50             | 1.50           | 0.00             | 10.00        | 120.00         | 11.00       | 0.00                  | 11.00                  | 0.00                   | 8.00           | 0.00         | 300.00          | 500.00                | 2.40         | (M)           | (M)                   | (M)         |
| Creamer - TR1063 (1<br>ea.)                                                 | 10             | 15.00              | 1.00             | 1.00           | 0.00             | 5.00         | 10.00          | 1.00        | 0.00                  | 1.00                   | (M)                    | 0.00           | 0.00         | 0.00            | 0.00                  | 0.00         | (M)           | (M)                   | (M)         |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                         | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 0.00         | 8.88           | 0.00        | 0.00                  | 0.00                   | 0.00(M)                | 0.00           | 0.00         | 9.45            | 0.00                  | 0.00         | 0.00          | 16.85                 | 295.70      |
| Sugar Packet - TR1061<br>(1 ea.)                                            | 10             | 10.00              | 0.00             | 0.00           | 0.00             | 0.00         | 0.00           | 3.00        | 0.00                  | 3.00                   | 3.00                   | 0.00           | 0.00         | 0.00            | 0.00                  | 0.00         | (M)           | (M)                   | (M)         |
| Sugar Sub - TR1062 (1<br>ea.)                                               | 10             | 0.00               | 0.00             | 0.00           | 0.00             | 0.00         | 0.00           | 1.00        | 0.00                  | 0.00                   | (M)                    | 0.00           | 0.00         | 0.00            | 0.00                  | 0.00         | (M)           | (M)                   | (M)         |

Legend  
(M) - Missing Nutrient Values

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

# Menu Calendar Nutrient Analysis Report - October, 2025

Site: TOMBALL STAR ACADEMY  
Date: 10/01/2025 - 10/31/2025

| Item Name<br>(Serving Size)                                                           | Ash (g) |
|---------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Breakfast<br/>HS STAR Friday<br/>Donut - ServingDate:<br/>10/31/2025</b> |         |
| 100% Apple Juice -<br>TR2040 (1/2 c.)                                                 | (M)     |
| 100% Berry Juice -<br>TR2041 (1 ea.)                                                  | (M)     |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                                  | 0.00(M) |
| Raisins - TR1049 (1<br>pkg.)                                                          | (M)     |
| Lactaid Milk - TR1367<br>(1 c.)                                                       | 0.00    |
| Chocolate Milk -<br>TR1033 (1 c.)                                                     | (M)     |
| White Milk - TR1035 (1<br>c.)                                                         | (M)     |
| Creamer - TR1063 (1<br>ea.)                                                           | (M)     |
| Hot Coffee - TR1065<br>(10 fl. oz.)                                                   | 0.30    |
| Sugar Packet - TR1061<br>(1 ea.)                                                      | (M)     |
| Sugar Sub - TR1062 (1<br>ea.)                                                         | (M)     |