

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/01/2025																			
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	4	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	50	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	43.99	2.39	0.24	0.00	0.00	153.97	7.64	2.55	3.82	0.00(M)	0.00	0.46	38.21	10516.75	2.29	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	50	35.35	1.12	0.24	0.00	0.00	156.40	4.90	2.75	1.35	0.00(M)	2.85	0.54	30.00	932.98	36.90	0.00(M)	0.00(M)	0.00(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)
Red Delicious Apple - TR1055 (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

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/01/2025	
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/01/2025																			
Chilled Applesauce - TR1503 (1/2 c.)	30	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)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
Chocolate Milk - TR1033 (1 c.)	70	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.)	20	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)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/02/2025																			
Croissant - TR1953 (1 ea.)	30	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
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	10	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Swiss Cheese - TR1523 (1 slice)	15	45.56	3.04	1.77	0.00	10.13	57.71	0.51	0.00	0.51	0.00	4.05	0.00	151.87	101.25	0.00	(M)	(M)	(M)
Cheeseburger - TR1897 (1 ea.)	10	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	10	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	2	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	15	110.69	4.53	1.01	0.00	45.28	372.32	0.00	0.00	0.00	0.00	17.11	0.40	0.00	0.00	0.00	0.00	281.88	0.00
Sliced Turkey Ham - TR2044 (6 slice)	15	130.00	7.00	2.00	0.00	55.00	359.99	3.00	0.00	2.00	2.00	13.00	0.70	0.00	0.00	0.00	0.00	710.16	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/01/2025	
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/02/2025	
Croissant - TR1953 (1 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Swiss Cheese - TR1523 (1 slice)	(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	0.00
Sliced Turkey Ham - TR2044 (6 slice)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/02/2025																			
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11(M)	0.00(M)
Shredded Carrots - TR1194 (1/8 c.)	25	6.25	0.00	0.00	0.00	0.00	13.75	1.50	0.50	0.75	(M)	0.00	0.18	5.00	2375.00	0.60	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	25	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	(M)	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Lettuce Mix - TR1189 (1 c.)	45	15.00	0.00	0.00	0.00	0.00	10.00	3.00	1.00	2.00	(M)	1.00	0.36	20.00	2500.00	4.80	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Fresh Spinach - TR1195 (1 c.)	25	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	(M)	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	35	3.75	0.00	0.00	0.00	0.00	0.00	1.00	0.25	0.50	(M)	0.25	0.09	0.00	187.50	3.00	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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)
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(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)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	10	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)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	10	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayo - TR1144 (1 ea.)	25	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	15	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/02/2025	
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Shredded Carrots - TR1194 (1/8 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Lettuce Mix - TR1189 (1 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Fresh Spinach - TR1195 (1 c.)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/03/2025																			
Steak Fingers - TR2038 (4 ea.)	25	232.99	12.16	4.56	0.00	45.59	334.29	15.20	0.00	0.00	0.00	18.23	2.73	20.26	101.30	15.20	0.00	(M)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	20	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	3	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	50	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	80	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)	121.75 (M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Granny Smith Apple - TR1054 (1 ea.)	10	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	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)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/03/2025	
Steak Fingers - TR2038 (4 ea.)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/03/2025																			
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)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	50	120.30	6.02	3.01	0.00	0.00	631.58	15.04	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 10/06/2025																			
Meatballs - TR1262 (5 ea.)	25	152.00	11.00	4.00	0.70	48.00	302.00	2.00	1.00	1.00	(M)	12.00	1.00	28.00	1.00	0.00	(M)	(M)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	15	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	20	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	(M)	6.56	0.00	207.65	245.90	0.00	(M)	(M)	0.00
Marinara Sauce - TR1124 (1/2 c.)	20	57.78	1.44	0.00	0.00	0.00	130.00	9.63	0.00	5.78	0.96	1.93	1.04	57.78	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 (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/03/2025	
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 10/06/2025	
Meatballs - TR1262 (5 ea.)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 10/06/2025																			
Garlic Toast - TR1004 (1 ea.)	30	100.00	3.00	0.00	0.00	0.00	130.00	15.00	2.00	1.00	(M)	3.00	0.72	0.00	300.00	0.00	(M)	(M)	(M)
Penne Pasta - TR1423 (1 c.)	45	229.20	3.74	0.32	0.00	0.00	15.90	41.00	4.00	2.00	(M)	7.00	1.80	35.90	0.00	0.00	(M)	(M)	529.40 (M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	30	125.15	4.17	0.52	0.00	0.00	146.01	20.86	2.09	0.00	(M)	2.09	0.38	0.00	104.30	3.75	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	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 Peaches - TR1505 (1/2 c.)	35	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)
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.)	70	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.)	20	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)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/07/2025																			
Beef Chili - TR1808 (1 #8 scoop)	35	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 10/06/2025	
Garlic Toast - TR1004 (1 ea.)	(M)
Penne Pasta - TR1423 (1 c.)	0.53(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/07/2025	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/07/2025																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	55	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Charro Beans - TR1094 (1/2 c.)	35	111.00	0.56	0.04	0.00	0.00	184.19	19.16	7.40	0.23	(M)	6.31	1.53	42.04	35.42	0.56	(M)	(M)	(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Banana - TR1056 (1 ea.)	50	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

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/07/2025	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Charro Beans - TR1094 (1/2 c.)	(M)
Salsa Cup - TR1072 (1 ea.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Banana - TR1056 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/07/2025																			
Chilled Pears - TR1508 (1/2 c.)	30	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)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(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.)	70	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.)	20	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 Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 10/08/2025																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	2	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	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 (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/07/2025	
Chilled Pears - TR1508 (1/2 c.)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	(M)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 10/08/2025	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 10/08/2025																			
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	45	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	43.99	2.39	0.24	0.00	0.00	153.97	7.64	2.55	3.82	0.00(M)	0.00	0.46	38.21	10516.75	2.29	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	50	35.35	1.12	0.24	0.00	0.00	156.40	4.90	2.75	1.35	0.00(M)	2.85	0.54	30.00	932.98	36.90	0.00(M)	0.00(M)	0.00(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)
Red Delicious Apple - TR1055 (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)
Chilled Applesauce - TR1503 (1/2 c.)	30	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)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
Chocolate Milk - TR1033 (1 c.)	70	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.)	20	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)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(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 (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 10/08/2025	
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 10/14/2025																			
Beef Chili - TR1808 (1 #8 scoop)	40	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	3	626.45	35.88	6.77	0.00	51.59	1326.78	50.22	6.78	10.67	0.00(M)	27.74	8.91	187.03	3940.67	13.75	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	60	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Charro Beans - TR1094 (1/2 c.)	35	111.00	0.56	0.04	0.00	0.00	184.19	19.16	7.40	0.23	(M)	6.31	1.53	42.04	35.42	0.56	(M)	(M)	(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 10/14/2025	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Charro Beans - TR1094 (1/2 c.)	(M)
Salsa Cup - TR1072 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 10/14/2025																			
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Banana - TR1056 (1 ea.)	50	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
Chilled Pears - TR1508 (1/2 c.)	30	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)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(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.)	70	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.)	20	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 Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/15/2025																			
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	4	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 10/14/2025	
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	(M)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/15/2025	
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/15/2025																			
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	50	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	43.99	2.39	0.24	0.00	0.00	153.97	7.64	2.55	3.82	0.00(M)	0.00	0.46	38.21	10516.75	2.29	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	50	35.35	1.12	0.24	0.00	0.00	156.40	4.90	2.75	1.35	0.00(M)	2.85	0.54	30.00	932.98	36.90	0.00(M)	0.00(M)	0.00(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)
Red Delicious Apple - TR1055 (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)
Chilled Applesauce - TR1503 (1/2 c.)	30	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)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
Chocolate Milk - TR1033 (1 c.)	70	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.)	20	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)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(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 (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/15/2025	
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/16/2025																			
Croissant - TR1953 (1 ea.)	30	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
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	10	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Swiss Cheese - TR1523 (1 slice)	15	45.56	3.04	1.77	0.00	10.13	57.71	0.51	0.00	0.51	0.00	4.05	0.00	151.87	101.25	0.00	(M)	(M)	(M)
Cheeseburger - TR1897 (1 ea.)	10	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	10	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	2	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	15	110.69	4.53	1.01	0.00	45.28	372.32	0.00	0.00	0.00	0.00	17.11	0.40	0.00	0.00	0.00	0.00	281.88	0.00
Sliced Turkey Ham - TR2044 (6 slice)	15	130.00	7.00	2.00	0.00	55.00	359.99	3.00	0.00	2.00	2.00	13.00	0.70	0.00	0.00	0.00	0.00	710.16	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11 (M)	0.00(M)
Shredded Carrots - TR1194 (1/8 c.)	25	6.25	0.00	0.00	0.00	0.00	13.75	1.50	0.50	0.75	(M)	0.00	0.18	5.00	2375.00	0.60	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	25	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	(M)	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Lettuce Mix - TR1189 (1 c.)	45	15.00	0.00	0.00	0.00	0.00	10.00	3.00	1.00	2.00	(M)	1.00	0.36	20.00	2500.00	4.80	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Fresh Spinach - TR1195 (1 c.)	25	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	(M)	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	35	3.75	0.00	0.00	0.00	0.00	0.00	1.00	0.25	0.50	(M)	0.25	0.09	0.00	187.50	3.00	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/16/2025	
Croissant - TR1953 (1 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Swiss Cheese - TR1523 (1 slice)	(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	0.00
Sliced Turkey Ham - TR2044 (6 slice)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Shredded Carrots - TR1194 (1/8 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Lettuce Mix - TR1189 (1 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Fresh Spinach - TR1195 (1 c.)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/16/2025																			
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(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)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	10	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)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	10	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayo - TR1144 (1 ea.)	25	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	15	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/17/2025																			
Steak Fingers - TR2038 (4 ea.)	25	232.99	12.16	4.56	0.00	45.59	334.29	15.20	0.00	0.00	0.00	18.23	2.73	20.26	101.30	15.20	0.00	(M)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	20	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	3	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/16/2025	
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/17/2025	
Steak Fingers - TR2038 (4 ea.)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/17/2025																			
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	50	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	80	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)	121.75(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Granny Smith Apple - TR1054 (1 ea.)	10	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	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)
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)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	50	120.30	6.02	3.01	0.00	0.00	631.58	15.04	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/17/2025	
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 10/20/2025																			
Meatballs - TR1262 (5 ea.)	25	152.00	11.00	4.00	0.70	48.00	302.00	2.00	1.00	1.00	(M)	12.00	1.00	28.00	1.00	0.00	(M)	(M)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	15	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	20	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	(M)	6.56	0.00	207.65	245.90	0.00	(M)	(M)	0.00
Marinara Sauce - TR1124 (1/2 c.)	20	57.78	1.44	0.00	0.00	0.00	130.00	9.63	0.00	5.78	0.96	1.93	1.04	57.78	0.00	0.00	0.00	0.00	0.00
Garlic Toast - TR1004 (1 ea.)	30	100.00	3.00	0.00	0.00	0.00	130.00	15.00	2.00	1.00	(M)	3.00	0.72	0.00	300.00	0.00	(M)	(M)	(M)
Penne Pasta - TR1423 (1 c.)	45	229.20	3.74	0.32	0.00	0.00	15.90	41.00	4.00	2.00	(M)	7.00	1.80	35.90	0.00	0.00	(M)	(M)	529.40 (M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	30	125.15	4.17	0.52	0.00	0.00	146.01	20.86	2.09	0.00	(M)	2.09	0.38	0.00	104.30	3.75	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	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 Peaches - TR1505 (1/2 c.)	35	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)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 10/20/2025	
Meatballs - TR1262 (5 ea.)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00
Garlic Toast - TR1004 (1 ea.)	(M)
Penne Pasta - TR1423 (1 c.)	0.53(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 10/20/2025																			
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.)	70	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.)	20	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)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/21/2025																			
Beef Chili - TR1808 (1 #8 scoop)	35	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90(M)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24(M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 10/20/2025	
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/21/2025	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/21/2025																			
Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	55	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Charro Beans - TR1094 (1/2 c.)	35	111.00	0.56	0.04	0.00	0.00	184.19	19.16	7.40	0.23	(M)	6.31	1.53	42.04	35.42	0.56	(M)	(M)	(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Banana - TR1056 (1 ea.)	50	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
Chilled Pears - TR1508 (1/2 c.)	30	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)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(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.)	70	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.)	20	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 Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	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 (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 10/21/2025	
Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Charro Beans - TR1094 (1/2 c.)	(M)
Salsa Cup - TR1072 (1 ea.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 10/22/2025																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	2	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	45	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	43.99	2.39	0.24	0.00	0.00	153.97	7.64	2.55	3.82	0.00(M)	0.00	0.46	38.21	10516.75	2.29	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	50	35.35	1.12	0.24	0.00	0.00	156.40	4.90	2.75	1.35	0.00(M)	2.85	0.54	30.00	932.98	36.90	0.00(M)	0.00(M)	0.00(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)
Red Delicious Apple - TR1055 (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 (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 10/22/2025	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 10/22/2025																			
Chilled Applesauce - TR1503 (1/2 c.)	30	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)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
Chocolate Milk - TR1033 (1 c.)	70	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.)	20	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)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 10/23/2025																			
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	15	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheese Cubes - TR1980 (8 cubes)	5	137.50	11.25	7.50	0.00	31.25	225.00	0.00	0.00	0.00	0.00	8.75	0.00	250.00	0.00	0.00	0.00	25.00	0.00
Cheeseburger - TR1897 (1 ea.)	15	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	15	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	10	201.00	10.00	6.00	0.00	61.00	707.00	2.00	0.00	0.00	0.00	25.00	0.18	210.00	0.00	0.00	0.00	520.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Diced Turkey Breast - TR1187 (4 oz.)	15	182.00	2.00	0.00	0.00	72.00	1053.98	4.00	0.00	0.00	0.00	36.00	0.36	20.00	0.00	0.00	0.00	999.98	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 10/22/2025	
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 10/23/2025	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheese Cubes - TR1980 (8 cubes)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Diced Turkey Breast - TR1187 (4 oz.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 10/23/2025																			
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11(M)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	30	170.00	6.00	1.00	0.00	0.00	170.00	25.00	2.00	2.00	1.00	2.00	1.40	10.00	0.00	0.00	0.10	170.14	0.00
Fresh Broccoli - TR1196 (1/4 c.)	30	7.75	0.00	0.00	0.00	0.00	7.50	1.50	0.50	0.38	(M)	0.63	0.17	10.75	141.75	20.25	(M)	(M)	(M)
Shredded Carrots - TR1194 (1/4 c.)	30	12.50	0.00	0.00	0.00	0.00	27.50	3.00	1.00	1.50	(M)	0.00	0.36	10.00	4750.00	1.20	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	30	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	(M)	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	15	65.00	1.00	0.00	0.00	0.00	70.00	10.00	3.00	0.50	(M)	3.50	0.90	20.00	0.00	0.60	(M)	(M)	0.00
Lettuce Mix - TR1189 (3 c.)	30	45.00	0.00	0.00	0.00	0.00	30.00	9.00	3.00	6.00	(M)	3.00	1.08	60.00	7500.00	14.40	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Fresh Spinach - TR1195 (1 c.)	30	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	(M)	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Grape Tomatoes - TR1191 (3 ea.)	20	10.20	0.00	0.00	0.00	0.00	3.40	3.40	0.68	1.36	(M)	0.34	0.00	5.78	482.80	7.48	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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)
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(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)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	20	180.00	19.00	3.00	0.00	0.00	330.00	2.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 10/23/2025	
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	0.00
Fresh Broccoli - TR1196 (1/4 c.)	(M)
Shredded Carrots - TR1194 (1/4 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	0.00
Lettuce Mix - TR1189 (3 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Fresh Spinach - TR1195 (1 c.)	(M)
Grape Tomatoes - TR1191 (3 ea.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 10/23/2025																			
Croutons - TR1981 (2 tablespoon)	15	303.75	10.13	0.00	0.00	0.00	860.61	50.62	0.00	0.00	0.00	10.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Balsamic Vinaigrette - TR1978 (1 Pouch)	5	157.33	14.68	2.62	0.00	0.00	346.13	6.29	0.00	6.29	5.24	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Italian Dressing - TR1979 (1 Pouch)	5	160.14	17.02	2.50	0.00	0.00	390.34	3.00	0.00	3.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 10/24/2025																			
Beef Steak Fingers - TR1937 (4 ea.)	25	240.00	13.00	5.00	0.00	35.00	230.00	16.00	3.00	1.00	0.00	16.00	3.00	35.00	0.00	0.00	0.00	424.87	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	15	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 10/23/2025	
Croutons - TR1981 (2 tablespoon)	0.00
Balsamic Vinaigrette - TR1978 (1 Pouch)	0.00
Italian Dressing - TR1979 (1 Pouch)	0.00
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 10/24/2025	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 10/24/2025																			
Golden Corn - TR1095 (1/2 c.)	35	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	65	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)	121.75(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Granny Smith Apple - TR1054 (1 ea.)	10	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	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)
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)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	40	120.30	6.02	3.01	0.00	0.00	631.58	15.04	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 10/27/2025																			
Meatballs - TR1262 (5 ea.)	30	152.00	11.00	4.00	0.70	48.00	302.00	2.00	1.00	1.00	(M)	12.00	1.00	28.00	1.00	0.00	(M)	(M)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	15	335.00	15.00	5.50	0.50	50.00	625.00	30.00	2.00	5.00	4.00(M)	24.00	2.08	316.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00(M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 10/24/2025	
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 10/27/2025	
Meatballs - TR1262 (5 ea.)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 10/27/2025																			
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	20	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	(M)	6.56	0.00	207.65	245.90	0.00	(M)	(M)	0.00
Marinara Sauce - TR1124 (1/2 c.)	25	57.78	1.44	0.00	0.00	0.00	130.00	9.63	0.00	5.78	0.96	1.93	1.04	57.78	0.00	0.00	0.00	0.00	0.00
Garlic Toast - TR1004 (1 ea.)	30	100.00	3.00	0.00	0.00	0.00	130.00	15.00	2.00	1.00	(M)	3.00	0.72	0.00	300.00	0.00	(M)	(M)	(M)
Penne Pasta - TR1423 (1 c.)	50	229.20	3.74	0.32	0.00	0.00	15.90	41.00	4.00	2.00	(M)	7.00	1.80	35.90	0.00	0.00	(M)	(M)	529.40(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	30	125.15	4.17	0.52	0.00	0.00	146.01	20.86	2.09	0.00	(M)	2.09	0.38	0.00	104.30	3.75	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	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 Peaches - TR1505 (1/2 c.)	35	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)
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.)	70	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.)	20	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)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 10/27/2025	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00
Garlic Toast - TR1004 (1 ea.)	(M)
Penne Pasta - TR1423 (1 c.)	0.53(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 10/28/2025																			
Beef Chili - TR1808 (1 #8 scoop)	40	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	3	626.45	35.88	6.77	0.00	51.59	1326.78	50.22	6.78	10.67	0.00(M)	27.74	8.91	187.03	3940.67	13.75	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	60	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Charro Beans - TR1094 (1/2 c.)	35	111.00	0.56	0.04	0.00	0.00	184.19	19.16	7.40	0.23	(M)	6.31	1.53	42.04	35.42	0.56	(M)	(M)	(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 10/28/2025	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Charro Beans - TR1094 (1/2 c.)	(M)
Salsa Cup - TR1072 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 10/28/2025																			
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Banana - TR1056 (1 ea.)	50	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
Chilled Pears - TR1508 (1/2 c.)	30	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)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(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.)	70	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.)	20	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 Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/29/2025																			
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	4	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 10/28/2025	
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	(M)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/29/2025	
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/29/2025																			
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	50	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	43.99	2.39	0.24	0.00	0.00	153.97	7.64	2.55	3.82	0.00(M)	0.00	0.46	38.21	10516.75	2.29	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	50	35.35	1.12	0.24	0.00	0.00	156.40	4.90	2.75	1.35	0.00(M)	2.85	0.54	30.00	932.98	36.90	0.00(M)	0.00(M)	0.00(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)
Red Delicious Apple - TR1055 (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)
Chilled Applesauce - TR1503 (1/2 c.)	30	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)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
Chocolate Milk - TR1033 (1 c.)	70	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.)	20	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)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(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 (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 10/29/2025	
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/30/2025																			
Croissant - TR1953 (1 ea.)	30	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
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	10	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Swiss Cheese - TR1523 (1 slice)	15	45.56	3.04	1.77	0.00	10.13	57.71	0.51	0.00	0.51	0.00	4.05	0.00	151.87	101.25	0.00	(M)	(M)	(M)
Cheeseburger - TR1897 (1 ea.)	10	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	10	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	2	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	15	110.69	4.53	1.01	0.00	45.28	372.32	0.00	0.00	0.00	0.00	17.11	0.40	0.00	0.00	0.00	0.00	281.88	0.00
Sliced Turkey Ham - TR2044 (6 slice)	15	130.00	7.00	2.00	0.00	55.00	359.99	3.00	0.00	2.00	2.00	13.00	0.70	0.00	0.00	0.00	0.00	710.16	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11 (M)	0.00(M)
Shredded Carrots - TR1194 (1/8 c.)	25	6.25	0.00	0.00	0.00	0.00	13.75	1.50	0.50	0.75	(M)	0.00	0.18	5.00	2375.00	0.60	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	25	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	(M)	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Lettuce Mix - TR1189 (1 c.)	45	15.00	0.00	0.00	0.00	0.00	10.00	3.00	1.00	2.00	(M)	1.00	0.36	20.00	2500.00	4.80	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Fresh Spinach - TR1195 (1 c.)	25	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	(M)	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	35	3.75	0.00	0.00	0.00	0.00	0.00	1.00	0.25	0.50	(M)	0.25	0.09	0.00	187.50	3.00	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/30/2025	
Croissant - TR1953 (1 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Swiss Cheese - TR1523 (1 slice)	(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	0.00
Sliced Turkey Ham - TR2044 (6 slice)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Shredded Carrots - TR1194 (1/8 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Lettuce Mix - TR1189 (1 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Fresh Spinach - TR1195 (1 c.)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/30/2025																			
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(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)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	10	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)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	10	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayo - TR1144 (1 ea.)	25	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	15	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/31/2025																			
Steak Fingers - TR2038 (4 ea.)	25	232.99	12.16	4.56	0.00	45.59	334.29	15.20	0.00	0.00	0.00	18.23	2.73	20.26	101.30	15.20	0.00	(M)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	20	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	3	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 10/30/2025	
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/31/2025	
Steak Fingers - TR2038 (4 ea.)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA, RAE (mcg)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/31/2025																			
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	280.31	9.90	5.50	0.00	31.80	580.77	31.00	3.00	5.60	(M)	18.50	1.64	465.88	523.97	0.00	(M)	(M)	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	50	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	80	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)	121.75(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	230.00	7.00	1.00	4.00	(M)	1.00	0.72	20.00	300.00	6.00	(M)	(M)	(M)
Granny Smith Apple - TR1054 (1 ea.)	10	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	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)
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)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	50	120.30	6.02	3.01	0.00	0.00	631.58	15.04	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 10/31/2025	
Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Marinara Dip Cup - TR1172 (1 ea.)	(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Chocolate Milk - TR1033 (1 c.)	(M)
White Milk - TR1035 (1 c.)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - October, 2025

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

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

(M) - Missing Nutrient Values

Report Selections

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