

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                            | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g)      |
|------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|---------------|
| 2025 Fall Lunch TJH<br>Wednesday Bowls -<br>ServingDate:<br>11/05/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |               |
| Beef Steak Fingers -<br>TR1937 (5 ea.)                                 | 30          | 300.00             | 16.25         | 6.25        | 0.00          | 43.75     | 287.50      | 20.00    | 3.75            | 1.25             | 0.00             | 20.00       | 3.75      | 43.75        | 0.00           | 0.00      | 0.00       | 531.10         | 0.00          |
| Spicy Buffalo Chicken<br>Bites - TR1593 (10 ea.)                       | 30          | 246.45             | 11.60         | 2.17        | 0.00          | 57.99     | 608.88      | 15.95    | 1.45            | 2.90             | 1.45             | 20.30       | 1.04      | 0.00         | 0.00           | 0.00      | 0.00       | 545.09         | 0.00          |
| Chicken Tenders, Whole<br>Muscle - TR1103 (3 ea)                       | 30          | 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)           |
| Fruit & Yogurt Plate -<br>TR1218 (1 ea.)                               | 5           | 442.00             | 10.20         | 5.00        | 0.00          | 20.00     | 386.00      | 77.50    | 5.50            | 52.00            | 11.00<br>(M)     | 12.50       | 2.52      | 480.00       | 350.00         | 37.20     | 0.00(M)    | 0.00(M)        | 0.00(M)       |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>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          |
| Whole Grain Roll -<br>TR1005 (1 ea.)                                   | 45          | 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/<br>Italian Dressing -<br>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/<br>Ranch Dressing -<br>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)       |
| Mashed Potatoes -<br>TR1083 (1/2 c.)                                   | 50          | 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<br>(M) |
| Mixed Vegetables -<br>TR1150 (1/2 c.)                                  | 10          | 68.24              | 0.56          | 0.12        | 0.00          | 0.00      | 163.07      | 12.69    | 3.17            | 4.23             | 0.00(M)          | 3.17        | 0.76      | 21.14        | 796.95         | 5.08      | 0.00(M)    | 0.00(M)        | 0.00(M)       |
| Granny Smith Apple -<br>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 Applesauce -<br>TR1503 (1/2 c.)                                | 20          | 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)       |
| Lactaid Milk - TR1367<br>(1 c.)                                        | 1           | 90.00              | 0.00          | 0.00        | 0.00          | 4.00      | 125.00      | 13.00    | 0.00            | 12.00            | 0.00             | 8.00        | 0.00      | 500.00       | 500.00         | 0.00      | (M)        | (M)            | 0.00          |
| Texas Fat-Free<br>Chocolate Milk -<br>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)           |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                 | 10          | 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<br>Cheese - TR1069 (1/2<br>oz.)                      | 50          | 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 -<br>TR1074 (4 tbsp.)                                    | 25          | 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 -<br>TR1245 (1 ea.)                                    | 20          | 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          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                      | Ash (g) |
|----------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch TJH<br/>Wednesday Bowls -<br/>ServingDate:<br/>11/05/2025</b> |         |
| Beef Steak Fingers -<br>TR1937 (5 ea.)                                           | 0.00    |
| Spicy Buffalo Chicken<br>Bites - TR1593 (10 ea.)                                 | 0.00    |
| Chicken Tenders, Whole<br>Muscle - TR1103 (3 ea)                                 | (M)     |
| Fruit & Yogurt Plate -<br>TR1218 (1 ea.)                                         | 0.00(M) |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                            | 0.00    |
| Whole Grain Roll -<br>TR1005 (1 ea.)                                             | (M)     |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)                     | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                       | 0.00(M) |
| Mashed Potatoes -<br>TR1083 (1/2 c.)                                             | 0.12(M) |
| Mixed Vegetables -<br>TR1150 (1/2 c.)                                            | 0.00(M) |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                           | (M)     |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                          | 0.00(M) |
| Lactaid Milk - TR1367<br>(1 c.)                                                  | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                              | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                           | (M)     |
| Shredded American<br>Cheese - TR1069 (1/2<br>oz.)                                | (M)     |
| Country Gravy -<br>TR1074 (4 tbsp.)                                              | (M)     |
| Ketchup Dip Cup -<br>TR1245 (1 ea.)                                              | 0.00    |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                            | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g)  |
|------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|-----------|
| 2025 Fall Lunch TJH<br>Wednesday Bowls -<br>ServingDate:<br>11/05/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |           |
| BBQ Sauce - TR1151 (1 ea.)                                             | 10          | 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)       |
| Buffalo Ranch Sauce - TR1854 (1 ea.)                                   | 10          | 60.10              | 4.51          | 0.50        | 0.00          | 5.01      | 140.25      | 5.01     | 0.00            | 2.00             | 2.00             | 0.00        | 0.00      | 10.02        | 0.00           | 1.20      | 0.00       | 110.17         | 0.00      |
| 2025 FALL Lunch TJH<br>Thursday Asian -<br>ServingDate:<br>11/06/2025  |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |           |
| 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)   |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                        | 7           | 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 Chicken Tangerine - TR1640 (7 1/2 oz.)                         | 55          | 365.38             | 7.69          | 1.92        | 0.00          | 86.54     | 730.77      | 48.08    | 3.85            | 25.00            | (M)              | 26.92       | 2.77      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)       |
| Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)                          | 20          | 197.32             | 5.31          | 1.52        | 0.00          | 106.25    | 728.57      | 15.18    | 0.00            | 13.66            | (M)              | 22.77       | 1.09      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)       |
| Chicken Egg Rolls (Premium) - TR1908 (2 ea)                            | 15          | 320.00             | 10.00         | 2.00        | 0.00          | 70.00     | 780.00      | 38.00    | 6.00            | 4.00             | 2.00             | 20.00       | 2.88      | 0.00         | 0.00           | 0.00      | 0.00       | 780.20         | 0.00      |
| Asian Brown Rice - TR1663 (1 c.)                                       | 75          | 139.24             | 3.85          | 0.64        | 0.00          | 0.00      | 217.10      | 23.11    | 1.72            | 1.00             | 0.00(M)          | 3.16        | 0.53      | 4.90         | 141.33         | 0.77      | 0.00(M)    | 0.00(M)        | 56.72 (M) |
| Baby Carrots & Ranch - TR1156 (1/2 c.)                                 | 20          | 86.83              | 3.50          | 0.50        | 0.00          | 5.00      | 429.03      | 13.44    | 2.15            | 6.22             | (M)              | 0.00        | 7.73      | 21.46        | 10195.88       | 2.58      | (M)        | (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)   |
| Steamed Broccoli - TR1112 (1/2 c.)                                     | 20          | 27.19              | 0.86          | 0.18        | 0.00          | 0.00      | 120.31      | 3.77     | 2.12            | 1.04             | 0.00(M)          | 2.19        | 0.41      | 23.08        | 717.68         | 28.38     | 0.00(M)    | 0.00(M)        | 0.00(M)   |
| Chilled Fruit Cocktail - TR1506 (1/2 c.)                               | 25          | 67.83              | 0.00          | 0.00        | 0.00          | 0.00      | 5.65        | 16.96    | 1.13            | 13.56            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | 0.00(M)   |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)                     | 35          | 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      |
| Orange Wedges - TR1057 (1 ea.)                                         | 25          | 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)   |

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Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                      | Ash (g) |
|----------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch TJH<br/>Wednesday Bowls -<br/>ServingDate:<br/>11/05/2025</b> |         |
| BBQ Sauce - TR1151 (1 ea.)                                                       | (M)     |
| Buffalo Ranch Sauce - TR1854 (1 ea.)                                             | 0.00    |
| <b>2025 FALL Lunch TJH<br/>Thursday Asian -<br/>ServingDate:<br/>11/06/2025</b>  |         |
| Chicken Popper Ranch Salad - TR1920 (1 ea.)                                      | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                  | 0.00    |
| Premium Chicken Tangerine - TR1640 (7 1/2 oz.)                                   | (M)     |
| Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)                                    | (M)     |
| Chicken Egg Rolls (Premium) - TR1908 (2 ea)                                      | 0.00    |
| Asian Brown Rice - TR1663 (1 c.)                                                 | 0.06(M) |
| Baby Carrots & Ranch - TR1156 (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) |
| Steamed Broccoli - TR1112 (1/2 c.)                                               | 0.00(M) |
| Chilled Fruit Cocktail - TR1506 (1/2 c.)                                         | 0.00(M) |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)                               | 0.00    |
| Orange Wedges - TR1057 (1 ea.)                                                   | (M)     |
| Signature Fruit Cup - TR2043 (1 ea.)                                             | 0.00(M) |

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| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|-----------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|--------------|
| 2025 FALL Lunch TJH<br>Thursday Asian -<br>ServingDate:<br>11/06/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| 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         |
| Texas Fat-Free 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)          |
| Texas 1% White Milk - TR1035 (1 c.)                                   | 10          | 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 (3 ea.)                                   | 10          | 45.00              | 0.00          | 0.00        | 0.00          | 0.00      | 210.00      | 12.00    | 0.00            | 12.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |
| 2025 FALL Lunch TJH<br>Friday - ServingDate:<br>11/07/2025            |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Cheeseburger - TR1897 (1 ea.)                                         | 30          | 392.00             | 19.60         | 7.40        | 0.00          | 68.00     | 616.00      | 31.00    | 2.00            | 5.00             | 4.00(M)          | 27.60       | 2.60      | 325.00       | 300.00         | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Chicken Popper Ranch Salad - TR1920 (1 ea.)                           | 10          | 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 Crispy Chicken Sandwich - TR1659 (1 ea.)                        | 30          | 370.00             | 10.00         | 1.50        | 0.00          | 50.00     | 830.00      | 46.00    | 5.00            | 4.00             | 4.00             | 23.00       | 2.08      | 136.00       | 200.00         | 0.00      | 0.00       | 0.00           | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                       | 10          | 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         |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)          | 20          | 420.60             | 12.59         | 1.76        | 0.00          | 64.70     | 778.92      | 50.35    | 4.35            | 5.18             | 4.00(M)          | 27.35       | 2.27      | 139.53       | 0.00           | 0.00      | 0.00(M)    | 494.11(M)      | 0.00(M)      |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)                | 5           | 30.79              | 0.00          | 0.00        | 0.00          | 0.00      | 485.69      | 6.89     | 1.29            | 3.74             | 0.96(M)          | 1.05        | 0.52      | 24.49        | 1296.57        | 6.65      | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)                  | 5           | 76.39              | 3.50          | 0.50        | 0.00          | 5.00      | 385.29      | 11.02    | 1.29            | 4.82             | 0.00(M)          | 1.05        | 0.52      | 24.49        | 1296.57        | 6.65      | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Wedge Fries - TR1529 (3 oz.)                                          | 65          | 163.40             | 4.90          | 0.82        | 0.00          | 0.00      | 277.77      | 24.51    | 0.00            | 0.00             | 0.00             | 1.63        | 0.59      | 0.00         | 163.40         | 5.88      | (M)        | (M)            | (M)          |
| Normandy Blend Vegetables - TR2019 (1/2 c.)                           | 15          | 44.23              | 1.75          | 0.38        | 0.00          | 0.00      | 104.63      | 5.84     | 2.34            | 2.34             | 0.00(M)          | 1.17        | 0.00      | 23.38        | 12.50          | 0.00      | 0.00(M)    | 251.35(M)      | 0.00(M)      |
| Apple Red Delicouius - TR1420 (1 ea.)                                 | 20          | 64.00              | 0.00          | 0.00        | 0.00          | 0.00      | 2.00        | 16.00    | 2.00            | 12.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |
| Chilled Peaches - TR1504 (1/2 c.)                                     | 25          | 67.83              | 0.00          | 0.00        | 0.00          | 0.00      | 11.30       | 15.83    | 0.00            | 12.44            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | 0.00(M)      |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                     | Ash (g) |
|---------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Thursday Asian -<br/>ServingDate:<br/>11/06/2025</b> |         |
| Lactaid Milk - TR1367<br>(1 c.)                                                 | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                             | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                          | (M)     |
| Fortune Cookie -<br>TR1002 (1 ea)                                               | 0.00    |
| Sweet & Sour Sauce -<br>TR1114 (3 ea.)                                          | (M)     |
| <b>2025 FALL Lunch TJH<br/>Friday - ServingDate:<br/>11/07/2025</b>             |         |
| Cheeseburger - TR1897<br>(1 ea.)                                                | 0.00(M) |
| Chicken Popper Ranch<br>Salad - TR1920 (1 ea.)                                  | 0.00(M) |
| Spicy Crispy Chicken<br>Sandwich - TR1659 (1<br>ea.)                            | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                           | 0.00    |
| New Whole Muscle<br>Breaded Chicken<br>Sandwich ! - TR1995 (1<br>ea.)           | 0.00(M) |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)                    | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                      | 0.00(M) |
| Wedge Fries - TR1529<br>(3 oz.)                                                 | (M)     |
| Normandy Blend<br>Vegetables - TR2019<br>(1/2 c.)                               | 0.00(M) |
| Apple Red Delicoius -<br>TR1420 (1 ea.)                                         | (M)     |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                            | 0.00(M) |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                   | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g)   |
|---------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|------------|
| 2025 FALL Lunch TJH<br>Friday - ServingDate: 11/07/2025       |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |            |
| 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       |
| Texas Fat-Free 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)        |
| Texas 1% White Milk - TR1035 (1 c.)                           | 10          | 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.)                       | 15          | 9.59               | 0.00          | 0.00        | 0.00          | 0.00      | 107.22      | 2.65     | 0.73            | 1.46             | (M)              | 0.73        | 0.26      | 10.00        | 373.88         | 3.98      | (M)        | (M)            | 0.00(M)    |
| Ketchup - TR1088 (2 ea.)                                      | 70          | 20.00              | 0.00          | 0.00        | 0.00          | 0.00      | 50.00       | 4.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)        |
| Mayo - TR1144 (1 ea.)                                         | 10          | 40.00              | 3.00          | 0.00        | 0.00          | 5.00      | 105.00      | 3.00     | 0.00            | 2.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)        |
| Mustard - TR1145 (1 ea.)                                      | 5           | 5.00               | 0.00          | 0.00        | 0.00          | 0.00      | 85.00       | 1.00     | 0.00            | 0.00             | (M)              | 1.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)        |
| 2025 FALL Lunch TJH<br>Monday pasta - ServingDate: 11/10/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |            |
| Meatballs - TR1262 (5 ea.)                                    | 40          | 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)        |
| Chicken Fajita - TR1122 (3 1/2 oz.)                           | 40          | 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       |
| Fruit & Yogurt Plate - TR1218 (1 ea.)                         | 10          | 442.00             | 10.20         | 5.00        | 0.00          | 20.00     | 386.00      | 77.50    | 5.50            | 52.00            | 11.00 (M)        | 12.50       | 2.52      | 480.00       | 350.00         | 37.20     | 0.00(M)    | 0.00(M)        | 0.00(M)    |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)               | 10          | 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       |
| Alfredo Sauce - TR1261 (1 #16 scoop)                          | 40          | 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.)                              | 40          | 40.44              | 1.93          | 0.00        | 0.00          | 0.00      | 88.59       | 5.78     | 1.93            | 1.93             | 0.96             | 1.93        | 1.04      | 57.78        | 0.00           | 0.00      | 0.00       | 234.96         | 0.00       |
| Garlic Toast - TR1004 (1 ea.)                                 | 50          | 100.00             | 3.50          | 0.50        | 0.00          | 0.00      | 125.00      | 14.00    | 1.00            | 1.00             | 0.00             | 3.00        | 1.10      | 10.00        | 300.00         | 0.00      | 0.10       | 130.00         | 0.00       |
| Penne Pasta - TR1423 (1 c.)                                   | 80          | 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) |
| Carrot Coins - TR1086 (1/2 c.)                                | 20          | 39.80              | 2.24          | 0.24        | 0.00          | 0.00      | 147.29      | 6.71     | 2.24            | 3.35             | 0.00(M)          | 0.00        | 0.40      | 33.55        | 9235.19        | 2.01      | 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)    |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                   | Ash (g) |
|-------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Friday - ServingDate:<br/>11/07/2025</b>           |         |
| Lactaid Milk - TR1367<br>(1 c.)                                               | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                           | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                        | (M)     |
| Lettuce/Tomato/Pickle -<br>TR1165 (1/2 c.)                                    | 0.00(M) |
| Ketchup - TR1088 (2<br>ea.)                                                   | (M)     |
| Mayo - TR1144 (1 ea.)                                                         | (M)     |
| Mustard - TR1145 (1<br>ea.)                                                   | (M)     |
| <b>2025 FALL Lunch TJH<br/>Monday pasta -<br/>ServingDate:<br/>11/10/2025</b> |         |
| Meatballs - TR1262 (5<br>ea.)                                                 | (M)     |
| Chicken Fajita - TR1122<br>(3 1/2 oz.)                                        | 0.00    |
| Fruit & Yogurt Plate -<br>TR1218 (1 ea.)                                      | 0.00(M) |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                         | 0.00    |
| Alfredo Sauce - TR1261<br>(1 #16 scoop)                                       | 0.00    |
| Marinara Sauce -<br>TR1124 (1/2 c.)                                           | 0.00    |
| Garlic Toast - TR1004<br>(1 ea.)                                              | 0.00    |
| Penne Pasta - TR1423<br>(1 c.)                                                | 0.53(M) |
| Carrot Coins - TR1086<br>(1/2 c.)                                             | 0.00(M) |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)                  | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                    | 0.00(M) |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                                                                  | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|------------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|----------|
| <b>2025 FALL Lunch TJH<br/>Monday pasta -<br/>ServingDate:<br/>11/10/2025</b>                                                |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |          |
| Seasoned Green Beans - TR1085 (1/2 c.)                                                                                       | 20          | 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.)                                                                                          | 25          | 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.)                                                                                            | 25          | 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     |
| Texas Fat-Free 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)      |
| Texas 1% White Milk - TR1035 (1 c.)                                                                                          | 10          | 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 Parmesan - TR1132 (1 tbsp.)                                                                                         | 50          | 27.84              | 2.02          | 1.14        | 0.00          | 6.33      | 103.78      | 0.25     | 0.00            | 0.00             | (M)              | 2.28        | 0.00      | 75.94        | 75.94          | 0.00      | (M)        | (M)            | 0.00     |
| <b>2025 FALL Lunch TJH<br/>Tuesday Nacho Menu -<br/>archived on Oct 22<br/>2025 4:23PM -<br/>ServingDate:<br/>11/11/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |          |
| 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     |
| 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.)                                                                                             | 30          | 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.)                                                                              | 7           | 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     |
| Texas Beef Tamales - TR1903 (2 ea.)                                                                                          | 20          | 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)                                                                               | 70          | 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)  |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                                                              | Ash (g) |
|--------------------------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Monday pasta -<br/>ServingDate:<br/>11/10/2025</b>                                            |         |
| 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    |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                                                            | (M)     |
| Texas 1% White Milk - TR1035 (1 c.)                                                                                      | (M)     |
| Shredded Parmesan - TR1132 (1 tbsp.)                                                                                     | 0.00    |
| <b>2025 FALL Lunch TJH<br/>Tuesday Nacho Menu - archived on Oct 22<br/>2025 4:23PM -<br/>ServingDate:<br/>11/11/2025</b> |         |
| Beef Chili - TR1808 (1 #8 scoop)                                                                                         | 0.00    |
| 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    |
| Texas 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) |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                                       | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|---------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|--------------|
| 2025 FALL Lunch TJH Tuesday Nacho Menu - archived on Oct 22 2025 4:23PM - ServingDate: 11/11/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Salsa Cup - TR1072 (1 ea.)                                                                        | 10          | 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)          |
| Tia Cecilia's Refried Beans - TR2059 (1/2 c.)                                                     | 20          | 165.19             | 2.79          | 0.50        | 0.00          | 2.08      | 231.19      | 26.28    | 4.41            | 1.35             | 0.00(M)          | 6.69        | 0.12      | 23.75        | 194.58         | 2.05      | 0.00(M)    | 0.00(M)        | 9.85(M)      |
| Banana - TR1056 (1 ea.)                                                                           | 30          | 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.)                                                                   | 25          | 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         |
| Texas Fat-Free 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)          |
| Texas 1% White Milk - TR1035 (1 c.)                                                               | 10          | 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.)                                                                      | 15          | 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 TJH Wednesday Bowls - ServingDate: 11/12/2025                                     |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Beef Steak Fingers - TR1937 (5 ea.)                                                               | 30          | 300.00             | 16.25         | 6.25        | 0.00          | 43.75     | 287.50      | 20.00    | 3.75            | 1.25             | 0.00             | 20.00       | 3.75      | 43.75        | 0.00           | 0.00      | 0.00       | 531.10         | 0.00         |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.)                                                     | 30          | 246.45             | 11.60         | 2.17        | 0.00          | 57.99     | 608.88      | 15.95    | 1.45            | 2.90             | 1.45             | 20.30       | 1.04      | 0.00         | 0.00           | 0.00      | 0.00       | 545.09         | 0.00         |
| Chicken Tenders, Whole Muscle - TR1103 (3 ea)                                                     | 30          | 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)          |
| Fruit & Yogurt Plate - TR1218 (1 ea.)                                                             | 5           | 442.00             | 10.20         | 5.00        | 0.00          | 20.00     | 386.00      | 77.50    | 5.50            | 52.00            | 11.00 (M)        | 12.50       | 2.52      | 480.00       | 350.00         | 37.20     | 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         |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                                                                  | Ash (g) |
|------------------------------------------------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Tuesday Nacho Menu<br/>- archived on Oct 22<br/>2025 4:23PM -<br/>ServingDate:<br/>11/11/2025</b> |         |
| Salsa Cup - TR1072 (1 ea.)                                                                                                   | (M)     |
| Tia Cecilia's Refried Beans - TR2059 (1/2 c.)                                                                                | 0.01(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    |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                                                                | (M)     |
| Texas 1% 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)     |
| <b>2025 Fall Lunch TJH<br/>Wednesday Bowls -<br/>ServingDate:<br/>11/12/2025</b>                                             |         |
| Beef Steak Fingers - TR1937 (5 ea.)                                                                                          | 0.00    |
| Spicy Buffalo Chicken Bites - TR1593 (10 ea.)                                                                                | 0.00    |
| Chicken Tenders, Whole Muscle - TR1103 (3 ea)                                                                                | (M)     |
| Fruit & Yogurt Plate - TR1218 (1 ea.)                                                                                        | 0.00(M) |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                                                              | 0.00    |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                            | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|--------------|
| 2025 Fall Lunch TJH<br>Wednesday Bowls -<br>ServingDate:<br>11/12/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Whole Grain Roll - TR1005 (1 ea.)                                      | 45          | 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/<br>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/<br>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)      |
| Mashed Potatoes - TR1083 (1/2 c.)                                      | 50          | 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)    |
| Mixed Vegetables - TR1150 (1/2 c.)                                     | 10          | 68.24              | 0.56          | 0.12        | 0.00          | 0.00      | 163.07      | 12.69    | 3.17            | 4.23             | 0.00(M)          | 3.17        | 0.76      | 21.14        | 796.95         | 5.08      | 0.00(M)    | 0.00(M)        | 0.00(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 Applesauce - TR1503 (1/2 c.)                                   | 20          | 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)      |
| 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         |
| Texas Fat-Free 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)          |
| Texas 1% White Milk - TR1035 (1 c.)                                    | 10          | 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.)                            | 50          | 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.)                                       | 25          | 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.)                                       | 20          | 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.)                                             | 10          | 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)          |
| Buffalo Ranch Sauce - TR1854 (1 ea.)                                   | 10          | 60.10              | 4.51          | 0.50        | 0.00          | 5.01      | 140.25      | 5.01     | 0.00            | 2.00             | 2.00             | 0.00        | 0.00      | 10.02        | 0.00           | 1.20      | 0.00       | 110.17         | 0.00         |
| 2025 FALL Lunch TJH<br>Thursday Asian -<br>ServingDate:<br>11/13/2025  |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| 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)      |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                        | 7           | 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         |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                      | Ash (g) |
|----------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch TJH<br/>Wednesday Bowls -<br/>ServingDate:<br/>11/12/2025</b> |         |
| Whole Grain Roll -<br>TR1005 (1 ea.)                                             | (M)     |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)                     | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                       | 0.00(M) |
| Mashed Potatoes -<br>TR1083 (1/2 c.)                                             | 0.12(M) |
| Mixed Vegetables -<br>TR1150 (1/2 c.)                                            | 0.00(M) |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                           | (M)     |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                          | 0.00(M) |
| Lactaid Milk - TR1367<br>(1 c.)                                                  | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                              | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                           | (M)     |
| Shredded American<br>Cheese - TR1069 (1/2<br>oz.)                                | (M)     |
| Country Gravy -<br>TR1074 (4 tbsp.)                                              | (M)     |
| Ketchup Dip Cup -<br>TR1245 (1 ea.)                                              | 0.00    |
| BBQ Sauce - TR1151 (1<br>ea.)                                                    | (M)     |
| Buffalo Ranch Sauce -<br>TR1854 (1 ea.)                                          | 0.00    |
| <b>2025 FALL Lunch TJH<br/>Thursday Asian -<br/>ServingDate:<br/>11/13/2025</b>  |         |
| Chicken Popper Ranch<br>Salad - TR1920 (1 ea.)                                   | 0.00(M) |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                            | 0.00    |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                            | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|--------------|
| 2025 FALL Lunch TJH<br>Thursday Asian -<br>Serving Date:<br>11/13/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Premium Chicken<br>Tangerine - TR1640 (7 1/2 oz.)                      | 55          | 365.38             | 7.69          | 1.92        | 0.00          | 86.54     | 730.77      | 48.08    | 3.85            | 25.00            | (M)              | 26.92       | 2.77      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |
| Premium Teriyaki<br>Chicken - TR1641 (4 1/4 oz.)                       | 20          | 197.32             | 5.31          | 1.52        | 0.00          | 106.25    | 728.57      | 15.18    | 0.00            | 13.66            | (M)              | 22.77       | 1.09      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |
| Chicken Egg Rolls<br>(Premium) - TR1908 (2 ea)                         | 15          | 320.00             | 10.00         | 2.00        | 0.00          | 70.00     | 780.00      | 38.00    | 6.00            | 4.00             | 2.00             | 20.00       | 2.88      | 0.00         | 0.00           | 0.00      | 0.00       | 780.20         | 0.00         |
| Asian Brown Rice -<br>TR1663 (1 c.)                                    | 75          | 139.24             | 3.85          | 0.64        | 0.00          | 0.00      | 217.10      | 23.11    | 1.72            | 1.00             | 0.00(M)          | 3.16        | 0.53      | 4.90         | 141.33         | 0.77      | 0.00(M)    | 0.00(M)        | 56.72 (M)    |
| Baby Carrots & Ranch -<br>TR1156 (1/2 c.)                              | 20          | 86.83              | 3.50          | 0.50        | 0.00          | 5.00      | 429.03      | 13.44    | 2.15            | 6.22             | (M)              | 0.00        | 7.73      | 21.46        | 10195.88       | 2.58      | (M)        | (M)            | 0.00(M)      |
| Texas Garden Salad w/<br>Italian Dressing -<br>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/<br>Ranch Dressing -<br>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)      |
| Steamed Broccoli -<br>TR1112 (1/2 c.)                                  | 20          | 27.19              | 0.86          | 0.18        | 0.00          | 0.00      | 120.31      | 3.77     | 2.12            | 1.04             | 0.00(M)          | 2.19        | 0.41      | 23.08        | 717.68         | 28.38     | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Chilled Fruit Cocktail -<br>TR1506 (1/2 c.)                            | 25          | 67.83              | 0.00          | 0.00        | 0.00          | 0.00      | 5.65        | 16.96    | 1.13            | 13.56            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | 0.00(M)      |
| Italian Ice Good<br>Fortune 90/4.4oz -<br>TR1619 (1 ea.)               | 35          | 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         |
| Orange Wedges -<br>TR1057 (1 ea.)                                      | 25          | 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 -<br>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<br>(1 c.)                                        | 1           | 90.00              | 0.00          | 0.00        | 0.00          | 4.00      | 125.00      | 13.00    | 0.00            | 12.00            | 0.00             | 8.00        | 0.00      | 500.00       | 500.00         | 0.00      | (M)        | (M)            | 0.00         |
| Texas Fat-Free<br>Chocolate Milk -<br>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)          |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                 | 10          | 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 -<br>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 -<br>TR1114 (3 ea.)                                 | 10          | 45.00              | 0.00          | 0.00        | 0.00          | 0.00      | 210.00      | 12.00    | 0.00            | 12.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                     | Ash (g) |
|---------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Thursday Asian -<br/>ServingDate:<br/>11/13/2025</b> |         |
| Premium Chicken<br>Tangerine - TR1640 (7<br>1/2 oz.)                            | (M)     |
| Premium Teriyaki<br>Chicken - TR1641 (4<br>1/4 oz.)                             | (M)     |
| Chicken Egg Rolls<br>(Premium) - TR1908 (2<br>ea)                               | 0.00    |
| Asian Brown Rice -<br>TR1663 (1 c.)                                             | 0.06(M) |
| Baby Carrots & Ranch -<br>TR1156 (1/2 c.)                                       | 0.00(M) |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)                    | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                      | 0.00(M) |
| Steamed Broccoli -<br>TR1112 (1/2 c.)                                           | 0.00(M) |
| Chilled Fruit Cocktail -<br>TR1506 (1/2 c.)                                     | 0.00(M) |
| Italian Ice Good<br>Fortune 90/4.4oz -<br>TR1619 (1 ea.)                        | 0.00    |
| Orange Wedges -<br>TR1057 (1 ea.)                                               | (M)     |
| Signature Fruit Cup -<br>TR2043 (1 ea.)                                         | 0.00(M) |
| Lactaid Milk - TR1367<br>(1 c.)                                                 | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                             | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                          | (M)     |
| Fortune Cookie -<br>TR1002 (1 ea)                                               | 0.00    |
| Sweet & Sour Sauce -<br>TR1114 (3 ea.)                                          | (M)     |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                  | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g) |
|--------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|----------|
| 2025 FALL Lunch TJH Friday - ServingDate: 11/14/2025         |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |          |
| Cheeseburger - TR1897 (1 ea.)                                | 30          | 392.00             | 19.60         | 7.40        | 0.00          | 68.00     | 616.00      | 31.00    | 2.00            | 5.00             | 4.00(M)          | 27.60       | 2.60      | 325.00       | 300.00         | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)  |
| Chicken Popper Ranch Salad - TR1920 (1 ea.)                  | 10          | 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 Crispy Chicken Sandwich - TR1659 (1 ea.)               | 30          | 370.00             | 10.00         | 1.50        | 0.00          | 50.00     | 830.00      | 46.00    | 5.00            | 4.00             | 4.00             | 23.00       | 2.08      | 136.00       | 200.00         | 0.00      | 0.00       | 0.00           | 0.00     |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)              | 10          | 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     |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.) | 20          | 420.60             | 12.59         | 1.76        | 0.00          | 64.70     | 778.92      | 50.35    | 4.35            | 5.18             | 4.00(M)          | 27.35       | 2.27      | 139.53       | 0.00           | 0.00      | 0.00(M)    | 494.11(M)      | 0.00(M)  |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)       | 5           | 30.79              | 0.00          | 0.00        | 0.00          | 0.00      | 485.69      | 6.89     | 1.29            | 3.74             | 0.96(M)          | 1.05        | 0.52      | 24.49        | 1296.57        | 6.65      | 0.00(M)    | 0.00(M)        | 0.00(M)  |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)         | 5           | 76.39              | 3.50          | 0.50        | 0.00          | 5.00      | 385.29      | 11.02    | 1.29            | 4.82             | 0.00(M)          | 1.05        | 0.52      | 24.49        | 1296.57        | 6.65      | 0.00(M)    | 0.00(M)        | 0.00(M)  |
| Wedge Fries - TR1529 (3 oz.)                                 | 65          | 163.40             | 4.90          | 0.82        | 0.00          | 0.00      | 277.77      | 24.51    | 0.00            | 0.00             | 0.00             | 1.63        | 0.59      | 0.00         | 163.40         | 5.88      | (M)        | (M)            | (M)      |
| Normandy Blend Vegetables - TR2019 (1/2 c.)                  | 15          | 44.23              | 1.75          | 0.38        | 0.00          | 0.00      | 104.63      | 5.84     | 2.34            | 2.34             | 0.00(M)          | 1.17        | 0.00      | 23.38        | 12.50          | 0.00      | 0.00(M)    | 251.35(M)      | 0.00(M)  |
| Apple Red Delicoius - TR1420 (1 ea.)                         | 20          | 64.00              | 0.00          | 0.00        | 0.00          | 0.00      | 2.00        | 16.00    | 2.00            | 12.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)      |
| Chilled Peaches - TR1504 (1/2 c.)                            | 25          | 67.83              | 0.00          | 0.00        | 0.00          | 0.00      | 11.30       | 15.83    | 0.00            | 12.44            | (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     |
| Texas Fat-Free 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)      |
| Texas 1% White Milk - TR1035 (1 c.)                          | 10          | 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.)                      | 15          | 9.59               | 0.00          | 0.00        | 0.00          | 0.00      | 107.22      | 2.65     | 0.73            | 1.46             | (M)              | 0.73        | 0.26      | 10.00        | 373.88         | 3.98      | (M)        | (M)            | 0.00(M)  |
| Ketchup - TR1088 (2 ea.)                                     | 70          | 20.00              | 0.00          | 0.00        | 0.00          | 0.00      | 50.00       | 4.00     | 0.00            | 4.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)      |
| Mayo - TR1144 (1 ea.)                                        | 10          | 40.00              | 3.00          | 0.00        | 0.00          | 5.00      | 105.00      | 3.00     | 0.00            | 2.00             | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)      |
| Mustard - TR1145 (1 ea.)                                     | 5           | 5.00               | 0.00          | 0.00        | 0.00          | 0.00      | 85.00       | 1.00     | 0.00            | 0.00             | (M)              | 1.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)      |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                           | Ash (g) |
|-----------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Friday - ServingDate:<br/>11/14/2025</b>   |         |
| Cheeseburger - TR1897<br>(1 ea.)                                      | 0.00(M) |
| Chicken Popper Ranch<br>Salad - TR1920 (1 ea.)                        | 0.00(M) |
| Spicy Crispy Chicken<br>Sandwich - TR1659 (1<br>ea.)                  | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                 | 0.00    |
| New Whole Muscle<br>Breaded Chicken<br>Sandwich ! - TR1995 (1<br>ea.) | 0.00(M) |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)          | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)            | 0.00(M) |
| Wedge Fries - TR1529<br>(3 oz.)                                       | (M)     |
| Normandy Blend<br>Vegetables - TR2019<br>(1/2 c.)                     | 0.00(M) |
| Apple Red Delicoius -<br>TR1420 (1 ea.)                               | (M)     |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                  | 0.00(M) |
| Lactaid Milk - TR1367<br>(1 c.)                                       | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                   | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                | (M)     |
| Lettuce/Tomato/Pickle -<br>TR1165 (1/2 c.)                            | 0.00(M) |
| Ketchup - TR1088 (2<br>ea.)                                           | (M)     |
| Mayo - TR1144 (1 ea.)                                                 | (M)     |
| Mustard - TR1145 (1<br>ea.)                                           | (M)     |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                         | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Chol<br>(mg) | Sodium<br>(mg) | Carb<br>(g) | Total<br>Fiber<br>(g) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) | Protein<br>(g) | Iron<br>(mg) | Calcium<br>(mg) | VitA<br>(mcg<br>RAE) | VitC<br>(mg) | VitD<br>(mcg) | Potassi<br>um<br>(mg) | Mois<br>(g) |
|---------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|--------------|-----------------|----------------------|--------------|---------------|-----------------------|-------------|
| 2025 FALL Lunch TJH<br>Monday pasta -<br>ServingDate:<br>11/17/2025 |                |                    |                  |                |                  |              |                |             |                       |                        |                        |                |              |                 |                      |              |               |                       |             |
| Meatballs - TR1262 (5 ea.)                                          | 40             | 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)         |
| Chicken Fajita - TR1122 (3 1/2 oz.)                                 | 40             | 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        |
| Fruit & Yogurt Plate - TR1218 (1 ea.)                               | 10             | 442.00             | 10.20            | 5.00           | 0.00             | 20.00        | 386.00         | 77.50       | 5.50                  | 52.00                  | 11.00 (M)              | 12.50          | 2.52         | 480.00          | 350.00               | 37.20        | 0.00(M)       | 0.00(M)               | 0.00(M)     |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                     | 10             | 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        |
| Alfredo Sauce - TR1261 (1 #16 scoop)                                | 40             | 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.)                                    | 40             | 40.44              | 1.93             | 0.00           | 0.00             | 0.00         | 88.59          | 5.78        | 1.93                  | 1.93                   | 0.96                   | 1.93           | 1.04         | 57.78           | 0.00                 | 0.00         | 0.00          | 234.96                | 0.00        |
| Garlic Toast - TR1004 (1 ea.)                                       | 50             | 100.00             | 3.50             | 0.50           | 0.00             | 0.00         | 125.00         | 14.00       | 1.00                  | 1.00                   | 0.00                   | 3.00           | 1.10         | 10.00           | 300.00               | 0.00         | 0.10          | 130.00                | 0.00        |
| Penne Pasta - TR1423 (1 c.)                                         | 80             | 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)  |
| Carrot Coins - TR1086 (1/2 c.)                                      | 20             | 39.80              | 2.24             | 0.24           | 0.00             | 0.00         | 147.29         | 6.71        | 2.24                  | 3.35                   | 0.00(M)                | 0.00           | 0.40         | 33.55           | 9235.19              | 2.01         | 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)     |
| Seasoned Green Beans - TR1085 (1/2 c.)                              | 20             | 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.)                                 | 25             | 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.)                                   | 25             | 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        |
| Texas Fat-Free 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)         |
| Texas 1% White Milk - TR1035 (1 c.)                                 | 10             | 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 Parmesan - TR1132 (1 tbsp.)                                | 50             | 27.84              | 2.02             | 1.14           | 0.00             | 6.33         | 103.78         | 0.25        | 0.00                  | 0.00                   | (M)                    | 2.28           | 0.00         | 75.94           | 75.94                | 0.00         | (M)           | (M)                   | 0.00        |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                   | Ash (g) |
|-------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Monday pasta -<br/>ServingDate:<br/>11/17/2025</b> |         |
| Meatballs - TR1262 (5<br>ea.)                                                 | (M)     |
| Chicken Fajita - TR1122<br>(3 1/2 oz.)                                        | 0.00    |
| Fruit & Yogurt Plate -<br>TR1218 (1 ea.)                                      | 0.00(M) |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                         | 0.00    |
| Alfredo Sauce - TR1261<br>(1 #16 scoop)                                       | 0.00    |
| Marinara Sauce -<br>TR1124 (1/2 c.)                                           | 0.00    |
| Garlic Toast - TR1004<br>(1 ea.)                                              | 0.00    |
| Penne Pasta - TR1423<br>(1 c.)                                                | 0.53(M) |
| Carrot Coins - TR1086<br>(1/2 c.)                                             | 0.00(M) |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)                  | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                    | 0.00(M) |
| Seasoned Green Beans<br>- TR1085 (1/2 c.)                                     | 0.00(M) |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                        | (M)     |
| Chilled Peaches -<br>TR1505 (1/2 c.)                                          | 0.00(M) |
| Lactaid Milk - TR1367<br>(1 c.)                                               | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                           | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                        | (M)     |
| Shredded Parmesan -<br>TR1132 (1 tbsp.)                                       | 0.00    |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                      | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|--------------|
| 2025 FALL Lunch TJH Tuesday Nacho Menu - ServingDate: 11/18/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| 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         |
| 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.)                                 | 30          | 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.)                  | 7           | 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         |
| Texas Beef Tamales - TR1903 (2 ea.)                              | 20          | 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)                   | 70          | 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)      |
| Salsa Cup - TR1072 (1 ea.)                                       | 10          | 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)          |
| Tia Cecilia's Refried Beans - TR2059 (1/2 c.)                    | 20          | 165.19             | 2.79          | 0.50        | 0.00          | 2.08      | 231.19      | 26.28    | 4.41            | 1.35             | 0.00(M)          | 6.69        | 0.12      | 23.75        | 194.58         | 2.05      | 0.00(M)    | 0.00(M)        | 9.85(M)      |
| Banana - TR1056 (1 ea.)                                          | 30          | 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.)                                  | 25          | 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         |
| Texas Fat-Free 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)          |
| Texas 1% White Milk - TR1035 (1 c.)                              | 10          | 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         |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                               | Ash (g) |
|---------------------------------------------------------------------------|---------|
| 2025 FALL Lunch TJH<br>Tuesday Nacho Menu<br>- ServingDate:<br>11/18/2025 |         |
| Beef Chili - TR1808 (1<br>#8 scoop)                                       | 0.00    |
| Chicken Popper Ranch<br>Salad - TR1920 (1 ea.)                            | 0.00(M) |
| Chicken Fajitas -<br>TR2016 (3 oz.)                                       | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                     | 0.00    |
| Texas Beef Tamales -<br>TR1903 (2 ea.)                                    | 0.00    |
| Whole Grain Tortilla<br>Chips - TR1653 (20<br>Chips)                      | 0.00    |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)              | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                | 0.00(M) |
| Golden Corn - TR1095<br>(1/2 c.)                                          | 0.01(M) |
| Salsa Cup - TR1072 (1<br>ea.)                                             | (M)     |
| Tia Cecilia's Refried<br>Beans - TR2059 (1/2<br>c.)                       | 0.01(M) |
| Banana - TR1056 (1<br>ea.)                                                | 0.00    |
| Chilled Pears - TR1508<br>(1/2 c.)                                        | 0.00(M) |
| Signature Fruit Cup -<br>TR2043 (1 ea.)                                   | 0.00(M) |
| Lactaid Milk - TR1367<br>(1 c.)                                           | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                       | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                    | (M)     |
| Cheese Sauce - TR1624<br>(2 fl. oz.)                                      | 0.00    |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                      | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Mois (g)  |
|------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|-----------|
| 2025 FALL Lunch TJH Tuesday Nacho Menu - ServingDate: 11/18/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |           |
| 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.)                                     | 15          | 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 TJH Main Wednesday Holiday - ServingDate: 11/19/2025   |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |           |
| Chicken Popper Ranch Salad - TR1466 (1 ea.)                      | 10          | 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)   |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                  | 10          | 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      |
| Turkey & Gravy - TR1852 (3 oz.)                                  | 80          | 49.75              | 0.79          | 0.00        | 0.00          | 15.93     | 298.39      | 2.46     | 0.00            | 0.00             | 0.00(M)          | 7.74        | 0.18      | 4.73         | 0.00           | 0.00      | 0.00(M)    | 213.88(M)      | 157.56    |
| Cornbread Stuffing - TR1372 (1/2 c.)                             | 65          | 206.46             | 10.79         | 2.49        | 0.00          | 0.00      | 713.00      | 24.32    | 0.97            | 1.95             | 0.97(M)          | 2.92        | 0.70      | 21.23        | 163.95         | 1.17      | 0.00(M)    | 0.00(M)        | 59.08(M)  |
| Whole Grain Roll - TR1005 (1 ea.)                                | 80          | 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)       |
| Mashed Potatoes - TR1083 (1/2 c.)                                | 75          | 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) |
| Seasoned Green Beans - TR1085 (1/2 c.)                           | 35          | 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.)                              | 5           | 64.00              | 0.00          | 0.00        | 0.00          | 0.00      | 2.00        | 16.00    | 2.00            | 12.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)       |
| Diced Peach Cup - TR1406 (1 container )                          | 45          | 80.00              | 0.00          | 0.00        | 0.00          | 0.00      | 0.00        | 19.00    | 1.00            | 16.00            | (M)              | 1.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | 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      |
| Texas Fat-Free 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)       |
| Texas 1% White Milk - TR1035 (1 c.)                              | 25          | 100.00             | 2.50          | 1.50        | 0.00          | 10.00     | 120.00      | 11.00    | 0.00            | 11.00            | 0.00             | 8.00        | 0.00      | 300.00       | 500.00         | 2.40      | (M)        | (M)            | (M)       |
| Holiday Cookie ! - TR2061 (1 ea.)                                | 75          | 130.00             | 4.50          | 1.00        | 0.00          | 10.00     | 100.00      | 22.00    | 1.00            | 11.00            | 6.00             | 2.00        | 1.08      | 0.00         | 0.00           | 0.00      | 0.00       | 32.90          | 0.00      |
| Cranberry Sauce - TR1375 (1/8 c.)                                | 35          | 55.00              | 0.00          | 0.00        | 0.00          | 0.00      | 5.00        | 12.50    | 0.00            | 10.50            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | 0.00      |
| Turkey Gravy - TR1373 (1/4 c.)                                   | 50          | 19.71              | 0.49          | 0.00        | 0.00          | 0.00      | 144.99      | 2.96     | 0.00            | 0.00             | (M)              | 0.00        | 0.00      | 6.99         | 0.00           | 0.00      | (M)        | (M)            | 232.70    |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                         | Ash (g) |
|-------------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Tuesday Nacho Menu<br/>- ServingDate:<br/>11/18/2025</b> |         |
| Fiesta Salad - TR1101<br>(1/2 c.)                                                   | 0.00(M) |
| Peppers & Onions -<br>TR1970 (1/4 c.)                                               | 0.00    |
| Sour Cream - TR1098<br>(1 pkg.)                                                     | (M)     |
| <b>2025 Fall TJH Main<br/>Wednesday Holiday -<br/>ServingDate:<br/>11/19/2025</b>   |         |
| Chicken Popper Ranch<br>Salad - TR1466 (1 ea.)                                      | 0.00(M) |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                               | 0.00    |
| Turkey & Gravy -<br>TR1852 (3 oz.)                                                  | 0.16    |
| Cornbread Stuffing -<br>TR1372 (1/2 c.)                                             | 0.06(M) |
| Whole Grain Roll -<br>TR1005 (1 ea.)                                                | (M)     |
| Mashed Potatoes -<br>TR1083 (1/2 c.)                                                | 0.12(M) |
| Seasoned Green Beans<br>- TR1085 (1/2 c.)                                           | 0.00(M) |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                              | (M)     |
| Diced Peach Cup -<br>TR1406 (1 container )                                          | 0.00    |
| Lactaid Milk - TR1367<br>(1 c.)                                                     | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                                 | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                              | (M)     |
| Holiday Cookie ! -<br>TR2061 (1 ea.)                                                | 0.00    |
| Cranberry Sauce -<br>TR1375 (1/8 c.)                                                | 0.00    |
| Turkey Gravy - TR1373<br>(1/4 c.)                                                   | 0.23    |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                      | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|----------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|--------------|
| <b>2025 FALL Lunch TJH<br/>Thursday Asian -<br/>Serving Date:<br/>11/20/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| 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)      |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                  | 7           | 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 Chicken Tangerine - TR1640 (7 1/2 oz.)                                   | 55          | 365.38             | 7.69          | 1.92        | 0.00          | 86.54     | 730.77      | 48.08    | 3.85            | 25.00            | (M)              | 26.92       | 2.77      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |
| Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)                                    | 20          | 197.32             | 5.31          | 1.52        | 0.00          | 106.25    | 728.57      | 15.18    | 0.00            | 13.66            | (M)              | 22.77       | 1.09      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |
| Chicken Egg Rolls (Premium) - TR1908 (2 ea)                                      | 15          | 320.00             | 10.00         | 2.00        | 0.00          | 70.00     | 780.00      | 38.00    | 6.00            | 4.00             | 2.00             | 20.00       | 2.88      | 0.00         | 0.00           | 0.00      | 0.00       | 780.20         | 0.00         |
| Asian Brown Rice - TR1663 (1 c.)                                                 | 75          | 139.24             | 3.85          | 0.64        | 0.00          | 0.00      | 217.10      | 23.11    | 1.72            | 1.00             | 0.00(M)          | 3.16        | 0.53      | 4.90         | 141.33         | 0.77      | 0.00(M)    | 0.00(M)        | 56.72(M)     |
| Baby Carrots & Ranch - TR1156 (1/2 c.)                                           | 20          | 86.83              | 3.50          | 0.50        | 0.00          | 5.00      | 429.03      | 13.44    | 2.15            | 6.22             | (M)              | 0.00        | 7.73      | 21.46        | 10195.88       | 2.58      | (M)        | (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)      |
| Steamed Broccoli - TR1112 (1/2 c.)                                               | 20          | 27.19              | 0.86          | 0.18        | 0.00          | 0.00      | 120.31      | 3.77     | 2.12            | 1.04             | 0.00(M)          | 2.19        | 0.41      | 23.08        | 717.68         | 28.38     | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Chilled Fruit Cocktail - TR1506 (1/2 c.)                                         | 25          | 67.83              | 0.00          | 0.00        | 0.00          | 0.00      | 5.65        | 16.96    | 1.13            | 13.56            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | 0.00(M)      |
| Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)                               | 35          | 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         |
| Orange Wedges - TR1057 (1 ea.)                                                   | 25          | 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         |
| Texas Fat-Free 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)          |
| Texas 1% White Milk - TR1035 (1 c.)                                              | 10          | 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)          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                     | Ash (g) |
|---------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Thursday Asian -<br/>ServingDate:<br/>11/20/2025</b> |         |
| Chicken Popper Ranch<br>Salad - TR1920 (1 ea.)                                  | 0.00(M) |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                           | 0.00    |
| Premium Chicken<br>Tangerine - TR1640 (7<br>1/2 oz.)                            | (M)     |
| Premium Teriyaki<br>Chicken - TR1641 (4<br>1/4 oz.)                             | (M)     |
| Chicken Egg Rolls<br>(Premium) - TR1908 (2<br>ea)                               | 0.00    |
| Asian Brown Rice -<br>TR1663 (1 c.)                                             | 0.06(M) |
| Baby Carrots & Ranch -<br>TR1156 (1/2 c.)                                       | 0.00(M) |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)                    | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                      | 0.00(M) |
| Steamed Broccoli -<br>TR1112 (1/2 c.)                                           | 0.00(M) |
| Chilled Fruit Cocktail -<br>TR1506 (1/2 c.)                                     | 0.00(M) |
| Italian Ice Good<br>Fortune 90/4.4oz -<br>TR1619 (1 ea.)                        | 0.00    |
| Orange Wedges -<br>TR1057 (1 ea.)                                               | (M)     |
| Signature Fruit Cup -<br>TR2043 (1 ea.)                                         | 0.00(M) |
| Lactaid Milk - TR1367<br>(1 c.)                                                 | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                             | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                          | (M)     |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (mcg RAE) | VitC (mg) | VitD (mcg) | Potassium (mg) | Moisture (g) |
|-----------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|----------------|-----------|------------|----------------|--------------|
| 2025 FALL Lunch TJH<br>Thursday Asian -<br>ServingDate:<br>11/20/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| 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 (3 ea.)                                   | 10          | 45.00              | 0.00          | 0.00        | 0.00          | 0.00      | 210.00      | 12.00    | 0.00            | 12.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |
| 2025 FALL Lunch TJH<br>Friday - ServingDate:<br>11/21/2025            |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Cheeseburger - TR1897 (1 ea.)                                         | 30          | 392.00             | 19.60         | 7.40        | 0.00          | 68.00     | 616.00      | 31.00    | 2.00            | 5.00             | 4.00(M)          | 27.60       | 2.60      | 325.00       | 300.00         | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Chicken Popper Ranch Salad - TR1920 (1 ea.)                           | 10          | 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 Crispy Chicken Sandwich - TR1659 (1 ea.)                        | 30          | 370.00             | 10.00         | 1.50        | 0.00          | 50.00     | 830.00      | 46.00    | 5.00            | 4.00             | 4.00             | 23.00       | 2.08      | 136.00       | 200.00         | 0.00      | 0.00       | 0.00           | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                       | 10          | 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         |
| New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)          | 20          | 420.60             | 12.59         | 1.76        | 0.00          | 64.70     | 778.92      | 50.35    | 4.35            | 5.18             | 4.00(M)          | 27.35       | 2.27      | 139.53       | 0.00           | 0.00      | 0.00(M)    | 494.11(M)      | 0.00(M)      |
| Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)                | 5           | 30.79              | 0.00          | 0.00        | 0.00          | 0.00      | 485.69      | 6.89     | 1.29            | 3.74             | 0.96(M)          | 1.05        | 0.52      | 24.49        | 1296.57        | 6.65      | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)                  | 5           | 76.39              | 3.50          | 0.50        | 0.00          | 5.00      | 385.29      | 11.02    | 1.29            | 4.82             | 0.00(M)          | 1.05        | 0.52      | 24.49        | 1296.57        | 6.65      | 0.00(M)    | 0.00(M)        | 0.00(M)      |
| Wedge Fries - TR1529 (3 oz.)                                          | 65          | 163.40             | 4.90          | 0.82        | 0.00          | 0.00      | 277.77      | 24.51    | 0.00            | 0.00             | 0.00             | 1.63        | 0.59      | 0.00         | 163.40         | 5.88      | (M)        | (M)            | (M)          |
| Normandy Blend Vegetables - TR2019 (1/2 c.)                           | 15          | 44.23              | 1.75          | 0.38        | 0.00          | 0.00      | 104.63      | 5.84     | 2.34            | 2.34             | 0.00(M)          | 1.17        | 0.00      | 23.38        | 12.50          | 0.00      | 0.00(M)    | 251.35(M)      | 0.00(M)      |
| Apple Red DelicIOUS - TR1420 (1 ea.)                                  | 20          | 64.00              | 0.00          | 0.00        | 0.00          | 0.00      | 2.00        | 16.00    | 2.00            | 12.00            | (M)              | 0.00        | 0.00      | 0.00         | 0.00           | 0.00      | (M)        | (M)            | (M)          |
| Chilled Peaches - TR1504 (1/2 c.)                                     | 25          | 67.83              | 0.00          | 0.00        | 0.00          | 0.00      | 11.30       | 15.83    | 0.00            | 12.44            | (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         |
| Texas Fat-Free 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)          |
| Texas 1% White Milk - TR1035 (1 c.)                                   | 10          | 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)          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                     | Ash (g) |
|---------------------------------------------------------------------------------|---------|
| <b>2025 FALL Lunch TJH<br/>Thursday Asian -<br/>ServingDate:<br/>11/20/2025</b> |         |
| Fortune Cookie -<br>TR1002 (1 ea)                                               | 0.00    |
| Sweet & Sour Sauce -<br>TR1114 (3 ea.)                                          | (M)     |
| <b>2025 FALL Lunch TJH<br/>Friday - ServingDate:<br/>11/21/2025</b>             |         |
| Cheeseburger - TR1897<br>(1 ea.)                                                | 0.00(M) |
| Chicken Popper Ranch<br>Salad - TR1920 (1 ea.)                                  | 0.00(M) |
| Spicy Crispy Chicken<br>Sandwich - TR1659 (1<br>ea.)                            | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                           | 0.00    |
| New Whole Muscle<br>Breaded Chicken<br>Sandwich ! - TR1995 (1<br>ea.)           | 0.00(M) |
| Texas Garden Salad w/<br>Italian Dressing -<br>TR1973 (1 c.)                    | 0.00(M) |
| Texas Garden Salad w/<br>Ranch Dressing -<br>TR1972 (1 c.)                      | 0.00(M) |
| Wedge Fries - TR1529<br>(3 oz.)                                                 | (M)     |
| Normandy Blend<br>Vegetables - TR2019<br>(1/2 c.)                               | 0.00(M) |
| Apple Red Delicoidus -<br>TR1420 (1 ea.)                                        | (M)     |
| Chilled Peaches -<br>TR1504 (1/2 c.)                                            | 0.00(M) |
| Lactaid Milk - TR1367<br>(1 c.)                                                 | 0.00    |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                             | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                          | (M)     |

Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Chol<br>(mg) | Sodium<br>(mg) | Carb<br>(g) | Total<br>Fiber<br>(g) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) | Protein<br>(g) | Iron<br>(mg) | Calcium<br>(mg) | VitA<br>(mcg<br>RAE) | VitC<br>(mg) | VitD<br>(mcg) | Potassi<br>um<br>(mg) | Mois<br>(g) |
|------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|--------------|-----------------|----------------------|--------------|---------------|-----------------------|-------------|
| 2025 FALL Lunch TJH<br>Friday - ServingDate:<br>11/21/2025 |                |                    |                  |                |                  |              |                |             |                       |                        |                        |                |              |                 |                      |              |               |                       |             |
| Lettuce/Tomato/Pickle -<br>TR1165 (1/2 c.)                 | 15             | 9.59               | 0.00             | 0.00           | 0.00             | 0.00         | 107.22         | 2.65        | 0.73                  | 1.46                   | (M)                    | 0.73           | 0.26         | 10.00           | 373.88               | 3.98         | (M)           | (M)                   | 0.00(M)     |
| Ketchup - TR1088 (2<br>ea.)                                | 70             | 20.00              | 0.00             | 0.00           | 0.00             | 0.00         | 50.00          | 4.00        | 0.00                  | 4.00                   | (M)                    | 0.00           | 0.00         | 0.00            | 0.00                 | 0.00         | (M)           | (M)                   | (M)         |
| Mayo - TR1144 (1 ea.)                                      | 10             | 40.00              | 3.00             | 0.00           | 0.00             | 5.00         | 105.00         | 3.00        | 0.00                  | 2.00                   | (M)                    | 0.00           | 0.00         | 0.00            | 0.00                 | 0.00         | (M)           | (M)                   | (M)         |
| Mustard - TR1145 (1<br>ea.)                                | 5              | 5.00               | 0.00             | 0.00           | 0.00             | 0.00         | 85.00          | 1.00        | 0.00                  | 0.00                   | (M)                    | 1.00           | 0.00         | 0.00            | 0.00                 | 0.00         | (M)           | (M)                   | (M)         |

**Legend**  
(M) - Missing Nutrient Values

**Report Selections**  
Meal Type: Lunch  
Site Group: Junior High  
Menu Line: JH Main Line  
Serving Group: 6-8  
Nutrients Option: All

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: ALL  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                | Ash (g) |
|------------------------------------------------------------|---------|
| 2025 FALL Lunch TJH<br>Friday - ServingDate:<br>11/21/2025 |         |
| Lettuce/Tomato/Pickle -<br>TR1165 (1/2 c.)                 | 0.00(M) |
| Ketchup - TR1088 (2<br>ea.)                                | (M)     |
| Mayo - TR1144 (1 ea.)                                      | (M)     |
| Mustard - TR1145 (1<br>ea.)                                | (M)     |