

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
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<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/05/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Chicken Nuggets - TR1082 (5 ea)                                                        | 48          | 240.00             | 14.00         | 2.50        | 0.00          | 20.00     | 470.00      | 16.00    | 3.00            | 1.00             | (M)              | 13.00       | 1.80      | 40.00        | 100.00         | 0.00      | (M)        | (M)            | (M)          |
| Grilled Cheese - TR1089 (1 ea.)                                                        | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                        | 1           | 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         |
| Fresh Broccoli & Ranch .75 - TR1583 (3/4 c.)                                           | 50          | 83.25              | 3.50          | 0.50        | 0.00          | 5.00      | 392.50      | 11.50    | 1.50            | 4.13             | (M)              | 1.88        | 0.53      | 32.25        | 425.25         | 60.75     | (M)        | (M)            | 0.00(M)      |
| Chilled Applesauce - TR1503 (1/2 c.)                                                   | 50          | 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)      |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |
| Ketchup - TR1088 (2 ea.)                                                               | 25          | 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)          |
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Thursday -<br/>ServingDate:<br/>11/06/2025</b>  |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Grilled Cheese - TR1089 (1 ea.)                                                        | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                        | 1           | 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         |
| Stuffed Crust Pizza - TR1837 (1 slice)                                                 | 48          | 339.90             | 15.99         | 10.00       | 0.00          | 40.99     | 440.87      | 28.99    | 3.00            | 6.00             | 0.00             | 19.99       | 2.00      | 309.90       | 0.00           | 0.00      | 0.00       | 21.14          | 0.00         |
| Baby Carrots & Hummus Dip - TR1224 (3/4 c.)                                            | 50          | 100.58             | 1.50          | 0.00        | 0.00          | 0.00      | 235.27      | 16.94    | 5.65            | 2.47             | 0.00(M)          | 3.00        | 1.67      | 36.46        | 7818.93        | 1.98      | 0.00(M)    | 8.93(M)        | 0.00(M)      |
| Orange Wedges - TR1057 (1 ea.)                                                         | 50          | 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)          |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                            | Ash (g) |
|----------------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/05/2025</b> |         |
| Chicken Nuggets -<br>TR1082 (5 ea)                                                     | (M)     |
| Grilled Cheese -<br>TR1089 (1 ea.)                                                     | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                                  | 0.00    |
| Fresh Broccoli & Ranch<br>.75 - TR1583 (3/4 c.)                                        | 0.00(M) |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                | 0.00(M) |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                                    | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                                 | (M)     |
| Ketchup - TR1088 (2<br>ea.)                                                            | (M)     |
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Thursday -<br/>ServingDate:<br/>11/06/2025</b>  |         |
| Grilled Cheese -<br>TR1089 (1 ea.)                                                     | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                                  | 0.00    |
| Stuffed Crust Pizza -<br>TR1837 (1 slice)                                              | 0.00    |
| Baby Carrots &<br>Hummus Dip - TR1224<br>(3/4 c.)                                      | 0.00(M) |
| Orange Wedges -<br>TR1057 (1 ea.)                                                      | (M)     |
| 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: Tomball Early Excellence Academy  
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<br/>Connect k-8 Friday -<br/>ServingDate:<br/>11/07/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |          |
| Breaded Chicken Sandwich - TR1549 (1 ea.)                                       | 48          | 390.00             | 15.00         | 2.50        | 0.00          | 25.00     | 720.00      | 43.00    | 5.00            | 5.00             | 4.00(M)          | 19.00       | 2.80      | 156.00       | 0.00           | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)  |
| Grilled Cheese - TR1089 (1 ea.)                                                 | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00     |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                 | 1           | 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     |
| Crinkle Cut Fries - TR1527 (3 oz.)                                              | 50          | 190.47             | 5.71          | 0.00        | 0.00          | 0.00      | 323.80      | 28.57    | 3.81            | 0.00             | (M)              | 3.81        | 0.69      | 0.00         | 0.00           | 6.86      | (M)        | 399.99         | 0.00     |
| Granny Smith Apple - TR1054 (1 ea.)                                             | 50          | 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)      |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                   | 25          | 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)      |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.)                                         | 50          | 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.)                                                        | 35          | 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.)                                                           | 2           | 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.)                                                        | 2           | 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)      |
| <b>2025 Fall Lunch<br/>Connect k-8 Monday -<br/>ServingDate:<br/>11/10/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |          |
| Cheese Stuffed Breadsticks - TR1363 (2 ea.)                                     | 48          | 313.52             | 11.14         | 5.41        | 0.01          | 32.10     | 474.67      | 34.11    | 4.00            | 2.00             | (M)              | 20.75       | 2.16      | 425.00       | 425.00         | 0.00      | (M)        | (M)            | 0.00(M)  |
| Grilled Cheese - TR1089 (1 ea.)                                                 | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00     |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                 | 1           | 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     |
| Celery Sticks & Ranch (do not sell ranch) - TR1584 (1/2 c.)                     | 50          | 71.63              | 3.50          | 0.50        | 0.00          | 5.00      | 416.52      | 8.16     | 1.16            | 4.16             | (M)              | 0.00        | 0.00      | 23.26        | 232.61         | 1.40      | (M)        | (M)            | (M)      |
| Marinara Dip Cup - TR1172 (1 ea.)                                               | 50          | 20.00              | 0.00          | 0.00        | 0.00          | 0.00      | 100.00      | 3.00     | 1.00            | 2.00             | 1.00             | 1.00        | 0.72      | 20.00        | 300.00         | 6.00      | 0.00       | 131.00         | 0.00     |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                     | Ash (g) |
|---------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch<br/>Connect k-8 Friday -<br/>ServingDate:<br/>11/07/2025</b> |         |
| Breaded Chicken<br>Sandwich - TR1549 (1<br>ea.)                                 | 0.00(M) |
| Grilled Cheese -<br>TR1089 (1 ea.)                                              | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                           | 0.00    |
| Crinkle Cut Fries -<br>TR1527 (3 oz.)                                           | 0.00    |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                          | (M)     |
| 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<br/>Connect k-8 Monday<br/>- ServingDate:<br/>11/10/2025</b> |         |
| Cheese Stuffed<br>Breadsticks - TR1363<br>(2 ea.)                               | 0.00(M) |
| Grilled Cheese -<br>TR1089 (1 ea.)                                              | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                           | 0.00    |
| Celery Sticks & Ranch<br>(do not sell ranch) -<br>TR1584 (1/2 c.)               | (M)     |
| Marinara Dip Cup -<br>TR1172 (1 ea.)                                            | 0.00    |

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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<br/>Connect k-8 Monday<br/>- ServingDate:<br/>11/10/2025</b>        |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Granny Smith Apple - TR1054 (1 ea.)                                                    | 50          | 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)          |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |
| <b>2025 Fall Lunch<br/>Connect K-8 Tuesday<br/>- ServingDate:<br/>11/11/2025</b>       |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Cheeseburger - TR1897 (1 ea.)                                                          | 48          | 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)      |
| Grilled Cheese - TR1089 (1 ea.)                                                        | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                        | 1           | 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         |
| Baby Carrots & Hummus Dip - TR1224 (3/4 c.)                                            | 50          | 100.58             | 1.50          | 0.00        | 0.00          | 0.00      | 235.27      | 16.94    | 5.65            | 2.47             | 0.00(M)          | 3.00        | 1.67      | 36.46        | 7818.93        | 1.98      | 0.00(M)    | 8.93(M)        | 0.00(M)      |
| Banana - TR1056 (1 ea.)                                                                | 50          | 105.00             | 0.39          | 0.00        | 0.00          | 0.00      | 1.00        | 27.00    | 3.00            | 14.50            | 0.00             | 1.30        | 0.31      | 6.00         | 76.00          | 10.00     | 0.00       | 422.00         | 0.00         |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.)                                                | 25          | 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.)                                                               | 20          | 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.)                                                                  | 2           | 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.)                                                               | 2           | 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)          |
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/12/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Chicken Nuggets - TR1082 (5 ea)                                                        | 48          | 240.00             | 14.00         | 2.50        | 0.00          | 20.00     | 470.00      | 16.00    | 3.00            | 1.00             | (M)              | 13.00       | 1.80      | 40.00        | 100.00         | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                            | Ash (g) |
|----------------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch<br/>Connect k-8 Monday<br/>- ServingDate:<br/>11/10/2025</b>        |         |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                 | (M)     |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                                    | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                                 | (M)     |
| <b>2025 Fall Lunch<br/>Connect K-8 Tuesday<br/>- ServingDate:<br/>11/11/2025</b>       |         |
| Cheeseburger - TR1897<br>(1 ea.)                                                       | 0.00(M) |
| Grilled Cheese -<br>TR1089 (1 ea.)                                                     | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                                  | 0.00    |
| Baby Carrots &<br>Hummus Dip - TR1224<br>(3/4 c.)                                      | 0.00(M) |
| Banana - TR1056 (1<br>ea.)                                                             | 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<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/12/2025</b> |         |
| Chicken Nuggets -<br>TR1082 (5 ea)                                                     | (M)     |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
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<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/12/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Grilled Cheese - TR1089 (1 ea.)                                                        | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                        | 1           | 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         |
| Fresh Broccoli & Ranch .75 - TR1583 (3/4 c.)                                           | 50          | 83.25              | 3.50          | 0.50        | 0.00          | 5.00      | 392.50      | 11.50    | 1.50            | 4.13             | (M)              | 1.88        | 0.53      | 32.25        | 425.25         | 60.75     | (M)        | (M)            | 0.00(M)      |
| Chilled Applesauce - TR1503 (1/2 c.)                                                   | 50          | 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)      |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |
| Ketchup - TR1088 (2 ea.)                                                               | 25          | 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)          |
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Thursday -<br/>ServingDate:<br/>11/13/2025</b>  |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Grilled Cheese - TR1089 (1 ea.)                                                        | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                        | 1           | 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         |
| Stuffed Crust Pizza - TR1837 (1 slice)                                                 | 48          | 339.90             | 15.99         | 10.00       | 0.00          | 40.99     | 440.87      | 28.99    | 3.00            | 6.00             | 0.00             | 19.99       | 2.00      | 309.90       | 0.00           | 0.00      | 0.00       | 21.14          | 0.00         |
| Baby Carrots & Hummus Dip - TR1224 (3/4 c.)                                            | 50          | 100.58             | 1.50          | 0.00        | 0.00          | 0.00      | 235.27      | 16.94    | 5.65            | 2.47             | 0.00(M)          | 3.00        | 1.67      | 36.46        | 7818.93        | 1.98      | 0.00(M)    | 8.93(M)        | 0.00(M)      |
| Orange Wedges - TR1057 (1 ea.)                                                         | 50          | 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)          |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                            | Ash (g) |
|----------------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/12/2025</b> |         |
| Grilled Cheese -<br>TR1089 (1 ea.)                                                     | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                                  | 0.00    |
| Fresh Broccoli & Ranch<br>.75 - TR1583 (3/4 c.)                                        | 0.00(M) |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                | 0.00(M) |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                                    | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                                 | (M)     |
| Ketchup - TR1088 (2<br>ea.)                                                            | (M)     |
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Thursday -<br/>ServingDate:<br/>11/13/2025</b>  |         |
| Grilled Cheese -<br>TR1089 (1 ea.)                                                     | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                                  | 0.00    |
| Stuffed Crust Pizza -<br>TR1837 (1 slice)                                              | 0.00    |
| Baby Carrots &<br>Hummus Dip - TR1224<br>(3/4 c.)                                      | 0.00(M) |
| Orange Wedges -<br>TR1057 (1 ea.)                                                      | (M)     |
| 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: Tomball Early Excellence Academy  
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<br/>Connect k-8 Friday -<br/>ServingDate:<br/>11/14/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |          |
| Breaded Chicken Sandwich - TR1549 (1 ea.)                                       | 48          | 390.00             | 15.00         | 2.50        | 0.00          | 25.00     | 720.00      | 43.00    | 5.00            | 5.00             | 4.00(M)          | 19.00       | 2.80      | 156.00       | 0.00           | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)  |
| Grilled Cheese - TR1089 (1 ea.)                                                 | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00     |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                 | 1           | 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     |
| Crinkle Cut Fries - TR1527 (3 oz.)                                              | 50          | 190.47             | 5.71          | 0.00        | 0.00          | 0.00      | 323.80      | 28.57    | 3.81            | 0.00             | (M)              | 3.81        | 0.69      | 0.00         | 0.00           | 6.86      | (M)        | 399.99         | 0.00     |
| Granny Smith Apple - TR1054 (1 ea.)                                             | 50          | 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)      |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                   | 25          | 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)      |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.)                                         | 50          | 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.)                                                        | 35          | 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.)                                                           | 2           | 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.)                                                        | 2           | 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)      |
| <b>2025 Fall Lunch<br/>Connect k-8 Monday -<br/>ServingDate:<br/>11/17/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |          |
| Cheese Stuffed Breadsticks - TR1363 (2 ea.)                                     | 48          | 313.52             | 11.14         | 5.41        | 0.01          | 32.10     | 474.67      | 34.11    | 4.00            | 2.00             | (M)              | 20.75       | 2.16      | 425.00       | 425.00         | 0.00      | (M)        | (M)            | 0.00(M)  |
| Grilled Cheese - TR1089 (1 ea.)                                                 | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00     |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                 | 1           | 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     |
| Celery Sticks & Ranch (do not sell ranch) - TR1584 (1/2 c.)                     | 50          | 71.63              | 3.50          | 0.50        | 0.00          | 5.00      | 416.52      | 8.16     | 1.16            | 4.16             | (M)              | 0.00        | 0.00      | 23.26        | 232.61         | 1.40      | (M)        | (M)            | (M)      |
| Marinara Dip Cup - TR1172 (1 ea.)                                               | 50          | 20.00              | 0.00          | 0.00        | 0.00          | 0.00      | 100.00      | 3.00     | 1.00            | 2.00             | 1.00             | 1.00        | 0.72      | 20.00        | 300.00         | 6.00      | 0.00       | 131.00         | 0.00     |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                     | Ash (g) |
|---------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch<br/>Connect k-8 Friday -<br/>ServingDate:<br/>11/14/2025</b> |         |
| Breaded Chicken<br>Sandwich - TR1549 (1<br>ea.)                                 | 0.00(M) |
| Grilled Cheese -<br>TR1089 (1 ea.)                                              | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                           | 0.00    |
| Crinkle Cut Fries -<br>TR1527 (3 oz.)                                           | 0.00    |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                          | (M)     |
| 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<br/>Connect k-8 Monday<br/>- ServingDate:<br/>11/17/2025</b> |         |
| Cheese Stuffed<br>Breadsticks - TR1363<br>(2 ea.)                               | 0.00(M) |
| Grilled Cheese -<br>TR1089 (1 ea.)                                              | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                           | 0.00    |
| Celery Sticks & Ranch<br>(do not sell ranch) -<br>TR1584 (1/2 c.)               | (M)     |
| Marinara Dip Cup -<br>TR1172 (1 ea.)                                            | 0.00    |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
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<br/>Connect k-8 Monday<br/>- ServingDate:<br/>11/17/2025</b>        |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Granny Smith Apple - TR1054 (1 ea.)                                                    | 50          | 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)          |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |
| <b>2025 Fall Lunch<br/>Connect K-8 Tuesday<br/>- ServingDate:<br/>11/18/2025</b>       |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Cheeseburger - TR1897 (1 ea.)                                                          | 48          | 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)      |
| Grilled Cheese - TR1089 (1 ea.)                                                        | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                        | 1           | 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         |
| Baby Carrots & Hummus Dip - TR1224 (3/4 c.)                                            | 50          | 100.58             | 1.50          | 0.00        | 0.00          | 0.00      | 235.27      | 16.94    | 5.65            | 2.47             | 0.00(M)          | 3.00        | 1.67      | 36.46        | 7818.93        | 1.98      | 0.00(M)    | 8.93(M)        | 0.00(M)      |
| Banana - TR1056 (1 ea.)                                                                | 50          | 105.00             | 0.39          | 0.00        | 0.00          | 0.00      | 1.00        | 27.00    | 3.00            | 14.50            | 0.00             | 1.30        | 0.31      | 6.00         | 76.00          | 10.00     | 0.00       | 422.00         | 0.00         |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.)                                                | 25          | 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.)                                                               | 20          | 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.)                                                                  | 2           | 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.)                                                               | 2           | 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)          |
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/19/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Chicken Nuggets - TR1082 (5 ea)                                                        | 48          | 240.00             | 14.00         | 2.50        | 0.00          | 20.00     | 470.00      | 16.00    | 3.00            | 1.00             | (M)              | 13.00       | 1.80      | 40.00        | 100.00         | 0.00      | (M)        | (M)            | (M)          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                            | Ash (g) |
|----------------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch<br/>Connect k-8 Monday<br/>- ServingDate:<br/>11/17/2025</b>        |         |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                                 | (M)     |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                                    | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                                 | (M)     |
| <b>2025 Fall Lunch<br/>Connect K-8 Tuesday<br/>- ServingDate:<br/>11/18/2025</b>       |         |
| Cheeseburger - TR1897<br>(1 ea.)                                                       | 0.00(M) |
| Grilled Cheese -<br>TR1089 (1 ea.)                                                     | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                                  | 0.00    |
| Baby Carrots &<br>Hummus Dip - TR1224<br>(3/4 c.)                                      | 0.00(M) |
| Banana - TR1056 (1<br>ea.)                                                             | 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<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/19/2025</b> |         |
| Chicken Nuggets -<br>TR1082 (5 ea)                                                     | (M)     |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
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<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/19/2025</b> |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Grilled Cheese - TR1089 (1 ea.)                                                        | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                        | 1           | 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         |
| Fresh Broccoli & Ranch .75 - TR1583 (3/4 c.)                                           | 50          | 83.25              | 3.50          | 0.50        | 0.00          | 5.00      | 392.50      | 11.50    | 1.50            | 4.13             | (M)              | 1.88        | 0.53      | 32.25        | 425.25         | 60.75     | (M)        | (M)            | 0.00(M)      |
| Chilled Applesauce - TR1503 (1/2 c.)                                                   | 50          | 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)      |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |
| Ketchup - TR1088 (2 ea.)                                                               | 25          | 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)          |
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Thursday -<br/>ServingDate:<br/>11/20/2025</b>  |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |              |
| Grilled Cheese - TR1089 (1 ea.)                                                        | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00         |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                                        | 1           | 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         |
| Stuffed Crust Pizza - TR1837 (1 slice)                                                 | 48          | 339.90             | 15.99         | 10.00       | 0.00          | 40.99     | 440.87      | 28.99    | 3.00            | 6.00             | 0.00             | 19.99       | 2.00      | 309.90       | 0.00           | 0.00      | 0.00       | 21.14          | 0.00         |
| Baby Carrots & Hummus Dip - TR1224 (3/4 c.)                                            | 50          | 100.58             | 1.50          | 0.00        | 0.00          | 0.00      | 235.27      | 16.94    | 5.65            | 2.47             | 0.00(M)          | 3.00        | 1.67      | 36.46        | 7818.93        | 1.98      | 0.00(M)    | 8.93(M)        | 0.00(M)      |
| Orange Wedges - TR1057 (1 ea.)                                                         | 50          | 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)          |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                                          | 25          | 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)          |

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                            | Ash (g) |
|----------------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Wednesday -<br/>ServingDate:<br/>11/19/2025</b> |         |
| Grilled Cheese -<br>TR1089 (1 ea.)                                                     | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                                  | 0.00    |
| Fresh Broccoli & Ranch<br>.75 - TR1583 (3/4 c.)                                        | 0.00(M) |
| Chilled Applesauce -<br>TR1503 (1/2 c.)                                                | 0.00(M) |
| Texas Fat-Free<br>Chocolate Milk -<br>TR1033 (1 c.)                                    | (M)     |
| Texas 1% White Milk -<br>TR1035 (1 c.)                                                 | (M)     |
| Ketchup - TR1088 (2<br>ea.)                                                            | (M)     |
| <b>2025 Fall Lunch<br/>Connect k-8<br/>Thursday -<br/>ServingDate:<br/>11/20/2025</b>  |         |
| Grilled Cheese -<br>TR1089 (1 ea.)                                                     | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                                  | 0.00    |
| Stuffed Crust Pizza -<br>TR1837 (1 slice)                                              | 0.00    |
| Baby Carrots &<br>Hummus Dip - TR1224<br>(3/4 c.)                                      | 0.00(M) |
| Orange Wedges -<br>TR1057 (1 ea.)                                                      | (M)     |
| 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: Tomball Early Excellence Academy  
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<br>Connect k-8 Friday -<br>ServingDate:<br>11/21/2025 |             |                    |               |             |               |           |             |          |                 |                  |                  |             |           |              |                |           |            |                |          |
| Breaded Chicken Sandwich - TR1549 (1 ea.)                             | 48          | 390.00             | 15.00         | 2.50        | 0.00          | 25.00     | 720.00      | 43.00    | 5.00            | 5.00             | 4.00(M)          | 19.00       | 2.80      | 156.00       | 0.00           | 0.00      | 0.00(M)    | 0.00(M)        | 0.00(M)  |
| Grilled Cheese - TR1089 (1 ea.)                                       | 1           | 308.98             | 11.00         | 5.50        | 0.00          | 31.80     | 558.97      | 32.86    | 2.60            | 6.00             | 2.13             | 18.80       | 1.64      | 465.88       | 523.97         | 0.00      | 0.04       | 103.79         | 0.00     |
| Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)                       | 1           | 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     |
| Crinkle Cut Fries - TR1527 (3 oz.)                                    | 50          | 190.47             | 5.71          | 0.00        | 0.00          | 0.00      | 323.80      | 28.57    | 3.81            | 0.00             | (M)              | 3.81        | 0.69      | 0.00         | 0.00           | 6.86      | (M)        | 399.99         | 0.00     |
| Granny Smith Apple - TR1054 (1 ea.)                                   | 50          | 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)      |
| Texas Fat-Free Chocolate Milk - TR1033 (1 c.)                         | 25          | 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)      |
| Lettuce/Tomato/Pickle - TR1165 (1/2 c.)                               | 50          | 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.)                                              | 35          | 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.)                                                 | 2           | 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.)                                              | 2           | 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: Elementary Regular  
Menu Line: Connections k-8  
Serving Group: K-8  
Nutrients Option: All

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Tomball Early Excellence Academy  
Date: 11/01/2025 - 11/30/2025

| Item Name<br>(Serving Size)                                                     | Ash (g) |
|---------------------------------------------------------------------------------|---------|
| <b>2025 Fall Lunch<br/>Connect k-8 Friday -<br/>ServingDate:<br/>11/21/2025</b> |         |
| Breaded Chicken<br>Sandwich - TR1549 (1<br>ea.)                                 | 0.00(M) |
| Grilled Cheese -<br>TR1089 (1 ea.)                                              | 0.00    |
| Peanut Butter & Jelly<br>Sandwich - TR1469 (1<br>ea.)                           | 0.00    |
| Crinkle Cut Fries -<br>TR1527 (3 oz.)                                           | 0.00    |
| Granny Smith Apple -<br>TR1054 (1 ea.)                                          | (M)     |
| 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)     |