

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 11/05/2025																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	2	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	45	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	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
Chow Mein Noodles - TR1936 (1 c.)	65	164.76	3.81	0.00	0.00	0.00	527.61	28.57	2.86	1.91	(M)	3.81	3.43	0.00	0.00	0.00	0.00	0.00	0.00
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)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Steamed Broccoli - TR1112 (1/2 c.)	50	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)
Granny Smith Apple - TR1054 (1 ea.)	15	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 11/05/2025	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Generated on: 10/28/2025 11:46:53 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 11/05/2025																			
Red Delicious Apple - TR1055 (1 ea.)	15	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	30	57.65	0.00	0.00	0.00	0.00	2.26	15.83	1.13	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
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.)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 11/06/2025																			
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	15	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheese Cubes - TR1980 (8 cubes)	5	137.50	11.25	7.50	0.00	31.25	225.00	0.00	0.00	0.00	0.00	8.75	0.00	250.00	0.00	0.00	0.00	25.00	0.00
Cheeseburger - TR1897 (1 ea.)	15	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	15	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	10	201.00	10.00	6.00	0.00	61.00	707.00	2.00	0.00	0.00	0.00	25.00	0.18	210.00	0.00	0.00	0.00	520.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	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

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Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 11/05/2025	
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 c.)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 11/06/2025	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheese Cubes - TR1980 (8 cubes)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 11/06/2025																			
Diced Turkey Breast - TR1187 (4 oz.)	15	182.00	2.00	0.00	0.00	72.00	1053.98	4.00	0.00	0.00	0.00	36.00	0.36	20.00	0.00	0.00	0.00	999.98	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11(M)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	30	170.00	6.00	1.00	0.00	0.00	170.00	25.00	2.00	2.00	1.00	2.00	1.40	10.00	0.00	0.00	0.10	170.14	0.00
Fresh Broccoli - TR1196 (1/4 c.)	30	7.75	0.00	0.00	0.00	0.00	7.50	1.50	0.50	0.38	(M)	0.63	0.17	10.75	141.75	20.25	(M)	(M)	(M)
Shredded Carrots - TR1194 (1/4 c.)	30	12.50	0.00	0.00	0.00	0.00	27.50	3.00	1.00	1.50	(M)	0.00	0.36	10.00	4750.00	1.20	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	30	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	(M)	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	15	65.00	1.00	0.00	0.00	0.00	70.00	10.00	3.00	0.50	(M)	3.50	0.90	20.00	0.00	0.60	(M)	(M)	0.00
Lettuce Mix - TR1189 (3 c.)	30	45.00	0.00	0.00	0.00	0.00	30.00	9.00	3.00	6.00	(M)	3.00	1.08	60.00	7500.00	14.40	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Fresh Spinach - TR1195 (1 c.)	30	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	(M)	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Grape Tomatoes - TR1191 (3 ea.)	20	10.20	0.00	0.00	0.00	0.00	3.40	3.40	0.68	1.36	(M)	0.34	0.00	5.78	482.80	7.48	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	67.83	0.00	0.00	0.00	0.00	5.65	16.96	1.13	13.56	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
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.)	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.)	30	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)

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Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 11/06/2025	
Diced Turkey Breast - TR1187 (4 oz.)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	0.00
Fresh Broccoli - TR1196 (1/4 c.)	(M)
Shredded Carrots - TR1194 (1/4 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	0.00
Lettuce Mix - TR1189 (3 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Fresh Spinach - TR1195 (1 c.)	(M)
Grape Tomatoes - TR1191 (3 ea.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)

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2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 11/06/2025																			
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	20	180.00	19.00	3.00	0.00	0.00	330.00	2.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00
Croutons - TR1981 (2 tablespoon)	15	303.75	10.13	0.00	0.00	0.00	860.61	50.62	0.00	0.00	0.00	10.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Balsamic Vinaigrette - TR1978 (1 Pouch)	5	157.33	14.68	2.62	0.00	0.00	346.13	6.29	0.00	6.29	5.24	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Italian Dressing - TR1979 (1 Pouch)	5	160.14	17.02	2.50	0.00	0.00	390.34	3.00	0.00	3.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 11/07/2025																			
Beef Steak Fingers - TR1937 (4 ea.)	25	240.00	13.00	5.00	0.00	35.00	230.00	16.00	3.00	1.00	0.00	16.00	3.00	35.00	0.00	0.00	0.00	424.88	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	15	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	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
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 11/06/2025	
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	0.00
Croutons - TR1981 (2 tablespoon)	0.00
Balsamic Vinaigrette - TR1978 (1 Pouch)	0.00
Italian Dressing - TR1979 (1 Pouch)	0.00
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 11/07/2025	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 11/07/2025																			
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.)	35	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	65	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)	121.75(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Granny Smith Apple - TR1054 (1 ea.)	10	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	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.)	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.)	30	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	40	120.30	6.02	3.01	0.00	0.00	631.58	15.04	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 11/10/2025																			
Meatballs - TR1262 (5 ea.)	30	152.00	11.00	4.00	0.70	48.00	302.00	2.00	1.00	1.00	(M)	12.00	1.00	28.00	1.00	0.00	(M)	(M)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 11/07/2025	
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (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 American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 11/10/2025	
Meatballs - TR1262 (5 ea.)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 11/10/2025																			
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	15	335.00	15.00	5.50	0.50	50.00	625.00	30.00	2.00	5.00	4.00(M)	24.00	2.08	316.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	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
Alfredo Sauce - TR1261 (1 #16 scoop)	20	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	(M)	6.56	0.00	207.65	245.90	0.00	(M)	(M)	0.00
Marinara Sauce - TR1124 (1/2 c.)	25	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.)	30	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.)	50	229.20	3.74	0.32	0.00	0.00	15.90	41.00	4.00	2.00	(M)	7.00	1.80	35.90	0.00	0.00	(M)	(M)	529.40 (M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	30	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)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1505 (1/2 c.)	35	65.00	0.00	0.00	0.00	0.00	5.42	15.17	1.08	14.08	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
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)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 11/10/2025	
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00
Garlic Toast - TR1004 (1 ea.)	0.00
Penne Pasta - TR1423 (1 c.)	0.53(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
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)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 11/10/2025																			
Texas 1% White Milk - TR1035 (1 c.)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 11/11/2025																			
Beef Chili - TR1808 (1 #8 scoop)	40	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	3	626.45	35.88	6.77	0.00	51.59	1326.78	50.22	6.78	10.67	0.00(M)	27.74	8.91	187.03	3940.67	13.75	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	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
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 11/10/2025	
Texas 1% White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 11/11/2025	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 11/11/2025																			
Whole Grain Tortilla Chips - TR1653 (20 Chips)	60	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	35	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.)	50	105.00	0.39	0.00	0.00	0.00	1.00	27.00	3.00	14.50	0.00	1.30	0.31	6.00	76.00	10.00	0.00	422.00	0.00
Chilled Pears - TR1508 (1/2 c.)	30	65.00	0.00	0.00	0.00	0.00	5.42	13.00	2.17	13.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(M)
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
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.)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 11/11/2025	
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)
Salsa Cup - TR1072 (1 ea.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
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)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 11/12/2025																			
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	4	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	50	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	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
Chow Mein Noodles - TR1936 (1 c.)	65	164.76	3.81	0.00	0.00	0.00	527.61	28.57	2.86	1.91	(M)	3.81	3.43	0.00	0.00	0.00	0.00	0.00	0.00
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)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Steamed Broccoli - TR1112 (1/2 c.)	50	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)
Granny Smith Apple - TR1054 (1 ea.)	15	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 11/12/2025	
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 11/12/2025																			
Red Delicious Apple - TR1055 (1 ea.)	15	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	30	57.65	0.00	0.00	0.00	0.00	2.26	15.83	1.13	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
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.)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 11/13/2025																			
Croissant - TR1953 (1 ea.)	15	190.00	7.00	3.00	0.00	0.00	190.00	29.00	3.00	4.00	3.00	5.00	1.44	20.00	0.00	0.00	0.00	0.00	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	10	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	10	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	10	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	2	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
Sub Bun - TR1778 (1 ea.)	15	158.65	1.98	0.50	0.00	0.00	188.40	28.76	1.98	3.97	3.97	4.96	1.98	55.53	0.00	0.00	0.00	74.57	0.00

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 11/12/2025	
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 c.)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 11/13/2025	
Croissant - TR1953 (1 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Sub Bun - TR1778 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 11/13/2025																			
Sliced Turkey Breast - TR2045 (6 slice)	15	110.69	4.53	1.01	0.00	45.28	372.32	0.00	0.00	0.00	0.00	17.11	0.40	0.00	0.00	0.00	0.00	281.88	0.00
Sliced Turkey Ham - TR2044 (6 slice)	15	130.00	7.00	2.00	0.00	55.00	359.99	3.00	0.00	2.00	2.00	13.00	0.70	0.00	0.00	0.00	0.00	710.16	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11 (M)	0.00(M)
Goldfish Pretzel 300/.75oz - TR1822 (1 pkg.)	30	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.72	10.00	0.00	0.00	0.00	45.12	0.00
Shredded Carrots - TR1194 (1/8 c.)	25	6.25	0.00	0.00	0.00	0.00	13.75	1.50	0.50	0.75	(M)	0.00	0.18	5.00	2375.00	0.60	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	25	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	(M)	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Lettuce Mix - TR1189 (1 c.)	45	15.00	0.00	0.00	0.00	0.00	10.00	3.00	1.00	2.00	(M)	1.00	0.36	20.00	2500.00	4.80	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Fresh Spinach - TR1195 (1 c.)	25	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	(M)	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	35	3.75	0.00	0.00	0.00	0.00	0.00	1.00	0.25	0.50	(M)	0.25	0.09	0.00	187.50	3.00	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	67.83	0.00	0.00	0.00	0.00	5.65	16.96	1.13	13.56	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
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.)	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.)	30	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	10	35.00	2.00	1.00	0.00	5.00	105.00	2.00	0.00	1.00	(M)	7.00	0.00	200.00	300.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 11/13/2025	
Sliced Turkey Breast - TR2045 (6 slice)	0.00
Sliced Turkey Ham - TR2044 (6 slice)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Goldfish Pretzel 300/.75oz - TR1822 (1 pkg.)	0.00
Shredded Carrots - TR1194 (1/8 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Lettuce Mix - TR1189 (1 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Fresh Spinach - TR1195 (1 c.)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 11/13/2025																			
Sliced White Cheese - TR2058 (1 ea.)	15	50.00	4.50	2.50	0.00	15.00	230.00	1.00	0.00	1.00	(M)	3.00	0.00	80.00	100.00	0.00	(M)	(M)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	10	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayo - TR1144 (1 ea.)	25	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	15	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 11/14/2025																			
Steak Fingers - TR2038 (4 ea.)	25	232.99	12.16	4.56	0.00	45.59	334.29	15.20	0.00	0.00	0.00	18.23	2.73	20.26	101.30	15.20	0.00	(M)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	20	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	3	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	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
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 11/13/2025	
Sliced White Cheese - TR2058 (1 ea.)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 11/14/2025	
Steak Fingers - TR2038 (4 ea.)	0.00
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 11/14/2025																			
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	50	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	80	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)	121.75(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Granny Smith Apple - TR1054 (1 ea.)	10	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	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.)	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.)	30	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	50	120.30	6.02	3.01	0.00	0.00	631.58	15.04	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 11/17/2025																			
Meatballs - TR1262 (5 ea.)	25	152.00	11.00	4.00	0.70	48.00	302.00	2.00	1.00	1.00	(M)	12.00	1.00	28.00	1.00	0.00	(M)	(M)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 11/14/2025	
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (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 American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 11/17/2025	
Meatballs - TR1262 (5 ea.)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 11/17/2025																			
Cheeseburger - TR1897 (1 ea.)	15	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00(M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24(M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	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
Alfredo Sauce - TR1261 (1 #16 scoop)	20	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	(M)	6.56	0.00	207.65	245.90	0.00	(M)	(M)	0.00
Marinara Sauce - TR1124 (1/2 c.)	20	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.)	30	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.)	45	229.20	3.74	0.32	0.00	0.00	15.90	41.00	4.00	2.00	(M)	7.00	1.80	35.90	0.00	0.00	(M)	(M)	529.40(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	30	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)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1505 (1/2 c.)	35	65.00	0.00	0.00	0.00	0.00	5.42	15.17	1.08	14.08	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
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)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 11/17/2025	
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00
Garlic Toast - TR1004 (1 ea.)	0.00
Penne Pasta - TR1423 (1 c.)	0.53(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
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)

Menu Calendar Nutrient Analysis Report - November, 2025

Generated on: 10/28/2025 11:46:53 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 11/17/2025																			
Texas 1% White Milk - TR1035 (1 c.)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 11/18/2025																			
Beef Chili - TR1808 (1 #8 scoop)	35	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	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
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 11/17/2025	
Texas 1% White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 11/18/2025	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 11/18/2025																			
Whole Grain Tortilla Chips - TR1653 (20 Chips)	55	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	35	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.)	50	105.00	0.39	0.00	0.00	0.00	1.00	27.00	3.00	14.50	0.00	1.30	0.31	6.00	76.00	10.00	0.00	422.00	0.00
Chilled Pears - TR1508 (1/2 c.)	30	65.00	0.00	0.00	0.00	0.00	5.42	13.00	2.17	13.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(M)
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
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.)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 11/18/2025	
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)
Salsa Cup - TR1072 (1 ea.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
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)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 11/19/2025																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	2	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	45	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	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
Chow Mein Noodles - TR1936 (1 c.)	65	164.76	3.81	0.00	0.00	0.00	527.61	28.57	2.86	1.91	(M)	3.81	3.43	0.00	0.00	0.00	0.00	0.00	0.00
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)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Steamed Broccoli - TR1112 (1/2 c.)	50	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)
Granny Smith Apple - TR1054 (1 ea.)	15	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 11/19/2025	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 11/19/2025																			
Red Delicious Apple - TR1055 (1 ea.)	15	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	30	57.65	0.00	0.00	0.00	0.00	2.26	15.83	1.13	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
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.)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 Fall Holiday STAR HS Thursday - ServingDate: 11/20/2025																			
Chicken Popper Ranch Salad - TR1466 (1 ea.)	1	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.)	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
Turkey & Gravy - TR1852 (3 oz.)	98	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 Dressing Holiday HS - TR1386 (1/2 c.)	50	209.09	10.79	2.49	0.00	0.00	715.70	24.85	1.13	2.23	0.97(M)	2.98	0.71	23.63	176.55	1.61	0.00(M)	0.00(M)	59.08(M)
Whole Grain Roll - TR1005 (1 ea.)	98	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.)	85	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.)	50	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.)	10	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Diced Peach Cup - 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

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 11/19/2025	
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 c.)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)
2025 Fall Holiday STAR HS Thursday - ServingDate: 11/20/2025	
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Turkey & Gravy - TR1852 (3 oz.)	0.16
Cornbread Stuffing Dressing Holiday HS - TR1386 (1/2 c.)	0.06(M)
Whole Grain Roll - TR1005 (1 ea.)	(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Diced Peach Cup - TR1406 (1 container)	0.00

Menu Calendar Nutrient Analysis Report - November, 2025

Generated on: 10/28/2025 11:46:53 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 Fall Holiday STAR HS Thursday - ServingDate: 11/20/2025																			
Lactaid Milk - TR1367 (1 c.)	1	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	65	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.)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
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.)	50	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.)	85	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
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 11/21/2025																			
Beef Steak Fingers - TR1937 (4 ea.)	25	240.00	13.00	5.00	0.00	35.00	230.00	16.00	3.00	1.00	0.00	16.00	3.00	35.00	0.00	0.00	0.00	424.88	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	15	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 Fall Holiday STAR HS Thursday - ServingDate: 11/20/2025	
Lactaid Milk - TR1367 (1 c.)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Holiday Cookie ! - TR2061 (1 ea.)	0.00
Cranberry Sauce - TR1375 (1/8 c.)	0.00
Turkey Gravy - TR1373 (1/4 c.)	0.23
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 11/21/2025	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 11/21/2025																			
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	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
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	35	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	65	89.22	1.19	0.00	0.00	0.00	420.03	17.84	1.49	0.59	(M)	1.78	0.24	12.28	2.31	7.73	(M)	(M)	121.75(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	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
Granny Smith Apple - TR1054 (1 ea.)	10	64.00	0.00	0.00	0.00	0.00	2.00	16.00	2.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	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.)	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.)	30	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	40	120.30	6.02	3.01	0.00	0.00	631.58	15.04	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

Legend
(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - November, 2025

Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 11/21/2025	
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (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 American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)

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Site: TOMBALL STAR ACADEMY
Date: 11/01/2025 - 11/30/2025

Report Selections

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