

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Monday Pasta - archived on Feb 19 2026 11:02AM - ServingDate: 03/02/2026</b>																			
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)
Chicken Fajita - TR1122 (3 1/2 oz.)	25	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
Fruit & Yogurt Plate - TR1218 (1 ea.)	5	442.00	10.20	5.00	0.00	20.00	386.00	77.50	5.50	52.00	11.00 (M)	12.50	2.52	480.00	350.00	37.20	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Pepperoni Sausage Bacon Pizza - TR1890 (1 slice)	10	368.64	18.98	9.99	0.00	47.95	662.36	26.97	3.00	5.99	0.00	20.98	3.00	242.76	0.00	0.00	0.00	20.19	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	10	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)	10	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)	10	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
Alfredo Sauce - TR1261 (1 #16 scoop)	25	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.)	35	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)
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.)	10	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.)	20	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)

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Site: GRAND LAKES JUNIOR HIGH SCHOOL  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Monday Pasta - archived on Feb 19 2026 11:02AM - ServingDate: 03/02/2026</b>	
Meatballs - TR1262 (5 ea.)	(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
Fruit & Yogurt Plate - TR1218 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Pepperoni Sausage Bacon Pizza - TR1890 (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
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)
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
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)

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Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Monday Pasta - archived on Feb 19 2026 11:02AM - ServingDate: 03/02/2026</b>																			
Granny Smith Apple - TR1054 (1 ea.)	25	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1505 (1/2 c.)	25	65.00	0.00	0.00	0.00	0.00	5.42	15.17	1.08	14.08	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Shredded Parmesan - TR1132 (1 tbsp.)	35	27.84	2.02	1.14	0.00	6.33	103.78	0.25	0.00	0.00	(M)	2.28	0.00	75.94	75.94	0.00	(M)	(M)	0.00
<b>2025 FALL Lunch JH Tuesday Nacho Menu - archived on Feb 19 2026 12:56PM - ServingDate: 03/03/2026</b>																			
Beef Chili - TR1808 (1 #8 scoop)	40	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	10	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	7	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
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
Texas Beef Tamales - TR1903 (2 ea.)	20	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00

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Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Monday Pasta - archived on Feb 19 2026 11:02AM - ServingDate: 03/02/2026</b>	
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Shredded Parmesan - TR1132 (1 tbsp.)	0.00
<b>2025 FALL Lunch JH Tuesday Nacho Menu - archived on Feb 19 2026 12:56PM - ServingDate: 03/03/2026</b>	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
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
Texas Beef Tamales - TR1903 (2 ea.)	0.00

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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)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - archived on Feb 19 2026 12:56PM - ServingDate: 03/03/2026</b>																			
Whole Grain Tortilla Chips - TR1653 (20 Chips)	50	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)
Roasted Corn & Peppers - TR1615 (1/2 c.)	30	100.00	3.00	0.50	0.00	0.00	125.00	17.00	3.00	8.00	0.00	3.00	0.50	0.00	0.00	6.00	0.00	1900.21	0.00
Salsa Cup - TR1072 (1 ea.)	10	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	20	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00(M)	6.69	0.12	23.75	194.58	2.05	0.00(M)	0.00(M)	9.85(M)
Banana - TR1056 (1 ea.)	30	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	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 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	15	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)

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Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - archived on Feb 19 2026 12:56PM - ServingDate: 03/03/2026</b>	
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)
Roasted Corn & Peppers - TR1615 (1/2 c.)	0.00
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 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(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)

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<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/04/2026</b>																			
Beef Steak Fingers - TR1937 (4 ea.)	15	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
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)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	20	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)	10	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
Fruit & Yogurt Plate - TR1218 (1 ea.)	5	442.00	10.20	5.00	0.00	20.00	386.00	77.50	5.50	52.00	11.00 (M)	12.50	2.52	480.00	350.00	37.20	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
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)	10	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)	10	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
Whole Grain Roll - TR1005 (1 ea.)	40	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)
Mashed Potatoes - TR1083 (1/2 c.)	50	83.28	1.19	0.00	0.00	0.00	372.44	16.66	1.19	0.00	0.00(M)	2.38	0.24	12.28	2.31	7.73	11.90 (M)	380.77 (M)	121.75
Mixed Vegetables - TR1150 (1/2 c.)	10	68.84	0.56	0.12	0.00	0.00	163.92	12.81	3.20	4.27	0.00(M)	3.20	0.77	21.35	804.46	5.12	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	10	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	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	25	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)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/04/2026</b>	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Fruit & Yogurt Plate - TR1218 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
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
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)
Mashed Potatoes - TR1083 (1/2 c.)	0.12
Mixed Vegetables - TR1150 (1/2 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/04/2026</b>																				
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
Shredded American Cheese - TR1069 (1/2 oz.)	40	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)	
Country Gravy - TR1074 (4 tbsp.)	25	47.25	2.36	1.18	0.00	0.00	249.84	5.91	0.00	0.00	(M)	0.00	0.00	1.77	0.00	0.00	(M)	(M)	59.08 (M)	
Ketchup Dip Cup - TR1245 (1 ea.)	20	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00	
BBQ Sauce - TR1151 (1 ea.)	10	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Buffalo Ranch Sauce - TR1854 (1 ea.)	10	60.10	4.51	0.50	0.00	5.01	140.25	5.01	0.00	2.00	2.00	0.00	0.00	10.02	0.00	1.20	0.00	110.17	0.00	
<b>2025 FALL Lunch JH Thursday Asian - archived on Feb 19 2026 1:03PM - ServingDate: 03/05/2026</b>																				
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	7	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00	
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 Chicken Tangerine - TR1640 (7 1/2 oz.)	40	365.38	7.69	1.92	0.00	86.54	730.77	48.08	3.85	25.00	(M)	26.92	2.77	0.00	0.00	0.00	(M)	(M)	(M)	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/04/2026</b>	
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)
Buffalo Ranch Sauce - TR1854 (1 ea.)	0.00
<b>2025 FALL Lunch JH Thursday Asian - archived on Feb 19 2026 1:03PM - ServingDate: 03/05/2026</b>	
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 Chicken Tangerine - TR1640 (7 1/2 oz.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Thursday Asian - archived on Feb 19 2026 1:03PM - ServingDate: 03/05/2026</b>																			
Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)	15	197.32	5.31	1.52	0.00	106.25	728.57	15.18	0.00	13.66	(M)	22.77	1.09	0.00	0.00	0.00	(M)	(M)	(M)
Chicken Egg Rolls (Premium) - TR1908 (2 ea)	15	320.00	10.00	2.00	0.00	70.00	780.00	38.00	6.00	4.00	2.00	20.00	2.88	0.00	0.00	0.00	0.00	780.20	0.00
Asian Brown Rice - TR1663 (1 c.)	70	139.24	3.85	0.64	0.00	0.00	217.10	23.11	1.72	1.00	0.00(M)	3.16	0.53	4.90	141.33	0.77	0.00(M)	0.00(M)	56.72 (M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	20	85.94	3.50	0.50	0.00	5.00	427.08	13.23	2.08	6.11	(M)	0.00	7.47	20.76	9859.22	2.49	(M)	(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	20	28.91	1.12	0.24	0.00	0.00	153.90	3.67	2.06	1.01	0.00(M)	2.14	0.41	22.50	701.74	27.68	0.00(M)	0.00(M)	0.00(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)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	35	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Orange Wedges - TR1057 (1 ea.)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	25	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 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (3 ea.)	15	45.00	0.00	0.00	0.00	0.00	210.00	12.00	0.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Thursday Asian - archived on Feb 19 2026 1:03PM - ServingDate: 03/05/2026</b>	
Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)	(M)
Chicken Egg Rolls (Premium) - TR1908 (2 ea)	0.00
Asian Brown Rice - TR1663 (1 c.)	0.06(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (3 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 FALL Lunch JH Friday - archived on Feb 19 2026 1:04PM - ServingDate: 03/06/2026</b>																				
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)	
Cheeseburger - TR1897 (1 ea.)	20	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	5	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)	10	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)	10	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	
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	20	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11 (M)	0.00(M)	
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Wedge Fries - TR1529 (3 oz.)	65	163.40	4.90	0.82	0.00	0.00	277.77	24.51	0.00	0.00	0.00	1.63	0.59	0.00	163.40	5.88	(M)	(M)	(M)	
Normandy Blend Vegetables - TR2019 (1/2 c.)	15	35.38	1.40	0.30	0.00	0.00	83.70	4.68	1.87	1.87	0.00(M)	0.94	0.00	18.70	10.00	0.00	0.00(M)	201.08 (M)	0.00(M)	
Marinara Dip Cup - TR1172 (1 ea.)	15	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	
Apple Red Delicous - TR1420 (1 ea.)	20	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Chilled Peaches - TR1504 (1/2 c.)	20	67.83	0.00	0.00	0.00	0.00	11.30	15.83	0.00	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Friday - archived on Feb 19 2026 1:04PM - ServingDate: 03/06/2026</b>	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
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
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	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)
Wedge Fries - TR1529 (3 oz.)	(M)
Normandy Blend Vegetables - TR2019 (1/2 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Apple Red Delicoius - TR1420 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 FALL Lunch JH Friday - archived on Feb 19 2026 1:04PM - ServingDate: 03/06/2026</b>																				
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	15	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)	
Ketchup - TR1088 (2 ea.)	70	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Mayo - TR1144 (1 ea.)	10	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Mustard - TR1145 (1 ea.)	5	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/17/2026</b>																				
Beef Chili - TR1808 (1 #8 scoop)	40	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)	
Crispy Beef Tacos - TR1949 (2 ea.)	10	361.06	24.07	9.03	0.00	50.15	661.93	24.07	2.01	2.01	0.00	14.04	2.17	300.88	0.00	0.00	2.41	261.14	0.00	
Chicken Fajitas - TR2016 (3 oz.)	10	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	7	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00	
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	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Friday - archived on Feb 19 2026 1:04PM - ServingDate: 03/06/2026</b>	
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Ketchup - TR1088 (2 ea.)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/17/2026</b>	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	0.00
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

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/17/2026</b>																			
Crispy Rolled Chicken Tacos - TR2039 (2 ea.)	10	423.52	18.15	4.03	0.00	60.50	847.04	42.35	0.00	2.02	0.00	22.18	2.90	121.01	0.00	0.00	0.00	604.75	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	50	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)
Roasted Corn & Peppers - TR1615 (1/2 c.)	30	100.00	3.00	0.50	0.00	0.00	125.00	17.00	3.00	8.00	0.00	3.00	0.50	0.00	0.00	6.00	0.00	1900.21	0.00
Salsa Cup - TR1072 (1 ea.)	10	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	20	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00(M)	6.69	0.12	23.75	194.58	2.05	0.00(M)	0.00(M)	9.85(M)
Banana - TR1056 (1 ea.)	30	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	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 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	15	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/17/2026</b>	
Crispy Rolled Chicken Tacos - TR2039 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Roasted Corn & Peppers - TR1615 (1/2 c.)	0.00
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 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(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 - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/18/2026</b>																				
Beef Steak Fingers - TR1937 (4 ea.)	15	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	
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)	
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	20	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)	10	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)	
Fruit & Yogurt Plate - TR1218 (1 ea.)	5	442.00	10.20	5.00	0.00	20.00	386.00	77.50	5.50	52.00	11.00 (M)	12.50	2.52	480.00	350.00	37.20	0.00(M)	0.00(M)	0.00(M)	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00	
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)	10	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)	10	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	
Whole Grain Roll - TR1005 (1 ea.)	40	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)	
Mashed Potatoes - TR1083 (1/2 c.)	50	83.28	1.19	0.00	0.00	0.00	372.44	16.66	1.19	0.00	0.00(M)	2.38	0.24	12.28	2.31	7.73	11.90 (M)	380.77 (M)	121.75	
Mixed Vegetables - TR1150 (1/2 c.)	10	68.84	0.56	0.12	0.00	0.00	163.92	12.81	3.20	4.27	0.00(M)	3.20	0.77	21.35	804.46	5.12	0.00(M)	0.00(M)	0.00(M)	
Marinara Dip Cup - TR1172 (1 ea.)	10	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	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Chilled Applesauce - TR1503 (1/2 c.)	25	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)	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/18/2026</b>	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Fruit & Yogurt Plate - TR1218 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
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
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)
Mashed Potatoes - TR1083 (1/2 c.)	0.12
Mixed Vegetables - TR1150 (1/2 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/18/2026</b>																			
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	40	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	25	47.25	2.36	1.18	0.00	0.00	249.84	5.91	0.00	0.00	(M)	0.00	0.00	1.77	0.00	0.00	(M)	(M)	59.08 (M)
Ketchup Dip Cup - TR1245 (1 ea.)	20	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	10	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Buffalo Ranch Sauce - TR1854 (1 ea.)	10	60.10	4.51	0.50	0.00	5.01	140.25	5.01	0.00	2.00	2.00	0.00	0.00	10.02	0.00	1.20	0.00	110.17	0.00
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/19/2026</b>																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	7	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
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
Chicken & Vegetable Potstickers - TR1790 (6 ea.)	15	252.00	7.35	0.53	0.00	36.75	577.49	32.55	2.10	3.15	1.05	17.85	3.15	36.75	0.00	0.00	0.00	(M)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/18/2026</b>	
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)
Buffalo Ranch Sauce - TR1854 (1 ea.)	0.00
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/19/2026</b>	
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
Chicken & Vegetable Potstickers - TR1790 (6 ea.)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/19/2026</b>																			
Premium Chicken Tangerine - TR1640 (7 1/2 oz.)	40	365.38	7.69	1.92	0.00	86.54	730.77	48.08	3.85	25.00	(M)	26.92	2.77	0.00	0.00	0.00	(M)	(M)	(M)
Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)	15	197.32	5.31	1.52	0.00	106.25	728.57	15.18	0.00	13.66	(M)	22.77	1.09	0.00	0.00	0.00	(M)	(M)	(M)
Asian Brown Rice - TR1663 (1 c.)	70	139.24	3.85	0.64	0.00	0.00	217.10	23.11	1.72	1.00	0.00(M)	3.16	0.53	4.90	141.33	0.77	0.00(M)	0.00(M)	56.72 (M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	20	85.94	3.50	0.50	0.00	5.00	427.08	13.23	2.08	6.11	(M)	0.00	7.47	20.76	9859.22	2.49	(M)	(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	20	28.91	1.12	0.24	0.00	0.00	153.90	3.67	2.06	1.01	0.00(M)	2.14	0.41	22.50	701.74	27.68	0.00(M)	0.00(M)	0.00(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)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	35	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Orange Wedges - TR1057 (1 ea.)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (3 ea.)	15	45.00	0.00	0.00	0.00	0.00	210.00	12.00	0.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/19/2026</b>	
Premium Chicken Tangerine - TR1640 (7 1/2 oz.)	(M)
Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)	(M)
Asian Brown Rice - TR1663 (1 c.)	0.06(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Orange Wedges - TR1057 (1 ea.)	(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (3 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 FALL Lunch JH Friday - ServingDate: 03/20/2026</b>																				
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)	
Cheeseburger - TR1897 (1 ea.)	20	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	5	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)	
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	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.)	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)	10	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)	10	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	
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)	
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Wedge Fries - TR1529 (3 oz.)	65	163.40	4.90	0.82	0.00	0.00	277.77	24.51	0.00	0.00	0.00	1.63	0.59	0.00	163.40	5.88	(M)	(M)	(M)	
Normandy Blend Vegetables - TR2019 (1/2 c.)	15	35.38	1.40	0.30	0.00	0.00	83.70	4.68	1.87	1.87	0.00(M)	0.94	0.00	18.70	10.00	0.00	0.00(M)	201.08 (M)	0.00(M)	
Marinara Dip Cup - TR1172 (1 ea.)	15	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	
Apple Red Delicous - TR1420 (1 ea.)	20	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Friday - ServingDate: 03/20/2026</b>	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	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
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	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)
Wedge Fries - TR1529 (3 oz.)	(M)
Normandy Blend Vegetables - TR2019 (1/2 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Apple Red Delicoius - TR1420 (1 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 FALL Lunch JH Friday - ServingDate: 03/20/2026</b>																				
Chilled Peaches - TR1504 (1/2 c.)	20	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)	
Signature Fruit Cup - TR2043 (1 ea.)	50	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 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	15	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)	
Ketchup - TR1088 (2 ea.)	70	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Mayo - TR1144 (1 ea.)	10	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Mustard - TR1145 (1 ea.)	5	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/23/2026</b>																				
BBQ Chicken - TR1247 (3 oz.)	25	206.00	10.00	3.50	0.00	100.00	255.00	10.00	0.00	8.00	(M)	19.00	1.24	14.33	238.33	2.60	(M)	(M)	(M)	
Fruit & Yogurt Plate - TR1218 (1 ea.)	5	442.00	10.20	5.00	0.00	20.00	386.00	77.50	5.50	52.00	11.00 (M)	12.50	2.52	480.00	350.00	37.20	0.00(M)	0.00(M)	0.00(M)	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00	
Pepperoni Sausage Bacon Pizza - TR1890 (1 slice)	10	368.64	18.98	9.99	0.00	47.95	662.36	26.97	3.00	5.99	0.00	20.98	3.00	242.76	0.00	0.00	0.00	20.19	0.00	
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	10	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)	10	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)	10	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 BBQ Beef from Yoakum Texas ! - TR1140 (1 Scoop)	25	130.00	2.60	1.00	0.00	35.00	590.00	13.00	2.00	9.00	(M)	16.00	2.70	40.00	200.00	1.20	(M)	(M)	(M)	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Friday - ServingDate: 03/20/2026</b>	
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Ketchup - TR1088 (2 ea.)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/23/2026</b>	
BBQ Chicken - TR1247 (3 oz.)	(M)
Fruit & Yogurt Plate - TR1218 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Pepperoni Sausage Bacon Pizza - TR1890 (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 BBQ Beef from Yoakum Texas ! - TR1140 (1 Scoop)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/23/2026</b>																				
Garlic Breadstick - TR1622 (1 ea.)	35	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	
BBQ Sandwich - TR1141 (1 ea.)	15	140.00	2.00	0.00	0.00	0.00	220.00	26.00	4.00	3.00	3.00	5.00	0.70	10.00	0.00	0.00	(M)	79.90	(M)	
Baked Potato - TR1139 (1 ea.)	25	170.00	0.00	0.00	0.00	0.00	25.00	37.00	4.00	2.00	(M)	5.00	1.80	40.00	0.00	21.00	(M)	(M)	(M)	
Baked Beans - TR1186 (1/2 c.)	25	153.07	0.52	0.00	0.00	0.00	415.73	33.12	6.24	14.29	1.71(M)	5.20	1.87	41.60	0.00	0.00	0.00(M)	0.00(M)	0.00(M)	
Carrot Coins - TR1086 (1/2 c.)	20	39.80	2.24	0.24	0.00	0.00	147.29	6.71	2.24	3.35	0.00(M)	0.00	0.40	33.55	9235.19	2.01	0.00(M)	0.00(M)	0.00(M)	
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	25	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Chilled Peaches - TR1505 (1/2 c.)	25	65.00	0.00	0.00	0.00	0.00	5.42	15.17	1.08	14.08	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)	
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
BBQ Sauce - TR1151 (1 ea.)	0	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)	
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/24/2026</b>																				
Beef Chili - TR1808 (1 #8 scoop)	40	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)	
Crispy Beef Tacos - TR1949 (2 ea.)	10	361.06	24.07	9.03	0.00	50.15	661.93	24.07	2.01	2.01	0.00	14.04	2.17	300.88	0.00	0.00	2.41	261.14	0.00	
Chicken Fajitas - TR2016 (3 oz.)	10	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	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/23/2026</b>	
Garlic Breadstick - TR1622 (1 ea.)	0.00
BBQ Sandwich - TR1141 (1 ea.)	(M)
Baked Potato - TR1139 (1 ea.)	(M)
Baked Beans - TR1186 (1/2 c.)	0.00(M)
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
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
BBQ Sauce - TR1151 (1 ea.)	(M)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/24/2026</b>	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	0.00
Chicken Fajitas - TR2016 (3 oz.)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/24/2026</b>																				
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	7	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00	
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	
Crispy Rolled Chicken Tacos - TR2039 (2 ea.)	10	423.52	18.15	4.03	0.00	60.50	847.04	42.35	0.00	2.02	0.00	22.18	2.90	121.01	0.00	0.00	0.00	604.75	0.00	
Whole Grain Tortilla Chips - TR1653 (20 Chips)	50	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)	
Roasted Corn & Peppers - TR1615 (1/2 c.)	30	100.00	3.00	0.50	0.00	0.00	125.00	17.00	3.00	8.00	0.00	3.00	0.50	0.00	0.00	6.00	0.00	1900.21	0.00	
Salsa Cup - TR1072 (1 ea.)	10	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)	
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	20	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00(M)	6.69	0.12	23.75	194.58	2.05	0.00(M)	0.00(M)	9.85(M)	
Banana - TR1056 (1 ea.)	30	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	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 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/24/2026</b>	
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
Crispy Rolled Chicken Tacos - TR2039 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Roasted Corn & Peppers - TR1615 (1/2 c.)	0.00
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 Carton)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/24/2026</b>																			
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	15	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/25/2026</b>																			
Beef Steak Fingers - TR1937 (4 ea.)	15	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
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)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	20	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)	10	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
Fruit & Yogurt Plate - TR1218 (1 ea.)	5	442.00	10.20	5.00	0.00	20.00	386.00	77.50	5.50	52.00	11.00 (M)	12.50	2.52	480.00	350.00	37.20	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
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)	10	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)	10	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/24/2026</b>	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	(M)
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/25/2026</b>	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Fruit & Yogurt Plate - TR1218 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
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

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/25/2026</b>																				
Whole Grain Roll - TR1005 (1 ea.)	40	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)	
Mashed Potatoes - TR1083 (1/2 c.)	50	83.28	1.19	0.00	0.00	0.00	372.44	16.66	1.19	0.00	0.00(M)	2.38	0.24	12.28	2.31	7.73	11.90 (M)	380.77 (M)	121.75	
Mixed Vegetables - TR1150 (1/2 c.)	10	68.84	0.56	0.12	0.00	0.00	163.92	12.81	3.20	4.27	0.00(M)	3.20	0.77	21.35	804.46	5.12	0.00(M)	0.00(M)	0.00(M)	
Marinara Dip Cup - TR1172 (1 ea.)	10	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	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Chilled Applesauce - TR1503 (1/2 c.)	25	57.65	0.00	0.00	0.00	0.00	2.26	15.83	1.13	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)	
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
Shredded American Cheese - TR1069 (1/2 oz.)	40	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)	
Country Gravy - TR1074 (4 tbsp.)	25	47.25	2.36	1.18	0.00	0.00	249.84	5.91	0.00	0.00	(M)	0.00	0.00	1.77	0.00	0.00	(M)	(M)	59.08 (M)	
Ketchup Dip Cup - TR1245 (1 ea.)	20	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00	
BBQ Sauce - TR1151 (1 ea.)	10	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Buffalo Ranch Sauce - TR1854 (1 ea.)	10	60.10	4.51	0.50	0.00	5.01	140.25	5.01	0.00	2.00	2.00	0.00	0.00	10.02	0.00	1.20	0.00	110.17	0.00	
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/26/2026</b>																				
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 Fall Lunch JH Wednesday Bowls - ServingDate: 03/25/2026</b>	
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)
Mashed Potatoes - TR1083 (1/2 c.)	0.12
Mixed Vegetables - TR1150 (1/2 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)
Buffalo Ranch Sauce - TR1854 (1 ea.)	0.00
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/26/2026</b>	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/26/2026</b>																			
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	7	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
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
Chicken & Vegetable Potstickers - TR1790 (6 ea.)	15	252.00	7.35	0.53	0.00	36.75	577.49	32.55	2.10	3.15	1.05	17.85	3.15	36.75	0.00	0.00	0.00	(M)	0.00
Premium Chicken Tangerine - TR1640 (7 1/2 oz.)	40	365.38	7.69	1.92	0.00	86.54	730.77	48.08	3.85	25.00	(M)	26.92	2.77	0.00	0.00	0.00	(M)	(M)	(M)
Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)	15	197.32	5.31	1.52	0.00	106.25	728.57	15.18	0.00	13.66	(M)	22.77	1.09	0.00	0.00	0.00	(M)	(M)	(M)
Asian Brown Rice - TR1663 (1 c.)	70	139.24	3.85	0.64	0.00	0.00	217.10	23.11	1.72	1.00	0.00(M)	3.16	0.53	4.90	141.33	0.77	0.00(M)	0.00(M)	56.72 (M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	20	85.94	3.50	0.50	0.00	5.00	427.08	13.23	2.08	6.11	(M)	0.00	7.47	20.76	9859.22	2.49	(M)	(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	20	28.91	1.12	0.24	0.00	0.00	153.90	3.67	2.06	1.01	0.00(M)	2.14	0.41	22.50	701.74	27.68	0.00(M)	0.00(M)	0.00(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)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	35	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/26/2026</b>	
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
Chicken & Vegetable Potstickers - TR1790 (6 ea.)	0.00
Premium Chicken Tangerine - TR1640 (7 1/2 oz.)	(M)
Premium Teriyaki Chicken - TR1641 (4 1/4 oz.)	(M)
Asian Brown Rice - TR1663 (1 c.)	0.06(M)
Baby Carrots & Ranch - TR1156 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/26/2026</b>																				
Orange Wedges - TR1057 (1 ea.)	25	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)	
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00	
Sweet & Sour Sauce - TR1114 (3 ea.)	15	45.00	0.00	0.00	0.00	0.00	210.00	12.00	0.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
<b>2025 FALL Lunch JH Friday - ServingDate: 03/27/2026</b>																				
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)	
Cheeseburger - TR1897 (1 ea.)	20	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	5	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)	
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	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.)	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)	10	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)	10	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Thursday Asian - ServingDate: 03/26/2026</b>	
Orange Wedges - TR1057 (1 ea.)	(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (3 ea.)	(M)
<b>2025 FALL Lunch JH Friday - ServingDate: 03/27/2026</b>	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	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

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)	
<b>2025 FALL Lunch JH Friday - ServingDate: 03/27/2026</b>																				
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)	
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Wedge Fries - TR1529 (3 oz.)	65	163.40	4.90	0.82	0.00	0.00	277.77	24.51	0.00	0.00	0.00	1.63	0.59	0.00	163.40	5.88	(M)	(M)	(M)	
Normandy Blend Vegetables - TR2019 (1/2 c.)	15	35.38	1.40	0.30	0.00	0.00	83.70	4.68	1.87	1.87	0.00(M)	0.94	0.00	18.70	10.00	0.00	0.00(M)	201.08 (M)	0.00(M)	
Marinara Dip Cup - TR1172 (1 ea.)	15	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	
Apple Red Delicous - TR1420 (1 ea.)	20	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Chilled Peaches - TR1504 (1/2 c.)	20	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)	
Signature Fruit Cup - TR2043 (1 ea.)	50	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 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)	
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	15	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)	
Ketchup - TR1088 (2 ea.)	70	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Mayo - TR1144 (1 ea.)	10	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Mustard - TR1145 (1 ea.)	5	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/30/2026</b>																				
BBQ Chicken - TR1247 (3 oz.)	25	206.00	10.00	3.50	0.00	100.00	255.00	10.00	0.00	8.00	(M)	19.00	1.24	14.33	238.33	2.60	(M)	(M)	(M)	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Friday - ServingDate: 03/27/2026</b>	
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	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)
Wedge Fries - TR1529 (3 oz.)	(M)
Normandy Blend Vegetables - TR2019 (1/2 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Apple Red Delicoius - TR1420 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Ketchup - TR1088 (2 ea.)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/30/2026</b>	
BBQ Chicken - TR1247 (3 oz.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/30/2026</b>																			
Fruit & Yogurt Plate - TR1218 (1 ea.)	5	442.00	10.20	5.00	0.00	20.00	386.00	77.50	5.50	52.00	11.00 (M)	12.50	2.52	480.00	350.00	37.20	0.00(M)	0.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Pepperoni Sausage Bacon Pizza - TR1890 (1 slice)	10	368.64	18.98	9.99	0.00	47.95	662.36	26.97	3.00	5.99	0.00	20.98	3.00	242.76	0.00	0.00	0.00	20.19	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	10	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)	10	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)	10	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 BBQ Beef from Yoakum Texas ! - TR1140 (1 Scoop)	25	130.00	2.60	1.00	0.00	35.00	590.00	13.00	2.00	9.00	(M)	16.00	2.70	40.00	200.00	1.20	(M)	(M)	(M)
Garlic Breadstick - TR1622 (1 ea.)	35	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
BBQ Sandwich - TR1141 (1 ea.)	15	140.00	2.00	0.00	0.00	0.00	220.00	26.00	4.00	3.00	3.00	5.00	0.70	10.00	0.00	0.00	(M)	79.90	(M)
Baked Potato - TR1139 (1 ea.)	25	170.00	0.00	0.00	0.00	0.00	25.00	37.00	4.00	2.00	(M)	5.00	1.80	40.00	0.00	21.00	(M)	(M)	(M)
Baked Beans - TR1186 (1/2 c.)	25	153.07	0.52	0.00	0.00	0.00	415.73	33.12	6.24	14.29	1.71(M)	5.20	1.87	41.60	0.00	0.00	0.00(M)	0.00(M)	0.00(M)
Carrot Coins - TR1086 (1/2 c.)	20	39.80	2.24	0.24	0.00	0.00	147.29	6.71	2.24	3.35	0.00(M)	0.00	0.40	33.55	9235.19	2.01	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	25	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1505 (1/2 c.)	25	65.00	0.00	0.00	0.00	0.00	5.42	15.17	1.08	14.08	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/30/2026</b>	
Fruit & Yogurt Plate - TR1218 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Pepperoni Sausage Bacon Pizza - TR1890 (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 BBQ Beef from Yoakum Texas ! - TR1140 (1 Scoop)	(M)
Garlic Breadstick - TR1622 (1 ea.)	0.00
BBQ Sandwich - TR1141 (1 ea.)	(M)
Baked Potato - TR1139 (1 ea.)	(M)
Baked Beans - TR1186 (1/2 c.)	0.00(M)
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
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/30/2026</b>																			
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
BBQ Sauce - TR1151 (1 ea.)	0	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)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/31/2026</b>																			
Beef Chili - TR1808 (1 #8 scoop)	40	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	10	361.06	24.07	9.03	0.00	50.15	661.93	24.07	2.01	2.01	0.00	14.04	2.17	300.88	0.00	0.00	2.41	261.14	0.00
Chicken Fajitas - TR2016 (3 oz.)	10	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	7	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
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
Crispy Rolled Chicken Tacos - TR2039 (2 ea.)	10	423.52	18.15	4.03	0.00	60.50	847.04	42.35	0.00	2.02	0.00	22.18	2.90	121.01	0.00	0.00	0.00	604.75	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	50	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)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Monday Pasta - ServingDate: 03/30/2026</b>	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
BBQ Sauce - TR1151 (1 ea.)	(M)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/31/2026</b>	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	0.00
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
Crispy Rolled Chicken Tacos - TR2039 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/31/2026</b>																			
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)
Roasted Corn & Peppers - TR1615 (1/2 c.)	30	100.00	3.00	0.50	0.00	0.00	125.00	17.00	3.00	8.00	0.00	3.00	0.50	0.00	0.00	6.00	0.00	1900.21	0.00
Salsa Cup - TR1072 (1 ea.)	10	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	10	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.)	20	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00(M)	6.69	0.12	23.75	194.58	2.05	0.00(M)	0.00(M)	9.85(M)
Banana - TR1056 (1 ea.)	30	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	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 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	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 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	15	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)

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

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

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch JH Tuesday Nacho Menu - ServingDate: 03/31/2026</b>	
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Roasted Corn & Peppers - TR1615 (1/2 c.)	0.00
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 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(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 - March, 2026

Site: GRAND LAKES JUNIOR HIGH SCHOOL

Date: 03/01/2026 - 03/31/2026

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