

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Monday Pasta Bar :408 - ServingDate: 03/02/2026</b>																			
Meatballs - TR1262 (5 ea.)	30	152.00	11.00	4.00	0.70	48.00	302.00	2.00	1.00	1.00	(M)	12.00	1.00	28.00	1.00	0.00	(M)	(M)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	15	335.00	15.00	5.50	0.50	50.00	625.00	30.00	2.00	5.00	4.00(M)	24.00	2.08	316.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00(M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	20	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	(M)	6.56	0.00	207.65	245.90	0.00	(M)	(M)	0.00
Marinara Sauce - TR1124 (1/2 c.)	25	40.44	1.93	0.00	0.00	0.00	88.59	5.78	1.93	1.93	0.96	1.93	1.04	57.78	0.00	0.00	0.00	234.96	0.00
Garlic Toast - TR1004 (1 ea.)	30	100.00	3.50	0.50	0.00	0.00	125.00	14.00	1.00	1.00	0.00	3.00	1.10	10.00	300.00	0.00	0.10	130.00	0.00
Penne Pasta - TR1423 (1 c.)	50	229.20	3.74	0.32	0.00	0.00	15.90	41.00	4.00	2.00	(M)	7.00	1.80	35.90	0.00	0.00	(M)	(M)	529.40(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	30	163.40	4.90	0.82	0.00	0.00	277.77	24.51	0.00	0.00	0.00	1.63	0.59	0.00	163.40	5.88	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	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.)	35	65.00	0.00	0.00	0.00	0.00	5.42	15.17	1.08	14.08	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)

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Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 03/02/2026</b>	
Meatballs - TR1262 (5 ea.)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00
Garlic Toast - TR1004 (1 ea.)	0.00
Penne Pasta - TR1423 (1 c.)	0.53(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Monday Pasta Bar :408 - ServingDate: 03/02/2026</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)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - 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
Cheese & Chicken Quesadilla - TR2034 (1 tortilla )	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	3	626.45	35.88	6.77	0.00	51.59	1326.78	50.22	6.78	10.67	0.00(M)	27.74	8.91	187.03	3940.67	13.75	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00

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

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 03/02/2026</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)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 03/03/2026</b>	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00

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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 HS STAR Tuesday Nachos :408 - ServingDate: 03/03/2026</b>																			
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	60	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	35	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00(M)	6.69	0.12	23.75	194.58	2.05	0.00(M)	0.00(M)	9.85(M)
Banana - TR1056 (1 ea.)	50	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)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00

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

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 03/03/2026</b>	
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
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

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<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 03/03/2026</b>																			
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)
<b>2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 03/04/2026</b>																			
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	4	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	50	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	164.76	3.81	0.00	0.00	0.00	527.61	28.57	2.86	1.91	(M)	3.81	3.43	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	39.80	2.24	0.24	0.00	0.00	147.29	6.71	2.24	3.35	0.00(M)	0.00	0.40	33.55	9235.19	2.01	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 03/03/2026</b>	
Sour Cream - TR1098 (1 pkg.)	(M)
<b>2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 03/04/2026</b>	
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Wednesday Asian :408 - ServingDate: 03/04/2026</b>																			
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Steamed Broccoli - TR1112 (1/2 c.)	50	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)
Granny Smith Apple - TR1054 (1 ea.)	15	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)
Red Delicious Apple - TR1055 (1 ea.)	15	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.)	30	57.65	0.00	0.00	0.00	0.00	2.26	15.83	1.13	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 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)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 03/05/2026</b>																			
Croissant - TR1953 (1 ea.)	15	190.00	7.00	3.00	0.00	0.00	190.00	29.00	3.00	4.00	3.00	5.00	1.44	20.00	0.00	0.00	0.00	0.00	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	10	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	10	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	10	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 03/04/2026</b>	
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 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 (1 ea.)	(M)
<b>2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 03/05/2026</b>	
Croissant - TR1953 (1 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Thursday Sandwich Build - ServingDate: 03/05/2026</b>																			
Grilled Cheese Sandwich - TR1078 (1 ea.)	2	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Sub Bun - TR1778 (1 ea.)	15	158.65	1.98	0.50	0.00	0.00	188.40	28.76	1.98	3.97	3.97	4.96	1.98	55.53	0.00	0.00	0.00	74.57	0.00
Sliced Turkey Breast - TR2045 (6 slice)	15	110.69	4.53	1.01	0.00	45.28	372.32	0.00	0.00	0.00	0.00	17.11	0.40	0.00	0.00	0.00	0.00	281.88	0.00
Sliced Turkey Ham - TR2044 (6 slice)	15	130.00	7.00	2.00	0.00	55.00	359.99	3.00	0.00	2.00	2.00	13.00	0.70	0.00	0.00	0.00	0.00	710.16	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11 (M)	0.00(M)
Goldfish Pretzel 300/.75oz - TR1822 (1 pkg.)	30	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.72	10.00	0.00	0.00	0.00	45.12	0.00
Shredded Carrots - TR1194 (1/8 c.)	25	6.25	0.00	0.00	0.00	0.00	13.75	1.50	0.50	0.75	(M)	0.00	0.18	5.00	2375.00	0.60	(M)	(M)	(M)
Cucumber - TR1190 (1/8 c.)	25	2.00	0.00	0.00	0.00	0.00	0.25	0.50	0.13	0.25	(M)	0.08	0.04	2.00	13.75	0.38	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Lettuce Mix - TR1189 (1/2 c.)	45	7.50	0.00	0.00	0.00	0.00	5.00	1.50	0.50	1.00	(M)	0.50	0.18	10.00	1250.00	2.40	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Fresh Spinach - TR1195 (1/2 c.)	25	3.50	0.00	0.00	0.00	0.00	12.00	0.50	0.50	0.00	(M)	0.50	0.45	15.00	0.00	0.00	(M)	(M)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	35	3.75	0.00	0.00	0.00	0.00	0.00	1.00	0.25	0.50	(M)	0.25	0.09	0.00	187.50	3.00	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	67.83	0.00	0.00	0.00	0.00	5.65	16.96	1.13	13.56	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(M)
Lactaid Milk - TR1367 (1 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)	60	110.00	0.00	0.00	0.00	5.00	170.00	18.00	0.00	18.00	6.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 03/05/2026</b>	
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Sub Bun - TR1778 (1 ea.)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	0.00
Sliced Turkey Ham - TR2044 (6 slice)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Goldfish Pretzel 300/.75oz - TR1822 (1 pkg.)	0.00
Shredded Carrots - TR1194 (1/8 c.)	(M)
Cucumber - TR1190 (1/8 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Lettuce Mix - TR1189 (1/2 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Fresh Spinach - TR1195 (1/2 c.)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Thursday Sandwich Build - ServingDate: 03/05/2026</b>																			
Texas 1% White Milk - TR1035 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	10	35.00	2.00	1.00	0.00	5.00	105.00	2.00	0.00	1.00	(M)	7.00	0.00	200.00	300.00	0.00	(M)	(M)	(M)
Sliced White Cheese - TR2058 (1 ea.)	15	50.00	4.50	2.50	0.00	15.00	230.00	1.00	0.00	1.00	(M)	3.00	0.00	80.00	100.00	0.00	(M)	(M)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	10	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayo - TR1144 (1 ea.)	25	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	15	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 03/06/2026</b>																			
Steak Fingers - TR2038 (4 ea.)	25	232.99	12.16	4.56	0.00	45.59	334.29	15.20	0.00	0.00	0.00	18.23	2.73	20.26	101.30	15.20	0.00	(M)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	20	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 03/05/2026</b>	
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	(M)
Sliced White Cheese - TR2058 (1 ea.)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
<b>2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 03/06/2026</b>	
Steak Fingers - TR2038 (4 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Friday Tender Bowl :408 - ServingDate: 03/06/2026</b>																			
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	50	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	80	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 (M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	10	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.)	50	67.83	0.00	0.00	0.00	0.00	11.30	15.83	0.00	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas 1% White Milk - TR1035 (1 c.)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	50	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.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 03/06/2026</b>	
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Tuesday Nachos :408 - 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
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	3	626.45	35.88	6.77	0.00	51.59	1326.78	50.22	6.78	10.67	0.00(M)	27.74	8.91	187.03	3940.67	13.75	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	60	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 03/17/2026</b>	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Salsa Cup - TR1072 (1 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Tuesday Nachos :408 - ServingDate: 03/17/2026</b>																			
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	35	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00(M)	6.69	0.12	23.75	194.58	2.05	0.00(M)	0.00(M)	9.85(M)
Banana - TR1056 (1 ea.)	50	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)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)
<b>2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 03/18/2026</b>																			
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	4	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 03/17/2026</b>	
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)
<b>2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 03/18/2026</b>	
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Wednesday Asian :408 - ServingDate: 03/18/2026</b>																			
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	50	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	164.76	3.81	0.00	0.00	0.00	527.61	28.57	2.86	1.91	(M)	3.81	3.43	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	39.80	2.24	0.24	0.00	0.00	147.29	6.71	2.24	3.35	0.00(M)	0.00	0.40	33.55	9235.19	2.01	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Steamed Broccoli - TR1112 (1/2 c.)	50	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)
Granny Smith Apple - TR1054 (1 ea.)	15	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)
Red Delicious Apple - TR1055 (1 ea.)	15	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.)	30	57.65	0.00	0.00	0.00	0.00	2.26	15.83	1.13	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 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)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 03/18/2026</b>	
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Wednesday Asian :408 - ServingDate: 03/18/2026</b>																			
Texas 1% White Milk - TR1035 (1 Carton)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 03/19/2026</b>																			
Croissant - TR1953 (1 ea.)	15	190.00	7.00	3.00	0.00	0.00	190.00	29.00	3.00	4.00	3.00	5.00	1.44	20.00	0.00	0.00	0.00	0.00	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	10	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	10	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	10	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	2	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Sub Bun - TR1778 (1 ea.)	15	158.65	1.98	0.50	0.00	0.00	188.40	28.76	1.98	3.97	3.97	4.96	1.98	55.53	0.00	0.00	0.00	74.57	0.00
Sliced Turkey Breast - TR2045 (6 slice)	15	110.69	4.53	1.01	0.00	45.28	372.32	0.00	0.00	0.00	0.00	17.11	0.40	0.00	0.00	0.00	0.00	281.88	0.00
Sliced Turkey Ham - TR2044 (6 slice)	15	130.00	7.00	2.00	0.00	55.00	359.99	3.00	0.00	2.00	2.00	13.00	0.70	0.00	0.00	0.00	0.00	710.16	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11 (M)	0.00(M)
Goldfish Pretzel 300/.75oz - TR1822 (1 pkg.)	30	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.72	10.00	0.00	0.00	0.00	45.12	0.00
Shredded Carrots - TR1194 (1/8 c.)	25	6.25	0.00	0.00	0.00	0.00	13.75	1.50	0.50	0.75	(M)	0.00	0.18	5.00	2375.00	0.60	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Wednesday Asian :408 - ServingDate: 03/18/2026</b>	
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)
<b>2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 03/19/2026</b>	
Croissant - TR1953 (1 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Sub Bun - TR1778 (1 ea.)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	0.00
Sliced Turkey Ham - TR2044 (6 slice)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Goldfish Pretzel 300/.75oz - TR1822 (1 pkg.)	0.00
Shredded Carrots - TR1194 (1/8 c.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Thursday Sandwich Build - ServingDate: 03/19/2026</b>																			
Cucumber - TR1190 (1/8 c.)	25	2.00	0.00	0.00	0.00	0.00	0.25	0.50	0.13	0.25	(M)	0.08	0.04	2.00	13.75	0.38	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00
Lettuce Mix - TR1189 (1/2 c.)	45	7.50	0.00	0.00	0.00	0.00	5.00	1.50	0.50	1.00	(M)	0.50	0.18	10.00	1250.00	2.40	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Fresh Spinach - TR1195 (1/2 c.)	25	3.50	0.00	0.00	0.00	0.00	12.00	0.50	0.50	0.00	(M)	0.50	0.45	15.00	0.00	0.00	(M)	(M)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	35	3.75	0.00	0.00	0.00	0.00	0.00	1.00	0.25	0.50	(M)	0.25	0.09	0.00	187.50	3.00	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	67.83	0.00	0.00	0.00	0.00	5.65	16.96	1.13	13.56	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(M)
Lactaid Milk - TR1367 (1 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)	60	110.00	0.00	0.00	0.00	5.00	170.00	18.00	0.00	18.00	6.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Cheese American sliced - TR1209 (1 ea.)	10	35.00	2.00	1.00	0.00	5.00	105.00	2.00	0.00	1.00	(M)	7.00	0.00	200.00	300.00	0.00	(M)	(M)	(M)
Sliced White Cheese - TR2058 (1 ea.)	15	50.00	4.50	2.50	0.00	15.00	230.00	1.00	0.00	1.00	(M)	3.00	0.00	80.00	100.00	0.00	(M)	(M)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	10	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mayo - TR1144 (1 ea.)	25	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	15	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Thursday Sandwich Build - ServingDate: 03/19/2026</b>	
Cucumber - TR1190 (1/8 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Lettuce Mix - TR1189 (1/2 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Fresh Spinach - TR1195 (1/2 c.)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 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)
Cheese American sliced - TR1209 (1 ea.)	(M)
Sliced White Cheese - TR2058 (1 ea.)	(M)
Fat-Free Italian Dressing - TR1977 (2 tablespoon)	(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Friday Tender Bowl :408 - ServingDate: 03/20/2026</b>																			
Steak Fingers - TR2038 (4 ea.)	25	232.99	12.16	4.56	0.00	45.59	334.29	15.20	0.00	0.00	0.00	18.23	2.73	20.26	101.30	15.20	0.00	(M)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	20	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	50	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Mashed Potatoes - TR1083 (1/2 c.)	80	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
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	10	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: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 03/20/2026</b>	
Steak Fingers - TR2038 (4 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes - TR1083 (1/2 c.)	0.12
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Friday Tender Bowl :408 - ServingDate: 03/20/2026</b>																				
Chilled Peaches - TR1504 (1/2 c.)	50	67.83	0.00	0.00	0.00	0.00	11.30	15.83	0.00	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)	
Lactaid Milk - TR1367 (1 c.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas 1% White Milk - TR1035 (1 c.)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)	
Country Gravy - TR1074 (4 tbsp.)	50	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.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00	
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
<b>2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 03/23/2026</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)	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)	
Cheeseburger - TR1897 (1 ea.)	15	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)	
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00(M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00(M)	0.00(M)	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00	
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24(M)	0.00(M)	
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Friday Tender Bowl :408 - ServingDate: 03/20/2026</b>	
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	(M)
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	(M)
<b>2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 03/23/2026</b>	
Meatballs - TR1262 (5 ea.)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Monday Pasta Bar - ServingDate: 03/23/2026</b>																				
Alfredo Sauce - TR1261 (1 #16 scoop)	20	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	(M)	6.56	0.00	207.65	245.90	0.00	(M)	(M)	0.00	
Marinara Sauce - TR1124 (1/2 c.)	20	40.44	1.93	0.00	0.00	0.00	88.59	5.78	1.93	1.93	0.96	1.93	1.04	57.78	0.00	0.00	0.00	234.96	0.00	
Garlic Toast - TR1004 (1 ea.)	30	100.00	3.50	0.50	0.00	0.00	125.00	14.00	1.00	1.00	0.00	3.00	1.10	10.00	300.00	0.00	0.10	130.00	0.00	
Penne Pasta - TR1423 (1 c.)	45	229.20	3.74	0.32	0.00	0.00	15.90	41.00	4.00	2.00	(M)	7.00	1.80	35.90	0.00	0.00	(M)	(M)	529.40 (M)	
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	
Wedge Fries - TR1529 (3 oz.)	30	163.40	4.90	0.82	0.00	0.00	277.77	24.51	0.00	0.00	0.00	1.63	0.59	0.00	163.40	5.88	(M)	(M)	(M)	
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00	
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)	
Granny Smith Apple - TR1054 (1 ea.)	35	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.)	35	65.00	0.00	0.00	0.00	0.00	5.42	15.17	1.08	14.08	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)	
Lactaid Milk - TR1367 (1 c.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas 1% White Milk - TR1035 (1 c.)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)	
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Monday Pasta Bar - ServingDate: 03/23/2026</b>	
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00
Garlic Toast - TR1004 (1 ea.)	0.00
Penne Pasta - TR1423 (1 c.)	0.53(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Tuesday Nachos - ServingDate: 03/24/2026</b>																			
Beef Chili - TR1808 (1 #8 scoop)	35	195.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	(M)	14.00	3.00	49.00	912.99	10.00	0.00	0.00	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	55	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 03/24/2026</b>	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Tuesday Nachos - ServingDate: 03/24/2026</b>																				
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)	
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00	
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	35	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00(M)	6.69	0.12	23.75	194.58	2.05	0.00(M)	0.00(M)	9.85(M)	
Banana - TR1056 (1 ea.)	50	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 c.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas 1% White Milk - TR1035 (1 c.)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00	
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)	
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00	
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)	
<b>2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 03/25/2026</b>																				
Chicken Popper Ranch Salad - TR1920 (1 ea.)	2	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00	
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Tuesday Nachos - ServingDate: 03/24/2026</b>	
Salsa Cup - TR1072 (1 ea.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	0.01(M)
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	(M)
<b>2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 03/25/2026</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

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Wednesday Asian - ServingDate: 03/25/2026</b>																			
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	260.00	7.00	2.00	0.00	140.00	960.00	20.00	0.00	18.00	(M)	30.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	45	380.00	8.00	2.00	0.00	90.00	760.00	50.00	4.00	26.00	(M)	28.00	2.88	0.00	0.00	0.00	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	164.76	3.81	0.00	0.00	0.00	527.61	28.57	2.86	1.91	(M)	3.81	3.43	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	39.80	2.24	0.24	0.00	0.00	147.29	6.71	2.24	3.35	0.00(M)	0.00	0.40	33.55	9235.19	2.01	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Steamed Broccoli - TR1112 (1/2 c.)	50	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)
Granny Smith Apple - TR1054 (1 ea.)	15	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)
Red Delicious Apple - TR1055 (1 ea.)	15	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.)	30	57.65	0.00	0.00	0.00	0.00	2.26	15.83	1.13	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 03/25/2026</b>	
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	(M)
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00(M)
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Wednesday Asian - ServingDate: 03/25/2026</b>																			
Lactaid Milk - TR1367 (1 c.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	70	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas 1% White Milk - TR1035 (1 c.)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	25	11.67	0.00	0.00	0.00	0.00	0.00	2.67	0.00	1.67	(M)	0.17	0.06	0.00	0.00	0.00	(M)	(M)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 03/26/2026</b>																			
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	15	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheese Cubes - TR1980 (8 cubes)	5	137.50	11.25	7.50	0.00	31.25	225.00	0.00	0.00	0.00	0.00	8.75	0.00	250.00	0.00	0.00	0.00	25.00	0.00
Cheeseburger - TR1897 (1 ea.)	15	392.00	19.60	7.40	0.00	68.00	616.00	31.00	2.00	5.00	4.00(M)	27.60	2.60	325.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	15	370.00	10.00	1.50	0.00	50.00	830.00	46.00	5.00	4.00	4.00	23.00	2.08	136.00	200.00	0.00	0.00	0.00	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	10	201.00	10.00	6.00	0.00	61.00	707.00	2.00	0.00	0.00	0.00	25.00	0.18	210.00	0.00	0.00	0.00	520.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Diced Turkey Breast - TR1187 (4 oz.)	15	182.00	2.00	0.00	0.00	72.00	1053.98	4.00	0.00	0.00	0.00	36.00	0.36	20.00	0.00	0.00	0.00	999.98	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00(M)	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11 (M)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	30	170.00	6.00	1.00	0.00	0.00	170.00	25.00	2.00	2.00	1.00	2.00	1.40	10.00	0.00	0.00	0.10	170.14	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Wednesday Asian - ServingDate: 03/25/2026</b>	
Lactaid Milk - TR1367 (1 c.)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	(M)
<b>2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 03/26/2026</b>	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheese Cubes - TR1980 (8 cubes)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Diced Turkey Breast - TR1187 (4 oz.)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Thursday Salad Bar - ServingDate: 03/26/2026</b>																				
Fresh Broccoli - TR1196 (1/4 c.)	30	7.75	0.00	0.00	0.00	0.00	7.50	1.50	0.50	0.38	(M)	0.63	0.17	10.75	141.75	20.25	(M)	(M)	(M)	
Shredded Carrots - TR1194 (1/4 c.)	30	12.50	0.00	0.00	0.00	0.00	27.50	3.00	1.00	1.50	(M)	0.00	0.36	10.00	4750.00	1.20	(M)	(M)	(M)	
Cucumber - TR1190 (1/4 c.)	30	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	(M)	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)	
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	3.17	0.00	(M)	3.17	0.57	0.00	0.00	5.71	(M)	333.33	0.00	
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	15	65.00	1.00	0.00	0.00	0.00	70.00	10.00	3.00	0.50	(M)	3.50	0.90	20.00	0.00	0.60	(M)	(M)	0.00	
Lettuce Mix - TR1189 (3 c.)	30	45.00	0.00	0.00	0.00	0.00	30.00	9.00	3.00	6.00	(M)	3.00	1.08	60.00	7500.00	14.40	(M)	(M)	(M)	
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00	
Fresh Spinach - TR1195 (1 c.)	30	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	(M)	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)	
Grape Tomatoes - TR1191 (3 ea.)	20	10.20	0.00	0.00	0.00	0.00	3.40	3.40	0.68	1.36	(M)	0.34	0.00	5.78	482.80	7.48	(M)	(M)	(M)	
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	67.83	0.00	0.00	0.00	0.00	5.65	16.96	1.13	13.56	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)	
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	(M)	1.00	0.00	60.00	300.00	72.00	(M)	(M)	(M)	
Signature Fruit Cup - TR2043 (1 ea.)	35	0.25	0.00	0.00	0.00	0.00	0.14	0.06	0.00	0.04	0.01(M)	0.01	0.00	0.23	0.17	0.00	0.00(M)	0.26(M)	1.93(M)	
Lactaid Milk - TR1367 (1 c.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Texas 1% White Milk - TR1035 (1 c.)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)	
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	20	180.00	19.00	3.00	0.00	0.00	330.00	2.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00	
Croutons - TR1981 (2 tablespoon)	15	303.75	10.13	0.00	0.00	0.00	860.61	50.62	0.00	0.00	0.00	10.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Balsamic Vinaigrette - TR1978 (1 Pouch)	5	157.33	14.68	2.62	0.00	0.00	346.13	6.29	0.00	6.29	5.24	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 03/26/2026</b>	
Fresh Broccoli - TR1196 (1/4 c.)	(M)
Shredded Carrots - TR1194 (1/4 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	0.00
Lettuce Mix - TR1189 (3 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Fresh Spinach - TR1195 (1 c.)	(M)
Grape Tomatoes - TR1191 (3 ea.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00(M)
Orange Wedges - TR1057 (1 ea.)	(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 c.)	(M)
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)
Texas 1% White Milk - TR1035 (1 c.)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	0.00
Croutons - TR1981 (2 tablespoon)	0.00
Balsamic Vinaigrette - TR1978 (1 Pouch)	0.00

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Thursday Salad Bar - ServingDate: 03/26/2026</b>																			
Italian Dressing - TR1979 (1 Pouch)	5	160.14	17.02	2.50	0.00	0.00	390.34	3.00	0.00	3.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 03/27/2026</b>																			
Beef Steak Fingers - TR1937 (4 ea.)	25	240.00	13.00	5.00	0.00	35.00	230.00	16.00	3.00	1.00	0.00	16.00	3.00	35.00	0.00	0.00	0.00	424.88	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	746.45	36.08	6.77	0.00	51.59	1336.78	80.22	8.78	34.67	0.00(M)	28.74	9.63	207.03	3940.67	14.95	0.00(M)	0.00(M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	246.45	11.60	2.17	0.00	57.99	608.88	15.95	1.45	2.90	1.45	20.30	1.04	0.00	0.00	0.00	0.00	545.09	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	15	280.00	13.00	2.50	0.00	60.00	470.00	16.00	2.00	1.00	(M)	25.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	420.00	10.00	4.00	0.00	20.00	715.00	67.00	2.00	26.00	4.00(M)	14.00	1.80	370.00	200.00	0.00	0.00(M)	90.24 (M)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	150.00	32.00	4.00	9.00	(M)	5.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	5	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	35	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Thursday Salad Bar - ServingDate: 03/26/2026</b>	
Italian Dressing - TR1979 (1 Pouch)	0.00
<b>2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 03/27/2026</b>	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Tenders, Whole Muscle - TR1103 (3 ea)	(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Friday Tender Bowl - ServingDate: 03/27/2026</b>																			
Mashed Potatoes - TR1083 (1/2 c.)	65	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
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	10	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.)	50	67.83	0.00	0.00	0.00	0.00	11.30	15.83	0.00	12.44	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Lactaid Milk - TR1367 (1 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)	60	110.00	0.00	0.00	0.00	5.00	170.00	18.00	0.00	18.00	6.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Shredded American Cheese - TR1069 (1/2 oz.)	35	35.44	2.28	1.27	0.00	7.59	237.94	1.01	0.00	0.51	(M)	3.54	0.00	101.25	151.88	0.00	(M)	(M)	(M)
Country Gravy - TR1074 (4 tbsp.)	40	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.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	40.00	0.00	0.00	0.00	0.00	75.00	9.00	0.00	8.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
<b>2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 03/30/2026</b>																			
Meatballs - TR1262 (5 ea.)	30	152.00	11.00	4.00	0.70	48.00	302.00	2.00	1.00	1.00	(M)	12.00	1.00	28.00	1.00	0.00	(M)	(M)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	313.52	11.14	5.41	0.01	32.10	474.67	34.11	4.00	2.00	(M)	20.75	2.16	425.00	425.00	0.00	(M)	(M)	0.00(M)
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	15	335.00	15.00	5.50	0.50	50.00	625.00	30.00	2.00	5.00	4.00(M)	24.00	2.08	316.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	452.00	8.70	4.25	0.00	20.00	381.00	84.50	7.00	52.50	11.00 (M)	13.50	2.07	550.00	350.00	37.20	0.00(M)	47.00 (M)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Friday Tender Bowl - ServingDate: 03/27/2026</b>	
Mashed Potatoes - TR1083 (1/2 c.)	0.12
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 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)
<b>2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 03/30/2026</b>	
Meatballs - TR1262 (5 ea.)	(M)
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00(M)
Cheeseburger E/I/Pk GF Tyson 2024 - TR1976 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Monday Pasta Bar :408 - ServingDate: 03/30/2026</b>																			
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	20	98.36	5.46	3.28	0.00	20.77	408.74	5.46	0.00	3.28	(M)	6.56	0.00	207.65	245.90	0.00	(M)	(M)	0.00
Marinara Sauce - TR1124 (1/2 c.)	25	40.44	1.93	0.00	0.00	0.00	88.59	5.78	1.93	1.93	0.96	1.93	1.04	57.78	0.00	0.00	0.00	234.96	0.00
Garlic Toast - TR1004 (1 ea.)	30	100.00	3.50	0.50	0.00	0.00	125.00	14.00	1.00	1.00	0.00	3.00	1.10	10.00	300.00	0.00	0.10	130.00	0.00
Penne Pasta - TR1423 (1 c.)	50	229.20	3.74	0.32	0.00	0.00	15.90	41.00	4.00	2.00	(M)	7.00	1.80	35.90	0.00	0.00	(M)	(M)	529.40 (M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	30	163.40	4.90	0.82	0.00	0.00	277.77	24.51	0.00	0.00	0.00	1.63	0.59	0.00	163.40	5.88	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	189.77	4.73	2.36	1.18	0.00(M)	1.18	0.42	23.64	254.54	1.42	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	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.)	35	65.00	0.00	0.00	0.00	0.00	5.42	15.17	1.08	14.08	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00(M)
Lactaid Milk - TR1367 (1 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)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	(M)	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 03/30/2026</b>	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00
Garlic Toast - TR1004 (1 ea.)	0.00
Penne Pasta - TR1423 (1 c.)	0.53(M)
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00(M)
Lactaid Milk - TR1367 (1 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)
Mayo - TR1144 (1 ea.)	(M)

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 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 HS STAR Monday Pasta Bar :408 - ServingDate: 03/30/2026</b>																				
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - 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	
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)	
Chicken Popper Ranch Salad - TR1466 (1 ea.)	3	626.45	35.88	6.77	0.00	51.59	1326.78	50.22	6.78	10.67	0.00(M)	27.74	8.91	187.03	3940.67	13.75	0.00(M)	0.00(M)	0.00(M)	
Chicken Fajitas - TR2016 (3 oz.)	20	137.63	6.88	0.00	0.00	86.02	355.55	2.29	0.00	0.00	0.00	17.20	0.41	0.00	0.00	0.00	0.00	240.86	0.00	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	(M)	(M)	0.00	
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1336.32	53.11	5.14	5.14	0.00	39.40	3.08	685.29	0.00	0.00	0.00	6441.76	0.00	
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	540.12	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00	
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	369.65	17.98	7.99	0.00	34.97	579.46	30.97	3.00	3.00	0.00	19.98	2.00	449.58	0.00	0.00	0.20	69.97	0.00	
Supreme Pizza - TR1881 (1 slice)	5	379.99	20.00	10.00	0.00	49.00	735.99	28.00	4.00	6.00	0.00	20.00	3.00	30.00	0.00	0.00	0.00	29.14	0.00	
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	308.98	11.00	5.50	0.00	31.80	558.97	32.86	2.60	6.00	2.13	18.80	1.64	465.88	523.97	0.00	0.04	103.79	0.00	
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	1000.00	0.00	0.00	0.00	0.00	
Whole Grain Tortilla Chips - TR1653 (20 Chips)	60	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00	
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	5	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)	

## Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Monday Pasta Bar :408 - ServingDate: 03/30/2026</b>	
Mustard - TR1145 (1 ea.)	(M)
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 03/31/2026</b>	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00
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: TOMBALL STAR ACADEMY  
 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 HS STAR Tuesday Nachos :408 - 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)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	100.34	15.96	2.00	2.99	0.00(M)	2.00	0.36	0.14	107.74	4.79	0.00(M)	0.05(M)	4.73(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.36	20.00	300.00	7.20	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	20.00	0.00	0.00	0.00	0.00	100.00	3.00	1.00	2.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	131.00	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	35	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00(M)	6.69	0.12	23.75	194.58	2.05	0.00(M)	0.00(M)	9.85(M)
Banana - TR1056 (1 ea.)	50	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)	20	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Cheese Sauce - TR1624 (2 fl. oz.)	50	123.08	9.89	5.38	0.00	28.57	454.94	2.20	0.00	1.10	0.00	7.69	0.00	224.17	426.37	0.00	0.00	0.00	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	(M)	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	(M)	1.00	0.00	20.00	200.00	0.00	(M)	(M)	(M)

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

# Menu Calendar Nutrient Analysis Report - March, 2026

Site: TOMBALL STAR ACADEMY  
 Date: 03/01/2026 - 03/31/2026

Item Name (Serving Size)	Ash (g)
<b>2025 FALL Lunch HS STAR Tuesday Nachos :408 - ServingDate: 03/31/2026</b>	
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Salsa Cup - TR1072 (1 ea.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	0.01(M)
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00(M)
Signature Fruit Cup - TR2043 (1 ea.)	0.00(M)
Lactaid Milk - TR1367 (1 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: TOMBALL STAR ACADEMY  
Date: 03/01/2026 - 03/31/2026

**Report Selections**

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