

# Menu Calendar Nutrient Analysis Report - August, 2026

Generated on: 7/30/2026 9:00:07 AM by Mary Trammell

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W1D1<br/>Menu 1 -<br/>ServingDate:<br/>08/03/2026</b> |             |                    |             |                    |                     |                     |
| Country Fried Steak Sandwich - 4125 (1 sandwich)                      | 65          | 409.91             | 47.00       | 6.00               | 6.00                | 4.00                |
| Pizza, Variety - LR1001 (1 slice)                                     | 35          | 329.01             | 33.23       | 3.25               | 4.00                | 1.00                |
| Glazed Carrots - 5865 (1/2 c.)                                        | 5           | 53.95              | 8.89        | 2.86               | 6.24                | 2.16                |
| Green Peas - LR1059 (1/2 c.)                                          | 10          | 116.99             | 18.72       | 5.76               | 8.64                | 2.88                |
| Sidewinder Potatoes - 6167 (1/2 c.)                                   | 40          | 103.70             | 15.55       | 1.04               | 0.00                | 0.00                |
| Chilled Applesauce - 6555 (1/2 c.)                                    | 60          | 59.25              | 15.55       | 1.70               | 11.86               | (M)                 |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Rosey Applesauce - 6565 (1/2 c.)                                      | 20          | 70.45              | 18.27       | 1.70               | 14.58               | 2.72(M)             |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil pack)                                          | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010 Merchants (1 packet)                                | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W1D2<br/>Menu 1 -<br/>ServingDate:<br/>08/04/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Sandwich - LR1037 (1 sandwich)                                | 40          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00(M)             |
| Chicken Fajita Wrap - 4345.1 (1 wrap)                                 | 50          | 279.24             | 23.47       | 2.63               | 3.83                | 1.00(M)             |
| Lunch Bite - LR1050 (1 serving)                                       | 10          | 338.68             | 38.09       | 2.00               | 8.04                | 7.00                |
| Saltine Crackers - LR1054 (2 pkg.)                                    | 5           | 45.00              | 8.00        | 0.00               | 0.00                | 0.00                |

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| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W1D2<br/>Menu 1 -<br/>ServingDate:<br/>08/04/2026</b> |             |                    |             |                    |                     |                     |
| Pinto Beans - 5550 (1/2 c.)                                           | 5           | 144.78             | 26.76       | 10.67              | 1.59                | 0.00(M)             |
| Tater Tots - 6095 (1/2 c.)                                            | 40          | 143.10             | 16.36       | 1.02               | 0.00                | 0.00(M)             |
| Corn - 6010 (1/2 c.)                                                  | 25          | 117.17             | 21.46       | 1.26               | 8.84                | 3.79                |
| Chilled Peach Slices - 6815 (1/2 c.)                                  | 80          | 57.24              | 13.36       | 0.95               | 12.40               | 4.77                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil pack)                                          | 25          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010 Merchants (1 packet)                                | 15          | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W1D3<br/>Menu 1 -<br/>ServingDate:<br/>08/05/2026</b> |             |                    |             |                    |                     |                     |
| Chef Salad - LR1041 (1 salad)                                         | 5           | 246.46             | 17.79       | 2.40               | 8.72                | 3.71(M)             |
| Chicken Salad on a Croissant - 4280.1 (1 ea.)                         | 15          | 327.45             | 32.41       | 2.22               | 5.13(M)             | 4.82                |
| Spaghetti with Meat Sauce - LR1055 (1 serving)                        | 80          | 268.80             | 24.47       | 1.51               | 5.95                | 0.00(M)             |
| Garlic Knot Roll - 7141 (1 roll.)                                     | 80          | 170.00             | 27.00       | 3.00               | 3.00                | 2.00                |
| Saltine Crackers - LR1053 (6 pkg.)                                    | 5           | 135.00             | 24.00       | 0.00               | 0.00                | 0.00                |
| Carrots w/ Dip - LR1010 (1/2 c.)                                      | 20          | 39.77              | 9.93        | 2.46               | 5.05                | 1.00                |
| Savory Green Beans - 5745 (1/2 c.)                                    | 20          | 39.55              | 4.58        | 2.27               | 2.27                | 0.00                |

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Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W1D3<br/>Menu 1 -<br/>ServingDate:<br/>08/05/2026</b> |             |                    |             |                    |                     |                     |
| Chilled Pear Halves - 6850 (1/2 c.)                                   | 80          | 51.52              | 13.74       | 2.58               | 10.30               | 4.29                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Croutons - 7110 (1 pkg.)                                              | 5           | 60.00              | 9.00        | 1.00               | 1.00                | 0.00                |
| Ranch Dressing - 8080 (1 oz.)                                         | 5           | 56.76              | 1.86        | 0.00               | 0.86                | 0.00                |
| <b>Middle Lunch W1D4<br/>Menu 1 -<br/>ServingDate:<br/>08/06/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Tenders - 3190 (3 tenders)                                    | 85          | 200.00             | 14.00       | 0.00               | 0.00                | 0.00                |
| Sloppy Joe on Bun - 4085 (1 ea.)                                      | 15          | 325.65             | 33.94       | 2.21               | 8.80(M)             | 7.04                |
| Garlic Toast - 7115 (1 slice)                                         | 70          | 90.00              | 14.00       | 1.00               | 1.00                | 0.00                |
| Cheese Topped Mashed Potatoes - 6075 (1/2 c.)                         | 40          | 123.06             | 17.33       | 1.14               | 0.00                | 0.00                |
| Steamed Broccoli Florets - 5610 (1/2 c.)                              | 15          | 34.78              | 3.58        | 2.15               | 0.71                | 0.00                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Chilled Strawberry Slices - 6945 (1/2 c.)                             | 80          | 82.38              | 21.05       | 1.83               | 15.56               | (M)                 |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |

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| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W1D4<br/>Menu 1 -<br/>ServingDate:<br/>08/06/2026</b> |             |                    |             |                    |                     |                     |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil<br>pack)                                       | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Variety of Dipping<br>Sauce - LR1085 (1<br>packet)                    | 10          | 36.52              | 8.09        | 0.17               | 6.99                | 6.81                |
| <b>Middle Lunch W1D5<br/>Menu 1 -<br/>ServingDate:<br/>08/07/2026</b> |             |                    |             |                    |                     |                     |
| Cheeseburger - 4100.1<br>(1 Cheeseburg)                               | 10          | 334.91             | 32.00       | 3.00               | 5.50                | 4.00(M)             |
| Hamburger - 4105.1 (1<br>burger)                                      | 80          | 279.91             | 31.00       | 3.00               | 5.00                | 4.00(M)             |
| Ranch Club Wrap -<br>LR1036 (1 wrap)                                  | 10          | 341.81             | 29.36       | 2.38               | 5.86                | 2.00                |
| Saltine Crackers -<br>LR1054 (2 pkg.)                                 | 10          | 45.00              | 8.00        | 0.00               | 0.00                | 0.00                |
| Baked Beans - LR1012<br>(1/2 c.)                                      | 10          | 207.05             | 39.49       | 5.45               | 15.11<br>(M)        | 6.47(M)             |
| Spicy Fries - 6150<br>Merchants (1/2 c.)                              | 40          | 113.83             | 18.02       | 0.95               | 0.00                | 0.00                |
| Chilled Mandarin<br>Oranges - 6795 (1/2 c.)                           | 80          | 77.91              | 20.68       | 0.89               | 19.78               | 0.00                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil<br>pack)                                       | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                             | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| Mustard - 8015 (1 pkg.)                                               | 5           | 5.00               | 0.00        | 0.00               | 0.00                | 0.00                |

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|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W2D1<br/>Menu 1 -<br/>ServingDate:<br/>08/10/2026</b> |             |                    |             |                    |                     |                     |
| Hot Ham & Cheese<br>Croissant - LR1006 (1 sandwich)                   | 35          | 306.93             | 35.09       | 2.31               | 6.20                | 3.00                |
| Pizza, Variety - LR1001 (1 slice)                                     | 65          | 329.01             | 33.23       | 3.25               | 4.00                | 1.00                |
| Glazed Carrots - 5865 (1/2 c.)                                        | 5           | 53.95              | 8.89        | 2.86               | 6.24                | 2.16                |
| Green Peas - LR1059 (1/2 c.)                                          | 20          | 116.99             | 18.72       | 5.76               | 8.64                | 2.88                |
| Sidewinder Potatoes - 6167 (1/2 c.)                                   | 50          | 103.70             | 15.55       | 1.04               | 0.00                | 0.00                |
| Chilled Applesauce - 6555 (1/2 c.)                                    | 50          | 59.25              | 15.55       | 1.70               | 11.86               | (M)                 |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Rosey Applesauce - 6565 (1/2 c.)                                      | 30          | 70.45              | 18.27       | 1.70               | 14.58               | 2.72(M)             |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Mayonnaise - 8010 Merchants (1 packet)                                | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| Mustard - 8015 (1 pkg.)                                               | 5           | 5.00               | 0.00        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W2D2<br/>Menu 1 -<br/>ServingDate:<br/>08/11/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Sandwich - LR1037 (1 sandwich)                                | 60          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00(M)             |
| Lunch Bite - LR1050 (1 serving)                                       | 10          | 338.68             | 38.09       | 2.00               | 8.04                | 7.00                |
| Walking Tacos - 1095 Merchants (1 Walking Ta)                         | 30          | 424.95             | 37.13       | 2.43               | 6.26                | 1.22                |
| Pinto Beans - 5550 (1/2 c.)                                           | 5           | 144.78             | 26.76       | 10.67              | 1.59                | 0.00(M)             |

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|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W2D2<br/>Menu 1 -<br/>ServingDate:<br/>08/11/2026</b> |             |                    |             |                    |                     |                     |
| Tater Tots - 6095 (1/2 c.)                                            | 40          | 143.10             | 16.36       | 1.02               | 0.00                | 0.00(M)             |
| Corn - 6010 (1/2 c.)                                                  | 20          | 117.17             | 21.46       | 1.26               | 8.84                | 3.79                |
| Chilled Peach Slices - 6815 (1/2 c.)                                  | 80          | 57.24              | 13.36       | 0.95               | 12.40               | 4.77                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Sour Cream - 8115 (1 Portion Cu)                                      | 10          | 33.08              | 0.94        | 0.00               | 0.94                | 0.00                |
| Ketchup - 8000 (1 foil pack)                                          | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010 Merchants (1 packet)                                | 10          | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W2D3<br/>Menu 1 -<br/>ServingDate:<br/>08/12/2026</b> |             |                    |             |                    |                     |                     |
| Cheesy Chicken over Rice - 3120 Merchants (1 serving)                 | 65          | 371.52             | 31.04       | 1.08               | 3.15                | 0.17                |
| Chef Salad - LR1041 (1 salad)                                         | 5           | 246.46             | 17.79       | 2.40               | 8.72                | 3.71(M)             |
| Yogurt Plate - LR1030 (1 serving)                                     | 30          | 360.00             | 53.00       | 2.00               | 23.00               | 18.50               |
| Garlic Knot Roll - 7141 (1 roll.)                                     | 60          | 170.00             | 27.00       | 3.00               | 3.00                | 2.00                |
| Saltine Crackers - LR1053 (6 pkg.)                                    | 5           | 135.00             | 24.00       | 0.00               | 0.00                | 0.00                |
| Carrots w/ Dip - LR1010 (1/2 c.)                                      | 10          | 39.77              | 9.93        | 2.46               | 5.05                | 1.00                |
| Savory Green Beans - 5745 (1/2 c.)                                    | 25          | 39.55              | 4.58        | 2.27               | 2.27                | 0.00                |

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|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W2D3<br/>Menu 1 -<br/>ServingDate:<br/>08/12/2026</b> |             |                    |             |                    |                     |                     |
| Chilled Pear Halves - 6850 (1/2 c.)                                   | 80          | 51.52              | 13.74       | 2.58               | 10.30               | 4.29                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Croutons - 7110 (1 pkg.)                                              | 5           | 60.00              | 9.00        | 1.00               | 1.00                | 0.00                |
| Ranch Dressing - 8080 (1 oz.)                                         | 5           | 56.76              | 1.86        | 0.00               | 0.86                | 0.00                |
| <b>Middle Lunch W2D4<br/>Menu 1 -<br/>ServingDate:<br/>08/13/2026</b> |             |                    |             |                    |                     |                     |
| Crispy Steak Fingers - 1045 (4 ea.)                                   | 20          | 290.00             | 18.00       | 4.00               | 1.00                | 0.00                |
| Chicken Tenders - 3190 (3 tenders)                                    | 80          | 200.00             | 14.00       | 0.00               | 0.00                | 0.00                |
| Garlic Toast - 7115 (1 slice)                                         | 80          | 90.00              | 14.00       | 1.00               | 1.00                | 0.00                |
| Mashed Potatoes - 6070 (1/2 c.)                                       | 40          | 101.46             | 17.12       | 1.14               | 0.00                | 0.00                |
| Steamed Broccoli Florets - 5610 (1/2 c.)                              | 15          | 34.78              | 3.58        | 2.15               | 0.71                | 0.00                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 35          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Chilled Strawberry Slices - 6945 (1/2 c.)                             | 65          | 82.38              | 21.05       | 1.83               | 15.56               | (M)                 |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |

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|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W2D4<br/>Menu 1 -<br/>ServingDate:<br/>08/13/2026</b> |             |                    |             |                    |                     |                     |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Brown Gravy - 8130<br>Merchants (2 oz.)                               | 20          | 20.65              | 3.10        | 0.00               | 1.03                | 0.00(M)             |
| Ketchup - 8000 (1 foil<br>pack)                                       | 20          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Variety of Dipping<br>Sauce - LR1085 (1<br>packet)                    | 15          | 36.52              | 8.09        | 0.17               | 6.99                | 6.81                |
| <b>Middle Lunch W2D5<br/>Menu 1 -<br/>ServingDate:<br/>08/14/2026</b> |             |                    |             |                    |                     |                     |
| Cheeseburger - 4100.1<br>(1 Cheeseburg)                               | 10          | 334.91             | 32.00       | 3.00               | 5.50                | 4.00(M)             |
| Hamburger - 4105.1 (1<br>burger)                                      | 70          | 279.91             | 31.00       | 3.00               | 5.00                | 4.00(M)             |
| Italian Dunker Bites w/<br>Marinara Sauce -<br>LR1064 (4 ea.)         | 20          | 306.80             | 34.75       | 2.39               | 5.32                | 2.45                |
| Baked Beans - LR1012<br>(1/2 c.)                                      | 5           | 207.05             | 39.49       | 5.45               | 15.11<br>(M)        | 6.47(M)             |
| Crinkle Cut Fries - 6110<br>(1/2 c.)                                  | 40          | 91.12              | 13.16       | 1.01               | 0.00                | 0.00                |
| Chilled Mandarin<br>Oranges - 6795 (1/2 c.)                           | 80          | 77.91              | 20.68       | 0.89               | 19.78               | 0.00                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil<br>pack)                                       | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                             | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |

# Menu Calendar Nutrient Analysis Report - August, 2026

Generated on: 7/30/2026 9:00:07 AM by Mary Trammell

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W2D5<br/>Menu 1 -<br/>ServingDate:<br/>08/14/2026</b> |             |                    |             |                    |                     |                     |
| Mustard - 8015 (1 pkg.)                                               | 5           | 5.00               | 0.00        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W3D1<br/>Menu 1 -<br/>ServingDate:<br/>08/17/2026</b> |             |                    |             |                    |                     |                     |
| American Sub Sandwich - 4325.1 Merchants (1 sandwich)                 | 5           | 348.19             | 35.58       | 3.00               | 6.34                | 5.00                |
| Pizza, Variety - LR1001 (1 slice)                                     | 95          | 329.01             | 33.23       | 3.25               | 4.00                | 1.00                |
| Glazed Carrots - 5865 (1/2 c.)                                        | 5           | 53.95              | 8.89        | 2.86               | 6.24                | 2.16                |
| Green Peas - LR1059 (1/2 c.)                                          | 15          | 116.99             | 18.72       | 5.76               | 8.64                | 2.88                |
| Sidewinder Potatoes - 6167 (1/2 c.)                                   | 45          | 103.70             | 15.55       | 1.04               | 0.00                | 0.00                |
| Chilled Applesauce - 6555 (1/2 c.)                                    | 60          | 59.25              | 15.55       | 1.70               | 11.86               | (M)                 |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Rosey Applesauce - 6565 (1/2 c.)                                      | 20          | 70.45              | 18.27       | 1.70               | 14.58               | 2.72(M)             |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Mayonnaise - 8010 Merchants (1 packet)                                | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| Mustard - 8015 (1 pkg.)                                               | 5           | 5.00               | 0.00        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W3D2<br/>Menu 1 -<br/>ServingDate:<br/>08/18/2026</b> |             |                    |             |                    |                     |                     |
| Beef Pepper Jack Quesadilla - LR1058 (1 quesadilla)                   | 20          | 438.40             | 23.26       | 2.36               | 2.85                | 1.00                |

# Menu Calendar Nutrient Analysis Report - August, 2026

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W3D2<br/>Menu 1 -<br/>ServingDate:<br/>08/18/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Sandwich -<br>LR1037 (1 sandwich)                             | 65          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00(M)             |
| Lunch Bite - LR1050 (1<br>serving)                                    | 15          | 338.68             | 38.09       | 2.00               | 8.04                | 7.00                |
| Saltine Crackers -<br>LR1054 (2 pkg.)                                 | 20          | 45.00              | 8.00        | 0.00               | 0.00                | 0.00                |
| Pinto Beans - 5550 (1/2<br>c.)                                        | 5           | 144.78             | 26.76       | 10.67              | 1.59                | 0.00(M)             |
| Tater Tots - 6095 (1/2<br>c.)                                         | 40          | 143.10             | 16.36       | 1.02               | 0.00                | 0.00(M)             |
| Corn - 6010 (1/2 c.)                                                  | 35          | 117.17             | 21.46       | 1.26               | 8.84                | 3.79                |
| Chilled Peach Slices -<br>6815 (1/2 c.)                               | 80          | 57.24              | 13.36       | 0.95               | 12.40               | 4.77                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil<br>pack)                                       | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                             | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W3D3<br/>Menu 1 -<br/>ServingDate:<br/>08/19/2026</b> |             |                    |             |                    |                     |                     |
| Chef Salad - LR1041 (1<br>salad)                                      | 5           | 246.46             | 17.79       | 2.40               | 8.72                | 3.71(M)             |
| Chicken Salad on a<br>Croissant - 4280.1 (1<br>ea.)                   | 35          | 327.45             | 32.41       | 2.22               | 5.13(M)             | 4.82                |
| Italian Rotini Casserole<br>- 1190 (3/4 c.)                           | 60          | 350.06             | 30.08       | 1.76               | 5.80                | 0.00(M)             |
| Garlic Knot Roll - 7141<br>(1 roll.)                                  | 50          | 170.00             | 27.00       | 3.00               | 3.00                | 2.00                |

# Menu Calendar Nutrient Analysis Report - August, 2026

Generated on: 7/30/2026 9:00:07 AM by Mary Trammell

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W3D3<br/>Menu 1 -<br/>ServingDate:<br/>08/19/2026</b> |             |                    |             |                    |                     |                     |
| Saltine Crackers - LR1053 (6 pkg.)                                    | 5           | 135.00             | 24.00       | 0.00               | 0.00                | 0.00                |
| Carrots w/ Dip - LR1010 (1/2 c.)                                      | 15          | 39.77              | 9.93        | 2.46               | 5.05                | 1.00                |
| Savory Green Beans - 5745 (1/2 c.)                                    | 15          | 39.55              | 4.58        | 2.27               | 2.27                | 0.00                |
| Chilled Pear Halves - 6850 (1/2 c.)                                   | 80          | 51.52              | 13.74       | 2.58               | 10.30               | 4.29                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Croutons - 7110 (1 pkg.)                                              | 5           | 60.00              | 9.00        | 1.00               | 1.00                | 0.00                |
| Ranch Dressing - 8080 (1 oz.)                                         | 5           | 56.76              | 1.86        | 0.00               | 0.86                | 0.00                |
| <b>Middle Lunch W3D4<br/>Menu 1 -<br/>ServingDate:<br/>08/20/2026</b> |             |                    |             |                    |                     |                     |
| BBQ Pork Sandwich - 4205.1 (1 ea.)                                    | 15          | 375.09             | 37.72       | 2.00               | 11.78 (M)           | 11.78 (M)           |
| Chicken Tenders - 3190 (3 tenders)                                    | 85          | 200.00             | 14.00       | 0.00               | 0.00                | 0.00                |
| Garlic Toast - 7115 (1 slice)                                         | 75          | 90.00              | 14.00       | 1.00               | 1.00                | 0.00                |
| Cheese Topped Mashed Potatoes - 6075 (1/2 c.)                         | 40          | 123.06             | 17.33       | 1.14               | 0.00                | 0.00                |
| Steamed Broccoli Florets - 5610 (1/2 c.)                              | 10          | 34.78              | 3.58        | 2.15               | 0.71                | 0.00                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Chilled Strawberry Slices - 6945 (1/2 c.)                             | 80          | 82.38              | 21.05       | 1.83               | 15.56               | (M)                 |

# Menu Calendar Nutrient Analysis Report - August, 2026

Generated on: 7/30/2026 9:00:07 AM by Mary Trammell

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W3D4<br/>Menu 1 -<br/>ServingDate:<br/>08/20/2026</b> |             |                    |             |                    |                     |                     |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil pack)                                          | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Variety of Dipping Sauce - LR1085 (1 packet)                          | 10          | 36.52              | 8.09        | 0.17               | 6.99                | 6.81                |
| <b>Middle Lunch W3D5<br/>Menu 1 -<br/>ServingDate:<br/>08/21/2026</b> |             |                    |             |                    |                     |                     |
| Cheeseburger - 4100.1 (1 Cheeseburg)                                  | 15          | 334.91             | 32.00       | 3.00               | 5.50                | 4.00(M)             |
| Hamburger - 4105.1 (1 burger)                                         | 75          | 279.91             | 31.00       | 3.00               | 5.00                | 4.00(M)             |
| Crispy Rolled Tacos with Chicken - 3242 (2 tacos)                     | 10          | 428.16             | 42.96       | 0.56               | 2.74                | 0.24                |
| Baked Beans - LR1012 (1/2 c.)                                         | 5           | 207.05             | 39.49       | 5.45               | 15.11 (M)           | 6.47(M)             |
| Crinkle Cut Fries - 6110 (1/2 c.)                                     | 40          | 91.12              | 13.16       | 1.01               | 0.00                | 0.00                |
| Chilled Mandarin Oranges - 6795 (1/2 c.)                              | 80          | 77.91              | 20.68       | 0.89               | 19.78               | 0.00                |
| Fresh Fruit Bowl - 6715 (1 ea.)                                       | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8 )            | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135 Prairie Farms (1 Carton (8 )                    | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125 Prairie Farms (1 Carton (8 )                     | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |

# Menu Calendar Nutrient Analysis Report - August, 2026

Generated on: 7/30/2026 9:00:07 AM by Mary Trammell

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W3D5<br/>Menu 1 -<br/>ServingDate:<br/>08/21/2026</b> |             |                    |             |                    |                     |                     |
| Marinara Sauce - 8195<br>(1 packet)                                   | 15          | 16.80              | 3.75        | 0.39               | 2.32                | 1.45                |
| Tartar Sauce - 8210 (1<br>packet)                                     | 10          | 44.52              | 1.32        | 0.05               | 1.14                | 1.11                |
| Ketchup - 8000 (1 foil<br>pack)                                       | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                             | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| Mustard - 8015 (1 pkg.)                                               | 5           | 5.00               | 0.00        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W4D1<br/>Menu 1 -<br/>ServingDate:<br/>08/24/2026</b> |             |                    |             |                    |                     |                     |
| Hot Dog - 4230<br>Merchants (1 ea.)                                   | 15          | 309.70             | 29.00       | 3.00               | 3.00                | 1.33(M)             |
| Pizza, Variety - LR1001<br>(1 slice)                                  | 85          | 329.01             | 33.23       | 3.25               | 4.00                | 1.00                |
| Glazed Carrots - 5865<br>(1/2 c.)                                     | 10          | 53.95              | 8.89        | 2.86               | 6.24                | 2.16                |
| Green Peas - LR1059<br>(1/2 c.)                                       | 15          | 116.99             | 18.72       | 5.76               | 8.64                | 2.88                |
| Sidewinder Potatoes -<br>6167 (1/2 c.)                                | 50          | 103.70             | 15.55       | 1.04               | 0.00                | 0.00                |
| Chilled Applesauce -<br>6555 (1/2 c.)                                 | 60          | 59.25              | 15.55       | 1.70               | 11.86               | (M)                 |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Rosey Applesauce -<br>6565 (1/2 c.)                                   | 20          | 70.45              | 18.27       | 1.70               | 14.58               | 2.72(M)             |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil<br>pack)                                       | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                             | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |

# Menu Calendar Nutrient Analysis Report - August, 2026

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W4D1<br/>Menu 1 -<br/>ServingDate:<br/>08/24/2026</b> |             |                    |             |                    |                     |                     |
| Mustard - 8015 (1 pkg.)                                               | 5           | 5.00               | 0.00        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W4D2<br/>Menu 1 -<br/>ServingDate:<br/>08/25/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Sandwich -<br>LR1037 (1 sandwich)                             | 65          | 344.07             | 44.01       | 2.67               | 4.67                | 4.00(M)             |
| Lunch Bite - LR1050 (1<br>serving)                                    | 20          | 338.68             | 38.09       | 2.00               | 8.04                | 7.00                |
| Southwest Dip and<br>Chips - LR1040 (1<br>serving)                    | 15          | 601.81             | 37.17       | 2.51               | 6.69                | 0.50                |
| Pinto Beans - 5550 (1/2<br>c.)                                        | 5           | 144.78             | 26.76       | 10.67              | 1.59                | 0.00(M)             |
| Tater Tots - 6095 (1/2<br>c.)                                         | 35          | 143.10             | 16.36       | 1.02               | 0.00                | 0.00(M)             |
| Corn - 6010 (1/2 c.)                                                  | 25          | 117.17             | 21.46       | 1.26               | 8.84                | 3.79                |
| Chilled Peach Slices -<br>6815 (1/2 c.)                               | 80          | 57.24              | 13.36       | 0.95               | 12.40               | 4.77                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil<br>pack)                                       | 10          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                             | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W4D3<br/>Menu 1 -<br/>ServingDate:<br/>08/26/2026</b> |             |                    |             |                    |                     |                     |
| Chef Salad - LR1041 (1<br>salad)                                      | 10          | 246.46             | 17.79       | 2.40               | 8.72                | 3.71(M)             |
| Mandarin Chicken -<br>3055 (1 #6 scoop)                               | 50          | 151.04             | 20.14       | 0.00               | 11.08               | 11.08               |

# Menu Calendar Nutrient Analysis Report - August, 2026

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W4D3<br/>Menu 1 -<br/>ServingDate:<br/>08/26/2026</b> |             |                    |             |                    |                     |                     |
| Yogurt Plate - LR1030<br>(1 serving)                                  | 40          | 360.00             | 53.00       | 2.00               | 23.00               | 18.50               |
| Garlic Knot Roll - 7141<br>(1 roll.)                                  | 50          | 170.00             | 27.00       | 3.00               | 3.00                | 2.00                |
| Saltine Crackers -<br>LR1053 (6 pkg.)                                 | 10          | 135.00             | 24.00       | 0.00               | 0.00                | 0.00                |
| Carrots w/ Dip -<br>LR1010 (1/2 c.)                                   | 15          | 39.77              | 9.93        | 2.46               | 5.05                | 1.00                |
| Savory Green Beans -<br>5745 (1/2 c.)                                 | 20          | 39.55              | 4.58        | 2.27               | 2.27                | 0.00                |
| Chilled Pear Halves -<br>6850 (1/2 c.)                                | 80          | 51.52              | 13.74       | 2.58               | 10.30               | 4.29                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Steamed Rice - 7090<br>(1/2 c.)                                       | 50          | 105.26             | 22.61       | 0.87               | 0.19                | 0.00                |
| Croutons - 7110 (1<br>pkg.)                                           | 10          | 60.00              | 9.00        | 1.00               | 1.00                | 0.00                |
| Ranch Dressing - 8080<br>(1 oz.)                                      | 3           | 56.76              | 1.86        | 0.00               | 0.86                | 0.00                |
| <b>Middle Lunch W4D4<br/>Menu 1 -<br/>ServingDate:<br/>08/27/2026</b> |             |                    |             |                    |                     |                     |
| Chicken Tenders - 3190<br>(3 tenders)                                 | 75          | 200.00             | 14.00       | 0.00               | 0.00                | 0.00                |
| Stromboli Supreme -<br>LR1060 (1 slice)                               | 25          | 365.59             | 43.18       | 1.63               | 3.92                | 1.50(M)             |
| Garlic Toast - 7115 (1<br>slice)                                      | 65          | 90.00              | 14.00       | 1.00               | 1.00                | 0.00                |
| Mashed Potatoes - 6070<br>(1/2 c.)                                    | 40          | 101.46             | 17.12       | 1.14               | 0.00                | 0.00                |
| Steamed Broccoli<br>Florets - 5610 (1/2 c.)                           | 10          | 34.78              | 3.58        | 2.15               | 0.71                | 0.00                |

# Menu Calendar Nutrient Analysis Report - August, 2026

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W4D4<br/>Menu 1 -<br/>ServingDate:<br/>08/27/2026</b> |             |                    |             |                    |                     |                     |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 50          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Chilled Strawberry<br>Slices - 6945 (1/2 c.)                          | 50          | 82.38              | 21.05       | 1.83               | 15.56               | (M)                 |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Brown Gravy - 8130<br>Merchants (2 oz.)                               | 15          | 20.65              | 3.10        | 0.00               | 1.03                | 0.00(M)             |
| Ketchup - 8000 (1 foil<br>pack)                                       | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Variety of Dipping<br>Sauce - LR1085 (1<br>packet)                    | 10          | 36.52              | 8.09        | 0.17               | 6.99                | 6.81                |
| <b>Middle Lunch W4D5<br/>Menu 1 -<br/>ServingDate:<br/>08/28/2026</b> |             |                    |             |                    |                     |                     |
| Cheeseburger - 4100.1<br>(1 Cheeseburg)                               | 10          | 334.91             | 32.00       | 3.00               | 5.50                | 4.00(M)             |
| Hamburger - 4105.1 (1<br>burger)                                      | 65          | 279.91             | 31.00       | 3.00               | 5.00                | 4.00(M)             |
| Hot Ham & Cheese<br>Croissant - LR1006 (1<br>sandwich)                | 25          | 306.93             | 35.09       | 2.31               | 6.20                | 3.00                |
| Baked Beans - LR1012<br>(1/2 c.)                                      | 5           | 207.05             | 39.49       | 5.45               | 15.11<br>(M)        | 6.47(M)             |
| Sidewinder Potatoes -<br>6167 (1/2 c.)                                | 40          | 103.70             | 15.55       | 1.04               | 0.00                | 0.00                |
| Chilled Mandarin<br>Oranges - 6795 (1/2 c.)                           | 80          | 77.91              | 20.68       | 0.89               | 19.78               | 0.00                |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |

# Menu Calendar Nutrient Analysis Report - August, 2026

Generated on: 7/30/2026 9:00:07 AM by Mary Trammell

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                           | Planned Qty | Calories<br>(Kcal) | Carb<br>(g) | Total Fiber<br>(g) | Total Sugars<br>(g) | Added Sugars<br>(g) |
|-----------------------------------------------------------------------|-------------|--------------------|-------------|--------------------|---------------------|---------------------|
| <b>Middle Lunch W4D5<br/>Menu 1 -<br/>ServingDate:<br/>08/28/2026</b> |             |                    |             |                    |                     |                     |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |
| Ketchup - 8000 (1 foil<br>pack)                                       | 15          | 10.62              | 2.39        | 0.12               | 2.01                | 1.77                |
| Mayonnaise - 8010<br>Merchants (1 packet)                             | 5           | 29.64              | 0.59        | 0.00               | 0.00                | 0.00                |
| Mustard - 8015 (1 pkg.)                                               | 5           | 5.00               | 0.00        | 0.00               | 0.00                | 0.00                |
| <b>Middle Lunch W1D1<br/>Menu 1 -<br/>ServingDate:<br/>08/31/2026</b> |             |                    |             |                    |                     |                     |
| Country Fried Steak<br>Sandwich - 4125 (1<br>sandwich)                | 65          | 409.91             | 47.00       | 6.00               | 6.00                | 4.00                |
| Pizza, Variety - LR1001<br>(1 slice)                                  | 35          | 329.01             | 33.23       | 3.25               | 4.00                | 1.00                |
| Glazed Carrots - 5865<br>(1/2 c.)                                     | 5           | 53.95              | 8.89        | 2.86               | 6.24                | 2.16                |
| Green Peas - LR1059<br>(1/2 c.)                                       | 10          | 116.99             | 18.72       | 5.76               | 8.64                | 2.88                |
| Sidewinder Potatoes -<br>6167 (1/2 c.)                                | 40          | 103.70             | 15.55       | 1.04               | 0.00                | 0.00                |
| Chilled Applesauce -<br>6555 (1/2 c.)                                 | 60          | 59.25              | 15.55       | 1.70               | 11.86               | (M)                 |
| Fresh Fruit Bowl - 6715<br>(1 ea.)                                    | 20          | 90.99              | 23.70       | 3.96               | 14.13               | 0.00                |
| Rosey Applesauce -<br>6565 (1/2 c.)                                   | 20          | 70.45              | 18.27       | 1.70               | 14.58               | 2.72(M)             |
| Low Fat Unflavored Milk<br>- 110 Prairie Farms (1<br>Carton (8 )      | 25          | 100.00             | 11.00       | 0.00               | 11.00               | 0.00                |
| Strawberry Milk - 135<br>Prairie Farms (1 Carton<br>(8 )              | 5           | 140.00             | 22.00       | 0.00               | 22.00               | 9.00                |
| Chocolate Milk - 125<br>Prairie Farms (1 Carton<br>(8 )               | 35          | 130.00             | 20.00       | 0.00               | 18.00               | 6.00                |

Menu Calendar Nutrient Analysis Report - August, 2026

Site: ALL  
Date: 08/01/2026 - 08/31/2026

| Item Name<br>(Serving Size)                                 | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) |
|-------------------------------------------------------------|-------------|-----------------|----------|-----------------|------------------|------------------|
| Middle Lunch W1D1<br>Menu 1 -<br>ServingDate:<br>08/31/2026 |             |                 |          |                 |                  |                  |
| Ketchup - 8000 (1 foil pack)                                | 10          | 10.62           | 2.39     | 0.12            | 2.01             | 1.77             |
| Mayonnaise - 8010 Merchants (1 packet)                      | 5           | 29.64           | 0.59     | 0.00            | 0.00             | 0.00             |

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

**Report Selections**  
Meal Type: Lunch  
Site Group: Middle School  
Menu Line: Regular  
Serving Group: 6-8  
Nutrients Option: Diabetic Interest