

Menu Calendar Nutrient Analysis Report - August, 2026

Generated on: 8/6/2026 10:47:03 AM by Kevin White

Site: Tomball Early Excellence Academy
Date: 08/01/2026 - 08/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
2025 FALL EEA Breakfast Pre-K Tuesday cereal :423 - ServingDate: 08/18/2026																			
Cheerios - TR1365 (1 bowl)	100	111.38	1.01	0.00	0.00	0.00	106.31	23.29	2.02	6.08	6.08	2.02	16.40	81.00	506.25	4.86	1.22	95.17	0.00
100% Berry Juice - TR2041 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	70.00	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 1% White Milk - TR1035 (1 Carton)	99	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)
2025 FALL EEA Breakfast Pre-K Wednesday Pizza :423 - ServingDate: 08/19/2026																			
Sausage Breakfast Pizza - TR1009 (1 ea.)	100	200.00	7.00	2.00	0.00	15.00	330.00	25.00	2.00	6.00	2.00	9.00	1.80	100.00	0.00	0.00	0.00	340.00	0.00
Banana - TR1056 (1 ea.)	100	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
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 1% White Milk - TR1035 (1 Carton)	99	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Ketchup - TR1088 (2 ea.)	50	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	160.00	0.00
2025 FALL EEA Breakfast Pre-K Thursday waffle :423 - ServingDate: 08/20/2026																			
Whole Grain Mini Waffles - TR1020 (1 pkg.)	100	190.00	5.00	1.50	0.00	0.00	200.00	35.00	4.00	9.00	8.00	4.00	2.70	100.00	500.00	0.00	0.00	180.01	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	42.00	0.00	150.00	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 1% White Milk - TR1035 (1 Carton)	99	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)

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Item Name (Serving Size)	Ash (g)
2025 FALL EEA Breakfast Pre-K Tuesday cereal :423 - ServingDate: 08/18/2026	
Cheerios - TR1365 (1 bowl)	0.00
100% Berry Juice - TR2041 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 FALL EEA Breakfast Pre-K Wednesday Pizza :423 - ServingDate: 08/19/2026	
Sausage Breakfast Pizza - TR1009 (1 ea.)	0.00
Banana - TR1056 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Ketchup - TR1088 (2 ea.)	0.00
2025 FALL EEA Breakfast Pre-K Thursday waffle :423 - ServingDate: 08/20/2026	
Whole Grain Mini Waffles - TR1020 (1 pkg.)	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)

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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)
2025 FALL EEA Breakfast Pre-K Friday cereal :423 - ServingDate: 08/21/2026																			
Cheerios - TR1365 (1 bowl)	100	111.38	1.01	0.00	0.00	0.00	106.31	23.29	2.02	6.08	6.08	2.02	16.40	81.00	506.25	4.86	1.22	95.17	0.00
Chilled Fruit Cocktail - TR1506 (1/2 c.)	100	70.00	0.00	0.00	0.00	0.00	0.00	17.00	1.00	15.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	70.03	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 1% White Milk - TR1035 (1 Carton)	99	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)
2025 FALL EEA Breakfast Pre-K Monday pancake :423 - ServingDate: 08/24/2026																			
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	100	200.00	6.00	1.00	0.00	5.00	210.00	35.00	4.00	10.00	10.00	4.00	2.70	60.00	500.00	0.00	0.00	140.00	0.00
100% Apple Juice - TR2040 (1 ea.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	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 1% White Milk - TR1035 (1 Carton)	99	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)
2025 FALL EEA Breakfast Pre-K Tuesday cereal :423 - ServingDate: 08/25/2026																			
Cheerios - TR1365 (1 bowl)	100	111.38	1.01	0.00	0.00	0.00	106.31	23.29	2.02	6.08	6.08	2.02	16.40	81.00	506.25	4.86	1.22	95.17	0.00
100% Berry Juice - TR2041 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	70.00	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 1% White Milk - TR1035 (1 Carton)	99	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)
2025 FALL EEA Breakfast Pre-K Wednesday Pizza :423 - ServingDate: 08/26/2026																			
Sausage Breakfast Pizza - TR1009 (1 ea.)	100	200.00	7.00	2.00	0.00	15.00	330.00	25.00	2.00	6.00	2.00	9.00	1.80	100.00	0.00	0.00	0.00	340.00	0.00

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Item Name (Serving Size)	Ash (g)
2025 FALL EEA Breakfast Pre-K Friday cereal :423 - ServingDate: 08/21/2026	
Cheerios - TR1365 (1 bowl)	0.00
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 FALL EEA Breakfast Pre-K Monday pancake :423 - ServingDate: 08/24/2026	
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	0.00
100% Apple Juice - TR2040 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 FALL EEA Breakfast Pre-K Tuesday cereal :423 - ServingDate: 08/25/2026	
Cheerios - TR1365 (1 bowl)	0.00
100% Berry Juice - TR2041 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 FALL EEA Breakfast Pre-K Wednesday Pizza :423 - ServingDate: 08/26/2026	
Sausage Breakfast Pizza - TR1009 (1 ea.)	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL EEA Breakfast Pre-K Wednesday Pizza :423 - ServingDate: 08/26/2026																			
Banana - TR1056 (1 ea.)	100	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
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 1% White Milk - TR1035 (1 Carton)	99	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Ketchup - TR1088 (2 ea.)	50	20.00	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	160.00	0.00
2025 FALL EEA Breakfast Pre-K Thursday waffle :423 - ServingDate: 08/27/2026																			
Whole Grain Mini Waffles - TR1020 (1 pkg.)	100	190.00	5.00	1.50	0.00	0.00	200.00	35.00	4.00	9.00	8.00	4.00	2.70	100.00	500.00	0.00	0.00	180.01	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	42.00	0.00	150.00	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 1% White Milk - TR1035 (1 Carton)	99	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)
2025 FALL EEA Breakfast Pre-K Friday cereal :423 - ServingDate: 08/28/2026																			
Cheerios - TR1365 (1 bowl)	100	111.38	1.01	0.00	0.00	0.00	106.31	23.29	2.02	6.08	6.08	2.02	16.40	81.00	506.25	4.86	1.22	95.17	0.00
Chilled Fruit Cocktail - TR1506 (1/2 c.)	100	70.00	0.00	0.00	0.00	0.00	0.00	17.00	1.00	15.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	70.03	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 1% White Milk - TR1035 (1 Carton)	99	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)

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Item Name (Serving Size)	Ash (g)
2025 FALL EEA Breakfast Pre-K Wednesday Pizza :423 - ServingDate: 08/26/2026	
Banana - TR1056 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Ketchup - TR1088 (2 ea.)	0.00
2025 FALL EEA Breakfast Pre-K Thursday waffle :423 - ServingDate: 08/27/2026	
Whole Grain Mini Waffles - TR1020 (1 pkg.)	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 FALL EEA Breakfast Pre-K Friday cereal :423 - ServingDate: 08/28/2026	
Cheerios - TR1365 (1 bowl)	0.00
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)

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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)	Moisture (g)
2025 FALL EEA Breakfast Pre-K Monday pancake :423 - ServingDate: 08/31/2026																			
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	100	200.00	6.00	1.00	0.00	5.00	210.00	35.00	4.00	10.00	10.00	4.00	2.70	60.00	500.00	0.00	0.00	140.00	0.00
100% Apple Juice - TR2040 (1 ea.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	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 1% White Milk - TR1035 (1 Carton)	99	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)

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Breakfast
Site Group: Elementary Regular
Menu Line: PreK - NOT OFFER VS SERVE
Serving Group: Ages 3-5
Nutrients Option: All

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Item Name (Serving Size)	Ash (g)
2025 FALL EEA Breakfast Pre-K Monday pancake :423 - ServingDate: 08/31/2026	
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	0.00
100% Apple Juice - TR2040 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)