

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W1D4 Menu 3 - ServingDate: 10/01/2026						
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	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
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Ketchup - 8000 (1 foil pack)	15	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
Middle Lunch W1D5 Menu 3 - ServingDate: 10/02/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	10	334.91	32.00	3.00	5.50	4.00(M)
Hamburger - 4105.1 (1 burger)	80	279.91	31.00	3.00	5.00	4.00(M)
Ranch Club Wrap - LR1036 (1 wrap)	10	341.81	29.36	2.38	5.86	2.00
Macaroni and Cheese - 7030 Merchants (1/2 c.)	25	120.60	20.19	0.88(M)	0.88	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/21/2026 2:14:07 PM by Mary Trammell

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W1D5 Menu 3 - ServingDate: 10/02/2026						
Saltine Crackers - LR1054 (2 pkg.)	10	45.00	8.00	0.00	0.00	0.00
Baked Beans - LR1012 (1/2 c.)	10	207.05	39.49	5.45	15.11	6.47(M)
Spicy Fries - 6150 Merchants (1/2 c.)	40	110.48	16.07	1.00	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
Ketchup - 8000 (1 foil pack)	15	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
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Middle Lunch W2D2 Menu 3 - ServingDate: 10/13/2026						
Chicken Sandwich - LR1037 (1 sandwich)	60	344.07	44.01	2.67	4.67	4.00
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)
Tater Tots - 6095 (1/2 c.)	40	143.10	16.36	1.02	0.00	0.00
Corn - 6010 (1/2 c.)	20	117.17	21.46	1.26	8.84	3.79

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W2D2 Menu 3 - ServingDate: 10/13/2026						
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
Middle Lunch W2D3 Menu 3 - ServingDate: 10/14/2026						
Cheesy Chicken over Rice - 3120 Merchants (1 serving)	65	374.74	31.43	1.39	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
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

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W2D3 Menu 3 - ServingDate: 10/14/2026						
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
Middle Lunch W2D4 Menu 3 - ServingDate: 10/15/2026						
Chicken Tenders - 3190 (3 tenders)	80	200.00	14.00	0.00	0.00	0.00
Corn Dog - 4075 (1 ea.)	20	239.68	30.00	2.00	8.00	7.00
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
Chocolate Milk - 125 Prairie Farms (1 Carton (8)	35	130.00	20.00	0.00	18.00	6.00
Brown Gravy - 8130 Merchants (2 oz.)	20	20.65	3.10	0.00	1.03	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W2D4 Menu 3 - ServingDate: 10/15/2026						
Ketchup - 8000 (1 foil pack)	20	10.62	2.39	0.12	2.01	1.77
Variety of Dipping Sauce - LR1085 (1 packet)	15	36.52	8.09	0.17	6.99	6.81
Middle Lunch W2D5 Menu 3 - ServingDate: 10/16/2026						
BBQ Chicken Sandwiches - 4140.1 (1 ea.)	20	253.91	35.77	2.00	10.22	10.22
Cheeseburger - 4100.1 (1 Cheeseburg)	10	334.91	32.00	3.00	5.50	4.00(M)
Hamburger - 4105.1 (1 burger)	70	279.91	31.00	3.00	5.00	4.00(M)
Baked Beans - LR1012 (1/2 c.)	5	207.05	39.49	5.45	15.11	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
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
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/21/2026 2:14:07 PM by Mary Trammell

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W3D1 Menu 3 - ServingDate: 10/19/2026						
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
Lima Beans - 5525 (1/2 c.)	15	117.30	20.22	6.07	1.01	0.00
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	0.00
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
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
Middle Lunch W3D2 Menu 3 - ServingDate: 10/20/2026						
Beef Pepper Jack Quesadilla - LR1058 (1 quesadilla)	20	438.40	23.26	2.36	2.85	1.00
Chicken Sandwich - LR1037 (1 sandwich)	65	344.07	44.01	2.67	4.67	4.00
Lunch Bite - LR1050 (1 serving)	15	338.68	38.09	2.00	8.04	7.00
Saltine Crackers - LR1054 (2 pkg.)	20	45.00	8.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W3D2 Menu 3 - ServingDate: 10/20/2026						
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
Corn - 6010 (1/2 c.)	35	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)	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
Middle Lunch W3D3 Menu 3 - ServingDate: 10/21/2026						
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.)	35	327.45	32.41	2.22	5.13	4.82
Italian Rotini Casserole - 1190 (3/4 c.)	60	350.05	30.08	1.76	5.80	0.00(M)
Garlic Knot Roll - 7141 (1 roll.)	50	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.)	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

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W3D3 Menu 3 - ServingDate: 10/21/2026						
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
Middle Lunch W3D4 Menu 3 - ServingDate: 10/22/2026						
BBQ Pork Sandwich - 4205.1 (1 ea.)	5	375.09	37.72	2.00	11.78	11.78
Chicken and Waffles - 3205 (1 serving)	30	490.63	68.22	3.00	26.12	24.11
Chicken Tenders - 3190 (3 tenders)	65	200.00	14.00	0.00	0.00	0.00
Garlic Toast - 7115 (1 slice)	65	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)
Low Fat Unflavored Milk - 110 Prairie Farms (1 Carton (8)	25	100.00	11.00	0.00	11.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W3D4 Menu 3 - ServingDate: 10/22/2026						
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
Middle Lunch W3D5 Menu 3 - ServingDate: 10/23/2026						
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	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
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

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W3D5 Menu 3 - ServingDate: 10/23/2026						
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Middle Lunch W4D1 Menu 3 - ServingDate: 10/26/2026						
Hot Dog - 4230 Merchants (1 ea.)	15	309.70	29.00	3.00	3.00	1.33(M)
Pizza, Variety - LR1001 (1 slice)	85	329.01	33.23	3.25	4.00	1.00
Glazed Carrots - 5865 (1/2 c.)	10	53.95	8.89	2.86	6.24	2.16
Lima Beans - 5525 (1/2 c.)	10	117.30	20.22	6.07	1.01	0.00
Sidewinder Potatoes - 6167 (1/2 c.)	50	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	0.00
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
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)	15	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
Mustard - 8015 (1 pkg.)	5	5.00	0.00	0.00	0.00	0.00
Middle Lunch W4D2 Menu 3 - ServingDate: 10/27/2026						
Chicken Sandwich - LR1037 (1 sandwich)	65	344.07	44.01	2.67	4.67	4.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W4D2 Menu 3 - ServingDate: 10/27/2026						
Lunch Bite - LR1050 (1 serving)	20	338.68	38.09	2.00	8.04	7.00
Southwest Dip and Chips - LR1040 (1 serving)	15	601.81	37.17	2.51	6.69	0.50
Pinto Beans - 5550 (1/2 c.)	5	144.78	26.76	10.67	1.59	0.00(M)
Tater Tots - 6095 (1/2 c.)	35	143.10	16.36	1.02	0.00	0.00
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)	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
Middle Lunch W4D3 Menu 3 - ServingDate: 10/28/2026						
Chef Salad - LR1041 (1 salad)	10	246.46	17.79	2.40	8.72	3.71(M)
Vegetable Beef Soup w/ Grilled Cheese Sandwich - LR1042 (1 serving)	50	397.58	43.36	5.13	7.32	2.72
Yogurt Plate - LR1030 (1 serving)	40	360.00	53.00	2.00	23.00	18.50
Saltine Crackers - LR1053 (6 pkg.)	10	135.00	24.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W4D3 Menu 3 - ServingDate: 10/28/2026						
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.)	20	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.)	10	60.00	9.00	1.00	1.00	0.00
Ranch Dressing - 8080 (1 oz.)	3	56.76	1.86	0.00	0.86	0.00
Middle Lunch W4D4 Menu 3 - ServingDate: 10/29/2026						
Chicken Tenders - 3190 (3 tenders)	75	200.00	14.00	0.00	0.00	0.00
Stromboli Supreme - LR1060 (1 slice)	25	365.59	43.18	1.63	3.92	1.50(M)
Garlic Toast - 7115 (1 slice)	65	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.)	10	34.78	3.58	2.15	0.71	0.00
Fresh Fruit Bowl - 6715 (1 ea.)	50	90.99	23.70	3.96	14.13	0.00
Chilled Strawberry Slices - 6945 (1/2 c.)	50	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

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W4D4 Menu 3 - ServingDate: 10/29/2026						
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
Brown Gravy - 8130 Merchants (2 oz.)	15	20.65	3.10	0.00	1.03	0.00(M)
Ketchup - 8000 (1 foil pack)	15	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
Middle Lunch W4D5 Menu 3 - ServingDate: 10/30/2026						
Cheeseburger - 4100.1 (1 Cheeseburg)	10	334.91	32.00	3.00	5.50	4.00(M)
Hamburger - 4105.1 (1 burger)	65	279.91	31.00	3.00	5.00	4.00(M)
Philly Chicken Sandwich - 4165.1 (1 sandwich)	25	313.26	34.83	3.29	7.17	5.00(M)
Baked Beans - LR1012 (1/2 c.)	5	207.05	39.49	5.45	15.11	6.47(M)
Sidewinder Potatoes - 6167 (1/2 c.)	40	103.70	15.55	1.04	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
Halloween Dessert - LR1089 (1 serving)	50	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: ALL
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)
Middle Lunch W4D5 Menu 3 - ServingDate: 10/30/2026						
Ketchup - 8000 (1 foil pack)	15	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
Mustard - 8015 (1 pkg.)	5	5.00	0.00	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