

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/01/2026																			
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	15	309.33	10.70	5.47	0.00	32.33	465.67	34.47	4.00	2.00	2.00	20.47	2.00	464.07	0.00	0.00	4.00	164.17	0.00
Cheese Cubes - TR1980 (8 cubes)	5	137.50	11.25	7.50	0.00	31.25	225.00	0.00	0.00	0.00	0.00	8.75	0.00	250.00	0.00	0.00	0.00	25.00	0.00
Cheeseburger - TR1897 (1 ea.)	15	395.00	19.00	4.25	0.00	67.50	615.00	31.00	2.00	5.00	4.00	23.50	3.00	325.00	300.00	0.00	0.10(M)	458.00(M)	0.00
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	15	350.00	12.00	2.00	0.00	45.00	590.00	37.00	3.00	5.00	5.00	24.00	2.08	136.00	0.00	0.00	0.00	769.86	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	10	161.54	9.52	6.00	0.00	45.62	478.96	1.03	0.00	0.00	0.00	16.28	0.00	200.00	0.00	0.00	0.00	308.65	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Diced Turkey Breast - TR1187 (4 oz.)	15	103.09	1.03	0.00	0.00	41.24	597.92	2.06	0.00	0.00	0.00	18.56	0.00	0.00	0.00	0.00	0.00	577.30	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11(M)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	30	160.00	4.50	1.00	0.00	0.00	140.00	25.00	2.00	2.00	0.00	4.00	1.40	10.00	0.00	0.00	0.10	210.09	0.00
Fresh Broccoli - TR1196 (1/4 c.)	30	7.75	0.00	0.00	0.00	0.00	7.50	1.50	0.50	0.38	0.00	0.63	0.17	10.75	141.75	20.25	(M)	(M)	(M)
Shredded Carrots - TR1194 (1/4 c.)	30	12.50	0.00	0.00	0.00	0.00	27.50	3.00	1.00	1.50	(M)	0.00	0.36	10.00	4750.00	1.20	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	30	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	0.00	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	0.00	0.00	0.00	1.59	0.57	0.00	0.00	5.71	0.00	333.33	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	15	65.00	1.00	0.00	0.00	0.00	70.00	10.00	3.00	0.50	(M)	3.50	0.90	20.00	0.00	0.60	(M)	(M)	0.00
Lettuce Mix - TR1189 (3 c.)	30	45.00	0.00	0.00	0.00	0.00	30.00	9.00	3.00	6.00	0.00	3.00	1.08	60.00	7500.00	14.40	(M)	(M)	(M)

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/01/2026	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00
Cheese Cubes - TR1980 (8 cubes)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Diced Turkey Breast - TR1187 (4 oz.)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	0.00
Fresh Broccoli - TR1196 (1/4 c.)	(M)
Shredded Carrots - TR1194 (1/4 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	0.00
Lettuce Mix - TR1189 (3 c.)	(M)

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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 Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/01/2026																			
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Fresh Spinach - TR1195 (1 c.)	30	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	0.00	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Grape Tomatoes - TR1191 (3 ea.)	20	10.20	0.00	0.00	0.00	0.00	3.40	3.40	0.68	1.36	0.00	0.34	0.00	5.78	482.80	7.48	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	0.00	1.00	0.00	60.00	300.00	72.00	0.00	235.00	0.00
Signature Fruit Cup - TR2043 (1 ea.)	35	125.75	0.46	0.22	0.00	1.88	68.42	28.54	2.23	21.31	3.00	2.41	0.07	114.42	85.00	1.00	1.31(M)	177.00 (M)	966.58 (M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	30	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	0.00	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Croutons - TR1981 (2 tablespoon)	15	303.75	10.13	0.00	0.00	0.00	860.61	50.62	0.00	0.00	0.00	10.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fat-Free Italian Dressing - TR1977 (1 fl. oz.)	20	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - TR2092 (1 oz.)	5	67.72	6.77	0.97	0.00	4.84	270.86	1.93	0.00	0.97	0.00	0.97	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/02/2026																			
Beef Steak Fingers - TR1937 (4 ea.)	25	240.00	13.00	5.00	0.00	35.00	230.00	16.00	3.00	1.00	0.00	16.00	3.00	35.00	0.00	0.00	0.00	424.88	0.00
Chicken Fried Chicken - TR2088 (1 ea.)	15	230.00	9.00	1.50	0.00	55.00	440.00	19.00	2.00	1.00	0.00	19.00	1.08	20.00	0.00	0.00	0.00	420.00	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00 (M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	243.00	11.14	2.02	0.00	60.75	607.50	15.19	2.02	2.02	2.02	20.25	1.01	0.00	0.00	0.00	0.00	485.87	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00

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2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/01/2026	
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Fresh Spinach - TR1195 (1 c.)	(M)
Grape Tomatoes - TR1191 (3 ea.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00
Orange Wedges - TR1057 (1 ea.)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	1.09(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Croutons - TR1981 (2 tablespoon)	0.00
Fat-Free Italian Dressing - TR1977 (1 fl. oz.)	(M)
Ranch Dressing - TR2092 (1 oz.)	0.00
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/02/2026	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Chicken Fried Chicken - TR2088 (1 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (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)
2026 FALL Lunch HS STAR Friday Potato Bowl - Serving Date: 10/02/2026																			
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32 (M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	170.00	31.00	3.00	8.00	7.00	5.00	1.44	0.00	0.00	0.00	0.00	100.11	0.00
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	35	76.42	2.12	0.24	0.00	0.00	99.94	15.96	2.00	2.99	0.00	2.00	0.36	0.14	99.74	4.79	0.00(M)	99.89 (M)	4.73(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	65	70.00	1.00	0.00	0.00	0.00	310.00	14.00	1.00	0.00	0.00	2.00	0.00	10.00	0.00	0.00	0.00	320.07	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Granny Smith Apple - TR1054 (1 ea.)	10	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	60.00	0.00	0.00	0.00	0.00	0.00	16.00	1.00	15.00	7.00	1.00	0.00	0.00	0.00	0.00	0.00	80.84	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
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	30	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	35	55.69	4.56	3.04	0.00	12.66	96.19	0.51	0.00	0.00	0.00	3.54	0.00	50.62	151.88	0.00	0.00	10.13	0.00
Country Gravy - TR1074 (4 tbsp.)	40	47.25	2.36	1.18	0.00	0.00	249.84	5.91	0.00	0.00	0.00(M)	0.00	0.00	1.77	0.00	0.00	(M)	(M)	59.08 (M)

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Item Name (Serving Size)	Ash (g)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/02/2026	
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	0.00
Country Gravy - TR1074 (4 tbsp.)	0.06(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)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/02/2026																			
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	35.00	0.00	0.00	0.00	0.00	65.00	8.00	0.00	7.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	115.15	0.00
Fall 2026 HS Monday Baked Potato - ServingDate: 10/05/2026																			
Breaded Chicken Drumsticks - TR1453 (1 ea.)	20	272.29	14.26	3.89	0.00	103.73	687.20	12.97	1.30	1.30	1.30	22.04	1.30	12.97	0.00	0.00	0.00	272.40	0.00
Chicken Drumstick - TR1739 (1 ea.)	20	191.47	11.70	2.66	0.00	90.42	329.75	4.25	0.00	0.00	0.00	17.02	0.77	14.89	0.00	0.00	0.00	201.98	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	1	412.00	8.95	4.25	0.00	25.00	323.50	73.00	6.00	49.50	8.50	13.50	1.44	530.00	284.96	37.80	2.20(M)	335.58(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	8	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Premium BBQ Beef from Yoakum Texas ! - TR1140 (1 Scoop)	50	130.00	2.60	1.00	0.00	35.00	590.00	13.00	2.00	9.00	(M)	16.00	2.70	40.00	200.00	1.20	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Garlic Breadstick - TR1622 (1 ea.)	80	160.00	4.50	1.00	0.00	0.00	140.00	25.00	2.00	2.00	0.00	4.00	1.40	10.00	0.00	0.00	0.10	210.09	0.00
Baked Potato - TR1139 (1 ea.)	50	170.00	0.00	0.00	0.00	0.00	25.00	37.00	4.00	2.00	(M)	5.00	1.80	40.00	0.00	21.00	(M)	(M)	(M)
Baked Beans - TR1186 (1/2 c.)	25	163.47	0.00	0.00	0.00	0.00	415.73	33.12	6.24	14.29	13.15	7.28	1.87	41.60	0.00	0.00	0.00	280.57	0.00
Ranch Garden Salad - TR2089 (1 c.)	10	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Seasoned Green Beans - TR1085 (1/2 c.)	15	45.45	2.54	0.55	0.00	0.00	188.86	4.73	2.36	1.18	0.00	1.18	0.85	23.64	0.00	0.00	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1505 (1/2 c.)	35	54.17	0.00	0.00	0.00	0.00	0.00	13.00	1.08	10.83	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	223.17(M)	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
2% White Milk - TR2094 (1 Carton)	10	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/02/2026	
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00
Fall 2026 HS Monday Baked Potato - ServingDate: 10/05/2026	
Breaded Chicken Drumsticks - TR1453 (1 ea.)	0.00
Chicken Drumstick - TR1739 (1 ea.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium BBQ Beef from Yoakum Texas ! - TR1140 (1 Scoop)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Garlic Breadstick - TR1622 (1 ea.)	0.00
Baked Potato - TR1139 (1 ea.)	(M)
Baked Beans - TR1186 (1/2 c.)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Fall 2026 HS Monday Baked Potato - ServingDate: 10/05/2026																			
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	80	110.00	0.00	0.00	0.00	5.00	170.00	18.00	0.00	18.00	6.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
BBQ Sauce - TR1151 (1 ea.)	20	35.00	0.00	0.00	0.00	0.00	65.00	8.00	0.00	7.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	115.15	0.00
Sour Cream - TR1098 (1 pkg.)	30	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00
2025 FALL Lunch HS STAR Tuesday Nachos :437 - ServingDate: 10/06/2026																			
Beef Chili - TR1808 (1 #8 scoop)	20	142.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	0.00	14.00	3.00	49.00	0.00	10.00	0.00	911.78	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00 (M)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	10	361.06	24.07	9.03	0.00	50.15	661.93	24.07	2.01	2.01	0.00	14.04	2.17	300.88	0.00	0.00	2.41	261.14	0.00
Crispy Chicken Tacos - TR1950 (2 ea.)	10	343.68	20.22	7.08	0.00	60.65	788.43	24.26	2.02	2.02	0.00	18.20	2.18	303.24	0.00	0.00	2.43	238.49	0.00
Chicken Fajitas - TR2016 (3 oz.)	20	121.44	6.07	0.00	0.00	75.90	313.72	2.02	0.00	0.00	0.00	15.18	0.36	0.00	0.00	0.00	0.00	212.52	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
Fall 2026 HS Monday Baked Potato - ServingDate: 10/05/2026	
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
BBQ Sauce - TR1151 (1 ea.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00
2025 FALL Lunch HS STAR Tuesday Nachos :437 - ServingDate: 10/06/2026	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	0.00
Crispy Chicken Tacos - TR1950 (2 ea.)	0.00
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Tuesday Nachos :437 - ServingDate: 10/06/2026																			
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	180.00	0.00	0.00	0.00(M)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	40	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	99.94	15.96	2.00	2.99	0.00	2.00	0.36	0.14	99.74	4.79	0.00(M)	99.89(M)	4.73(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	135.00	5.00	1.00	3.00	0.00	1.00	0.36	20.00	300.00	7.20	0.00	200.22	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	35	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00	6.69	0.12	23.75	194.58	2.05	0.00(M)	1.68(M)	9.85(M)
Banana - TR1056 (1 ea.)	50	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	0.00
Chilled Pears - TR1508 (1/2 c.)	30	65.00	0.00	0.00	0.00	0.00	0.00	16.25	2.17	11.92	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	150.58(M)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	35	125.75	0.46	0.22	0.00	1.88	68.42	28.54	2.23	21.31	3.00	2.41	0.07	114.42	85.00	1.00	1.31(M)	177.00(M)	966.58(M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	70	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Cheese Sauce - TR1624 (2 fl. oz.)	50	112.00	9.00	4.90	0.00	26.00	385.00	2.00	0.00	1.00	0.00	6.00	0.00	204.00	0.00	0.00	0.00	277.77	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	0.00	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :437 - ServingDate: 10/06/2026	
Texas Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Salsa Cup - TR1072 (1 ea.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	0.01(M)
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	1.09(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/07/2026																			
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	4	412.00	8.95	4.25	0.00	25.00	323.50	73.00	6.00	49.50	8.50	13.50	1.44	530.00	284.96	37.80	2.20(M)	335.58(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	358.40	7.96	1.99	0.00	99.56	716.80	39.82	0.00	33.85	31.86	31.86	3.98	127.43	0.00	0.00	0.00	452.00	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	50	420.00	14.00	3.00	0.00	100.00	840.00	52.00	2.00	26.00	26.00	24.00	2.88	0.00	0.00	0.00	0.00	340.28	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	38.18	1.12	0.24	0.00	0.00	155.95	6.53	2.45	4.08	0.00	0.82	0.29	32.66	1616.60	1.96	0.00(M)	0.00(M)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Steamed Broccoli - TR1112 (1/2 c.)	50	17.10	1.12	0.24	0.00	0.00	153.50	1.50	1.13	0.38	0.00	0.75	0.41	17.63	0.00	27.68	0.00(M)	67.50(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	15	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	15	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	0.00	89.80	0.00
Chilled Applesauce - TR1503 (1/2 c.)	30	50.00	0.00	0.00	0.00	0.00	0.00	13.00	2.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/07/2026	
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	0.00
Chilled Applesauce - TR1503 (1/2 c.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/07/2026																			
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	70	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Fortune Cookie - TR1002 (1 ea)	25	70.00	0.00	0.00	0.00	0.00	0.00	16.00	0.00	10.00	10.00	1.00	0.00	3.00	0.00	0.00	0.00	23.03	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	4.23	0.00
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/13/2026																			
Beef Chili - TR1808 (1 #8 scoop)	25	142.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	0.00	14.00	3.00	49.00	0.00	10.00	0.00	911.78	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00 (M)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	5	361.06	24.07	9.03	0.00	50.15	661.93	24.07	2.01	2.01	0.00	14.04	2.17	300.88	0.00	0.00	2.41	261.14	0.00
Crispy Chicken Tacos - TR1950 (2 ea.)	5	343.68	20.22	7.08	0.00	60.65	788.43	24.26	2.02	2.02	0.00	18.20	2.18	303.24	0.00	0.00	2.43	238.49	0.00
Chicken Fajitas - TR2016 (3 oz.)	20	121.44	6.07	0.00	0.00	75.90	313.72	2.02	0.00	0.00	0.00	15.18	0.36	0.00	0.00	0.00	0.00	212.52	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/07/2026	
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	0.00
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/13/2026	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	0.00
Crispy Chicken Tacos - TR1950 (2 ea.)	0.00
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/13/2026																			
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32 (M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	180.00	0.00	0.00	0.00(M)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	55	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	99.94	15.96	2.00	2.99	0.00	2.00	0.36	0.14	99.74	4.79	0.00(M)	99.89 (M)	4.73(M)
Charro Beans - TR1094 (1/2 c.)	35	111.00	0.56	0.04	0.00	0.00	184.19	19.16	7.40	0.23	0.00(M)	6.31	1.53	42.04	35.42	0.56	(M)	(M)	(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	135.00	5.00	1.00	3.00	0.00	1.00	0.36	20.00	300.00	7.20	0.00	200.22	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Banana - TR1056 (1 ea.)	50	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	0.00
Chilled Pears - TR1508 (1/2 c.)	30	65.00	0.00	0.00	0.00	0.00	0.00	16.25	2.17	11.92	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	150.58 (M)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	35	125.75	0.46	0.22	0.00	1.88	68.42	28.54	2.23	21.31	3.00	2.41	0.07	114.42	85.00	1.00	1.31(M)	177.00 (M)	966.58 (M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	70	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Cheese Sauce - TR1624 (2 fl. oz.)	50	112.00	9.00	4.90	0.00	26.00	385.00	2.00	0.00	1.00	0.00	6.00	0.00	204.00	0.00	0.00	0.00	277.77	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	0.00	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/13/2026	
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Charro Beans - TR1094 (1/2 c.)	(M)
Salsa Cup - TR1072 (1 ea.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	1.09(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/13/2026																			
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00
2025 FALL Lunch HS STAR Wednesday Asian :436 - ServingDate: 10/14/2026																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	2	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32(M)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	10	358.40	7.96	1.99	0.00	99.56	716.80	39.82	0.00	33.85	31.86	31.86	3.98	127.43	0.00	0.00	0.00	452.00	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	55	420.00	14.00	3.00	0.00	100.00	840.00	52.00	2.00	26.00	26.00	24.00	2.88	0.00	0.00	0.00	0.00	340.28	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Chow Mein Noodles - TR1936 (1 c.)	55	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	38.18	1.12	0.24	0.00	0.00	155.95	6.53	2.45	4.08	0.00	0.82	0.29	32.66	1616.60	1.96	0.00(M)	0.00(M)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/13/2026	
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00
2025 FALL Lunch HS STAR Wednesday Asian :436 - ServingDate: 10/14/2026	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Wednesday Asian :436 - ServingDate: 10/14/2026																			
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Steamed Broccoli - TR1112 (1/2 c.)	50	17.10	1.12	0.24	0.00	0.00	153.50	1.50	1.13	0.38	0.00	0.75	0.41	17.63	0.00	27.68	0.00(M)	67.50 (M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	15	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	15	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	0.00	89.80	0.00
Chilled Applesauce - TR1503 (1/2 c.)	30	50.00	0.00	0.00	0.00	0.00	0.00	13.00	2.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	70	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Fortune Cookie - TR1002 (1 ea)	40	70.00	0.00	0.00	0.00	0.00	0.00	16.00	0.00	10.00	10.00	1.00	0.00	3.00	0.00	0.00	0.00	23.03	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	4.23	0.00
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/15/2026																			
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	15	309.33	10.70	5.47	0.00	32.33	465.67	34.47	4.00	2.00	2.00	20.47	2.00	464.07	0.00	0.00	4.00	164.17	0.00
Cheese Cubes - TR1980 (8 cubes)	5	137.50	11.25	7.50	0.00	31.25	225.00	0.00	0.00	0.00	0.00	8.75	0.00	250.00	0.00	0.00	0.00	25.00	0.00
Cheeseburger - TR1897 (1 ea.)	15	395.00	19.00	4.25	0.00	67.50	615.00	31.00	2.00	5.00	4.00	23.50	3.00	325.00	300.00	0.00	0.10(M)	458.00 (M)	0.00
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	15	350.00	12.00	2.00	0.00	45.00	590.00	37.00	3.00	5.00	5.00	24.00	2.08	136.00	0.00	0.00	0.00	769.86	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	10	161.54	9.52	6.00	0.00	45.62	478.96	1.03	0.00	0.00	0.00	16.28	0.00	200.00	0.00	0.00	0.00	308.65	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :436 - ServingDate: 10/14/2026	
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	0.00
Chilled Applesauce - TR1503 (1/2 c.)	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	0.00
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/15/2026	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00
Cheese Cubes - TR1980 (8 cubes)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/15/2026																			
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Diced Turkey Breast - TR1187 (4 oz.)	15	103.09	1.03	0.00	0.00	41.24	597.92	2.06	0.00	0.00	0.00	18.56	0.00	0.00	0.00	0.00	0.00	577.30	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11(M)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	30	160.00	4.50	1.00	0.00	0.00	140.00	25.00	2.00	2.00	0.00	4.00	1.40	10.00	0.00	0.00	0.10	210.09	0.00
Fresh Broccoli - TR1196 (1/4 c.)	30	7.75	0.00	0.00	0.00	0.00	7.50	1.50	0.50	0.38	0.00	0.63	0.17	10.75	141.75	20.25	(M)	(M)	(M)
Shredded Carrots - TR1194 (1/4 c.)	30	12.50	0.00	0.00	0.00	0.00	27.50	3.00	1.00	1.50	(M)	0.00	0.36	10.00	4750.00	1.20	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	30	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	0.00	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	0.00	0.00	0.00	1.59	0.57	0.00	0.00	5.71	0.00	333.33	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	15	65.00	1.00	0.00	0.00	0.00	70.00	10.00	3.00	0.50	(M)	3.50	0.90	20.00	0.00	0.60	(M)	(M)	0.00
Lettuce Mix - TR1189 (3 c.)	30	45.00	0.00	0.00	0.00	0.00	30.00	9.00	3.00	6.00	0.00	3.00	1.08	60.00	7500.00	14.40	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Fresh Spinach - TR1195 (1 c.)	30	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	0.00	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Grape Tomatoes - TR1191 (3 ea.)	20	10.20	0.00	0.00	0.00	0.00	3.40	3.40	0.68	1.36	0.00	0.34	0.00	5.78	482.80	7.48	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	0.00	1.00	0.00	60.00	300.00	72.00	0.00	235.00	0.00
Signature Fruit Cup - TR2043 (1 ea.)	35	125.75	0.46	0.22	0.00	1.88	68.42	28.54	2.23	21.31	3.00	2.41	0.07	114.42	85.00	1.00	1.31(M)	177.00(M)	966.58(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/15/2026	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Diced Turkey Breast - TR1187 (4 oz.)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	0.00
Fresh Broccoli - TR1196 (1/4 c.)	(M)
Shredded Carrots - TR1194 (1/4 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	0.00
Lettuce Mix - TR1189 (3 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Fresh Spinach - TR1195 (1 c.)	(M)
Grape Tomatoes - TR1191 (3 ea.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00
Orange Wedges - TR1057 (1 ea.)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	1.09(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/15/2026																			
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
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	30	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	0.00	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Croutons - TR1981 (2 tablespoon)	15	303.75	10.13	0.00	0.00	0.00	860.61	50.62	0.00	0.00	0.00	10.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fat-Free Italian Dressing - TR1977 (1 fl. oz.)	20	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - TR2092 (1 oz.)	5	67.72	6.77	0.97	0.00	4.84	270.86	1.93	0.00	0.97	0.00	0.97	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/16/2026																			
Beef Steak Fingers - TR1937 (4 ea.)	25	240.00	13.00	5.00	0.00	35.00	230.00	16.00	3.00	1.00	0.00	16.00	3.00	35.00	0.00	0.00	0.00	424.88	0.00
Chicken Fried Chicken - TR2088 (1 ea.)	15	230.00	9.00	1.50	0.00	55.00	440.00	19.00	2.00	1.00	0.00	19.00	1.08	20.00	0.00	0.00	0.00	420.00	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00 (M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	243.00	11.14	2.02	0.00	60.75	607.50	15.19	2.02	2.02	2.02	20.25	1.01	0.00	0.00	0.00	0.00	485.87	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/15/2026	
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Croutons - TR1981 (2 tablespoon)	0.00
Fat-Free Italian Dressing - TR1977 (1 fl. oz.)	(M)
Ranch Dressing - TR2092 (1 oz.)	0.00
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/16/2026	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Chicken Fried Chicken - TR2088 (1 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/16/2026																			
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32 (M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	170.00	31.00	3.00	8.00	7.00	5.00	1.44	0.00	0.00	0.00	0.00	100.11	0.00
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	35	76.42	2.12	0.24	0.00	0.00	99.94	15.96	2.00	2.99	0.00	2.00	0.36	0.14	99.74	4.79	0.00(M)	99.89 (M)	4.73(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	65	70.00	1.00	0.00	0.00	0.00	310.00	14.00	1.00	0.00	0.00	2.00	0.00	10.00	0.00	0.00	0.00	320.07	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Granny Smith Apple - TR1054 (1 ea.)	10	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	60.00	0.00	0.00	0.00	0.00	0.00	16.00	1.00	15.00	7.00	1.00	0.00	0.00	0.00	0.00	0.00	80.84	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
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	30	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	35	55.69	4.56	3.04	0.00	12.66	96.19	0.51	0.00	0.00	0.00	3.54	0.00	50.62	151.88	0.00	0.00	10.13	0.00
Country Gravy - TR1074 (4 tbsp.)	40	47.25	2.36	1.18	0.00	0.00	249.84	5.91	0.00	0.00	0.00(M)	0.00	0.00	1.77	0.00	0.00	(M)	(M)	59.08 (M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	35.00	0.00	0.00	0.00	0.00	65.00	8.00	0.00	7.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	115.15	0.00
Fall 2026 HS Monday Baked Potato - ServingDate: 10/19/2026																			
Breaded Chicken Drumsticks - TR1453 (1 ea.)	20	272.29	14.26	3.89	0.00	103.73	687.20	12.97	1.30	1.30	1.30	22.04	1.30	12.97	0.00	0.00	0.00	272.40	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/16/2026	
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	0.00
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00
Fall 2026 HS Monday Baked Potato - ServingDate: 10/19/2026	
Breaded Chicken Drumsticks - TR1453 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Fall 2026 HS Monday Baked Potato - ServingDate: 10/19/2026																			
Chicken Drumstick - TR1739 (1 ea.)	20	191.47	11.70	2.66	0.00	90.42	329.75	4.25	0.00	0.00	0.00	17.02	0.77	14.89	0.00	0.00	0.00	201.98	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	1	412.00	8.95	4.25	0.00	25.00	323.50	73.00	6.00	49.50	8.50	13.50	1.44	530.00	284.96	37.80	2.20(M)	335.58(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	8	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Premium BBQ Beef from Yoakum Texas ! - TR1140 (1 Scoop)	50	130.00	2.60	1.00	0.00	35.00	590.00	13.00	2.00	9.00	(M)	16.00	2.70	40.00	200.00	1.20	(M)	(M)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Garlic Breadstick - TR1622 (1 ea.)	80	160.00	4.50	1.00	0.00	0.00	140.00	25.00	2.00	2.00	0.00	4.00	1.40	10.00	0.00	0.00	0.10	210.09	0.00
Baked Potato - TR1139 (1 ea.)	50	170.00	0.00	0.00	0.00	0.00	25.00	37.00	4.00	2.00	(M)	5.00	1.80	40.00	0.00	21.00	(M)	(M)	(M)
Baked Beans - TR1186 (1/2 c.)	25	163.47	0.00	0.00	0.00	0.00	415.73	33.12	6.24	14.29	13.15	7.28	1.87	41.60	0.00	0.00	0.00	280.57	0.00
Ranch Garden Salad - TR2089 (1 c.)	10	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Seasoned Green Beans - TR1085 (1/2 c.)	15	45.45	2.54	0.55	0.00	0.00	188.86	4.73	2.36	1.18	0.00	1.18	0.85	23.64	0.00	0.00	0.00(M)	0.00(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	35	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1505 (1/2 c.)	35	54.17	0.00	0.00	0.00	0.00	0.00	13.00	1.08	10.83	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	223.17(M)	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
2% White Milk - TR2094 (1 Carton)	10	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	80	110.00	0.00	0.00	0.00	5.00	170.00	18.00	0.00	18.00	6.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
BBQ Sauce - TR1151 (1 ea.)	20	35.00	0.00	0.00	0.00	0.00	65.00	8.00	0.00	7.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	115.15	0.00
Sour Cream - TR1098 (1 pkg.)	30	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
Fall 2026 HS Monday Baked Potato - ServingDate: 10/19/2026	
Chicken Drumstick - TR1739 (1 ea.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium BBQ Beef from Yoakum Texas ! - TR1140 (1 Scoop)	(M)
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Garlic Breadstick - TR1622 (1 ea.)	0.00
Baked Potato - TR1139 (1 ea.)	(M)
Baked Beans - TR1186 (1/2 c.)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
BBQ Sauce - TR1151 (1 ea.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Tuesday Nachos :437 - ServingDate: 10/20/2026																			
Beef Chili - TR1808 (1 #8 scoop)	20	142.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	0.00	14.00	3.00	49.00	0.00	10.00	0.00	911.78	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90 (M)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00 (M)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	10	361.06	24.07	9.03	0.00	50.15	661.93	24.07	2.01	2.01	0.00	14.04	2.17	300.88	0.00	0.00	2.41	261.14	0.00
Crispy Chicken Tacos - TR1950 (2 ea.)	10	343.68	20.22	7.08	0.00	60.65	788.43	24.26	2.02	2.02	0.00	18.20	2.18	303.24	0.00	0.00	2.43	238.49	0.00
Chicken Fajitas - TR2016 (3 oz.)	20	121.44	6.07	0.00	0.00	75.90	313.72	2.02	0.00	0.00	0.00	15.18	0.36	0.00	0.00	0.00	0.00	212.52	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	180.00	0.00	0.00	0.00(M)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	40	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	99.94	15.96	2.00	2.99	0.00	2.00	0.36	0.14	99.74	4.79	0.00(M)	99.89 (M)	4.73(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	135.00	5.00	1.00	3.00	0.00	1.00	0.36	20.00	300.00	7.20	0.00	200.22	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :437 - ServingDate: 10/20/2026	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	0.00
Crispy Chicken Tacos - TR1950 (2 ea.)	0.00
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Salsa Cup - TR1072 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Tuesday Nachos :437 - ServingDate: 10/20/2026																			
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	35	165.19	2.79	0.50	0.00	2.08	231.19	26.28	4.41	1.35	0.00	6.69	0.12	23.75	194.58	2.05	0.00(M)	1.68(M)	9.85(M)
Banana - TR1056 (1 ea.)	50	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	0.00
Chilled Pears - TR1508 (1/2 c.)	30	65.00	0.00	0.00	0.00	0.00	0.00	16.25	2.17	11.92	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	150.58(M)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	35	125.75	0.46	0.22	0.00	1.88	68.42	28.54	2.23	21.31	3.00	2.41	0.07	114.42	85.00	1.00	1.31(M)	177.00(M)	966.58(M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	70	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Cheese Sauce - TR1624 (2 fl. oz.)	50	112.00	9.00	4.90	0.00	26.00	385.00	2.00	0.00	1.00	0.00	6.00	0.00	204.00	0.00	0.00	0.00	277.77	0.00
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	0.00	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/21/2026																			
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	4	412.00	8.95	4.25	0.00	25.00	323.50	73.00	6.00	49.50	8.50	13.50	1.44	530.00	284.96	37.80	2.20(M)	335.58(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :437 - ServingDate: 10/20/2026	
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Tia Cecilia's Refried Beans - TR2059 (1/2 c.)	0.01(M)
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	1.09(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Cheese Sauce - TR1624 (2 fl. oz.)	0.00
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/21/2026	
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/21/2026																			
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	20	358.40	7.96	1.99	0.00	99.56	716.80	39.82	0.00	33.85	31.86	31.86	3.98	127.43	0.00	0.00	0.00	452.00	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	50	420.00	14.00	3.00	0.00	100.00	840.00	52.00	2.00	26.00	26.00	24.00	2.88	0.00	0.00	0.00	0.00	340.28	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Chow Mein Noodles - TR1936 (1 c.)	65	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	38.18	1.12	0.24	0.00	0.00	155.95	6.53	2.45	4.08	0.00	0.82	0.29	32.66	1616.60	1.96	0.00(M)	0.00(M)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Steamed Broccoli - TR1112 (1/2 c.)	50	17.10	1.12	0.24	0.00	0.00	153.50	1.50	1.13	0.38	0.00	0.75	0.41	17.63	0.00	27.68	0.00(M)	67.50 (M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	15	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	15	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	0.00	89.80	0.00
Chilled Applesauce - TR1503 (1/2 c.)	30	50.00	0.00	0.00	0.00	0.00	0.00	13.00	2.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	70	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Fortune Cookie - TR1002 (1 ea)	25	70.00	0.00	0.00	0.00	0.00	0.00	16.00	0.00	10.00	10.00	1.00	0.00	3.00	0.00	0.00	0.00	23.03	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/21/2026	
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	0.00
Chilled Applesauce - TR1503 (1/2 c.)	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Fortune Cookie - TR1002 (1 ea)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/21/2026																			
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	4.23	0.00
2025 FALL Lunch HS STAR Thursday wing day :437 - ServingDate: 10/22/2026																			
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	10	309.33	10.70	5.47	0.00	32.33	465.67	34.47	4.00	2.00	2.00	20.47	2.00	464.07	0.00	0.00	4.00	164.17	0.00
Cheeseburger - TR1897 (1 ea.)	10	395.00	19.00	4.25	0.00	67.50	615.00	31.00	2.00	5.00	4.00	23.50	3.00	325.00	300.00	0.00	0.10(M)	458.00(M)	0.00
Chicken Popper Ranch Salad - TR1466 (1 ea.)	2	666.70	39.16	6.54	0.00	56.66	1095.03	51.71	7.78	11.17	5.00	28.74	8.91	136.41	3940.67	13.75	0.00(M)	130.13(M)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	10	350.00	12.00	2.00	0.00	45.00	590.00	37.00	3.00	5.00	5.00	24.00	2.08	136.00	0.00	0.00	0.00	769.86	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	2	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11(M)	0.00(M)
Spicy Chicken Wings (Premium Plus) - TR1455 (1 Basket)	30	681.90	46.75	13.43	0.00	236.10	941.31	27.48	2.00	2.00	0.00	38.79	1.40	34.85	0.00	0.00	0.10	1054.60	0.00
Chicken Wings (Premium Plus) - TR1454 (1 Basket)	25	681.90	46.75	13.43	0.00	236.10	761.31	27.48	2.00	2.00	0.00	38.79	1.40	34.85	0.00	0.00	0.10	1054.60	0.00
Celery & Bean Dip - TR1605 (1 pkg.)	10	137.45	2.25	0.00	0.00	0.00	354.78	19.75	7.75	1.75	0.00	4.50	1.62	64.89	348.92	2.09	0.00(M)	13.39(M)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	10	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	50	158.73	4.76	0.00	0.00	0.00	269.84	23.81	0.00	0.00	0.00	1.59	0.57	0.00	0.00	5.71	0.00	333.33	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 10/21/2026	
Sweet & Sour Sauce - TR1114 (1 ea.)	0.00
2025 FALL Lunch HS STAR Thursday wing day :437 - ServingDate: 10/22/2026	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Spicy Chicken Wings (Premium Plus) - TR1455 (1 Basket)	0.00
Chicken Wings (Premium Plus) - TR1454 (1 Basket)	0.00
Celery & Bean Dip - TR1605 (1 pkg.)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Thursday wing day :437 - ServingDate: 10/22/2026																			
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	0.00	1.00	0.00	60.00	300.00	72.00	0.00	235.00	0.00
Signature Fruit Cup - TR2043 (1 ea.)	35	125.75	0.46	0.22	0.00	1.88	68.42	28.54	2.23	21.31	3.00	2.41	0.07	114.42	85.00	1.00	1.31(M)	177.00(M)	966.58(M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	30	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	0.00	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	75	180.00	19.00	1.50	0.00	0.00	390.00	2.00	0.00	1.00	0.00	1.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00
Sliced Cheese - TR1209 (1 ea.)	10	35.00	2.00	1.25	0.00	7.50	105.00	2.00	0.00	1.00	0.00	2.50	0.00	200.00	300.00	0.00	0.10	180.00	0.00
Sliced White Cheese - TR2058 (1 ea.)	15	50.00	4.00	2.50	0.00	15.00	220.00	1.00	0.00	1.00	0.00	2.50	0.00	80.00	100.00	0.00	(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
Mayo - TR1144 (1 ea.)	25	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	15	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 10/23/2026																			
Steak Fingers - TR2038 (4 ea.)	25	232.99	12.16	4.56	0.00	45.59	334.29	15.20	0.00	0.00	0.00	18.23	2.73	20.26	101.30	15.20	0.00	(M)	0.00
Chicken Fried Chicken - TR2088 (1 ea.)	20	230.00	9.00	1.50	0.00	55.00	440.00	19.00	2.00	1.00	0.00	19.00	1.08	20.00	0.00	0.00	0.00	420.00	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	2	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00(M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	243.00	11.14	2.02	0.00	60.75	607.50	15.19	2.02	2.02	2.02	20.25	1.01	0.00	0.00	0.00	0.00	485.87	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday wing day :437 - ServingDate: 10/22/2026	
Orange Wedges - TR1057 (1 ea.)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	1.09(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Buttermilk Ranch Dressing 100/1.5oz (do not sell) - TR1639 (1 pkg.)	0.00
Sliced Cheese - TR1209 (1 ea.)	0.00
Sliced White Cheese - TR2058 (1 ea.)	(M)
Ketchup - TR1088 (2 ea.)	0.00
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 10/23/2026	
Steak Fingers - TR2038 (4 ea.)	0.00
Chicken Fried Chicken - TR2088 (1 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 10/23/2026																			
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	1	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	170.00	31.00	3.00	8.00	7.00	5.00	1.44	0.00	0.00	0.00	0.00	100.11	0.00
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	50	76.42	2.12	0.24	0.00	0.00	99.94	15.96	2.00	2.99	0.00	2.00	0.36	0.14	99.74	4.79	0.00(M)	99.89(M)	4.73(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	80	70.00	1.00	0.00	0.00	0.00	310.00	14.00	1.00	0.00	0.00	2.00	0.00	10.00	0.00	0.00	0.00	320.07	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Granny Smith Apple - TR1054 (1 ea.)	10	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	60.00	0.00	0.00	0.00	0.00	0.00	16.00	1.00	15.00	7.00	1.00	0.00	0.00	0.00	0.00	0.00	80.84	0.00
Lactaid Milk - TR1367 (1 c.)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	30	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	35	55.69	4.56	3.04	0.00	12.66	96.19	0.51	0.00	0.00	0.00	3.54	0.00	50.62	151.88	0.00	0.00	10.13	0.00
Country Gravy - TR1074 (4 tbsp.)	50	47.25	2.36	1.18	0.00	0.00	249.84	5.91	0.00	0.00	0.00(M)	0.00	0.00	1.77	0.00	0.00	(M)	(M)	59.08(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 10/23/2026	
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 c.)	(M)
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	0.00
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 10/23/2026																			
BBQ Sauce - TR1151 (1 ea.)	5	35.00	0.00	0.00	0.00	0.00	65.00	8.00	0.00	7.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	115.15	0.00
2025 FALL Lunch HS STAR Monday Pasta Bar :436 - ServingDate: 10/26/2026																			
Meatballs - TR1262 (5 ea.)	25	152.00	11.00	4.00	0.70	48.00	331.00	2.00	1.00	1.00	0.00	12.00	1.00	28.00	1.00	0.00	0.00	0.00	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	20	309.33	10.70	5.47	0.00	32.33	465.67	34.47	4.00	2.00	2.00	20.47	2.00	464.07	0.00	0.00	4.00	164.17	0.00
Cheeseburger - TR1897 (1 ea.)	15	395.00	19.00	4.25	0.00	67.50	615.00	31.00	2.00	5.00	4.00	23.50	3.00	325.00	300.00	0.00	0.10(M)	458.00(M)	0.00
Chicken Fajita - TR1122 (3 1/2 oz.)	20	150.54	7.53	0.00	0.00	94.09	388.89	2.51	0.00	0.00	0.00	18.82	0.45	0.00	0.00	0.00	0.00	263.44	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	5	412.00	8.95	4.25	0.00	25.00	323.50	73.00	6.00	49.50	8.50	13.50	1.44	530.00	284.96	37.80	2.20(M)	335.58(M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	20	100.55	5.46	3.61	0.00	19.67	398.90	4.37	0.00	3.28	0.00	6.56	0.00	207.65	0.00	0.00	0.00	361.74	0.00
Marinara Sauce - TR1124 (1/2 c.)	20	57.78	1.44	0.00	0.00	0.00	130.00	9.63	1.93	5.78	0.96	1.93	1.04	62.59	0.00	0.00	0.00	340.89	0.00
Garlic Toast - TR1004 (1 ea.)	50	100.00	3.50	0.50	0.00	0.00	125.00	14.00	1.00	1.00	0.00	3.00	1.10	10.00	0.00	0.00	0.10	130.00	0.00
Penne Pasta - TR1423 (1 c.)	45	209.20	3.24	0.32	0.00	0.00	15.90	41.00	4.00	2.00	0.00(M)	7.00	1.90	45.90	0.00	0.00	0.00(M)	180.01(M)	529.40(M)
Ranch Garden Salad - TR2089 (1 c.)	10	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	50	212.41	9.80	1.63	0.00	0.00	343.13	32.68	1.63	1.63	0.00	1.63	0.59	0.00	163.40	5.88	0.00	490.19	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	25	45.45	2.54	0.55	0.00	0.00	188.86	4.73	2.36	1.18	0.00	1.18	0.85	23.64	0.00	0.00	0.00(M)	0.00(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 10/23/2026	
BBQ Sauce - TR1151 (1 ea.)	0.00
2025 FALL Lunch HS STAR Monday Pasta Bar :436 - ServingDate: 10/26/2026	
Meatballs - TR1262 (5 ea.)	0.00
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Alfredo Sauce - TR1261 (1 #16 scoop)	0.00
Marinara Sauce - TR1124 (1/2 c.)	0.00
Garlic Toast - TR1004 (1 ea.)	0.00
Penne Pasta - TR1423 (1 c.)	0.53(M)
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Wedge Fries - TR1529 (3 oz.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Monday Pasta Bar :436 - ServingDate: 10/26/2026																			
Granny Smith Apple - TR1054 (1 ea.)	35	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1505 (1/2 c.)	35	54.17	0.00	0.00	0.00	0.00	0.00	13.00	1.08	10.83	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	223.17(M)	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
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	0.00	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Mayo - TR1144 (1 ea.)	0	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mustard - TR1145 (1 ea.)	0	5.00	0.00	0.00	0.00	0.00	85.00	1.00	0.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/27/2026																			
Beef Chili - TR1808 (1 #8 scoop)	25	142.00	12.00	4.40	0.70	40.00	371.99	9.00	3.00	3.00	0.00	14.00	3.00	49.00	0.00	10.00	0.00	911.78	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	5	325.64	13.80	6.04	0.00	55.51	498.92	31.09	3.00	2.00	0.00(M)	19.15	1.63	242.50	101.25	0.00	0.00(M)	112.90(M)	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00(M)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	5	361.06	24.07	9.03	0.00	50.15	661.93	24.07	2.01	2.01	0.00	14.04	2.17	300.88	0.00	0.00	2.41	261.14	0.00
Crispy Chicken Tacos - TR1950 (2 ea.)	5	343.68	20.22	7.08	0.00	60.65	788.43	24.26	2.02	2.02	0.00	18.20	2.18	303.24	0.00	0.00	2.43	238.49	0.00
Chicken Fajitas - TR2016 (3 oz.)	20	121.44	6.07	0.00	0.00	75.90	313.72	2.02	0.00	0.00	0.00	15.18	0.36	0.00	0.00	0.00	0.00	212.52	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	3	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Monday Pasta Bar :436 - ServingDate: 10/26/2026	
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/27/2026	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Cheese & Chicken Quesadilla - TR2034 (1 tortilla (	0.00(M)
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Crispy Beef Tacos - TR1949 (2 ea.)	0.00
Crispy Chicken Tacos - TR1950 (2 ea.)	0.00
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/27/2026																			
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32 (M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	4	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Texas Beef Tamales - TR1903 (2 ea.)	5	508.00	30.00	8.00	0.00	38.00	958.00	44.00	6.00	4.00	0.00	18.00	5.40	120.00	180.00	0.00	0.00	0.00(M)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	55	283.50	14.18	6.08	0.00	0.00	303.75	34.42	2.02	0.00	0.00	4.05	0.73	40.50	0.00	0.00	0.00	0.00	0.00
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	30	76.42	2.12	0.24	0.00	0.00	99.94	15.96	2.00	2.99	0.00	2.00	0.36	0.14	99.74	4.79	0.00(M)	99.89 (M)	4.73(M)
Charro Beans - TR1094 (1/2 c.)	35	111.00	0.56	0.04	0.00	0.00	184.19	19.16	7.40	0.23	0.00(M)	6.31	1.53	42.04	35.42	0.56	(M)	(M)	(M)
Salsa Cup - TR1072 (1 ea.)	15	25.00	0.00	0.00	0.00	0.00	135.00	5.00	1.00	3.00	0.00	1.00	0.36	20.00	300.00	7.20	0.00	200.22	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Banana - TR1056 (1 ea.)	50	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	0.00
Chilled Pears - TR1508 (1/2 c.)	30	65.00	0.00	0.00	0.00	0.00	0.00	16.25	2.17	11.92	0.00	0.00	0.00	0.00	0.00	0.00	0.00(M)	150.58 (M)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	35	125.75	0.46	0.22	0.00	1.88	68.42	28.54	2.23	21.31	3.00	2.41	0.07	114.42	85.00	1.00	1.31(M)	177.00 (M)	966.58 (M)
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	70	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Cheese Sauce - TR1624 (2 fl. oz.)	50	112.00	9.00	4.90	0.00	26.00	385.00	2.00	0.00	1.00	0.00	6.00	0.00	204.00	0.00	0.00	0.00	277.77	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/27/2026	
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Texas Beef Tamales - TR1903 (2 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Charro Beans - TR1094 (1/2 c.)	(M)
Salsa Cup - TR1072 (1 ea.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (1/2 c.)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	1.09(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Cheese Sauce - TR1624 (2 fl. oz.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/27/2026																			
Fiesta Salad - TR1101 (1/2 c.)	15	5.00	0.00	0.00	0.00	0.00	3.20	1.44	0.44	0.88	0.00	0.44	0.16	6.40	218.00	2.21	(M)	(M)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	10	42.41	0.80	0.00	0.00	0.00	116.63	7.42	1.59	3.71	0.53	1.06	0.38	10.60	53.01	12.72	0.00	121.84	0.00
Sour Cream - TR1098 (1 pkg.)	25	60.00	5.00	3.50	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00
2025 FALL Lunch HS STAR Wednesday Asian :436 - ServingDate: 10/28/2026																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	2	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00 (M)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32 (M)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	10	358.40	7.96	1.99	0.00	99.56	716.80	39.82	0.00	33.85	31.86	31.86	3.98	127.43	0.00	0.00	0.00	452.00	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	55	420.00	14.00	3.00	0.00	100.00	840.00	52.00	2.00	26.00	26.00	24.00	2.88	0.00	0.00	0.00	0.00	340.28	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Chow Mein Noodles - TR1936 (1 c.)	55	123.57	2.86	0.00	0.00	0.00	395.71	21.43	2.14	1.43	(M)	2.86	2.57	0.00	0.00	0.00	0.00	0.00	0.00
Carrot Coins - TR1086 (1/2 c.)	20	38.18	1.12	0.24	0.00	0.00	155.95	6.53	2.45	4.08	0.00	0.82	0.29	32.66	1616.60	1.96	0.00(M)	0.00(M)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 10/27/2026	
Fiesta Salad - TR1101 (1/2 c.)	0.00(M)
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00
2025 FALL Lunch HS STAR Wednesday Asian :436 - ServingDate: 10/28/2026	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.6 oz.)	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7.8 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Chow Mein Noodles - TR1936 (1 c.)	0.00
Carrot Coins - TR1086 (1/2 c.)	0.00(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Wednesday Asian :436 - ServingDate: 10/28/2026																			
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Steamed Broccoli - TR1112 (1/2 c.)	50	17.10	1.12	0.24	0.00	0.00	153.50	1.50	1.13	0.38	0.00	0.75	0.41	17.63	0.00	27.68	0.00(M)	67.50(M)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	15	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Red Delicious Apple - TR1055 (1 ea.)	15	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	0.00	89.80	0.00
Chilled Applesauce - TR1503 (1/2 c.)	30	50.00	0.00	0.00	0.00	0.00	0.00	13.00	2.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	40	99.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
2% Chocolate Milk - TR2093 (1 Carton)	70	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	20	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Fortune Cookie - TR1002 (1 ea)	40	70.00	0.00	0.00	0.00	0.00	0.00	16.00	0.00	10.00	10.00	1.00	0.00	3.00	0.00	0.00	0.00	23.03	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	30	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	4.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	4.23	0.00
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/29/2026																			
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	15	309.33	10.70	5.47	0.00	32.33	465.67	34.47	4.00	2.00	2.00	20.47	2.00	464.07	0.00	0.00	4.00	164.17	0.00
Cheese Cubes - TR1980 (8 cubes)	5	137.50	11.25	7.50	0.00	31.25	225.00	0.00	0.00	0.00	0.00	8.75	0.00	250.00	0.00	0.00	0.00	25.00	0.00
Cheeseburger - TR1897 (1 ea.)	15	395.00	19.00	4.25	0.00	67.50	615.00	31.00	2.00	5.00	4.00	23.50	3.00	325.00	300.00	0.00	0.10(M)	458.00(M)	0.00
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	15	350.00	12.00	2.00	0.00	45.00	590.00	37.00	3.00	5.00	5.00	24.00	2.08	136.00	0.00	0.00	0.00	769.86	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	10	161.54	9.52	6.00	0.00	45.62	478.96	1.03	0.00	0.00	0.00	16.28	0.00	200.00	0.00	0.00	0.00	308.65	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :436 - ServingDate: 10/28/2026	
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Red Delicious Apple - TR1055 (1 ea.)	0.00
Chilled Applesauce - TR1503 (1/2 c.)	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	0.00
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/29/2026	
Cheese Stuffed Breadsticks - TR1363 (2 ea.)	0.00
Cheese Cubes - TR1980 (8 cubes)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00
Spicy Crispy Chicken Sandwich - TR1659 (1 ea.)	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/29/2026																			
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	5	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	5	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Diced Turkey Breast - TR1187 (4 oz.)	15	103.09	1.03	0.00	0.00	41.24	597.92	2.06	0.00	0.00	0.00	18.56	0.00	0.00	0.00	0.00	0.00	577.30	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	10	420.60	12.59	1.76	0.00	64.70	778.92	50.35	4.35	5.18	4.00	27.35	2.27	139.53	0.00	0.00	0.00(M)	494.11(M)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	30	160.00	4.50	1.00	0.00	0.00	140.00	25.00	2.00	2.00	0.00	4.00	1.40	10.00	0.00	0.00	0.10	210.09	0.00
Fresh Broccoli - TR1196 (1/4 c.)	30	7.75	0.00	0.00	0.00	0.00	7.50	1.50	0.50	0.38	0.00	0.63	0.17	10.75	141.75	20.25	(M)	(M)	(M)
Shredded Carrots - TR1194 (1/4 c.)	30	12.50	0.00	0.00	0.00	0.00	27.50	3.00	1.00	1.50	(M)	0.00	0.36	10.00	4750.00	1.20	(M)	(M)	(M)
Cucumber - TR1190 (1/4 c.)	30	4.00	0.00	0.00	0.00	0.00	0.50	1.00	0.25	0.50	0.00	0.17	0.07	4.00	27.50	0.75	(M)	(M)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	20	158.73	4.76	0.00	0.00	0.00	269.84	23.81	0.00	0.00	0.00	1.59	0.57	0.00	0.00	5.71	0.00	333.33	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	15	65.00	1.00	0.00	0.00	0.00	70.00	10.00	3.00	0.50	(M)	3.50	0.90	20.00	0.00	0.60	(M)	(M)	0.00
Lettuce Mix - TR1189 (3 c.)	30	45.00	0.00	0.00	0.00	0.00	30.00	9.00	3.00	6.00	0.00	3.00	1.08	60.00	7500.00	14.40	(M)	(M)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Fresh Spinach - TR1195 (1 c.)	30	7.00	0.00	0.00	0.00	0.00	24.00	1.00	1.00	0.00	0.00	1.00	0.90	30.00	0.00	0.00	(M)	(M)	(M)
Grape Tomatoes - TR1191 (3 ea.)	20	10.20	0.00	0.00	0.00	0.00	3.40	3.40	0.68	1.36	0.00	0.34	0.00	5.78	482.80	7.48	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	20	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
Orange Wedges - TR1057 (1 ea.)	20	60.00	0.00	0.00	0.00	0.00	0.00	15.00	3.00	12.00	0.00	1.00	0.00	60.00	300.00	72.00	0.00	235.00	0.00
Signature Fruit Cup - TR2043 (1 ea.)	35	125.75	0.46	0.22	0.00	1.88	68.42	28.54	2.23	21.31	3.00	2.41	0.07	114.42	85.00	1.00	1.31(M)	177.00(M)	966.58(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/29/2026	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Diced Turkey Breast - TR1187 (4 oz.)	0.00
New Whole Muscle Breaded Chicken Sandwich ! - TR1995 (1 ea.)	0.00(M)
Garlic Breadstick - TR1622 (1 ea.)	0.00
Fresh Broccoli - TR1196 (1/4 c.)	(M)
Shredded Carrots - TR1194 (1/4 c.)	(M)
Cucumber - TR1190 (1/4 c.)	(M)
Crinkle Cut Fries - TR1527 (2 1/2 oz.)	0.00
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	0.00
Lettuce Mix - TR1189 (3 c.)	(M)
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Fresh Spinach - TR1195 (1 c.)	(M)
Grape Tomatoes - TR1191 (3 ea.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00
Orange Wedges - TR1057 (1 ea.)	0.00
Signature Fruit Cup - TR2043 (1 ea.)	1.09(M)

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

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 Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/29/2026																			
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
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	30	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	10	9.59	0.00	0.00	0.00	0.00	107.22	2.65	0.73	1.46	0.00	0.73	0.26	10.00	373.88	3.98	(M)	(M)	0.00(M)
Croutons - TR1981 (2 tablespoon)	15	303.75	10.13	0.00	0.00	0.00	860.61	50.62	0.00	0.00	0.00	10.13	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fat-Free Italian Dressing - TR1977 (1 fl. oz.)	20	15.00	0.00	0.00	0.00	0.00	490.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Ranch Dressing - TR2092 (1 oz.)	5	67.72	6.77	0.97	0.00	4.84	270.86	1.93	0.00	0.97	0.00	0.97	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/30/2026																			
Beef Steak Fingers - TR1937 (4 ea.)	25	240.00	13.00	5.00	0.00	35.00	230.00	16.00	3.00	1.00	0.00	16.00	3.00	35.00	0.00	0.00	0.00	424.88	0.00
Chicken Fried Chicken - TR2088 (1 ea.)	15	230.00	9.00	1.50	0.00	55.00	440.00	19.00	2.00	1.00	0.00	19.00	1.08	20.00	0.00	0.00	0.00	420.00	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	3	676.01	27.30	6.00	0.00	61.50	863.84	81.70	9.78	35.17	5.00	29.70	9.63	125.78	3938.79	14.95	0.00(M)	130.00 (M)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	25	243.00	11.14	2.02	0.00	60.75	607.50	15.19	2.02	2.02	2.02	20.25	1.01	0.00	0.00	0.00	0.00	485.87	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	4	590.00	32.00	7.00	0.00	0.00	530.00	64.00	7.00	30.00	26.00	18.00	2.00	88.00	0.00	0.00	0.00	464.00	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	5	668.16	32.55	13.71	0.00	59.96	1319.19	54.82	5.14	5.14	1.71	39.40	3.08	685.29	0.00	0.00	0.00	136.89	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	5	340.07	15.00	6.00	0.00	30.01	640.14	31.01	3.00	3.00	0.00	20.00	2.00	500.11	0.00	0.00	0.23	79.92	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	5	389.64	18.98	7.99	0.00	34.97	599.44	30.97	3.00	3.00	0.00	19.98	2.00	499.53	0.00	0.00	0.20	79.83	0.00
Supreme Pizza - TR1881 (1 slice)	5	366.99	19.00	8.00	0.00	41.00	715.99	29.00	3.00	3.00	1.00	20.00	3.00	292.00	0.00	0.00	0.00	333.22	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 10/29/2026	
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Croutons - TR1981 (2 tablespoon)	0.00
Fat-Free Italian Dressing - TR1977 (1 fl. oz.)	(M)
Ranch Dressing - TR2092 (1 oz.)	0.00
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/30/2026	
Beef Steak Fingers - TR1937 (4 ea.)	0.00
Chicken Fried Chicken - TR2088 (1 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00
Texas Skinny Crust Cheese Pizza - TR1948 (1 slice)	0.00
Texas Skinny Crust Pepperoni Pizza - TR1947 (1 slice)	0.00
Supreme Pizza - TR1881 (1 slice)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/30/2026																			
Premium Lunch Quick Kit - TR1660 (1 kit)	5	430.00	11.00	4.00	0.00	25.00	705.00	67.00	2.00	26.00	4.00(M)	15.00	1.80	370.00	84.96	0.00	2.00(M)	448.32(M)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	3	318.98	12.00	6.00	0.00	29.00	549.97	34.00	2.70	5.00	2.00	18.00	1.64	407.98	134.99	0.00	0.04	521.20	0.00
Whole Grain Roll - TR1005 (1 ea.)	65	170.00	2.00	0.50	0.00	0.00	170.00	31.00	3.00	8.00	7.00	5.00	1.44	0.00	0.00	0.00	0.00	100.11	0.00
Ranch Garden Salad - TR2089 (1 c.)	5	86.39	7.00	1.00	0.00	5.00	165.29	6.01	1.29	2.82	0.00	2.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	35	76.42	2.12	0.24	0.00	0.00	99.94	15.96	2.00	2.99	0.00	2.00	0.36	0.14	99.74	4.79	0.00(M)	99.89(M)	4.73(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	65	70.00	1.00	0.00	0.00	0.00	310.00	14.00	1.00	0.00	0.00	2.00	0.00	10.00	0.00	0.00	0.00	320.07	0.00
Marinara Dip Cup - TR1172 (1 ea.)	5	40.00	1.00	0.00	0.00	0.00	170.00	7.00	2.00	4.00	1.00	1.00	0.00	20.00	0.00	6.00	0.00	261.79	0.00
Granny Smith Apple - TR1054 (1 ea.)	10	60.49	0.00	0.00	0.00	0.00	1.89	15.12	1.89	11.34	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Chilled Peaches - TR1504 (1/2 c.)	50	60.00	0.00	0.00	0.00	0.00	0.00	16.00	1.00	15.00	7.00	1.00	0.00	0.00	0.00	0.00	0.00	80.84	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
2% Chocolate Milk - TR2093 (1 Carton)	60	160.00	5.00	3.50	0.00	25.00	180.00	22.00	0.00	21.00	10.00	8.00	0.36	280.00	189.99	0.00	2.00	420.18	0.00
2% White Milk - TR2094 (1 Carton)	30	120.00	5.00	0.00	0.00	20.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	298.00	153.99	0.00	2.00	353.91	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	35	55.69	4.56	3.04	0.00	12.66	96.19	0.51	0.00	0.00	0.00	3.54	0.00	50.62	151.88	0.00	0.00	10.13	0.00
Country Gravy - TR1074 (4 tbsp.)	40	47.25	2.36	1.18	0.00	0.00	249.84	5.91	0.00	0.00	0.00(M)	0.00	0.00	1.77	0.00	0.00	(M)	(M)	59.08(M)
Ketchup Dip Cup - TR1245 (1 ea.)	10	30.38	0.00	0.00	0.00	0.00	75.94	7.09	0.00	5.06	(M)	0.00	0.36	0.00	101.25	1.22	(M)	(M)	0.00
BBQ Sauce - TR1151 (1 ea.)	5	35.00	0.00	0.00	0.00	0.00	65.00	8.00	0.00	7.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	115.15	0.00

Legend
(M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - October, 2026

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Item Name (Serving Size)	Ash (g)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 10/30/2026	
Premium Lunch Quick Kit - TR1660 (1 kit)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Golden Corn - TR1095 (1/2 c.)	0.01(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	0.00
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - October, 2026

Generated on: 9/28/2026 11:34:52 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 10/01/2026 - 10/31/2026

Report Selections

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