Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Wednesday Asian Bowl :443 - ServingDate: 11/04/2026																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	1	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.)	10	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
General Tso's Chicken (Premium/Plus) - TR1412 (7 1/2 oz.)	40	403.85	13.46	1.92	0.00	86.54	884.62	48.08	1.92	25.00	25.00	23.08	1.54	19.23	0.00	0.00	0.00	327.19	0.00
Chicken Egg Rolls (Premium) - TR1908 (2 ea)	1	320.00	10.00	2.00	0.00	70.00	780.00	38.00	6.00	4.00	2.00	20.00	2.88	0.00	0.00	0.00	0.00	780.20	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.7 oz.)	9	364.80	8.11	2.03	0.00	101.33	729.60	40.53	0.00	34.45	32.43	32.43	4.05	129.71	0.00	0.00	0.00	460.07	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7 1/2 oz.)	40	403.85	13.46	2.88	0.00	96.15	807.69	50.00	1.92	25.00	25.00	23.08	2.77	0.00	0.00	0.00	0.00	327.19	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0	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
Asian Brown Rice - TR1663 (1 c.)	90	139.24	3.85	0.64	0.00	0.00	205.64	23.11	1.72	1.00	0.00	3.00	0.53	4.90	0.00	0.77	0.00(M)	17.60 (M)	56.72 (M)
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.)	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)
Steamed Broccoli - TR1112 (1/2 c.)	35	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)
Chilled Applesauce - TR1503 (1/2 c.)	10	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.)	35	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
Orange Wedges - TR1057 (1 ea.)	35	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
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)	50	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)	5	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 - November, 2026

Site: ALL
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Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Wednesday Asian Bowl :443 - ServingDate: 11/04/2026	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
General Tso's Chicken (Premium/Plus) - TR1412 (7 1/2 oz.)	0.00
Chicken Egg Rolls (Premium) - TR1908 (2 ea)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.7 oz.)	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7 1/2 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Asian Brown Rice - TR1663 (1 c.)	0.06(M)
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Orange Wedges - TR1057 (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

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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 Wednesday Asian Bowl :443 - ServingDate: 11/04/2026																			
Fortune Cookie - TR1002 (1 ea)	30	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.)	20	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 Thursday Sandwich Build :443 - ServingDate: 11/05/2026																			
Croissant - TR1953 (1 ea.)	30	190.00	7.00	3.00	0.00	0.00	190.00	29.00	3.00	4.00	3.00	5.00	1.44	20.00	0.00	0.00	0.00	0.00	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	10	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.)	0	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
Sub Bun - TR1778 (1 ea.)	30	158.65	1.98	0.50	0.00	0.00	188.40	28.76	1.98	3.97	3.97	4.96	1.98	55.53	0.00	0.00	0.00	74.57	0.00
Sliced Turkey Breast - TR2045 (6 slice)	30	110.69	4.53	1.01	0.00	45.28	372.32	0.00	0.00	0.00	0.00	17.11	0.40	0.00	0.00	0.00	0.00	281.88	0.00
Sliced Turkey Ham - TR2044 (6 slice)	30	130.00	7.00	2.00	0.00	55.00	359.99	3.00	0.00	2.00	2.00	13.00	0.70	0.00	0.00	0.00	0.00	710.16	0.00
Goldfish Pretzel 300/.75oz - TR1822 (1 pkg.)	60	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	0.00	2.00	0.72	10.00	0.00	0.00	0.00	45.12	0.00
Baby Carrots & Ranch - TR2090 (1/2 c.)	10	91.35	7.00	1.00	0.00	5.00	196.98	7.13	1.71	3.56	0.00	1.00	0.61	17.08	8114.57	2.05	0.00(M)	0.00(M)	0.00(M)
Shredded Carrots - TR1194 (1/8 c.)	30	6.25	0.00	0.00	0.00	0.00	13.75	1.50	0.50	0.75	(M)	0.00	0.18	5.00	2375.00	0.60	(M)	(M)	(M)
Cucumber - TR1190 (1/8 c.)	40	2.00	0.00	0.00	0.00	0.00	0.25	0.50	0.13	0.25	0.00	0.08	0.04	2.00	13.75	0.38	(M)	(M)	(M)
Lettuce Mix - TR1189 (1/2 c.)	70	7.50	0.00	0.00	0.00	0.00	5.00	1.50	0.50	1.00	0.00	0.50	0.18	10.00	1250.00	2.40	(M)	(M)	(M)
Fresh Jalapeno Peppers - TR2087 (1/8 c.)	15	4.38	0.06	0.01	0.00	0.00	0.45	0.98	0.42	0.62	0.00	0.14	0.04	1.81	162.99	17.93	0.00	37.50	13.86
Fresh Spinach - TR1195 (1/2 c.)	15	3.50	0.00	0.00	0.00	0.00	12.00	0.50	0.50	0.00	0.00	0.50	0.45	15.00	0.00	0.00	(M)	(M)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	50	3.75	0.00	0.00	0.00	0.00	0.00	1.00	0.25	0.50	0.00	0.25	0.09	0.00	187.50	3.00	(M)	(M)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	15	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

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2025 FALL Lunch HS Wednesday Asian Bowl :443 - ServingDate: 11/04/2026	
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	0.00
2025 FALL Lunch HS Thursday Sandwich Build :443 - ServingDate: 11/05/2026	
Croissant - TR1953 (1 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Sub Bun - TR1778 (1 ea.)	0.00
Sliced Turkey Breast - TR2045 (6 slice)	0.00
Sliced Turkey Ham - TR2044 (6 slice)	0.00
Goldfish Pretzel 300/.75oz - TR1822 (1 pkg.)	0.00
Baby Carrots & Ranch - TR2090 (1/2 c.)	0.00(M)
Shredded Carrots - TR1194 (1/8 c.)	(M)
Cucumber - TR1190 (1/8 c.)	(M)
Lettuce Mix - TR1189 (1/2 c.)	(M)
Fresh Jalapeno Peppers - TR2087 (1/8 c.)	0.08
Fresh Spinach - TR1195 (1/2 c.)	(M)
Tomatoes Sliced Raw - TR1212 (1/8 c.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00

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2025 FALL Lunch HS Thursday Sandwich Build :443 - ServingDate: 11/05/2026																			
Orange Wedges - TR1057 (1 ea.)	35	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)	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
Sliced Cheese - TR1209 (1 ea.)	50	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
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.)	5	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)
Onions White Raw Diced/Sliced - TR1295 (1/8 c.)	5	8.00	0.00	0.00	0.00	0.00	0.80	1.88	0.38	0.88	(M)	0.25	0.04	4.60	0.40	1.48	(M)	(M)	(M)
Pickles Sliced - TR1214 (2 ea.)	30	1.11	0.00	0.00	0.00	0.00	102.22	0.22	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
2025 FALL Lunch HS Friday Country Bowl :443 - ServingDate: 11/06/2026																			
Beef Steak Fingers - TR1937 (5 ea.)	25	300.00	16.25	6.25	0.00	43.75	287.50	20.00	3.75	1.25	0.00	20.00	3.75	43.75	0.00	0.00	0.00	531.10	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	1	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.)	30	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
Chicken Mega Mini Bites - TR1462 (10 ea.)	34	259.14	11.96	2.49	0.00	54.82	488.37	13.95	1.99	1.00	0.00	22.92	1.44	0.00	0.00	0.00	(M)	(M)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	10	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.)	0	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.)	100	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

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Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Thursday Sandwich Build :443 - ServingDate: 11/05/2026	
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
Sliced Cheese - TR1209 (1 ea.)	0.00
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)
Onions White Raw Diced/Sliced - TR1295 (1/8 c.)	(M)
Pickles Sliced - TR1214 (2 ea.)	(M)
2025 FALL Lunch HS Friday Country Bowl :443 - ServingDate: 11/06/2026	
Beef Steak Fingers - TR1937 (5 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Mega Mini Bites - TR1462 (10 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Roll - TR1005 (1 ea.)	0.00

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2025 FALL Lunch HS Friday Country Bowl :443 - ServingDate: 11/06/2026																			
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)
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)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	60	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
Seasoned Green Beans - TR1085 (1/2 c.)	5	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.)	30	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)
Frozen Mango Treat - TR2103 (1 ea.)	30	77.74	0.00	0.00	0.00	0.00	0.00	19.00	0.00	19.00	0.00	0.00	0.31	17.28	0.00	51.83	0.00	207.32	0.00
Chilled Peaches - TR1504 (1/2 c.)	30	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)	50	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)	5	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 (1/8 c.)	25	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	151.87	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 - TR1088 (2 ea.)	25	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
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
2025 FALL Lunch HS Monday pasta bowl :442 - ServingDate: 11/09/2026																			
Meatballs - TR1262 (5 ea.)	45	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
Chicken Fajita - TR1122 (3 1/2 oz.)	40	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.)	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.)	10	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 - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Friday Country Bowl :443 - ServingDate: 11/06/2026	
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
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Frozen Mango Treat - TR2103 (1 ea.)	0.00
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 (1/8 c.)	0.00
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup - TR1088 (2 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00
2025 FALL Lunch HS Monday pasta bowl :442 - ServingDate: 11/09/2026	
Meatballs - TR1262 (5 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

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Monday pasta bowl :442 - ServingDate: 11/09/2026																			
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
Alfredo Sauce - TR1261 (1 #16 scoop)	40	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.)	45	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.)	85	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)
California Blend Vegetables - TR1662 (1/2 c.)	25	33.61	1.12	0.24	0.00	0.00	174.82	4.80	1.92	1.92	0.00	1.92	0.35	19.21	0.00	0.00	0.00(M)	105.66 (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)
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)
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)
Frozen Mango Treat - TR2103 (1 ea.)	25	77.74	0.00	0.00	0.00	0.00	0.00	19.00	0.00	19.00	0.00	0.00	0.31	17.28	0.00	51.83	0.00	207.32	0.00
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)	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)	15	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 Parmesan - TR1132 (1 tbsp.)	45	28.35	2.13	1.42	0.00	7.09	77.96	1.42	0.00	0.00	0.00	1.42	0.00	60.95	0.00	0.00	0.00	12.66	0.00
2025 FALL Lunch HS Tuesday Fiesta :442 - ServingDate: 11/10/2026																			
Beef Chili - TR1808 (1 #8 scoop)	50	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
Chicken Popper Ranch Salad - TR1920 (1 ea.)	4	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)
Chicken Fajitas - TR2016 (3 oz.)	15	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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Monday pasta bowl :442 - ServingDate: 11/09/2026	
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)
California Blend Vegetables - TR1662 (1/2 c.)	0.00(M)
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)
Frozen Mango Treat - TR2103 (1 ea.)	0.00
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
Shredded Parmesan - TR1132 (1 tbsp.)	0.00
2025 FALL Lunch HS Tuesday Fiesta :442 - ServingDate: 11/10/2026	
Beef Chili - TR1808 (1 #8 scoop)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajitas - TR2016 (3 oz.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

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Site: ALL
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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 Tuesday Fiesta :442 - ServingDate: 11/10/2026																			
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	10	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
Texas Beef Tamales - TR1903 (2 ea.)	20	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)	65	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.)	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)
Fresh Jalapeno Peppers - TR2087 (1/8 c.)	15	4.38	0.06	0.01	0.00	0.00	0.45	0.98	0.42	0.62	0.00	0.14	0.04	1.81	162.99	17.93	0.00	37.50	13.86
Charro Beans - TR1094 (1/2 c.)	25	110.76	0.56	0.08	0.00	0.00	145.79	19.20	7.40	0.23	0.00(M)	6.31	1.53	42.04	35.42	0.56	0.00(M)	0.00(M)	0.00(M)
Roasted Corn & Peppers - TR1615 (1/2 c.)	25	110.00	4.50	1.00	0.00	0.00	130.00	15.00	3.00	7.00	0.00	3.00	0.50	0.00	0.00	6.00	0.00	180.01	0.00
Salsa Cup - TR1072 (1 ea.)	10	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
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
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.)	25	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.)	20	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 - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Tuesday Fiesta :442 - ServingDate: 11/10/2026	
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	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)
Fresh Jalapeno Peppers - TR2087 (1/8 c.)	0.08
Charro Beans - TR1094 (1/2 c.)	0.00(M)
Roasted Corn & Peppers - TR1615 (1/2 c.)	0.00
Salsa Cup - TR1072 (1 ea.)	0.00
Banana - TR1056 (1 ea.)	0.00
Chilled Pears - TR1508 (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
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

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Site: ALL
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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 Wednesday Asian Bowl :442 - ServingDate: 11/11/2026																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	4	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.)	10	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
General Tso's Chicken (Premium/Plus) - TR1412 (7 1/2 oz.)	20	403.85	13.46	1.92	0.00	86.54	884.62	48.08	1.92	25.00	25.00	23.08	1.54	19.23	0.00	0.00	0.00	327.19	0.00
Chicken Egg Rolls (Premium) - TR1908 (2 ea)	15	320.00	10.00	2.00	0.00	70.00	780.00	38.00	6.00	4.00	2.00	20.00	2.88	0.00	0.00	0.00	0.00	780.20	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.7 oz.)	10	364.80	8.11	2.03	0.00	101.33	729.60	40.53	0.00	34.45	32.43	32.43	4.05	129.71	0.00	0.00	0.00	460.07	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7 1/2 oz.)	40	403.85	13.46	2.88	0.00	96.15	807.69	50.00	1.92	25.00	25.00	23.08	2.77	0.00	0.00	0.00	0.00	327.19	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
Asian Brown Rice - TR1663 (1 c.)	65	139.24	3.85	0.64	0.00	0.00	205.64	23.11	1.72	1.00	0.00	3.00	0.53	4.90	0.00	0.77	0.00(M)	17.60 (M)	56.72 (M)
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)
Steamed Broccoli - TR1112 (1/2 c.)	35	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)
Chilled Applesauce - TR1503 (1/2 c.)	35	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
Orange Wedges - TR1057 (1 ea.)	25	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.)	50	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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Wednesday Asian Bowl :442 - ServingDate: 11/11/2026	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
General Tso's Chicken (Premium/Plus) - TR1412 (7 1/2 oz.)	0.00
Chicken Egg Rolls (Premium) - TR1908 (2 ea)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.7 oz.)	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7 1/2 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Asian Brown Rice - TR1663 (1 c.)	0.06(M)
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	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

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Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Wednesday Asian Bowl :442 - ServingDate: 11/11/2026																			
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 Thursday Build a Salad :442 - ServingDate: 11/12/2026																			
Cheese Cubes - TR1980 (8 cubes)	29	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
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	30	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.)	10	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
Diced Turkey Breast - TR1187 (4 oz.)	30	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
Garlic Breadstick - TR1622 (1 ea.)	75	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.)	50	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.)	50	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.)	35	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)
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	10	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.)	90	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)
Fresh Jalapeno Peppers - TR2087 (1/8 c.)	15	4.38	0.06	0.01	0.00	0.00	0.45	0.98	0.42	0.62	0.00	0.14	0.04	1.81	162.99	17.93	0.00	37.50	13.86
Fresh Spinach - TR1195 (1 c.)	35	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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Wednesday Asian Bowl :442 - ServingDate: 11/11/2026	
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	0.00
2025 FALL Lunch HS Thursday Build a Salad :442 - ServingDate: 11/12/2026	
Cheese Cubes - TR1980 (8 cubes)	0.00
Turkey & Cheese Salad Bowl - TR1996 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Diced Turkey Breast - TR1187 (4 oz.)	0.00
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)
Garbanzo Beans (Chickpeas) - TR1266 (1/4 c.)	0.00
Lettuce Mix - TR1189 (3 c.)	(M)
Fresh Jalapeno Peppers - TR2087 (1/8 c.)	0.08
Fresh Spinach - TR1195 (1 c.)	(M)
Grape Tomatoes - TR1191 (3 ea.)	(M)
Chilled Fruit Cocktail - TR1506 (1/2 c.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Thursday Build a Salad :442 - ServingDate: 11/12/2026																			
Orange Wedges - TR1057 (1 ea.)	35	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
Mandarin Oranges - TR1176 (1/4 c.)	35	1170.00	0.00	0.00	0.00	0.00	130.00	260.00	0.00	247.00	(M)	13.00	4.68	260.00	5200.00	234.00	(M)	(M)	(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
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.)	15	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.)	15	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
2025 FALL Lunch HS Friday Country Bowl :442 - ServingDate: 11/13/2026																			
Beef Steak Fingers - TR1937 (5 ea.)	30	300.00	16.25	6.25	0.00	43.75	287.50	20.00	3.75	1.25	0.00	20.00	3.75	43.75	0.00	0.00	0.00	531.10	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	4	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.)	15	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
Chicken Mega Mini Bites - TR1462 (10 ea.)	30	259.14	11.96	2.49	0.00	54.82	488.37	13.95	1.99	1.00	0.00	22.92	1.44	0.00	0.00	0.00	(M)	(M)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	10	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
Whole Grain Roll - TR1005 (1 ea.)	80	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.)	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)

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Thursday Build a Salad :442 - ServingDate: 11/12/2026	
Orange Wedges - TR1057 (1 ea.)	0.00
Mandarin Oranges - TR1176 (1/4 c.)	(M)
Lactaid Milk - TR1367 (1 Carton)	0.00
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Croutons - TR1981 (2 tablespoon)	0.00
Fat-Free Italian Dressing - TR1977 (1 fl. oz.)	(M)
Ranch Dressing - TR2092 (1 oz.)	0.00
2025 FALL Lunch HS Friday Country Bowl :442 - ServingDate: 11/13/2026	
Beef Steak Fingers - TR1937 (5 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Mega Mini Bites - TR1462 (10 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	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)

Menu Calendar Nutrient Analysis Report - November, 2026

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Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Friday Country Bowl :442 - ServingDate: 11/13/2026																			
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	60	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
Seasoned Green Beans - TR1085 (1/2 c.)	5	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.)	40	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)
Frozen Mango Treat - TR2103 (1 ea.)	25	77.74	0.00	0.00	0.00	0.00	0.00	19.00	0.00	19.00	0.00	0.00	0.31	17.28	0.00	51.83	0.00	207.32	0.00
Chilled Peaches - TR1504 (1/2 c.)	30	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.)	30	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.)	30	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 - TR1088 (2 ea.)	20	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
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: 11/16/2026																			
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Friday Country Bowl :442 - ServingDate: 11/13/2026	
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Frozen Mango Treat - TR2103 (1 ea.)	0.00
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 - TR1088 (2 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00
Fall 2026 HS Monday Baked Potato - ServingDate: 11/16/2026	
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)

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Site: ALL
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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)
Fall 2026 HS Monday Baked Potato - ServingDate: 11/16/2026																			
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)
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	10	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
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 Tuesday Fiesta :443 - ServingDate: 11/17/2026																			
Beef Chili - TR1808 (1 #8 scoop)	55	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
Chicken Popper Ranch Salad - TR1920 (1 ea.)	1	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.)	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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
Fall 2026 HS Monday Baked Potato - ServingDate: 11/16/2026	
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)
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00
2025 FALL Lunch HS Tuesday Fiesta :443 - ServingDate: 11/17/2026	
Beef Chili - TR1808 (1 #8 scoop)	0.00
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

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Tuesday Fiesta :443 - ServingDate: 11/17/2026																			
Chicken Fajitas - TR2016 (3 oz.)	19	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.)	10	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.)	0	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 Tortilla Chips - TR1653 (20 Chips)	85	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.)	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)
Charro Beans - TR1094 (1/2 c.)	15	110.76	0.56	0.08	0.00	0.00	145.79	19.20	7.40	0.23	0.00(M)	6.31	1.53	42.04	35.42	0.56	0.00(M)	0.00(M)	0.00(M)
Roasted Corn & Peppers - TR1615 (1/2 c.)	20	110.00	4.50	1.00	0.00	0.00	130.00	15.00	3.00	7.00	0.00	3.00	0.50	0.00	0.00	6.00	0.00	180.01	0.00
Salsa Cup - TR1072 (1 ea.)	10	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
Banana - TR1056 (1 ea.)	35	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)	50	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)	5	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.)	85	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
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.)	20	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 - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Tuesday Fiesta :443 - ServingDate: 11/17/2026	
Chicken Fajitas - TR2016 (3 oz.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Whole Grain Tortilla Chips - TR1653 (20 Chips)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Charro Beans - TR1094 (1/2 c.)	0.00(M)
Roasted Corn & Peppers - TR1615 (1/2 c.)	0.00
Salsa Cup - TR1072 (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
Peppers & Onions - TR1970 (1/4 c.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Wednesday Asian Bowl :443 - ServingDate: 11/18/2026																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	1	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.)	10	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
General Tso's Chicken (Premium/Plus) - TR1412 (7 1/2 oz.)	40	403.85	13.46	1.92	0.00	86.54	884.62	48.08	1.92	25.00	25.00	23.08	1.54	19.23	0.00	0.00	0.00	327.19	0.00
Chicken Egg Rolls (Premium) - TR1908 (2 ea)	1	320.00	10.00	2.00	0.00	70.00	780.00	38.00	6.00	4.00	2.00	20.00	2.88	0.00	0.00	0.00	0.00	780.20	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.7 oz.)	9	364.80	8.11	2.03	0.00	101.33	729.60	40.53	0.00	34.45	32.43	32.43	4.05	129.71	0.00	0.00	0.00	460.07	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7 1/2 oz.)	40	403.85	13.46	2.88	0.00	96.15	807.69	50.00	1.92	25.00	25.00	23.08	2.77	0.00	0.00	0.00	0.00	327.19	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0	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
Asian Brown Rice - TR1663 (1 c.)	90	139.24	3.85	0.64	0.00	0.00	205.64	23.11	1.72	1.00	0.00	3.00	0.53	4.90	0.00	0.77	0.00(M)	17.60 (M)	56.72 (M)
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.)	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)
Steamed Broccoli - TR1112 (1/2 c.)	35	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)
Chilled Applesauce - TR1503 (1/2 c.)	10	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.)	35	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
Orange Wedges - TR1057 (1 ea.)	35	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
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)	50	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)	5	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 - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Wednesday Asian Bowl :443 - ServingDate: 11/18/2026	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
General Tso's Chicken (Premium/Plus) - TR1412 (7 1/2 oz.)	0.00
Chicken Egg Rolls (Premium) - TR1908 (2 ea)	0.00
Teriyaki Chicken (PremiumPlus) - TR1407 (5.7 oz.)	0.00
Tangerine Chicken (Premium Plus) - TR1411 (7 1/2 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Asian Brown Rice - TR1663 (1 c.)	0.06(M)
Carrot Coins - TR1086 (1/2 c.)	0.00(M)
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Steamed Broccoli - TR1112 (1/2 c.)	0.00(M)
Chilled Applesauce - TR1503 (1/2 c.)	0.00
Italian Ice Good Fortune 90/4.4oz - TR1619 (1 ea.)	0.00
Orange Wedges - TR1057 (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

Menu Calendar Nutrient Analysis Report - November, 2026

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Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Wednesday Asian Bowl :443 - ServingDate: 11/18/2026																			
Fortune Cookie - TR1002 (1 ea)	30	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.)	20	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
2026 Fall Holiday Meal HS Thursday - ServingDate: 11/19/2026																			
Chicken Popper Ranch Salad - TR1920 (1 ea.)	5	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
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
Turkey & Gravy - TR1852 (3 oz.)	85	49.75	0.79	0.00	0.00	15.93	298.39	2.46	0.00	0.00	0.00(M)	7.74	0.18	4.73	0.00	0.00	0.00(M)	213.88 (M)	157.56
Cornbread Stuffing Dressing Holiday HS - TR1386 (1/2 c.)	50	209.09	10.79	2.49	0.00	0.00	712.37	24.85	1.13	2.23	0.97(M)	2.98	0.71	23.63	109.88	1.61	0.00(M)	0.00(M)	59.08 (M)
Whole Grain Roll - TR1005 (1 ea.)	98	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.)	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)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	85	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
Seasoned Green Beans - TR1085 (1/2 c.)	50	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.)	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.)	25	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
Holiday Frozen Fruit Treat - TR2104 (1 ea.)	35	98.00	0.00	0.00	0.00	0.00	14.85	24.75	0.00	24.75	0.00	0.00	0.00	0.00	0.00	11.88	0.00	0.00	0.00
Lactaid Milk - TR1367 (1 Carton)	1	100.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	0.00	8.00	0.00	300.00	150.00	0.00	2.50	400.00	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	65	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Wednesday Asian Bowl :443 - ServingDate: 11/18/2026	
Fortune Cookie - TR1002 (1 ea)	0.00
Sweet & Sour Sauce - TR1114 (1 ea.)	0.00
2026 Fall Holiday Meal HS Thursday - ServingDate: 11/19/2026	
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Turkey & Gravy - TR1852 (3 oz.)	0.16
Cornbread Stuffing Dressing Holiday HS - TR1386 (1/2 c.)	0.06(M)
Whole Grain Roll - TR1005 (1 ea.)	0.00
Ranch Garden Salad - TR2089 (1 c.)	0.00(M)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	0.00
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1504 (1/2 c.)	0.00
Holiday Frozen Fruit Treat - TR2104 (1 ea.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 c.)	(M)

Menu Calendar Nutrient Analysis Report - November, 2026

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Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Holiday Meal HS Thursday - ServingDate: 11/19/2026																			
Texas 1% White Milk - TR1035 (1 c.)	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cranberry Sauce - TR1375 (1/8 c.)	50	55.00	0.00	0.00	0.00	0.00	5.00	12.50	0.00	10.50	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	0.00
Turkey Gravy - TR1373 (1/4 c.)	85	19.71	0.49	0.00	0.00	0.00	144.99	2.96	0.00	0.00	0.00(M)	0.00	0.00	6.99	0.00	0.00	(M)	(M)	232.70
2025 FALL Lunch HS Friday Country Bowl :443 - ServingDate: 11/20/2026																			
Beef Steak Fingers - TR1937 (5 ea.)	25	300.00	16.25	6.25	0.00	43.75	287.50	20.00	3.75	1.25	0.00	20.00	3.75	43.75	0.00	0.00	0.00	531.10	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	1	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.)	30	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
Chicken Mega Mini Bites - TR1462 (10 ea.)	34	259.14	11.96	2.49	0.00	54.82	488.37	13.95	1.99	1.00	0.00	22.92	1.44	0.00	0.00	0.00	(M)	(M)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	10	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.)	0	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.)	100	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.)	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)
Mashed Potatoes New do not sell students - TR2096 (1/2 c.)	60	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
Seasoned Green Beans - TR1085 (1/2 c.)	5	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.)	30	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)
Frozen Mango Treat - TR2103 (1 ea.)	30	77.74	0.00	0.00	0.00	0.00	0.00	19.00	0.00	19.00	0.00	0.00	0.31	17.28	0.00	51.83	0.00	207.32	0.00
Chilled Peaches - TR1504 (1/2 c.)	30	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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2026 Fall Holiday Meal HS Thursday - ServingDate: 11/19/2026	
Texas 1% White Milk - TR1035 (1 c.)	(M)
Cranberry Sauce - TR1375 (1/8 c.)	0.00
Turkey Gravy - TR1373 (1/4 c.)	0.23
2025 FALL Lunch HS Friday Country Bowl :443 - ServingDate: 11/20/2026	
Beef Steak Fingers - TR1937 (5 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Spicy Buffalo Chicken Bites - TR1593 (10 ea.)	0.00
Chicken Mega Mini Bites - TR1462 (10 ea.)	0.00
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	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
Seasoned Green Beans - TR1085 (1/2 c.)	0.00(M)
Granny Smith Apple - TR1054 (1 ea.)	(M)
Frozen Mango Treat - TR2103 (1 ea.)	0.00
Chilled Peaches - TR1504 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

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 Friday Country Bowl :443 - ServingDate: 11/20/2026																			
2% Chocolate Milk - TR2093 (1 Carton)	50	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)	5	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 (1/8 c.)	25	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	151.87	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 - TR1088 (2 ea.)	25	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
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
Fall 2026 HS Monday Baked Potato - ServingDate: 11/30/2026																			
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS Friday Country Bowl :443 - ServingDate: 11/20/2026	
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Shredded Monterrey Jack Cheese - TR1069 (1/8 c.)	0.00
Country Gravy - TR1074 (4 tbsp.)	0.06(M)
Ketchup - TR1088 (2 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00
Fall 2026 HS Monday Baked Potato - ServingDate: 11/30/2026	
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:33:46 AM by Kevin White

Site: ALL
Date: 11/01/2026 - 11/30/2026

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: 11/30/2026																			
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% 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)
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	10	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
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

Legend

(M) - Missing Nutrient Values

Report Selections

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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: ALL
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
Fall 2026 HS Monday Baked Potato - ServingDate: 11/30/2026	
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)
Shredded Monterrey Jack Cheese - TR1069 (1/2 oz.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00
Sour Cream - TR1098 (1 pkg.)	0.00