Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Wednesday Asian :437 - ServingDate: 11/04/2026																			
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.)	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

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Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 11/04/2026	
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
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

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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 Wednesday Asian :437 - ServingDate: 11/04/2026																			
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 Thursday wing day :437 - ServingDate: 11/05/2026																			
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

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2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 11/04/2026	
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 Thursday wing day :437 - ServingDate: 11/05/2026	
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

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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 wing day :437 - ServingDate: 11/05/2026																			
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
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)

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

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday wing day :437 - ServingDate: 11/05/2026	
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
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)

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2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 11/06/2026																			
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
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 11/06/2026	
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
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Friday Tender Bowl :437 - ServingDate: 11/06/2026																			
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
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
ramen bowl star - ServingDate: 11/09/2026																			
Teriyaki Beef - TR1906 (4 ea.)	45	180.00	10.00	4.00	0.00	40.00	350.00	10.00	1.00	7.00	7.00	13.00	1.00	16.00	0.00	0.00	0.00	252.86	0.00
Cheeseburger - TR1897 (1 ea.)	0	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 - 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)
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
Teriyaki Chicken - TR1108 (1 #8 scoop)	20	185.71	5.00	1.43	0.00	100.00	685.71	14.29	0.00	12.86	(M)	21.43	1.03	0.00	0.00	0.00	(M)	(M)	(M)
Hard Boiled Egg - TR1841 (1/2 egg)	50	31.50	2.10	0.79	0.00	94.50	34.12	0.00	0.00	0.00	0.00	3.15	0.53	11.55	0.00	0.00	0.63	26.89	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0	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.)	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
Shoyu Chicken Ramen Broth - TR2080 (8 oz.)	90	43.47	2.58	0.36	0.06	1.39	657.46	3.12	0.26	1.73	1.49	0.95	0.20	10.92	0.00	0.00	0.00	434.49	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
Green Onion - TR2083 (1 tbsp.)	25	2.13	0.00	0.00	0.00	0.00	1.07	0.49	0.17	0.15	(M)	0.12	0.10	4.80	66.47	1.25	(M)	(M)	(M)
Ramen Noodles - TR2081 (1 cake squar)	100	370.00	16.00	1.50	0.00	0.00	290.00	50.00	5.00	0.00	0.00	8.00	3.00	19.00	0.00	0.00	0.00	179.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 11/06/2026	
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
ramen bowl star - ServingDate: 11/09/2026	
Teriyaki Beef - TR1906 (4 ea.)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
Teriyaki Chicken - TR1108 (1 #8 scoop)	(M)
Hard Boiled Egg - TR1841 (1/2 egg)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Shoyu Chicken Ramen Broth - TR2080 (8 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Green Onion - TR2083 (1 tbsp.)	(M)
Ramen Noodles - TR2081 (1 cake squar)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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)
ramen bowl star - ServingDate: 11/09/2026																			
Matchstick Carrots - TR2084 (1/4 c.)	25	17.00	0.00	0.00	0.00	0.00	32.00	4.00	1.00	2.50	0.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Edamame - TR1447 (1/4 c.)	25	53.18	2.25	0.28	0.00	0.00	3.62	4.22	2.25	0.96	0.00	4.78	0.00	1.09	0.00	0.00	0.00(M)	0.00(M)	36.36
Corn - TR2082 (1/4 c.)	25	33.50	0.50	0.00	0.00	0.00	0.50	8.00	1.00	1.50	0.00	1.00	0.18	0.00	50.00	2.40	0.00	50.05	0.00
Granny Smith Apple - TR1054 (1 ea.)	20	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.)	20	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
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	70	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)
Texas 1% White Milk - TR1035 (1 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	75	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
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0	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: 11/10/2026																			
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
ramen bowl star - ServingDate: 11/09/2026	
Matchstick Carrots - TR2084 (1/4 c.)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Edamame - TR1447 (1/4 c.)	0.04
Corn - TR2082 (1/4 c.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Fortune Cookie - TR1002 (1 ea)	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: 11/10/2026	
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Tuesday Nachos :436 - ServingDate: 11/10/2026																			
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
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	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)
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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 11/10/2026	
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
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.)	0.00(M)
Salsa Cup - TR1072 (1 ea.)	0.00
Marinara Dip Cup - TR1172 (1 ea.)	0.00
Banana - TR1056 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Tuesday Nachos :436 - ServingDate: 11/10/2026																			
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 :436 - ServingDate: 11/11/2026																			
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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :436 - ServingDate: 11/10/2026	
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 :436 - ServingDate: 11/11/2026	
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

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Wednesday Asian :436 - ServingDate: 11/11/2026																			
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)
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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :436 - ServingDate: 11/11/2026	
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
Sweet & Sour Sauce - TR1114 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Thursday Salad Bar :436 - ServingDate: 11/12/2026																			
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 11/12/2026	
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)

Menu Calendar Nutrient Analysis Report - November, 2026

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Site: TOMBALL STAR ACADEMY
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 STAR Thursday Salad Bar :436 - ServingDate: 11/12/2026																			
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: 11/13/2026																			
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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Thursday Salad Bar :436 - ServingDate: 11/12/2026	
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: 11/13/2026	
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

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 Lunch HS STAR Friday Potato Bowl - ServingDate: 11/13/2026																			
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 11/13/2026	
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)

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 Lunch HS STAR Friday Potato Bowl - ServingDate: 11/13/2026																			
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
ramen bowl star - ServingDate: 11/16/2026																			
Teriyaki Beef - TR1906 (4 ea.)	45	180.00	10.00	4.00	0.00	40.00	350.00	10.00	1.00	7.00	7.00	13.00	1.00	16.00	0.00	0.00	0.00	252.86	0.00
Cheeseburger - TR1897 (1 ea.)	0	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 - 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)
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
Teriyaki Chicken - TR1108 (1 #8 scoop)	20	185.71	5.00	1.43	0.00	100.00	685.71	14.29	0.00	12.86	(M)	21.43	1.03	0.00	0.00	0.00	(M)	(M)	(M)
Hard Boiled Egg - TR1841 (1/2 egg)	50	31.50	2.10	0.79	0.00	94.50	34.12	0.00	0.00	0.00	0.00	3.15	0.53	11.55	0.00	0.00	0.63	26.89	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0	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.)	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
Shoyu Chicken Ramen Broth - TR2080 (8 oz.)	90	43.47	2.58	0.36	0.06	1.39	657.46	3.12	0.26	1.73	1.49	0.95	0.20	10.92	0.00	0.00	0.00	434.49	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
Green Onion - TR2083 (1 tbsp.)	25	2.13	0.00	0.00	0.00	0.00	1.07	0.49	0.17	0.15	(M)	0.12	0.10	4.80	66.47	1.25	(M)	(M)	(M)
Ramen Noodles - TR2081 (1 cake squar)	100	370.00	16.00	1.50	0.00	0.00	290.00	50.00	5.00	0.00	0.00	8.00	3.00	19.00	0.00	0.00	0.00	179.00	0.00
Matchstick Carrots - TR2084 (1/4 c.)	25	17.00	0.00	0.00	0.00	0.00	32.00	4.00	1.00	2.50	0.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Edamame - TR1447 (1/4 c.)	25	53.18	2.25	0.28	0.00	0.00	3.62	4.22	2.25	0.96	0.00	4.78	0.00	1.09	0.00	0.00	0.00(M)	0.00(M)	36.36

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2026 FALL Lunch HS STAR Friday Potato Bowl - ServingDate: 11/13/2026	
Ketchup Dip Cup - TR1245 (1 ea.)	0.00
BBQ Sauce - TR1151 (1 ea.)	0.00
ramen bowl star - ServingDate: 11/16/2026	
Teriyaki Beef - TR1906 (4 ea.)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
Teriyaki Chicken - TR1108 (1 #8 scoop)	(M)
Hard Boiled Egg - TR1841 (1/2 egg)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Shoyu Chicken Ramen Broth - TR2080 (8 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Green Onion - TR2083 (1 tbsp.)	(M)
Ramen Noodles - TR2081 (1 cake squar)	0.00
Matchstick Carrots - TR2084 (1/4 c.)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Edamame - TR1447 (1/4 c.)	0.04

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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)
ramen bowl star - ServingDate: 11/16/2026																			
Corn - TR2082 (1/4 c.)	25	33.50	0.50	0.00	0.00	0.00	0.50	8.00	1.00	1.50	0.00	1.00	0.18	0.00	50.00	2.40	0.00	50.05	0.00
Granny Smith Apple - TR1054 (1 ea.)	20	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.)	20	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
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	70	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)
Texas 1% White Milk - TR1035 (1 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	75	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
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0	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 :437 - ServingDate: 11/17/2026																			
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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
ramen bowl star - ServingDate: 11/16/2026	
Corn - TR2082 (1/4 c.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Fortune Cookie - TR1002 (1 ea)	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 :437 - ServingDate: 11/17/2026	
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

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Tuesday Nachos :437 - ServingDate: 11/17/2026																			
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.)	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
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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :437 - ServingDate: 11/17/2026	
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
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

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Tuesday Nachos :437 - ServingDate: 11/17/2026																			
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: 11/18/2026																			
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.)	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)

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Tuesday Nachos :437 - ServingDate: 11/17/2026	
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: 11/18/2026	
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
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 - November, 2026

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Site: TOMBALL STAR ACADEMY
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 STAR Wednesday Asian :437 - ServingDate: 11/18/2026																			
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)	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
2026 Fall Holiday STAR HS Thursday - ServingDate: 11/19/2026																			
Chicken Popper Ranch Salad - TR1466 (1 ea.)	1	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)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	1	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
Turkey & Gravy - TR1852 (3 oz.)	98	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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Wednesday Asian :437 - ServingDate: 11/18/2026	
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
2026 Fall Holiday STAR HS Thursday - ServingDate: 11/19/2026	
Chicken Popper Ranch Salad - TR1466 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (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

Menu Calendar Nutrient Analysis Report - November, 2026

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Site: TOMBALL STAR ACADEMY
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 STAR HS Thursday - ServingDate: 11/19/2026																			
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 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)	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
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 STAR Friday Tender Bowl :437 - ServingDate: 11/20/2026																			
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
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 - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2026 Fall Holiday STAR HS Thursday - ServingDate: 11/19/2026	
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 c.)	(M)
2% Chocolate Milk - TR2093 (1 Carton)	0.00
2% White Milk - TR2094 (1 Carton)	0.00
Cranberry Sauce - TR1375 (1/8 c.)	0.00
Turkey Gravy - TR1373 (1/4 c.)	0.23
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 11/20/2026	
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
Skinny Crust Bacon Sausage Pepperoni & Beef - TR2030 (1 slice)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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 STAR Friday Tender Bowl :437 - ServingDate: 11/20/2026																			
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
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
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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 FALL Lunch HS STAR Friday Tender Bowl :437 - ServingDate: 11/20/2026	
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
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
BBQ Sauce - TR1151 (1 ea.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:36:32 AM by Kevin White

Site: TOMBALL STAR ACADEMY
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)
ramen bowl star - ServingDate: 11/30/2026																			
Teriyaki Beef - TR1906 (4 ea.)	45	180.00	10.00	4.00	0.00	40.00	350.00	10.00	1.00	7.00	7.00	13.00	1.00	16.00	0.00	0.00	0.00	252.86	0.00
Cheeseburger - TR1897 (1 ea.)	0	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 - 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)
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
Teriyaki Chicken - TR1108 (1 #8 scoop)	20	185.71	5.00	1.43	0.00	100.00	685.71	14.29	0.00	12.86	(M)	21.43	1.03	0.00	0.00	0.00	(M)	(M)	(M)
Hard Boiled Egg - TR1841 (1/2 egg)	50	31.50	2.10	0.79	0.00	94.50	34.12	0.00	0.00	0.00	0.00	3.15	0.53	11.55	0.00	0.00	0.63	26.89	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0	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.)	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
Shoyu Chicken Ramen Broth - TR2080 (8 oz.)	90	43.47	2.58	0.36	0.06	1.39	657.46	3.12	0.26	1.73	1.49	0.95	0.20	10.92	0.00	0.00	0.00	434.49	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
Green Onion - TR2083 (1 tbsp.)	25	2.13	0.00	0.00	0.00	0.00	1.07	0.49	0.17	0.15	(M)	0.12	0.10	4.80	66.47	1.25	(M)	(M)	(M)
Ramen Noodles - TR2081 (1 cake squar)	100	370.00	16.00	1.50	0.00	0.00	290.00	50.00	5.00	0.00	0.00	8.00	3.00	19.00	0.00	0.00	0.00	179.00	0.00
Matchstick Carrots - TR2084 (1/4 c.)	25	17.00	0.00	0.00	0.00	0.00	32.00	4.00	1.00	2.50	0.00	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	10	30.79	0.00	0.00	0.00	0.00	485.69	6.89	1.29	3.74	0.96	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	10	76.39	3.50	0.50	0.00	5.00	385.29	11.02	1.29	4.82	0.00(M)	1.05	0.52	24.49	1296.57	6.65	0.00(M)	0.00(M)	0.00(M)
Edamame - TR1447 (1/4 c.)	25	53.18	2.25	0.28	0.00	0.00	3.62	4.22	2.25	0.96	0.00	4.78	0.00	1.09	0.00	0.00	0.00(M)	0.00(M)	36.36
Corn - TR2082 (1/4 c.)	25	33.50	0.50	0.00	0.00	0.00	0.50	8.00	1.00	1.50	0.00	1.00	0.18	0.00	50.00	2.40	0.00	50.05	0.00
Granny Smith Apple - TR1054 (1 ea.)	20	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.)	20	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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
ramen bowl star - ServingDate: 11/30/2026	
Teriyaki Beef - TR1906 (4 ea.)	0.00
Cheeseburger - TR1897 (1 ea.)	0.00
Chicken Popper Ranch Salad - TR1920 (1 ea.)	0.00(M)
Chicken Fajita - TR1122 (3 1/2 oz.)	0.00
Teriyaki Chicken - TR1108 (1 #8 scoop)	(M)
Hard Boiled Egg - TR1841 (1/2 egg)	0.00
HS Fruit & Yogurt Plate - TR1983 (1 ea.)	0.00(M)
Peanut Butter & Jelly Sandwich - TR1469 (1 ea.)	0.00
Shoyu Chicken Ramen Broth - TR2080 (8 oz.)	0.00
Grilled Cheese Sandwich - TR1078 (1 ea.)	0.00
Green Onion - TR2083 (1 tbsp.)	(M)
Ramen Noodles - TR2081 (1 cake squar)	0.00
Matchstick Carrots - TR2084 (1/4 c.)	0.00
Texas Garden Salad w/ Italian Dressing - TR1973 (1 c.)	0.00(M)
Texas Garden Salad w/ Ranch Dressing - TR1972 (1 c.)	0.00(M)
Edamame - TR1447 (1/4 c.)	0.04
Corn - TR2082 (1/4 c.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
Chilled Peaches - TR1505 (1/2 c.)	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

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Site: TOMBALL STAR ACADEMY
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)
ramen bowl star - ServingDate: 11/30/2026																			
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
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	70	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)
Texas 1% White Milk - TR1035 (1 Carton)	10	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
Fortune Cookie - TR1002 (1 ea)	75	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
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0	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)

Legend

(M) - Missing Nutrient Values

Report Selections

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

Menu Calendar Nutrient Analysis Report - November, 2026

Site: TOMBALL STAR ACADEMY
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
ramen bowl star - ServingDate: 11/30/2026	
Lactaid Milk - TR1367 (1 Carton)	0.00
Texas Fat-Free Chocolate Milk - TR1033 (1 Carton)	(M)
Texas 1% White Milk - TR1035 (1 Carton)	(M)
Fortune Cookie - TR1002 (1 ea)	0.00
Lettuce/Tomato/Pickle - TR1165 (1/2 c.)	0.00(M)
Mayo - TR1144 (1 ea.)	(M)
Mustard - TR1145 (1 ea.)	(M)