Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/26/2026 10:39:49 AM by Kevin White

Site: Tomball Early Excellence 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 Connections Breakfast Wednesday : meal kit - ServingDate: 11/04/2026																			
Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)	100	310.00	3.20	0.00	0.00	5.00	125.00	64.00	4.00	39.00	10.00	8.00	1.44	170.00	0.00	1.20	2.00	288.11	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	42.00	0.00	150.00	0.00
Banana - TR1056 (1 ea.)	100	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Thursday :420 - ServingDate: 11/05/2026																			
Whole Grain Mini Waffles - TR1020 (1 pkg.)	100	190.00	5.00	1.50	0.00	0.00	200.00	35.00	4.00	9.00	8.00	4.00	2.70	100.00	500.00	0.00	0.00	180.01	0.00
100% Apple Juice - TR2040 (1 ea.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	0.00
Raisins - TR1049 (1 pkg.)	100	120.00	0.20	0.00	0.00	0.00	10.00	30.00	2.00	24.00	0.00	1.00	0.72	20.00	0.00	1.20	0.00	0.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Friday :420 - ServingDate: 11/06/2026																			
Breakfast Donut - TR1582 (1 ea.)	100	230.00	11.00	4.00	0.00	0.00	260.00	29.00	2.00	6.00	0.00(M)	5.00	1.44	100.00	0.00	6.00	0.00	188.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	100	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)
100% Berry Juice - TR2041 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	70.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: Tomball Early Excellence Academy
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 Fall Connections Breakfast Wednesday : meal kit - ServingDate: 11/04/2026	
Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	0.00
Banana - TR1056 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Thursday :420 - ServingDate: 11/05/2026	
Whole Grain Mini Waffles - TR1020 (1 pkg.)	0.00
100% Apple Juice - TR2040 (1 ea.)	0.00
Raisins - TR1049 (1 pkg.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Friday :420 - ServingDate: 11/06/2026	
Breakfast Donut - TR1582 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
100% Berry Juice - TR2041 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)

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Site: Tomball Early Excellence 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 Connections Breakfast Monday :420 - ServingDate: 11/09/2026																			
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	100	200.00	6.00	1.00	0.00	5.00	210.00	35.00	4.00	10.00	10.00	4.00	2.70	60.00	500.00	0.00	0.00	140.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	100	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)
100% Apple Juice - TR2040 (1 ea.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Tuesday :420 - ServingDate: 11/10/2026																			
Whole Grain Breakfast Bun - TR1008 (1 ea.)	100	270.00	10.00	4.50	0.00	0.00	280.00	38.00	3.00	12.00	11.00	6.00	2.70	80.00	200.00	0.00	0.00	107.00	0.00
100% Berry Juice - TR2041 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	70.00	0.00
Orange Wedges - TR1057 (1 ea.)	100	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
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Wednesday : meal kit - ServingDate: 11/11/2026																			
Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)	100	310.00	3.20	0.00	0.00	5.00	125.00	64.00	4.00	39.00	10.00	8.00	1.44	170.00	0.00	1.20	2.00	288.11	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	42.00	0.00	150.00	0.00
Banana - TR1056 (1 ea.)	100	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: Tomball Early Excellence Academy
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 Fall Connections Breakfast Monday :420 - ServingDate: 11/09/2026	
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
100% Apple Juice - TR2040 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Tuesday :420 - ServingDate: 11/10/2026	
Whole Grain Breakfast Bun - TR1008 (1 ea.)	0.00
100% Berry Juice - TR2041 (1 ea.)	0.00
Orange Wedges - TR1057 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Wednesday : meal kit - ServingDate: 11/11/2026	
Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	0.00
Banana - TR1056 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)

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Site: Tomball Early Excellence 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 Connections Breakfast Thursday :420 - ServingDate: 11/12/2026																			
Whole Grain Mini Waffles - TR1020 (1 pkg.)	100	190.00	5.00	1.50	0.00	0.00	200.00	35.00	4.00	9.00	8.00	4.00	2.70	100.00	500.00	0.00	0.00	180.01	0.00
100% Apple Juice - TR2040 (1 ea.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	0.00
Raisins - TR1049 (1 pkg.)	100	120.00	0.20	0.00	0.00	0.00	10.00	30.00	2.00	24.00	0.00	1.00	0.72	20.00	0.00	1.20	0.00	0.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Friday :420 - ServingDate: 11/13/2026																			
Breakfast Donut - TR1582 (1 ea.)	100	230.00	11.00	4.00	0.00	0.00	260.00	29.00	2.00	6.00	0.00(M)	5.00	1.44	100.00	0.00	6.00	0.00	188.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	100	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)
100% Berry Juice - TR2041 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	70.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Monday :420 - ServingDate: 11/16/2026																			
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	100	200.00	6.00	1.00	0.00	5.00	210.00	35.00	4.00	10.00	10.00	4.00	2.70	60.00	500.00	0.00	0.00	140.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	100	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)
100% Apple Juice - TR2040 (1 ea.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Tuesday :420 - ServingDate: 11/17/2026																			
Whole Grain Breakfast Bun - TR1008 (1 ea.)	100	270.00	10.00	4.50	0.00	0.00	280.00	38.00	3.00	12.00	11.00	6.00	2.70	80.00	200.00	0.00	0.00	107.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Site: Tomball Early Excellence Academy
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 Fall Connections Breakfast Thursday :420 - ServingDate: 11/12/2026	
Whole Grain Mini Waffles - TR1020 (1 pkg.)	0.00
100% Apple Juice - TR2040 (1 ea.)	0.00
Raisins - TR1049 (1 pkg.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Friday :420 - ServingDate: 11/13/2026	
Breakfast Donut - TR1582 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
100% Berry Juice - TR2041 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Monday :420 - ServingDate: 11/16/2026	
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
100% Apple Juice - TR2040 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Tuesday :420 - ServingDate: 11/17/2026	
Whole Grain Breakfast Bun - TR1008 (1 ea.)	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2025 Fall Connections Breakfast Tuesday :420 - ServingDate: 11/17/2026																			
100% Berry Juice - TR2041 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	70.00	0.00
Orange Wedges - TR1057 (1 ea.)	100	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
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Wednesday : meal kit - ServingDate: 11/18/2026																			
Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)	100	310.00	3.20	0.00	0.00	5.00	125.00	64.00	4.00	39.00	10.00	8.00	1.44	170.00	0.00	1.20	2.00	288.11	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	42.00	0.00	150.00	0.00
Banana - TR1056 (1 ea.)	100	104.01	0.39	0.00	0.00	0.00	0.99	26.75	2.97	14.36	0.00	1.29	0.31	5.94	75.29	9.91	0.00	418.04	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Thursday :420 - ServingDate: 11/19/2026																			
Whole Grain Mini Waffles - TR1020 (1 pkg.)	100	190.00	5.00	1.50	0.00	0.00	200.00	35.00	4.00	9.00	8.00	4.00	2.70	100.00	500.00	0.00	0.00	180.01	0.00
100% Apple Juice - TR2040 (1 ea.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	0.00
Raisins - TR1049 (1 pkg.)	100	120.00	0.20	0.00	0.00	0.00	10.00	30.00	2.00	24.00	0.00	1.00	0.72	20.00	0.00	1.20	0.00	0.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	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)

Menu Calendar Nutrient Analysis Report - November, 2026

Site: Tomball Early Excellence Academy
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 Fall Connections Breakfast Tuesday :420 - ServingDate: 11/17/2026	
100% Berry Juice - TR2041 (1 ea.)	0.00
Orange Wedges - TR1057 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Wednesday : meal kit - ServingDate: 11/18/2026	
Yogurt/Granola/Raisin Meal Kit - TR1975 (1 ea.)	0.00
100% Juice Fruit Punch Peterson 96/4oz (Student choose 1 flavor only) - TR2042 (1 ea.)	0.00
Banana - TR1056 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Thursday :420 - ServingDate: 11/19/2026	
Whole Grain Mini Waffles - TR1020 (1 pkg.)	0.00
100% Apple Juice - TR2040 (1 ea.)	0.00
Raisins - TR1049 (1 pkg.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)

Menu Calendar Nutrient Analysis Report - November, 2026

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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 Connections Breakfast Friday :420 - ServingDate: 11/20/2026																			
Breakfast Donut - TR1582 (1 ea.)	100	230.00	11.00	4.00	0.00	0.00	260.00	29.00	2.00	6.00	0.00(M)	5.00	1.44	100.00	0.00	6.00	0.00	188.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	100	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)
100% Berry Juice - TR2041 (1 ea.)	100	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	70.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)
2025 Fall Connections Breakfast Monday :420 - ServingDate: 11/30/2026																			
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	100	200.00	6.00	1.00	0.00	5.00	210.00	35.00	4.00	10.00	10.00	4.00	2.70	60.00	500.00	0.00	0.00	140.00	0.00
Granny Smith Apple - TR1054 (1 ea.)	100	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)
100% Apple Juice - TR2040 (1 ea.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	0.00
Texas 1% White Milk - TR1035 (1 Carton)	100	100.00	2.50	1.50	0.00	10.00	120.00	11.00	0.00	11.00	0.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)	(M)

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: Elementary Regular
Menu Line: Connections Breakfast
Serving Group: K-12
Nutrients Option: All

Menu Calendar Nutrient Analysis Report - November, 2026

Site: Tomball Early Excellence Academy
Date: 11/01/2026 - 11/30/2026

Item Name (Serving Size)	Ash (g)
2025 Fall Connections Breakfast Friday :420 - ServingDate: 11/20/2026	
Breakfast Donut - TR1582 (1 ea.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
100% Berry Juice - TR2041 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)
2025 Fall Connections Breakfast Monday :420 - ServingDate: 11/30/2026	
Whole Grain Mini Pancakes - TR1026 (1 pkg.)	0.00
Granny Smith Apple - TR1054 (1 ea.)	(M)
100% Apple Juice - TR2040 (1 ea.)	0.00
Texas 1% White Milk - TR1035 (1 Carton)	(M)