

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Monday - ServingDate: 11/02/2026								
Bread, Super Pumpkin Bread Slice, IW, 3.4 oz, Super Bakery, 7505, 2WGR - SR110654 (1 slice)	25	260.00	8.00	1.50	0.00	250.00	43.00	5.00
Cereal Bar, Cocoa Puffs, 2.5 oz, General Mills, 20688000, 2WGR - SR110690 (1 Bar)	0	280.00	6.00	0.00	0.00	180.00	52.00	5.00
Cereal Bar, Lucky Charms Cereal Bar, 2.5oz, General Mills, 16853000, 2 WGR - SR110504 (1 Bar)	9	280.00	6.00	0.50	0.00	170.00	51.00	5.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	10	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	200	210.00	6.00	2.00	0.00	260.00	37.00	4.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	9	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	9	340.00	6.00	2.00	0.00	240.00	73.00	4.00

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Generated on: 10/30/2026 10:37:53 AM by Nick Cirko

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Monday - ServingDate: 11/02/2026								
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	9	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	9	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	25	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	50	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	250	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Tuesday - ServingDate: 11/03/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	50	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	40	270.00	9.00	3.00	0.00	200.00	44.00	5.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Tuesday - ServingDate: 11/03/2026								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	175	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Bar, BeneFIT, Oatmeal Raisin, 2.5oz, J&J Snack Foods, 40400, WGR - SR107520 (1 Bar (2.5oz)	20	280.00	9.00	3.00	0.00	180.00	47.00	4.00
Cereal Bar, Cinnamon Toast Crunch, 2.5oz, General Mills, 16854000, 2 WGR - SR110503 (1 Bar)	0	260.00	5.00	0.50	0.00	200.00	52.00	4.00
Cereal Bar, Cocoa Puffs, 2.5 oz, General Mills, 20688000, 2WGR - SR110690 (1 Bar)	0	280.00	6.00	0.00	0.00	180.00	52.00	5.00
Cereal Bar, Read-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	25	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch Cup, General Mills, 28932000, 2WG - SR110263 (1 serv.)	0	230.00	5.00	0.00	0.00	320.00	45.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	0	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	0	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Tuesday - ServingDate: 11/03/2026								
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	0	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce - LR100181 (4 1/2 oz.)	100	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	250	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	125	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Wednesday - ServingDate: 11/04/2026								
Bacon Egg and Cheese (HS) - LR100394 (1 serv.)	80	365.00	20.10	8.60	0.00(M)	770.00	30.00	15.30
Cereal, Blueberry Chex Gluten Free Cereal Single Serve, 2 oz, General Mills,17262000, WGR - SR110847 (1 Container)	1	240.00	5.00	0.00	0.00	320.00	46.00	3.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Wednesday - ServingDate: 11/04/2026								
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	1	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	30	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal, Lucky Charms, Gluten Free, Single Serve, 2oz., General Mills, 14884000, WGR - SR109941 (1 Container)	30	210.00	2.00	0.00	0.00	350.00	47.00	4.00
Egg and Cheese Sandwich - LR100148 (1 sandwich)	70	320.00	16.60	7.10	0.00	610.00	30.00	12.30
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Sausage Egg and Cheese (HS) - LR100393 (1 serv.)	110	560.00	39.60	14.10	0.00	1040.00	31.00	19.30

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2026 HS Breakfast, October, Wednesday - ServingDate: 11/04/2026								
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	28	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	100	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	35	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	200	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Thursday - ServingDate: 11/05/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	25	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	25	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	200	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Cereal Bar, Rendi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	25	280.00	9.00	3.00	0.00	190.00	47.00	4.00

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2026 HS Breakfast, October, Thursday - ServingDate: 11/05/2026								
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	20	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	0	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	0	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	0	210.00	2.00	0.00	0.00	440.00	45.00	5.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	0	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00

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2026 HS Breakfast, October, Thursday - ServingDate: 11/05/2026								
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	5	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce - LR100181 (4 1/2 oz.)	150	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	275	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	125	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Monday - ServingDate: 11/09/2026								
Bread, Super Pumpkin Bread Slice, IW, 3.4 oz, Super Bakery, 7505, 2WGR - SR110654 (1 slice)	25	260.00	8.00	1.50	0.00	250.00	43.00	5.00
Cereal Bar, Cocoa Puffs, 2.5 oz, General Mills, 20688000, 2WGR - SR110690 (1 Bar)	0	280.00	6.00	0.00	0.00	180.00	52.00	5.00
Cereal Bar, Lucky Charms Cereal Bar, 2.5oz, General Mills, 16853000, 2 WGR - SR110504 (1 Bar)	9	280.00	6.00	0.50	0.00	170.00	51.00	5.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Monday - ServingDate: 11/09/2026								
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	10	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	200	210.00	6.00	2.00	0.00	260.00	37.00	4.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	9	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	9	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	9	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	9	340.00	5.00	1.50	0.00	220.00	72.00	4.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Monday - ServingDate: 11/09/2026								
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	25	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	50	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	250	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Tuesday - ServingDate: 11/10/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	50	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	40	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	175	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Bar, BeneFIT, Oatmeal Raisin, 2.5oz, J&J Snack Foods, 40400, WGR - SR107520 (1 Bar (2.5oz)	20	280.00	9.00	3.00	0.00	180.00	47.00	4.00

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2026 HS Breakfast, October, Tuesday - ServingDate: 11/10/2026								
Cereal Bar, Cinnamon Toast Crunch, 2.5oz, General Mills, 16854000, 2 WGR - SR110503 (1 Bar)	0	260.00	5.00	0.50	0.00	200.00	52.00	4.00
Cereal Bar, Cocoa Puffs, 2.5 oz, General Mills, 20688000, 2WGR - SR110690 (1 Bar)	0	280.00	6.00	0.00	0.00	180.00	52.00	5.00
Cereal Bar, Read-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	25	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch Cup, General Mills, 28932000, 2WG - SR110263 (1 serv.)	0	230.00	5.00	0.00	0.00	320.00	45.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	0	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	0	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00

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2026 HS Breakfast, October, Tuesday - ServingDate: 11/10/2026								
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	0	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce - LR100181 (4 1/2 oz.)	100	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	250	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	125	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Wednesday - ServingDate: 11/11/2026								
Bacon Egg and Cheese (HS) - LR100394 (1 serv.)	80	365.00	20.10	8.60	0.00(M)	770.00	30.00	15.30
Cereal, Blueberry Chex Gluten Free Cereal Single Serve, 2 oz, General Mills,17262000, WGR - SR110847 (1 Container)	1	240.00	5.00	0.00	0.00	320.00	46.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	1	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	30	210.00	3.00	0.00	0.00	340.00	44.00	6.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Wednesday - ServingDate: 11/11/2026								
Cereal, Lucky Charms, Gluten Free, Single Serve, 2oz., General Mills, 14884000, WGR - SR109941 (1 Container)	30	210.00	2.00	0.00	0.00	350.00	47.00	4.00
Egg and Cheese Sandwich - LR100148 (1 sandwich)	70	320.00	16.60	7.10	0.00	610.00	30.00	12.30
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Sausage Egg and Cheese (HS) - LR100393 (1 serv.)	110	560.00	39.60	14.10	0.00	1040.00	31.00	19.30
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	28	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	100	60.00	0.00	0.00	0.00	10.00	13.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Wednesday - ServingDate: 11/11/2026								
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	35	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	200	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Thursday - ServingDate: 11/12/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	25	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	25	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz))	200	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Cereal Bar, Rendi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	25	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	20	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	0	220.00	3.00	0.00	0.00	230.00	47.00	3.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Thursday - ServingDate: 11/12/2026								
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	0	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	0	210.00	2.00	0.00	0.00	440.00	45.00	5.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	0	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	5	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce - LR100181 (4 1/2 oz.)	150	59.80	0.00	0.00	0.00	9.97	12.96	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Thursday - ServingDate: 11/12/2026								
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4))	275	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	125	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Friday - ServingDate: 11/13/2026								
Bread, Twin Pk. Glazed Dunkin Sticks, Super Bakery, 7012, WGR - SR109647 (1 pkg.)	30	290.00	10.00	4.00	0.00	290.00	48.00	5.00
Cereal, Cinnamon Toast Crunch Cup, General Mills, 28932000, 2WG - SR110263 (1 serv.)	10	230.00	5.00	0.00	0.00	320.00	45.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	5	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	15	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	15	210.00	2.00	0.00	0.00	440.00	45.00	5.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	25	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Donuts, Whole Grain, Chocolate Enrobed, IW, 3.2 oz., Bake Crafters, 1939, WGR - SR110181 (1 donut)	70	330.00	18.00	11.00	0.00	240.00	41.00	3.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Friday - ServingDate: 11/13/2026								
Donuts, Whole Grain, Powdered Sugar, IW, Bake Crafters, 1932, WGR - SR110180 (1 donut)	60	320.00	12.00	5.00	0.00	260.00	49.00	4.00
Glazed Donut Bake Crafters - LR100395 (1 serv.)	40	310.00	12.00	5.00	0.00	260.00	47.00	4.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	12	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	12	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	12	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Sandwich, Maple Pancake, WG, Egg & Cheese, IW, 2.7 oz, Bake Crafters, 4525, 1WGR, 1M/MA - SR110702 (1 sandwich)	60	190.00	8.00	3.00	0.00	400.00	20.00	10.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	50	300.00	16.00	3.50	0.00	270.00	32.00	9.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Friday - ServingDate: 11/13/2026								
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	70	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	240	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	150	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Monday - ServingDate: 11/16/2026								
Bread, Super Pumpkin Bread Slice, IW, 3.4 oz, Super Bakery, 7505, 2WGR - SR110654 (1 slice)	25	260.00	8.00	1.50	0.00	250.00	43.00	5.00
Cereal Bar, Cocoa Puffs, 2.5 oz, General Mills, 20688000, 2WGR - SR110690 (1 Bar)	0	280.00	6.00	0.00	0.00	180.00	52.00	5.00
Cereal Bar, Lucky Charms Cereal Bar, 2.5oz, General Mills, 16853000, 2 WGR - SR110504 (1 Bar)	9	280.00	6.00	0.50	0.00	170.00	51.00	5.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00

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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)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Monday - ServingDate: 11/16/2026								
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	10	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	200	210.00	6.00	2.00	0.00	260.00	37.00	4.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	9	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	9	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	9	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	9	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	25	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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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)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Monday - ServingDate: 11/16/2026								
Swiss 1% White Milk - LR100274 (8 fl. oz.)	50	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	250	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Tuesday - ServingDate: 11/17/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	50	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	40	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	175	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Bar, BeneFIT, Oatmeal Raisin, 2.5oz, J&J Snack Foods, 40400, WGR - SR107520 (1 Bar (2.5oz)	20	280.00	9.00	3.00	0.00	180.00	47.00	4.00
Cereal Bar, Cinnamon Toast Crunch, 2.5oz, General Mills, 16854000, 2 WGR - SR110503 (1 Bar)	0	260.00	5.00	0.50	0.00	200.00	52.00	4.00
Cereal Bar, Cocoa Puffs, 2.5 oz, General Mills, 20688000, 2WGR - SR110690 (1 Bar)	0	280.00	6.00	0.00	0.00	180.00	52.00	5.00
Cereal Bar, Read-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	25	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch Cup, General Mills, 28932000, 2WG - SR110263 (1 serv.)	0	230.00	5.00	0.00	0.00	320.00	45.00	3.00

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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)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Tuesday - ServingDate: 11/17/2026								
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	0	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	0	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	0	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce - LR100181 (4 1/2 oz.)	100	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	250	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Tuesday - ServingDate: 11/17/2026								
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	125	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Wednesday - ServingDate: 11/18/2026								
Bacon Egg and Cheese (HS) - LR100394 (1 serv.)	80	365.00	20.10	8.60	0.00(M)	770.00	30.00	15.30
Cereal, Blueberry Chex Gluten Free Cereal Single Serve, 2 oz, General Mills,17262000, WGR - SR110847 (1 Container)	1	240.00	5.00	0.00	0.00	320.00	46.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	1	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	30	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal, Lucky Charms, Gluten Free, Single Serve, 2oz., General Mills, 14884000, WGR - SR109941 (1 Container)	30	210.00	2.00	0.00	0.00	350.00	47.00	4.00
Egg and Cheese Sandwich - LR100148 (1 sandwich)	70	320.00	16.60	7.10	0.00	610.00	30.00	12.30
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00

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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)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Wednesday - ServingDate: 11/18/2026								
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Sausage Egg and Cheese (HS) - LR100393 (1 serv.)	110	560.00	39.60	14.10	0.00	1040.00	31.00	19.30
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	28	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	100	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	35	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	200	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Thursday - ServingDate: 11/19/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	25	260.00	7.00	2.50	0.00	220.00	46.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Thursday - ServingDate: 11/19/2026								
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	25	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	200	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Cereal Bar, Readi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	25	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	20	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	0	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	0	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	0	210.00	2.00	0.00	0.00	440.00	45.00	5.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	0	220.00	3.00	0.00	0.00	320.00	47.00	3.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Thursday - ServingDate: 11/19/2026								
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	5	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce - LR100181 (4 1/2 oz.)	150	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	275	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	125	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Friday - ServingDate: 11/20/2026								
Bread, Twin Pk. Glazed Dunkin Sticks, Super Bakery, 7012, WGR - SR109647 (1 pkg.)	30	290.00	10.00	4.00	0.00	290.00	48.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Friday - ServingDate: 11/20/2026								
Cereal, Cinnamon Toast Crunch Cup, General Mills, 28932000, 2WG - SR110263 (1 serv.)	10	230.00	5.00	0.00	0.00	320.00	45.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	5	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	15	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	15	210.00	2.00	0.00	0.00	440.00	45.00	5.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	25	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Donuts, Whole Grain, Chocolate Enrobed, IW, 3.2 oz., Bake Crafters, 1939, WGR - SR110181 (1 donut)	70	330.00	18.00	11.00	0.00	240.00	41.00	3.00
Donuts, Whole Grain, Powdered Sugar, IW, Bake Crafters, 1932, WGR - SR110180 (1 donut)	60	320.00	12.00	5.00	0.00	260.00	49.00	4.00
Glazed Donut Bake Crafters - LR100395 (1 serv.)	40	310.00	12.00	5.00	0.00	260.00	47.00	4.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	12	340.00	5.00	2.00	0.00	220.00	72.00	4.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Friday - ServingDate: 11/20/2026								
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	12	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	12	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Sandwich, Maple Pancake, WG, Egg & Cheese, IW, 2.7 oz, Bake Crafters, 4525, 1WGR, 1M/MA - SR110702 (1 sandwich)	60	190.00	8.00	3.00	0.00	400.00	20.00	10.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	50	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	70	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	240	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	150	150.00	2.50	1.50	0.00	220.00	24.00	8.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Monday - ServingDate: 11/23/2026								
Bread, Super Pumpkin Bread Slice, IW, 3.4 oz, Super Bakery, 7505, 2WGR - SR110654 (1 slice)	25	260.00	8.00	1.50	0.00	250.00	43.00	5.00
Cereal Bar, Cocoa Puffs, 2.5 oz, General Mills, 20688000, 2WGR - SR110690 (1 Bar)	0	280.00	6.00	0.00	0.00	180.00	52.00	5.00
Cereal Bar, Lucky Charms Cereal Bar, 2.5oz, General Mills, 16853000, 2 WGR - SR110504 (1 Bar)	9	280.00	6.00	0.50	0.00	170.00	51.00	5.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	10	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	200	210.00	6.00	2.00	0.00	260.00	37.00	4.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	9	340.00	5.00	2.00	0.00	220.00	72.00	4.00
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	9	340.00	6.00	2.00	0.00	240.00	73.00	4.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Monday - ServingDate: 11/23/2026								
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	9	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	9	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	25	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	300	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	50	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	250	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 HS Breakfast, October, Tuesday - ServingDate: 11/24/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	50	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	40	270.00	9.00	3.00	0.00	200.00	44.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Tuesday - ServingDate: 11/24/2026								
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	175	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Bar, BeneFIT, Oatmeal Raisin, 2.5oz, J&J Snack Foods, 40400, WGR - SR107520 (1 Bar (2.5oz)	20	280.00	9.00	3.00	0.00	180.00	47.00	4.00
Cereal Bar, Cinnamon Toast Crunch, 2.5oz, General Mills, 16854000, 2 WGR - SR110503 (1 Bar)	0	260.00	5.00	0.50	0.00	200.00	52.00	4.00
Cereal Bar, Cocoa Puffs, 2.5 oz, General Mills, 20688000, 2WGR - SR110690 (1 Bar)	0	280.00	6.00	0.00	0.00	180.00	52.00	5.00
Cereal Bar, Read-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	25	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch Cup, General Mills, 28932000, 2WG - SR110263 (1 serv.)	0	230.00	5.00	0.00	0.00	320.00	45.00	3.00
Cereal, Honey Cheerios 2oz, General Mills, 18448000, 2WG - SR110573 (1 serv.)	0	210.00	3.00	0.00	0.00	340.00	44.00	6.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	0	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)	0	340.00	5.00	2.00	0.00	220.00	72.00	4.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 HS Breakfast, October, Tuesday - ServingDate: 11/24/2026								
Pop-Tarts, Frosted Cinnamon, 2 count, 3.3 oz., Kellogg's, 38000 55125, WGR - SR107120 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	73.00	4.00
Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)	0	340.00	6.00	2.00	0.00	240.00	72.00	5.00
Pop-Tarts, Frosted Strawberry, 2 count, 3.3 oz., Kellogg's, 38000 55133, WGR - SR107119 (1 pkg.)	0	340.00	5.00	1.50	0.00	220.00	72.00	4.00
Uncrustables, 2.6 oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)	0	300.00	16.00	3.50	0.00	270.00	32.00	9.00
Applesauce - LR100181 (4 1/2 oz.)	100	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	250	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	125	150.00	2.50	1.50	0.00	220.00	24.00	8.00

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Breakfast
Site Group: High School
Menu Line: regular
Serving Group: 9-12
Nutrients Option: Expanded