

# Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/30/2026 10:39:15 AM by Nick Cirko

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

| Item Name<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Monday -<br/>ServingDate:<br/>11/02/2026</b>                                                              |                |                    |                  |                |                  |                |             |                |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 5              | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 5              | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 5              | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 0              | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                         | 0              | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| French Toast Sticks IW<br>- LR100207 (1 serv.)                                                                                              | 165            | 203.00             | 8.70             | 1.93           | 0.00             | 280.33         | 25.13       | 7.73           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                  | 5              | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Monday -<br/>ServingDate:<br/>11/02/2026</b>                                                                |                |                    |                  |                |                  |                |             |                |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 10             | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 10             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |
| Fruit, Zee Zees Aloha<br>Diced Pears, Fruit Cup,<br>I/W, 4.5 oz., National<br>Food Group, F -<br>SR111141 (4 1/2<br>ounces)                   | 100            | 90.30              | 0.00             | 0.00           | 0.00             | 5.02           | 24.08       | 0.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                               | 200            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                                 | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                         | 165            | 150.00             | 2.50             | 1.50           | 0.00             | 220.00         | 24.00       | 8.00           |
| <b>WA LW Breakfast,<br/>November, Tuesday -<br/>ServingDate:<br/>11/03/2026</b>                                                               |                |                    |                  |                |                  |                |             |                |
| Bar, BeneFIT, Cocoa<br>Chip, 2.5oz, J&J Snack<br>Foods, 40406, WGR -<br>SR108661 (1 Bar)                                                      | 20             | 260.00             | 7.00             | 2.50           | 0.00             | 220.00         | 46.00       | 5.00           |
| Bar, BeneFIT, Oatmeal<br>Chocolate Chip, 2.5oz,<br>J&J Snack Foods,<br>40401, 2 WGR -<br>SR102962 (1 Bar<br>(2.5oz)                           | 70             | 270.00             | 9.00             | 3.00           | 0.00             | 250.00         | 46.00       | 5.00           |

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

| Item Name<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Tuesday -<br/>ServingDate:<br/>11/03/2026</b>                                                             |                |                    |                  |                |                  |                |             |                |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal Bar, Read-Bake<br>Benefit Bar Celebration<br>2.5oz, J&J Snack Foods<br>Corp, 40409,2WG -<br>SR110598 (1 Bar)                         | 20             | 280.00             | 9.00             | 3.00           | 0.00             | 190.00         | 47.00       | 4.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 15             | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 25             | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 10             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 35             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                         | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                  | 15             | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |

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

| Item Name<br>(Serving Size)                                                                                                 | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|-----------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| <b>WA LW Breakfast, November, Tuesday - ServingDate: 11/03/2026</b>                                                         |             |                    |               |             |               |             |          |             |
| Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)                                  | 15          | 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.)                            | 15          | 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        |
| Juice, Apple 100% Juice, 4.23 oz, SunCup, 400309, F - SR111182 (1 Box)                                                      | 245         | 60.00              | 0.00          | 0.00        | 0.00          | 5.00        | 14.00    | 0.00        |
| Mixed Fruit, Extra Light Syrup, Canned, USDA, 100212, F - SR109113 (1/2 c.)                                                 | 96          | 63.00              | 0.00          | 0.00        | 0.00          | 3.00        | 16.00    | 0.00        |
| Swiss 1% White Milk - LR100274 (8 fl. oz.)                                                                                  | 20          | 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        |
| <b>WA LW Breakfast, November, Wednesday - ServingDate: 11/04/2026</b>                                                       |             |                    |               |             |               |             |          |             |
| 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        |

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

| Item Name<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November,<br/>Wednesday -<br/>ServingDate:<br/>11/04/2026</b>                                                       |                |                    |                  |                |                  |                |             |                |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 20             | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 0              | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 5              | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 18             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                         | 0              | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Muffin, Cheese<br>Streusel, 4 oz, Otis<br>Spunkmeyer, 00200,<br>Non-WGR - SR102072<br>(1 ea.)                                               | 60             | 450.00             | 18.00            | 4.00           | 0.00             | 310.00         | 67.00       | 6.00           |
| Muffin, Chocolate<br>Chocolate Chip, Whole<br>Grain, 4 oz, Otis<br>Spunkmyer, 10149,<br>WGR - SR106841 (1<br>ea.)                           | 55             | 390.00             | 12.00            | 4.00           | 0.00             | 250.00         | 63.00       | 7.00           |
| Muffin, Wild Blueberry,<br>Delicious Essentials, 4<br>oz, Otis Spunkmeyer,<br>10147, WGR -<br>SR102145 (1 ea.)                              | 57             | 380.00             | 12.00            | 4.00           | 0.00             | 140.00         | 62.00       | 6.00           |

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

| Item Name<br>(Serving Size)                                                                                               | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|---------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| <b>WA LW Breakfast, November, Wednesday - ServingDate: 11/04/2026</b>                                                     |             |                    |               |             |               |             |          |             |
| Pastry, Pop-Tarts, Frosted Blueberry, Whole Grain, 3.3 oz., Kellogg's, 38000 17199, WGR - SR109382 (1 pkg.)               | 5           | 340.00             | 5.00          | 2.00        | 0.00          | 220.00      | 72.00    | 4.00        |
| Pop-Tarts, Frosted Fudge, WG, 2 count, 3.3 oz., Kellogg's, 38000 12073 - SR107835 (1 pkg.)                                | 5           | 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.)                          | 5           | 340.00             | 5.00          | 1.50        | 0.00          | 220.00      | 72.00    | 4.00        |
| Applesauce - LR100181 (4 1/2 oz.)                                                                                         | 220         | 59.80              | 0.00          | 0.00        | 0.00          | 9.97        | 12.96    | 0.00        |
| Juice, Apple 100% Juice, 4.23 oz, SunCup, 400309, F - SR111182 (1 Box)                                                    | 225         | 60.00              | 0.00          | 0.00        | 0.00          | 5.00        | 14.00    | 0.00        |
| Swiss 1% White Milk - LR100274 (8 fl. oz.)                                                                                | 30          | 110.00             | 2.50          | 1.50        | 0.00          | 130.00      | 13.00    | 8.00        |
| Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)                                                                           | 180         | 150.00             | 2.50          | 1.50        | 0.00          | 220.00      | 24.00    | 8.00        |
| <b>WA LW Breakfast, November, Thursday - ServingDate: 11/05/2026</b>                                                      |             |                    |               |             |               |             |          |             |
| Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container) | 0           | 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)           | 20          | 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<br>(Serving Size)                                                                                                | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|----------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Thursday<br/>- ServingDate:<br/>11/05/2026</b>                                           |                |                    |                  |                |                  |                |             |                |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                     | 10             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)           | 10             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)        | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Donuts, Whole Grain,<br>Chocolate Enrobed, IW,<br>3.2 oz., Bake Crafters,<br>1939, WGR - SR110181<br>(1 donut)             | 90             | 330.00             | 18.00            | 11.00          | 0.00             | 240.00         | 41.00       | 3.00           |
| Donuts, Whole Grain,<br>Powdered Sugar, IW,<br>Bake Crafters, 1932,<br>WGR - SR110180 (1<br>donut)                         | 90             | 320.00             | 12.00            | 5.00           | 0.00             | 260.00         | 49.00       | 4.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.) | 5              | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                     | 5              | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)               | 10             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                            | 225            | 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<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Thursday<br/>- ServingDate:<br/>11/05/2026</b>                                                            |                |                    |                  |                |                  |                |             |                |
| Pears, Diced, Extra<br>Light Syrup, Canned,<br>USDA Foods, 100225, F<br>- SR109120 (1/2 c.)                                                 | 200            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 16.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                               | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                       | 165            | 150.00             | 2.50             | 1.50           | 0.00             | 220.00         | 24.00       | 8.00           |
| <b>WA LW Breakfast,<br/>November, Monday -<br/>ServingDate:<br/>11/09/2026</b>                                                              |                |                    |                  |                |                  |                |             |                |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 5              | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 5              | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 5              | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 0              | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Monday -<br/>ServingDate:<br/>11/09/2026</b>                                                                |                |                    |                  |                |                  |                |             |                |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                           | 0              | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| French Toast Sticks IW<br>- LR100207 (1 serv.)                                                                                                | 165            | 203.00             | 8.70             | 1.93           | 0.00             | 280.33         | 25.13       | 7.73           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                    | 5              | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 10             | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 10             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |
| Fruit, Zee Zees Aloha<br>Diced Pears, Fruit Cup,<br>I/W, 4.5 oz., National<br>Food Group, F -<br>SR111141 (4 1/2<br>ounces)                   | 100            | 90.30              | 0.00             | 0.00           | 0.00             | 5.02           | 24.08       | 0.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                               | 200            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                                 | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                         | 165            | 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<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Tuesday -<br/>ServingDate:<br/>11/10/2026</b>                                                             |                |                    |                  |                |                  |                |             |                |
| Bar, BeneFIT, Cocoa<br>Chip, 2.5oz, J&J Snack<br>Foods, 40406, WGR -<br>SR108661 (1 Bar)                                                    | 20             | 260.00             | 7.00             | 2.50           | 0.00             | 220.00         | 46.00       | 5.00           |
| Bar, BeneFIT, Oatmeal<br>Chocolate Chip, 2.5oz,<br>J&J Snack Foods,<br>40401, 2 WGR -<br>SR102962 (1 Bar<br>(2.5oz)                         | 70             | 270.00             | 9.00             | 3.00           | 0.00             | 250.00         | 46.00       | 5.00           |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal Bar, Readi-Bake<br>Benefit Bar Celebration<br>2.5oz, J&J Snack Foods<br>Corp, 40409,2WG -<br>SR110598 (1 Bar)                        | 20             | 280.00             | 9.00             | 3.00           | 0.00             | 190.00         | 47.00       | 4.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 15             | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 25             | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 10             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 35             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Tuesday -<br/>ServingDate:<br/>11/10/2026</b>                                                               |                |                    |                  |                |                  |                |             |                |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                           | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                    | 15             | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 15             | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 15             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                               | 245            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Mixed Fruit, Extra Light<br>Syrup, Canned, USDA,<br>100212, F - SR109113<br>(1/2 c.)                                                          | 96             | 63.00              | 0.00             | 0.00           | 0.00             | 3.00           | 16.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                                 | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                         | 200            | 150.00             | 2.50             | 1.50           | 0.00             | 220.00         | 24.00       | 8.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/30/2026 10:39:15 AM by Nick Cirko

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

| Item Name<br>(Serving Size)                                                                                               | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|---------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| <b>WA LW Breakfast, November, Wednesday - ServingDate: 11/11/2026</b>                                                     |             |                    |               |             |               |             |          |             |
| 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, 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.)                                             | 5           | 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)                         | 18          | 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        |
| Muffin, Cheese Streusel, 4 oz, Otis Spunkmeyer, 00200, Non-WGR - SR102072 (1 ea.)                                         | 60          | 450.00             | 18.00         | 4.00        | 0.00          | 310.00      | 67.00    | 6.00        |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|----------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November,<br/>Wednesday -<br/>ServingDate:<br/>11/11/2026</b>                                      |                |                    |                  |                |                  |                |             |                |
| Muffin, Chocolate<br>Chocolate Chip, Whole<br>Grain, 4 oz, Otis<br>Spunkmyer, 10149,<br>WGR - SR106841 (1<br>ea.)          | 55             | 390.00             | 12.00            | 4.00           | 0.00             | 250.00         | 63.00       | 7.00           |
| Muffin, Wild Blueberry,<br>Delicious Essentials, 4<br>oz, Otis Spunkmeyer,<br>10147, WGR -<br>SR102145 (1 ea.)             | 57             | 380.00             | 12.00            | 4.00           | 0.00             | 140.00         | 62.00       | 6.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.) | 5              | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                     | 5              | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)               | 5              | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Applesauce - LR100181<br>(4 1/2 oz.)                                                                                       | 220            | 59.80              | 0.00             | 0.00           | 0.00             | 9.97           | 12.96       | 0.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                            | 225            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                              | 30             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                      | 180            | 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<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Thursday<br/>- ServingDate:<br/>11/12/2026</b>                                                            |                |                    |                  |                |                  |                |             |                |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 0              | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 20             | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 10             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 10             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                         | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Donuts, Whole Grain,<br>Chocolate Enrobed, IW,<br>3.2 oz., Bake Crafters,<br>1939, WGR - SR110181<br>(1 donut)                              | 90             | 330.00             | 18.00            | 11.00          | 0.00             | 240.00         | 41.00       | 3.00           |
| Donuts, Whole Grain,<br>Powdered Sugar, IW,<br>Bake Crafters, 1932,<br>WGR - SR110180 (1<br>donut)                                          | 90             | 320.00             | 12.00            | 5.00           | 0.00             | 260.00         | 49.00       | 4.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                  | 5              | 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<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Thursday<br/>- ServingDate:<br/>11/12/2026</b>                                                            |                |                    |                  |                |                  |                |             |                |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                      | 5              | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                | 10             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                             | 225            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Pears, Diced, Extra<br>Light Syrup, Canned,<br>USDA Foods, 100225, F<br>- SR109120 (1/2 c.)                                                 | 200            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 16.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                               | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                       | 165            | 150.00             | 2.50             | 1.50           | 0.00             | 220.00         | 24.00       | 8.00           |
| <b>WA LW Breakfast,<br/>November, Friday -<br/>ServingDate:<br/>11/13/2026</b>                                                              |                |                    |                  |                |                  |                |             |                |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 25             | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Friday -<br/>ServingDate:<br/>11/13/2026</b>                                                                |                |                    |                  |                |                  |                |             |                |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)                | 15             | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                        | 25             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                              | 20             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                           | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Egg and Cheese<br>Sandwich - LR100148<br>(1 sandwich)                                                                                         | 155            | 320.00             | 16.60            | 7.10           | 0.00             | 610.00         | 30.00       | 12.30          |
| Pop-Tarts, Frosted<br>Blueberry Pop-Tarts,<br>WGR, Kellanova, 38000<br>-17196, 1.69oz, Single<br>Pack, 1 WGR -<br>SR110843 (1 pastry)         | 5              | 170.00             | 2.50             | 1.00           | 0.00             | 115.00         | 36.00       | 2.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 5              | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 5              | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                               | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|---------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| <b>WA LW Breakfast, November, Friday - ServingDate: 11/13/2026</b>                                                        |             |                    |               |             |               |             |          |             |
| Applesauce - LR100181 (4 1/2 oz.)                                                                                         | 200         | 59.80              | 0.00          | 0.00        | 0.00          | 9.97        | 12.96    | 0.00        |
| Juice, Apple 100% Juice, 4.23 oz, SunCup, 400309, F - SR111182 (1 Box)                                                    | 265         | 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)                                                                           | 175         | 150.00             | 2.50          | 1.50        | 0.00          | 220.00      | 24.00    | 8.00        |
| <b>WA LW Breakfast, November, Monday - ServingDate: 11/16/2026</b>                                                        |             |                    |               |             |               |             |          |             |
| 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, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container) | 5           | 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)           | 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.)                                             | 5           | 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        |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Monday -<br/>ServingDate:<br/>11/16/2026</b>                                                                |                |                    |                  |                |                  |                |             |                |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                           | 0              | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| French Toast Sticks IW<br>- LR100207 (1 serv.)                                                                                                | 165            | 203.00             | 8.70             | 1.93           | 0.00             | 280.33         | 25.13       | 7.73           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                    | 5              | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 10             | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 10             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |
| Fruit, Zee Zees Aloha<br>Diced Pears, Fruit Cup,<br>I/W, 4.5 oz., National<br>Food Group, F -<br>SR111141 (4 1/2<br>ounces)                   | 100            | 90.30              | 0.00             | 0.00           | 0.00             | 5.02           | 24.08       | 0.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                               | 200            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                                 | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                         | 165            | 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<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Tuesday -<br/>ServingDate:<br/>11/17/2026</b>                                                             |                |                    |                  |                |                  |                |             |                |
| Bar, BeneFIT, Cocoa<br>Chip, 2.5oz, J&J Snack<br>Foods, 40406, WGR -<br>SR108661 (1 Bar)                                                    | 20             | 260.00             | 7.00             | 2.50           | 0.00             | 220.00         | 46.00       | 5.00           |
| Bar, BeneFIT, Oatmeal<br>Chocolate Chip, 2.5oz,<br>J&J Snack Foods,<br>40401, 2 WGR -<br>SR102962 (1 Bar<br>(2.5oz)                         | 70             | 270.00             | 9.00             | 3.00           | 0.00             | 250.00         | 46.00       | 5.00           |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal Bar, Readi-Bake<br>Benefit Bar Celebration<br>2.5oz, J&J Snack Foods<br>Corp, 40409,2WG -<br>SR110598 (1 Bar)                        | 20             | 280.00             | 9.00             | 3.00           | 0.00             | 190.00         | 47.00       | 4.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 15             | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 25             | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 10             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 35             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Tuesday -<br/>ServingDate:<br/>11/17/2026</b>                                                               |                |                    |                  |                |                  |                |             |                |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                           | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                    | 15             | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 15             | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 15             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                               | 245            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Mixed Fruit, Extra Light<br>Syrup, Canned, USDA,<br>100212, F - SR109113<br>(1/2 c.)                                                          | 96             | 63.00              | 0.00             | 0.00           | 0.00             | 3.00           | 16.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                                 | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                         | 200            | 150.00             | 2.50             | 1.50           | 0.00             | 220.00         | 24.00       | 8.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/30/2026 10:39:15 AM by Nick Cirko

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

| Item Name<br>(Serving Size)                                                                                               | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|---------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| <b>WA LW Breakfast, November, Wednesday - ServingDate: 11/18/2026</b>                                                     |             |                    |               |             |               |             |          |             |
| 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, 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.)                                             | 5           | 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)                         | 18          | 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        |
| Muffin, Cheese Streusel, 4 oz, Otis Spunkmeyer, 00200, Non-WGR - SR102072 (1 ea.)                                         | 60          | 450.00             | 18.00         | 4.00        | 0.00          | 310.00      | 67.00    | 6.00        |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|----------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November,<br/>Wednesday -<br/>ServingDate:<br/>11/18/2026</b>                                      |                |                    |                  |                |                  |                |             |                |
| Muffin, Chocolate<br>Chocolate Chip, Whole<br>Grain, 4 oz, Otis<br>Spunkmyer, 10149,<br>WGR - SR106841 (1<br>ea.)          | 55             | 390.00             | 12.00            | 4.00           | 0.00             | 250.00         | 63.00       | 7.00           |
| Muffin, Wild Blueberry,<br>Delicious Essentials, 4<br>oz, Otis Spunkmeyer,<br>10147, WGR -<br>SR102145 (1 ea.)             | 57             | 380.00             | 12.00            | 4.00           | 0.00             | 140.00         | 62.00       | 6.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.) | 5              | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                     | 5              | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)               | 5              | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Applesauce - LR100181<br>(4 1/2 oz.)                                                                                       | 220            | 59.80              | 0.00             | 0.00           | 0.00             | 9.97           | 12.96       | 0.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                            | 225            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                              | 30             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                      | 180            | 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<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Thursday<br/>- ServingDate:<br/>11/19/2026</b>                                                            |                |                    |                  |                |                  |                |             |                |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 0              | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 20             | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 10             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 10             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                         | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Donuts, Whole Grain,<br>Chocolate Enrobed, IW,<br>3.2 oz., Bake Crafters,<br>1939, WGR - SR110181<br>(1 donut)                              | 90             | 330.00             | 18.00            | 11.00          | 0.00             | 240.00         | 41.00       | 3.00           |
| Donuts, Whole Grain,<br>Powdered Sugar, IW,<br>Bake Crafters, 1932,<br>WGR - SR110180 (1<br>donut)                                          | 90             | 320.00             | 12.00            | 5.00           | 0.00             | 260.00         | 49.00       | 4.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                  | 5              | 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<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Thursday<br/>- ServingDate:<br/>11/19/2026</b>                                                            |                |                    |                  |                |                  |                |             |                |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                      | 5              | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                | 10             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                             | 225            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Pears, Diced, Extra<br>Light Syrup, Canned,<br>USDA Foods, 100225, F<br>- SR109120 (1/2 c.)                                                 | 200            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 16.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                               | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                       | 165            | 150.00             | 2.50             | 1.50           | 0.00             | 220.00         | 24.00       | 8.00           |
| <b>WA LW Breakfast,<br/>November, Friday -<br/>ServingDate:<br/>11/20/2026</b>                                                              |                |                    |                  |                |                  |                |             |                |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 25             | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Friday -<br/>ServingDate:<br/>11/20/2026</b>                                                                |                |                    |                  |                |                  |                |             |                |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)                | 15             | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                        | 25             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                              | 20             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                           | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Egg and Cheese<br>Sandwich - LR100148<br>(1 sandwich)                                                                                         | 155            | 320.00             | 16.60            | 7.10           | 0.00             | 610.00         | 30.00       | 12.30          |
| Pop-Tarts, Frosted<br>Blueberry Pop-Tarts,<br>WGR, Kellanova, 38000<br>-17196, 1.69oz, Single<br>Pack, 1 WGR -<br>SR110843 (1 pastry)         | 5              | 170.00             | 2.50             | 1.00           | 0.00             | 115.00         | 36.00       | 2.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 5              | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 5              | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Friday -<br/>ServingDate:<br/>11/20/2026</b>                                                              |                |                    |                  |                |                  |                |             |                |
| Applesauce - LR100181<br>(4 1/2 oz.)                                                                                                        | 200            | 59.80              | 0.00             | 0.00           | 0.00             | 9.97           | 12.96       | 0.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                             | 265            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                               | 50             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                       | 175            | 150.00             | 2.50             | 1.50           | 0.00             | 220.00         | 24.00       | 8.00           |
| <b>WA LW Breakfast,<br/>November, Monday -<br/>ServingDate:<br/>11/23/2026</b>                                                              |                |                    |                  |                |                  |                |             |                |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 5              | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 5              | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 5              | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 0              | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Monday -<br/>ServingDate:<br/>11/23/2026</b>                                                                |                |                    |                  |                |                  |                |             |                |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                           | 0              | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| French Toast Sticks IW<br>- LR100207 (1 serv.)                                                                                                | 165            | 203.00             | 8.70             | 1.93           | 0.00             | 280.33         | 25.13       | 7.73           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                    | 5              | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 10             | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 10             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |
| Fruit, Zee Zees Aloha<br>Diced Pears, Fruit Cup,<br>I/W, 4.5 oz., National<br>Food Group, F -<br>SR111141 (4 1/2<br>ounces)                   | 100            | 90.30              | 0.00             | 0.00           | 0.00             | 5.02           | 24.08       | 0.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                               | 200            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                                 | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                         | 165            | 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<br>(Serving Size)                                                                                                                 | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Tuesday -<br/>ServingDate:<br/>11/24/2026</b>                                                             |                |                    |                  |                |                  |                |             |                |
| Bar, BeneFIT, Cocoa<br>Chip, 2.5oz, J&J Snack<br>Foods, 40406, WGR -<br>SR108661 (1 Bar)                                                    | 20             | 260.00             | 7.00             | 2.50           | 0.00             | 220.00         | 46.00       | 5.00           |
| Bar, BeneFIT, Oatmeal<br>Chocolate Chip, 2.5oz,<br>J&J Snack Foods,<br>40401, 2 WGR -<br>SR102962 (1 Bar<br>(2.5oz)                         | 70             | 270.00             | 9.00             | 3.00           | 0.00             | 250.00         | 46.00       | 5.00           |
| Cereal Bar, Cinnamon<br>Toast Crunch, 2.5oz,<br>General Mills,<br>16854000, 2 WGR -<br>SR110503 (1 Bar)                                     | 0              | 260.00             | 5.00             | 0.50           | 0.00             | 200.00         | 52.00       | 4.00           |
| Cereal Bar, Cocoa Puffs,<br>2.5 oz, General Mills,<br>20688000, 2WGR -<br>SR110690 (1 Bar)                                                  | 0              | 280.00             | 6.00             | 0.00           | 0.00             | 180.00         | 52.00       | 5.00           |
| Cereal Bar, Read-Bake<br>Benefit Bar Celebration<br>2.5oz, J&J Snack Foods<br>Corp, 40409,2WG -<br>SR110598 (1 Bar)                         | 20             | 280.00             | 9.00             | 3.00           | 0.00             | 190.00         | 47.00       | 4.00           |
| Cereal, Cinnamon Toast<br>Crunch, 25% Less<br>Sugar, Single Serve, 2<br>oz., General Mills,<br>14886000, WGR -<br>SR109943 (1<br>Container) | 15             | 220.00             | 6.00             | 0.00           | 0.00             | 340.00         | 43.00       | 3.00           |
| Cereal, Cocoa Puffs,<br>25% Less Sugar, Single<br>Serve, 2 oz., General<br>Mills, 14885000, WGR -<br>SR109942 (1<br>Container)              | 25             | 220.00             | 3.00             | 0.00           | 0.00             | 230.00         | 47.00       | 3.00           |
| Cereal, Honey Cheerios<br>2oz, General Mills,<br>18448000, 2WG -<br>SR110573 (1 serv.)                                                      | 10             | 210.00             | 3.00             | 0.00           | 0.00             | 340.00         | 44.00       | 6.00           |
| Cereal, Lucky Charms<br>25% Less Sugar, 2oz,<br>General Mills,<br>1600022489, WGR -<br>SR110824 (1<br>Container)                            | 35             | 210.00             | 2.00             | 0.00           | 0.00             | 440.00         | 45.00       | 5.00           |

# Menu Calendar Nutrient Analysis Report - November, 2026

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

| Item Name<br>(Serving Size)                                                                                                                   | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>WA LW Breakfast,<br/>November, Tuesday -<br/>ServingDate:<br/>11/24/2026</b>                                                               |                |                    |                  |                |                  |                |             |                |
| Cereal,Trix Cereal 25%<br>Less Sugar Single Serve<br>2oz, General Mills,<br>16000-19567, 2WG -<br>SR110460 (1 bowl)                           | 10             | 220.00             | 3.00             | 0.00           | 0.00             | 320.00         | 47.00       | 3.00           |
| Pastry, Pop-Tarts,<br>Frosted Blueberry,<br>Whole Grain, 3.3 oz.,<br>Kellogg's, 38000<br>17199, WGR -<br>SR109382 (1 pkg.)                    | 15             | 340.00             | 5.00             | 2.00           | 0.00             | 220.00         | 72.00       | 4.00           |
| Pop-Tarts, Frosted<br>Fudge, WG, 2 count,<br>3.3 oz., Kellogg's,<br>38000 12073 -<br>SR107835 (1 pkg.)                                        | 15             | 340.00             | 6.00             | 2.00           | 0.00             | 240.00         | 72.00       | 5.00           |
| Pop-Tarts, Frosted<br>Strawberry, 2 count,<br>3.3 oz., Kellogg's,<br>38000 55133, WGR -<br>SR107119 (1 pkg.)                                  | 15             | 340.00             | 5.00             | 1.50           | 0.00             | 220.00         | 72.00       | 4.00           |
| Uncrustables, 2.6 oz<br>Peanut Butter & Grape<br>Jelly Sandwich on<br>Wheat, Smucker's,<br>5150006960, WGR,<br>MMA - SR100463 (1<br>sandwich) | 0              | 300.00             | 16.00            | 3.50           | 0.00             | 270.00         | 32.00       | 9.00           |
| Juice, Apple 100%<br>Juice, 4.23 oz, SunCup,<br>400309, F - SR111182<br>(1 Box)                                                               | 245            | 60.00              | 0.00             | 0.00           | 0.00             | 5.00           | 14.00       | 0.00           |
| Mixed Fruit, Extra Light<br>Syrup, Canned, USDA,<br>100212, F - SR109113<br>(1/2 c.)                                                          | 96             | 63.00              | 0.00             | 0.00           | 0.00             | 3.00           | 16.00       | 0.00           |
| Swiss 1% White Milk -<br>LR100274 (8 fl. oz.)                                                                                                 | 20             | 110.00             | 2.50             | 1.50           | 0.00             | 130.00         | 13.00       | 8.00           |
| Tru Moo 1% Chocolate<br>Milk - LR100314 (1<br>Carton)                                                                                         | 200            | 150.00             | 2.50             | 1.50           | 0.00             | 220.00         | 24.00       | 8.00           |

**Legend**  
(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/30/2026 10:39:15 AM by Nick Cirko

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

**Report Selections**

Meal Type: Breakfast  
Site Group: Elementary School  
Menu Line: regular  
Serving Group: K-5  
Nutrients Option: Expanded