Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Monday - ServingDate: 11/02/2026								
assorted pop tart - LR100354 (1 pkg.)	25	333.50	5.40	1.84	0.00	225.67	70.63	4.17
Bake crafters French toast sticks - LR100271 (3 oz.)	200	270.16	13.01	2.00	0.00	160.09	30.02	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 Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	5	210.00	2.00	0.00	0.00	320.00	45.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	250	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	200	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/03/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	20	260.00	7.00	2.50	0.00	220.00	46.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/03/2026								
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	30	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	105	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Benefit Bar Chocolate Cream Chip - LR100353 (1 Bar)	20	270.00	7.00	2.50	0.00(M)	220.00	47.00	5.00
Cereal Bar, Readi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	30	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	5	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)	10	220.00	3.00	0.00	0.00	320.00	47.00	3.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/03/2026								
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	165	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Wednesday - ServingDate: 11/04/2026								
assorted pop tart - LR100354 (1 pkg.)	25	333.50	5.40	1.84	0.00	225.67	70.63	4.17
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	25	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 Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	20	210.00	2.00	0.00	0.00	320.00	45.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Wednesday - ServingDate: 11/04/2026								
Egg and cheese on Croissant - LR100367 (1 sandwich)	175	303.30	16.92	7.29	0.00(M)	345.99	26.23	10.15
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	5	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	250	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	250	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/05/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	10	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	10	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	200	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Benefit Bar Chocolate Cream Chip - LR100353 (1 Bar)	0	270.00	7.00	2.50	0.00(M)	220.00	47.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/05/2026								
Cereal Bar, Readi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	20	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	5	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Lucky Charms, Gluten Free, Single Serve, 2oz., General Mills, 14884000, WGR - SR109941 (1 Container)	0	210.00	2.00	0.00	0.00	350.00	47.00	4.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	10	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	165	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/30/2026 10:22:22 AM by Nick Cirko

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/05/2026								
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Monday - ServingDate: 11/09/2026								
assorted pop tart - LR100354 (1 pkg.)	25	333.50	5.40	1.84	0.00	225.67	70.63	4.17
Bake crafters French toast sticks - LR100271 (3 oz.)	200	270.16	13.01	2.00	0.00	160.09	30.02	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 Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	5	210.00	2.00	0.00	0.00	320.00	45.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	250	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	200	150.00	2.50	1.50	0.00	220.00	24.00	8.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/10/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	20	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	30	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	105	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Benefit Bar Chocolate Cream Chip - LR100353 (1 Bar)	20	270.00	7.00	2.50	0.00(M)	220.00	47.00	5.00
Cereal Bar, Readi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	30	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	5	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)	10	220.00	3.00	0.00	0.00	320.00	47.00	3.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/10/2026								
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	165	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Wednesday - ServingDate: 11/11/2026								
assorted pop tart - LR100354 (1 pkg.)	25	333.50	5.40	1.84	0.00	225.67	70.63	4.17
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	25	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 Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	20	210.00	2.00	0.00	0.00	320.00	45.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Wednesday - ServingDate: 11/11/2026								
Egg and cheese on Croissant - LR100367 (1 sandwich)	175	303.30	16.92	7.29	0.00(M)	345.99	26.23	10.15
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	5	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	250	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	250	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/12/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	10	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	10	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	200	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Benefit Bar Chocolate Cream Chip - LR100353 (1 Bar)	0	270.00	7.00	2.50	0.00(M)	220.00	47.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/12/2026								
Cereal Bar, Readi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	20	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	5	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Lucky Charms, Gluten Free, Single Serve, 2oz., General Mills, 14884000, WGR - SR109941 (1 Container)	0	210.00	2.00	0.00	0.00	350.00	47.00	4.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	10	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	165	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/12/2026								
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Friday - ServingDate: 11/13/2026								
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	15	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	5	210.00	2.00	0.00	0.00	320.00	45.00	5.00
Hadley Cinnamon Roll - LR100218 (1 ea.)	225	240.00	7.00	1.50	0.00	240.00	38.00	5.00
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	275	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, diced in light syrup - LR100308 (1/2 c.)	275	60.00	0.00	0.00	0.00	0.00	16.00	1.00
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)	250	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 10:22:22 AM by Nick Cirko

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Monday - ServingDate: 11/16/2026								
assorted pop tart - LR100354 (1 pkg.)	25	333.50	5.40	1.84	0.00	225.67	70.63	4.17
Bake crafters French toast sticks - LR100271 (3 oz.)	200	270.16	13.01	2.00	0.00	160.09	30.02	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 Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	5	210.00	2.00	0.00	0.00	320.00	45.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	250	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	200	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/17/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	20	260.00	7.00	2.50	0.00	220.00	46.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/17/2026								
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	30	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	105	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Benefit Bar Chocolate Cream Chip - LR100353 (1 Bar)	20	270.00	7.00	2.50	0.00(M)	220.00	47.00	5.00
Cereal Bar, Readi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	30	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	5	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)	10	220.00	3.00	0.00	0.00	320.00	47.00	3.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/17/2026								
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	165	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Wednesday - ServingDate: 11/18/2026								
assorted pop tart - LR100354 (1 pkg.)	25	333.50	5.40	1.84	0.00	225.67	70.63	4.17
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	25	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 Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	20	210.00	2.00	0.00	0.00	320.00	45.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Wednesday - ServingDate: 11/18/2026								
Egg and cheese on Croissant - LR100367 (1 sandwich)	175	303.30	16.92	7.29	0.00(M)	345.99	26.23	10.15
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	5	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	250	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	250	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/19/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	10	260.00	7.00	2.50	0.00	220.00	46.00	5.00
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	10	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	200	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Benefit Bar Chocolate Cream Chip - LR100353 (1 Bar)	0	270.00	7.00	2.50	0.00(M)	220.00	47.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/19/2026								
Cereal Bar, Readi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	20	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	5	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Lucky Charms, Gluten Free, Single Serve, 2oz., General Mills, 14884000, WGR - SR109941 (1 Container)	0	210.00	2.00	0.00	0.00	350.00	47.00	4.00
Cereal,Trix Cereal 25% Less Sugar Single Serve 2oz, General Mills, 16000-19567, 2WG - SR110460 (1 bowl)	10	220.00	3.00	0.00	0.00	320.00	47.00	3.00
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	165	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Thursday - ServingDate: 11/19/2026								
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Friday - ServingDate: 11/20/2026								
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	15	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Honey Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	5	210.00	2.00	0.00	0.00	320.00	45.00	5.00
Hadley Cinnamon Roll - LR100218 (1 ea.)	225	240.00	7.00	1.50	0.00	240.00	38.00	5.00
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	20	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	275	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Peaches, diced in light syrup - LR100308 (1/2 c.)	275	60.00	0.00	0.00	0.00	0.00	16.00	1.00
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)	250	150.00	2.50	1.50	0.00	220.00	24.00	8.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Monday - ServingDate: 11/23/2026								
assorted pop tart - LR100354 (1 pkg.)	25	333.50	5.40	1.84	0.00	225.67	70.63	4.17
Bake crafters French toast sticks - LR100271 (3 oz.)	200	270.16	13.01	2.00	0.00	160.09	30.02	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 Nut Cheerios Gluten Free Cereal Single Serve, 2 oz, General Mills, 2WGR - SR109923 (1 Container)	5	210.00	2.00	0.00	0.00	320.00	45.00	5.00
Applesauce - LR100181 (4 1/2 oz.)	250	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	200	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/24/2026								
Bar, BeneFIT, Cocoa Chip, 2.5oz, J&J Snack Foods, 40406, WGR - SR108661 (1 Bar)	20	260.00	7.00	2.50	0.00	220.00	46.00	5.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/24/2026								
Bar, BeneFIT, French Toast , 2.5 oz, J&J Snack Foods, 40404, WGR - SR106893 (1 Bar)	30	270.00	9.00	3.00	0.00	200.00	44.00	5.00
Bar, BeneFIT, Oatmeal Chocolate Chip, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)	105	270.00	9.00	3.00	0.00	250.00	46.00	5.00
Benefit Bar Chocolate Cream Chip - LR100353 (1 Bar)	20	270.00	7.00	2.50	0.00(M)	220.00	47.00	5.00
Cereal Bar, Readi-Bake Benefit Bar Celebration 2.5oz, J&J Snack Foods Corp, 40409,2WG - SR110598 (1 Bar)	30	280.00	9.00	3.00	0.00	190.00	47.00	4.00
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14886000, WGR - SR109943 (1 Container)	10	220.00	6.00	0.00	0.00	340.00	43.00	3.00
Cereal, Cocoa Puffs, 25% Less Sugar, Single Serve, 2 oz., General Mills, 14885000, WGR - SR109942 (1 Container)	10	220.00	3.00	0.00	0.00	230.00	47.00	3.00
Cereal, Lucky Charms 25% Less Sugar, 2oz, General Mills, 1600022489, WGR - SR110824 (1 Container)	5	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)	10	220.00	3.00	0.00	0.00	320.00	47.00	3.00

Menu Calendar Nutrient Analysis Report - November, 2026

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Breakfast, Aug-Sep, Tuesday - ServingDate: 11/24/2026								
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	10	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Juice, 100% Apple, 4 oz, Suncup, 090301, F - SR106396 (1 serving (4)	200	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	165	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	25	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: Middle School
Menu Line: regular
Serving Group: 6-8
Nutrients Option: Expanded