Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/30/2026 10:19:08 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 Lunch, November, Week 1, Monday - ServingDate: 11/02/2026								
2 WGR Turkey & Cheese WYASD - LR100152 (1 sandwich)	50	263.33	7.50	3.17	0.00	716.67	27.00	23.33
Loaded Taco tater tots - LR100281 (1 serv.)	350	481.90	19.25	5.95	0.00	851.62	57.66	18.44
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)	250	70.00	1.00	0.00	0.00	160.00	14.00	3.00
Black Beans and Corn Mix - LR100038 (1 c.)	200	240.35	5.98	2.12	0.00(M)	224.93	41.29	9.25
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	350	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	40	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	275	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	55	6.67	0.00	0.00	0.00	103.33	1.33	0.00
2026 MS Lunch, November, Week 1, Tuesday - ServingDate: 11/03/2026								
MS Mini Pancakes and Sausage Links - LR100371 (1 serv.)	300	301.79	13.13	3.54	0.00	464.46	36.02	13.16
Secondary Turkey Sandwich - LR100232 (1 sandwich)	50	226.31	4.30	1.52	0.00	609.31	26.52	21.71
Crinkle Cut Carrots - LR100376 (3/4 c.)	150	30.00	0.00	0.00	0.00	25.00	6.00	1.00

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2026 MS Lunch, November, Week 1, Tuesday - ServingDate: 11/03/2026								
Potatoes, Hash Brown Rounds, 2.54 oz, McCain, 1000006188, Veg-S - SR109300 (2 pcs.)	300	90.00	2.50	0.00	0.00	190.00	15.00	1.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	325	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	325	60.00	0.00	0.00	0.00	10.00	14.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	40	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	280	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	300	6.67	0.00	0.00	0.00	103.33	1.33	0.00
Condiment, Syrup, Madeira Farms Table Syrup, SS Cup, 100/1.5 oz, Kraft Heinz, 00716037139605 - SR109757 (1 1/2 ounces)	225	120.00	0.00	0.00	0.00	20.00	30.00	0.00
2026 MS Lunch, November, Week 1, Wednesday - ServingDate: 11/04/2026								
Pizza, Big Daddys16" original - LR100244 (1/8 pizza)	400	360.00	16.00	7.00	0.00	490.00	35.00	21.00
Secondary Turkey Sandwich - LR100232 (1 sandwich)	25	226.31	4.30	1.52	0.00	609.31	26.52	21.71

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Lunch, November, Week 1, Wednesday - ServingDate: 11/04/2026								
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1 c.)	300	52.00	0.00	0.00	0.00	44.00	10.00	6.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	400	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Fruit, Diced Peaches, 4.5 oz., Zee Zees, National Food Group, 1740, F - SR109054 (1 Container)	400	70.00	0.00	0.00	0.00	10.00	18.00	1.00
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)	300	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	25	6.67	0.00	0.00	0.00	103.33	1.33	0.00
2026 MS Lunch, November, Week 2, Monday - ServingDate: 11/09/2026								
Chicken, Popcorn, WG Breaded Dark Meat Smackers, .43 oz. each., Gold Kist, Pilgrim's Pride, 110458, MMA, WGR - SR107339 (10 pcs.)	425	260.00	11.00	2.00	0.00	500.00	20.00	19.00
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	25	590.00	32.00	7.00	0.00	530.00	64.00	18.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Lunch, November, Week 2, Monday - ServingDate: 11/09/2026								
Corn, No Salt Added, Frozen, yellow, cooked, drained - SR105269 (1 c.)	400	134.00	2.00	0.00	0.00	2.00	32.00	4.00
Potatoes, Mashed Potato Pearls, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR109800 (1/2 c.)	450	70.00	1.00	0.00	0.00	310.00	14.00	2.00
Applesauce, Natural, Unsweetened, 4.5 oz. container, Peterson Farms, ASA10001, F - SR108793 (1 Container)	450	50.00	0.00	0.00	0.00	0.00	14.00	0.00
Fruit, Pears, Diced, 4.5 oz., Zee Zees, National Food Group, 1780, F - SR109056 (1 Container)	400	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	50	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	250	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	400	6.67	0.00	0.00	0.00	103.33	1.33	0.00
Sharp Cheddar Cheese, Shredded, Yellow, Land O'Lakes, 41747 - SR109587 (1/4 c.)	275	80.00	9.00	6.00	0.00	190.00	1.00	6.00
2026 MS Lunch, November, Week 2, Tuesday - ServingDate: 11/10/2026								
Beef Taco Meat WYASD - LR100089 (2.44 oz.)	350	167.08	12.23	4.00	0.00	276.86	1.95	12.99

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
2026 MS Lunch, November, Week 2, Tuesday - ServingDate: 11/10/2026								
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	50	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Chips, Baked Tostitos Scoops Tortilla Chips, 4/16 oz., PepsiCo/Frito Lay, 42391, WGR - SR104768 (1 ounces)	345	130.00	3.00	0.00	0.00	105.00	22.00	2.00
Black Beans and Corn Mix - LR100038 (1 c.)	200	240.35	5.98	2.12	0.00(M)	224.93	41.29	9.25
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	275	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Fruit, Pears, Diced, 4.5 oz., Zee Zees, National Food Group, 1780, F - SR109056 (1 Container)	275	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	40	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
Salsa, 103 oz. Salsa, Red Gold, REDSC99, Veg-RO - SR107003 (1/8 c.)	175	10.00	0.00	0.00	0.00	70.00	2.00	0.00
Shredded Lettuce and Tomato, Veg-O - SR105405 (1/2 c.)	250	13.04	0.14	0.02	0.00	4.59	2.81	0.67
Sour Cream, Regular, Single Serve Packets, 1 oz., Daisy, IDP100 - SR108475 (1 packet)	150	56.00	4.67	3.27	0.00	14.00	0.93	0.93

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2026 MS Lunch, November, Week 2, Wednesday - ServingDate: 11/11/2026								
Pizza, Big Daddys16" original - LR100244 (1/8 pizza)	405	360.00	16.00	7.00	0.00	490.00	35.00	21.00
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
Crinkle Cut Carrots - LR100376 (3/4 c.)	200	30.00	0.00	0.00	0.00	25.00	6.00	1.00
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1/2 c.)	250	26.00	0.00	0.00	0.00	22.00	5.00	3.00
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	250	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Fruit, Pears, Diced, 4.5 oz., Zee Zees, National Food Group, 1780, F - SR109056 (1 Container)	250	70.00	0.00	0.00	0.00	5.00	19.00	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)	260	150.00	2.50	1.50	0.00	220.00	24.00	8.00
2026 MS Lunch, November, Week 2, Thursday - ServingDate: 11/12/2026								
Hot Dog on Roll 2 MMA 2 WGR Secondary - LR100054 (1 serv.)	370	425.00	15.50	5.00	0.00	820.00	47.00	17.00

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2026 MS Lunch, November, Week 2, Thursday - ServingDate: 11/12/2026								
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	50	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Baked Beans WYASD - LR100107 (1 c.)	320	125.90	0.56	0.00	0.00(M)	238.62	25.97	2.61
Potatoes, 3/8" Straight Cut Extra Long French Fries, McCain, MCX40, Veg-S - SR100928 (3.435 ounces)	320	109.98	3.26	0.45	0.05	25.30	20.24	1.61
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	320	60.00	0.00	0.00	0.00	5.00	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)	360	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	40	6.67	0.00	0.00	0.00	103.33	1.33	0.00
2026 MS Lunch, November, Week 2, Friday - ServingDate: 11/13/2026								
Mozzarella cheese sticks - LR100145 (2 pc)	375	339.93	15.00	5.00	0.00	649.70	34.99	17.00

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2026 MS Lunch, November, Week 2, Friday - ServingDate: 11/13/2026								
Sandwich, 5.3 oz Uncrustable, Peanut Butter and Grape, Smucker's, 5150021027, MMA, WGR - SR108000 (1 sandwich)	25	590.00	32.00	7.00	0.00	530.00	64.00	18.00
Pizza Sauce, Nutritionally Enhanced Fully Prepared, 106 oz., Red Gold, RPKIL9E, Veg-RO - SR107004 (1/4 c.)	200	30.00	0.50	0.00	0.00	70.00	5.00	1.00
Vegetable, Cut Green Beans, Frozen, 3/4 cup, Hanover, 760751, Veg-O - SR111012 (1 c.)	200	46.67	0.00	0.00	0.00	0.00	8.00	2.67
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	400	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Pineapple, Juice Packed, Canned, USDA National Nutrient Database, F - SR107930 (1/2 c.)	400	74.50	0.10	0.00	0.00	1.25	19.55	0.53
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)	360	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	25	6.67	0.00	0.00	0.00	103.33	1.33	0.00
2026 MS Lunch, November, Week 3, Monday - ServingDate: 11/16/2026								
Burrito Bowl - LR100388 (1 serv.)	380	623.97	17.15	6.54	0.00(M)	627.90	88.32	32.74

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2026 MS Lunch, November, Week 3, Monday - ServingDate: 11/16/2026								
Hatfield Ham Sandwich-Secondary - LR100339 (2 oz.)	20	180.00	2.00	0.00	0.00	960.00	28.00	13.00
Black Beans and Corn Mix - LR100038 (1 c.)	75	240.35	5.98	2.12	0.00(M)	224.93	41.29	9.25
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	275	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	275	60.00	0.00	0.00	0.00	5.00	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)	220	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	150	6.67	0.00	0.00	0.00	103.33	1.33	0.00
Sour Cream, Regular, Single Serve Packets, 1 oz., Daisy, IDP100 - SR108475 (1 packet)	200	56.00	4.67	3.27	0.00	14.00	0.93	0.93
2026 MS Lunch, November, Week 3, Tuesday - ServingDate: 11/17/2026								
Cheese Burger beef MMA 2 , WG 2 WYASD - LR100046 (1 burger)	375	405.00	22.50	9.25	0.00	490.00	26.00	23.50
Hatfield Ham Sandwich-Secondary - LR100339 (2 oz.)	25	180.00	2.00	0.00	0.00	960.00	28.00	13.00
Crinkle Cut Carrots - LR100376 (3/4 c.)	300	30.00	0.00	0.00	0.00	25.00	6.00	1.00

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2026 MS Lunch, November, Week 3, Tuesday - ServingDate: 11/17/2026								
Potatoes, 3/8" Straight Cut Extra Long French Fries, McCain, MCX40, Veg-S - SR100928 (2.29 ounces)	300	73.32	2.17	0.30	0.03	16.87	13.50	1.07
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Peaches, Sliced, Extra Light Syrup, Canned, USDA Foods, 100219, F - SR109119 (1/2 c.)	300	60.00	0.00	0.00	0.00	10.00	14.00	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)	360	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	75	6.67	0.00	0.00	0.00	103.33	1.33	0.00
The Works, VRO, VO - LR100016 (1 serv.)	375	24.29	0.14	0.03	0.00	5.79	5.50	0.92
2026 MS Lunch, November, Week 3, Wednesday - ServingDate: 11/18/2026								
Hatfield Ham Sandwich-Secondary - LR100339 (2 oz.)	25	180.00	2.00	0.00	0.00	960.00	28.00	13.00
Pizza, Big Daddys16" original - LR100244 (1/8 pizza)	400	360.00	16.00	7.00	0.00	490.00	35.00	21.00
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG - SR108822 (1 c.)	300	52.00	0.00	0.00	0.00	44.00	10.00	6.00
Applesauce - LR100181 (4 1/2 oz.)	400	59.80	0.00	0.00	0.00	9.97	12.96	0.00

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2026 MS Lunch, November, Week 3, Wednesday - ServingDate: 11/18/2026								
Fruit Bowl, Peaches, Diced, in 100% Juice, 4 oz. cup, 38900-03073, Dole, F - SR109407 (1 container)	400	60.00	0.00	0.00	0.00	0.00	14.00	0.99
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)	360	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	25	6.67	0.00	0.00	0.00	103.33	1.33	0.00
2026 MS Lunch, November, Week 3, Thursday - ServingDate: 11/19/2026								
Hatfield Ham Sandwich-Secondary - LR100339 (2 oz.)	50	180.00	2.00	0.00	0.00	960.00	28.00	13.00
Turkey, Breast and Thigh Turkey Roast, Fully Cooked, 3.29 oz, Jennie-O, 317004, MMA - SR102610 (3.29 ounces)	450	80.00	4.00	1.00	0.00	479.99	0.00	12.00
Bread, Whole Wheat Cluster Dinner Roll, Morabito, 60 / 116, WGR - SR100358 (1 ea.)	300	70.00	1.00	0.00	0.00	160.00	14.00	3.00
Stuffing, Bread, Seasoned, Bake Crafters, 12062, WGR - SR108135 (1 serv.)	400	70.00	0.00	0.00	0.00	110.00	15.00	2.00
Potatoes, Mashed Potato Pearls, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S - SR109800 (1/2 c.)	300	70.00	1.00	0.00	0.00	310.00	14.00	2.00
Vegetable, Cut Green Beans, Frozen, 3/4 cup, Hanover, 760751, Veg-O - SR111012 (1/2 c.)	275	23.33	0.00	0.00	0.00	0.00	4.00	1.33

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2026 MS Lunch, November, Week 3, Thursday - ServingDate: 11/19/2026								
Applesauce - LR100181 (4 1/2 oz.)	300	59.80	0.00	0.00	0.00	9.97	12.96	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	300	60.00	0.00	0.00	0.00	5.00	16.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	50	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Tru Moo 1% Chocolate Milk - LR100314 (1 Carton)	250	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	75	6.67	0.00	0.00	0.00	103.33	1.33	0.00
Gravy, Turkey Gravy, Mix, Instant, Add Water, Trio, 11250194, Condiment - SR110371 (1/4 Cup (Prepa)	300	212.63	0.00	0.00	0.00	1488.38	42.52	0.00
Chocolate Ice Cream Sundae - SR109345 (1 ea.)	150	80.00	1.00	0.50	0.00	60.00	16.00	2.00
Vanilla Ice Cream Cup - SR109355 (1 ea.)	200	70.00	1.00	0.50	0.00	55.00	14.00	2.00
2026 MS Lunch, November, Week 3, Friday - ServingDate: 11/20/2026								
Hatfield Ham Sandwich-Secondary - LR100339 (2 oz.)	15	180.00	2.00	0.00	0.00	960.00	28.00	13.00
Sweet and Sour Chicken WYASD - LR100120 (5 oz.)	435	343.40	13.00	2.50	0.00	557.35	40.46	14.00
Asian Rice WYASD - LR100106 (1/2 c.)	350	70.13	0.37	0.01	0.00(M)	148.42	13.41	2.54
Broccoli, Fresh, Cooked, Veg-DG - SR101974 (3/4 Cup (8 oz)	350	49.35	0.54	0.17	0.00	47.90	9.64	4.09

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 Lunch, November, Week 3, Friday - ServingDate: 11/20/2026								
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	300	60.00	0.00	0.00	0.00	5.00	16.00	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)	225	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	300	6.67	0.00	0.00	0.00	103.33	1.33	0.00
2026 MS Lunch, November, Week 4, Monday - ServingDate: 11/23/2026								
2 WGR Turkey & Cheese WYASD - LR100152 (1 sandwich)	50	263.33	7.50	3.17	0.00	716.67	27.00	23.33
Beef Taco Meat WYASD - LR100089 (2.44 oz.)	350	167.08	12.23	4.00	0.00	276.86	1.95	12.99
Chips, Baked Tostitos Scoops Tortilla Chips, 4/16 oz., PepsiCo/Frito Lay, 42391, WGR - SR104768 (1 ounces)	345	130.00	3.00	0.00	0.00	105.00	22.00	2.00
Black Beans and Corn Mix - LR100038 (1 c.)	200	240.35	5.98	2.12	0.00(M)	224.93	41.29	9.25
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	275	60.00	0.00	0.00	0.00	10.00	13.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2026

Generated on: 10/30/2026 10:19:08 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 Lunch, November, Week 4, Monday - ServingDate: 11/23/2026								
Fruit, Pears, Diced, 4.5 oz., Zee Zees, National Food Group, 1780, F - SR109056 (1 Container)	275	70.00	0.00	0.00	0.00	5.00	19.00	0.00
Swiss 1% White Milk - LR100274 (8 fl. oz.)	40	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
Salsa, 103 oz. Salsa, Red Gold, REDSC99, Veg-RO - SR107003 (1/8 c.)	175	10.00	0.00	0.00	0.00	70.00	2.00	0.00
Shredded Lettuce and Tomato, Veg-O - SR105405 (1/2 c.)	250	13.04	0.14	0.02	0.00	4.59	2.81	0.67
Sour Cream, Regular, Single Serve Packets, 1 oz., Daisy, IDP100 - SR108475 (1 packet)	150	56.00	4.67	3.27	0.00	14.00	0.93	0.93
2026 MS Lunch, November, Week 4, Tuesday! - ServingDate: 11/24/2026								
2 WGR Turkey & Cheese WYASD - LR100152 (1 sandwich)	25	263.33	7.50	3.17	0.00	716.67	27.00	23.33
Toasted Cheese Sandwich WYASD - LR100051 (1 ea.)	325	317.97	10.09	5.07	0.00	845.49	42.10	17.95
Campbell's Tomato Soup Condensed, 000000016 - SR109412 (1/2 cup conden)	300	90.00	0.00	0.00	0.00	480.00	20.00	2.00
Vegetables, Broccoli, Steamed, Veg - DG - SR104391 (1/2 c.)	300	38.55	0.42	0.13	0.00	37.42	7.53	3.20
Applesauce, Musselman's Unsweetened Applesauce 4.5oz, Knouse Foods, FFASU1150MUS01, F - SR110395 (1 serv.)	300	60.00	0.00	0.00	0.00	10.00	13.00	0.00

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 Lunch, November, Week 4, Tuesday! - ServingDate: 11/24/2026								
Pears, Diced, Extra Light Syrup, Canned, USDA Foods, 100225, F - SR109120 (1/2 c.)	300	60.00	0.00	0.00	0.00	5.00	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)	260	150.00	2.50	1.50	0.00	220.00	24.00	8.00
Condiment Assortment WYASD Choose 2 packets - LR100111 (1 serv.)	20	6.67	0.00	0.00	0.00	103.33	1.33	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

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