

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/06/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/06/2025</b>					
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)

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<b>AHS Breakfast Daily Options - ServingDate: 01/06/2025</b>					
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/06/2025</b>					
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/07/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00

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<b>AHS Breakfast Daily Options - ServingDate: 01/07/2025</b>					
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00

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<b>AHS Breakfast Daily Options - ServingDate: 01/07/2025</b>					
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00

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<b>AHS Breakfast Daily Options - ServingDate: 01/07/2025</b>					
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/08/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00

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<b>AHS Breakfast Daily Options - ServingDate: 01/08/2025</b>					
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00



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<b>AHS Breakfast Daily Options - ServingDate: 01/08/2025</b>					
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)

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<b>AHS Breakfast Daily Options - ServingDate: 01/08/2025</b>					
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/09/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00

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<b>AHS Breakfast Daily Options - ServingDate: 01/09/2025</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00

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<b>AHS Breakfast Daily Options - ServingDate: 01/09/2025</b>					
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/09/2025</b>					
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/10/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/10/2025</b>					
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/10/2025</b>					
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)



# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/10/2025</b>					
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/13/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/13/2025</b>					
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/13/2025</b>					
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/13/2025</b>					
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/14/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/14/2025</b>					
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/14/2025</b>					
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/14/2025</b>					
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/15/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/15/2025</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00



# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/15/2025</b>					
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/15/2025</b>					
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/16/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/16/2025</b>					
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/16/2025</b>					
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/16/2025</b>					
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/17/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/17/2025</b>					
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/17/2025</b>					
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00



# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/17/2025</b>					
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/21/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/21/2025</b>					
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/21/2025</b>					
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/21/2025</b>					
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/22/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/22/2025</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/22/2025</b>					
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/22/2025</b>					
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/23/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00



# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/23/2025</b>					
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/23/2025</b>					
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/23/2025</b>					
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/24/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/24/2025</b>					
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/24/2025</b>					
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/24/2025</b>					
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/28/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/28/2025</b>					
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/28/2025</b>					
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)



# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/28/2025</b>					
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/29/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/29/2025</b>					
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/29/2025</b>					
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/29/2025</b>					
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/30/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/30/2025</b>					
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/30/2025</b>					
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/30/2025</b>					
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00
<b>AHS Breakfast Daily Options - ServingDate: 01/31/2025</b>					
* Breakfast Burrito - LR1180 (2 ea.)	0	311.98	33.94	5.02	1.10
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	259.37	22.89	0.99	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	563.17	52.05	5.76	11.48
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	280.74	31.15	4.02	6.03
* Mini Cinnamon Rolls - LR1148 (1 pkg.)	0	240.00	40.00	3.00	14.00
*Apple Cinnamon Breakfast Bar - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
*Bagel - LR1182 (1 ea.)	0	140.74	29.15	4.02	5.03
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Banana Chocolate Chunk Breakfast Bar - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
*Cinnamon And Brown Sugar Pop-Tart - LR1128 (2 ea.)	0	340.00	72.00	6.00	30.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	210.00	47.00	3.00	15.00
*Honey Nut Cheerios Cereal - LR1147 (1 ea.)	3	210.00	45.00	4.00	19.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	4.00	19.00



# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/31/2025</b>					
*Mini Cinnamon Bagels - LR1215 (1 ea.)	13	230.00	42.00	2.00	13.00
*Mini Strawberry Bagels - LR1233 (4 bagel)	13	230.00	42.00	2.00	13.00
*Oatmeal Chocolate Chip Breakfast Bar - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
*Sliced Pumpkin Bread - LR1241 (1 slice)	7	260.00	44.00	2.00	24.00
*UBR Breakfast Cookie - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
Blueberry Muffin - LR1376 (1 muffin)	6	223.00	38.50	3.30	16.50
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	240.00	45.00	3.00	17.00
Cereal, Trix 60/2oz, General Mills, 19567000 - LR1456 (1 Container)	4	222.75	47.59	3.04	12.15
Cinnamon Roll - LR1328 (1 ea.)	0	240.00	40.00	3.00	16.00
French Toast Sticks, Bake Crafters, 1.48 oz - LR1424 (2 French Toa)	0	240.00	38.00	2.00	12.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Maple Waffle - LR1290 (1 waffle)	0	240.00	33.00	2.00	12.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	198.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	227.00	39.50	3.10	17.50
Pillsbury Apple Frudel - LR1377 (1 pkg.)	7	210.00	36.00	2.00	10.00
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	498.15	107.02	7.68	56.93 (M)
Waffle, Mini Maple, Pillsbury, General Mills - LR1138 (1 Pouch)	0	200.00	37.00	3.00	13.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 01/31/2025</b>					
* Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) - LR1125 (1 medium (3 )	10	94.64	25.13	4.37	18.91
* Juice, Orange, Cartons 100277 - LR1126 (1 Carton)	8	60.00	15.00	0.00	14.00
* Mixed Fruit Cup, W870 - LR1146 (1/2 c.)	10	80.00	19.00	1.00	17.00
Apple - LR1072 (1 ea.)	0	95.00	25.13	4.40	(M)
Applesauce - LR1075 (1/2 c.)	0	53.33	14.63	1.03	11.49
Applesauce, Unsweetened, 72/4.5oz Tree Top 4878 - LR1370 (1 ea.)	10	60.00	15.00	3.00	10.00
Banana - LR1074 (1 ea.)	10	105.02	26.95	3.07	14.43
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299] - LR1426 (1/4 c.)	0	114.00	27.10	1.33	(M)
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple, 100%, 96/4oz, Thirster, 354977 - LR1437 (1 Carton)	20	60.00	15.00	(M)	15.00
Juice, Grape, Thirster - LR1451 (1 container )	7	60.00	15.00	(M)	15.00
Orange - LR1073 (1 ea.)	4	61.57	15.39	3.14	12.25
Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced, Cups, Frozen - LR1185 (1 ea.)	4	80.00	19.00	1.00	16.00

# Menu Calendar Nutrient Analysis Report - January, 2025

Site: Arlington High School  
Date: 01/01/2025 - 01/31/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
AHS Breakfast Daily Options - ServingDate: 01/31/2025					
Pears, Diced, Fruit Bowl, 100% Juice, 4oz Dole - LR1372 (1 container )	8	70.00	18.00	3.00	14.00
Raisins, Unsweetened, Individual Package - LR1118 (1 ea.)	0	112.12	29.77	0.99	21.83
Tropical Fruit, in 100% Juice, Fruit Bowl, Dole - LR1454 (1 container )	4	60.00	15.00	1.00	14.00
Milk - Lactose Free - LR1008 (1 ea.)	2	110.00	13.00	0.00	12.00
Milk - White 1% - LR1006 (1 ea.)	23	108.86	12.52	0.00	(M)
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	24.00	0.00	22.00
Cream Cheese 1oz - LR1341 (1 Container)	5	60.00	2.00	0.00	1.00
Maple Syrup - LR1338 (1 pkg.)	5	120.00	31.00	0.00	17.00

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

**Report Selections**  
Meal Type: Breakfast  
Site Group: High School  
Menu Line: Main  
Serving Group: 9-12  
Nutrients Option: Diabetic Interest