

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/03/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50

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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 - Serving Date: 11/03/2025</b>					
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (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: 11/03/2025</b>					
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00

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<b>AHS Breakfast Daily Options - ServingDate: 11/03/2025</b>					
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/04/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03

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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 - Serving Date: 11/04/2025</b>					
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00

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<b>AHS Breakfast Daily Options - ServingDate: 11/04/2025</b>					
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00

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<b>AHS Breakfast Daily Options - ServingDate: 11/04/2025</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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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)

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<b>AHS Breakfast Daily Options - ServingDate: 11/04/2025</b>					
Peaches, Diced In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/05/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*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: 11/05/2025</b>					
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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

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<b>AHS Breakfast Daily Options - ServingDate: 11/05/2025</b>					
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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

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<b>AHS Breakfast Daily Options - Serving Date: 11/05/2025</b>					
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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00

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<b>AHS Breakfast Daily Options - ServingDate: 11/05/2025</b>					
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/06/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/06/2025</b>					
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/06/2025</b>					
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/06/2025</b>					
Fruit Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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 - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/07/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50



# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/07/2025</b>					
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/07/2025</b>					
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/07/2025</b>					
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/10/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/10/2025</b>					
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/10/2025</b>					
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/10/2025</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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/10/2025</b>					
Peaches, Diced In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/12/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/12/2025</b>					
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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



# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/12/2025</b>					
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/12/2025</b>					
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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/12/2025</b>					
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/13/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/13/2025</b>					
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/13/2025</b>					
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/13/2025</b>					
Fruit Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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 - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/14/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/14/2025</b>					
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)



# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/14/2025</b>					
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/14/2025</b>					
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/17/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/17/2025</b>					
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/17/2025</b>					
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/17/2025</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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/17/2025</b>					
Peaches, Diced In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/18/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/18/2025</b>					
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/18/2025</b>					
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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



# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/18/2025</b>					
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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/18/2025</b>					
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/19/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/19/2025</b>					
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/19/2025</b>					
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/19/2025</b>					
Fruit Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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 - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/20/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/20/2025</b>					
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/20/2025</b>					
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00



# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/20/2025</b>					
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/21/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - Serving Date: 11/21/2025</b>					
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/21/2025</b>					
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/21/2025</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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/21/2025</b>					
Peaches, Diced In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/24/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/24/2025</b>					
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/24/2025</b>					
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/24/2025</b>					
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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00



# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/24/2025</b>					
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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: 11/25/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/25/2025</b>					
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/25/2025</b>					
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/25/2025</b>					
Fruit Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00
Juice, Fruit Punch 100% Aseptic 4.23oz Motts - LR1562 (1 ea.)	7	60.00	15.00	0.00	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 In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
Milk, 1%, White, Low Fat, 8 fl oz, Darigold - LR1106 (1 Carton)	23	110.00	13.00	0.00	12.00
Milk, Lactose Free, Reduced Fat, Darigold - LR1553 (8 Ounce serv)	2	130.00	13.00	0.00	12.00
Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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 - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/26/2025</b>					
*Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich)	5	260.00	25.00	1.00	2.00
AHS PBJ Sandwich - LR1436 (1 sandwich)	0	596.20	52.97	6.14	14.31
Breakfast Bagel Sandwich - LR1416 (1 sandwich)	5	290.79	32.16	4.02	6.03
Breakfast Burrito, Egg, Cheese, Potato and Turkey Sausage, 72/2.5oz, 1m, 1wg, Las Cabos - LR1180 (2 ea.)	0	339.98	36.00	6.00	2.00
*Banana Bread Slice - LR1239 (1 slice)	7	260.00	45.00	2.00	24.00
*Cocoa Puffs Cereal - LR1116 (1 ea.)	3	220.00	47.00	3.00	12.00
*Honey Cheerios Cereal - LR1147 (1 ea.)	3	210.00	44.00	5.00	12.00
*Lucky Charms Cereal - LR1115 (1 ea.)	3	210.00	45.00	5.00	12.00
Bagel, White Whole Grain, IW, 72/57g, 1.75wg, Lender's, 76800-00075 - LR1182 (1 ea.)	0	150.79	30.16	4.02	5.03
BeneFIT Bar, Apple Cinnamon, 48/2.5oz, 2wg, J&J Snack Foods, 40403 - LR1165 (1 Bar)	0	290.00	48.00	3.00	22.00
BeneFIT Bar, Banana Chocolate Chunk, 48/2.5oz, 2wg, J&J Snack Foods, 40402 - LR1166 (1 Bar)	7	280.00	48.00	3.00	23.00
BeneFIT Bar, Oatmeal Chocolate Chip, 48/2.5oz, 2WG, J&J Snack Foods, 40401 - LR1167 (1 Bar)	13	290.00	47.00	3.00	22.00
Blueberry Muffin - LR1376 (1 muffin)	6	226.00	38.50	3.30	16.50

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
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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 - Serving Date: 11/26/2025</b>					
Bread, Pumpkin, Super Slice, IW, 75/3.4oz, Super Bakery 7505 - LR1241 (1 slice)	7	260.00	43.00	2.00	22.00
Cereal, Cinnamon Toast Crunch, 60/2oz - LR1457 (1 Container)	0	210.00	44.00	7.00	11.00
Cereal, Trix 60/2oz, General Mills, 19567000, reduced sugar - 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
Frudel, Apple, IW, 72/2.29oz, 2wg, Pillsbury, 127852000 - LR1377 (1 pkg.)	7	210.00	38.00	3.00	10.00
Granola - LR1260 (1 Bag)	6	220.00	47.00	4.00	16.00
Mini Bagels, Cinnamon Cream Cheese, IW, 72/2.43oz, 2wg, Pillsbury, 138399000 - 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
Mini Cinnis, Cinnamon, IW, 72/2.29oz, 2WG, Pillsbury, 133686000 - LR1148 (1 pkg.)	0	230.00	41.00	3.00	14.00
Mini Cornbread Loaf - LR1123 (1 loaf.)	0	196.00	32.00	2.20	15.00
Chocolate Chip Muffin - LR1368 (1 muffin)	0	229.00	39.00	3.10	17.50
Strawberry and Blueberry Yogurt Parfait - LR1337 (1 container )	5	519.81	106.66	7.68	50.79 (M)

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>AHS Breakfast Daily Options - ServingDate: 11/26/2025</b>					
Ultimate Breakfast Round, Cinnamon, IW, 126/2.2oz, 2wg, Rich's 08733 - LR1121 (1 ea.)	3	271.61	44.26	5.03	18.11
mini waffles - LR1362 (1 ea.)	0	190.00	35.00	5.00	9.00
* 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 Cup, Four Fruit Mized, 72 / 4.5oz, 3/4c Fruit, Zee Zee's, A1760 - LR1563 (1 ea.)	4	80.00	19.00	1.00	16.00
Fruit with Whipped Topping - LR1345 (1 serving)	10	76.00	14.18	3.00(M)	2.00(M)
Juice, Apple 100% Aseptic Box, Motts, 4.23oz mini box - LR1561 (1 ea.)	20	60.00	15.00	0.00	14.00

# Menu Calendar Nutrient Analysis Report - November, 2025

Site: Arlington High School  
Date: 11/01/2025 - 11/30/2025

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
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Oranges, raw, with peel - LR1131 (1/2 c.)	5	53.55	13.18	3.83	(M)
Peaches, Diced In Juice, Zee Zee's 1740, 72/4.5oz, 1/2c Fruit - LR1564 (1 ea.)	4	127.57	18.00	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
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Milk, Non Fat Chocolate - LR1120 (1 Carton)	75	130.00	23.00	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