

Menu Calendar Nutrient Analysis Report - February, 2025

Generated on: 1/23/2025 11:54:45 AM by Kristen Satra

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|----------------|--------------------|-------------|-----------------------|------------------------|
| AHS Breakfast Daily Options - ServingDate: 02/03/2025 | | | | | |
| * 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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|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/03/2025 | | | | | |
| *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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| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/03/2025 | | | | | |
| 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) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/03/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/04/2025 | | | | | |
| * 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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|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/04/2025 | | | | | |
| *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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|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/04/2025 | | | | | |
| * 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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| AHS Breakfast Daily Options - ServingDate: 02/04/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/05/2025 | | | | | |
| * 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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| *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 |
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| 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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| * 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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| Juice, Grape, Thirster - LR1451 (1 container) | 7 | 60.00 | 15.00 | (M) | 15.00 |
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| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/06/2025 | | | | | |
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| *Breakfast Sandwich With Sausage and Cheese - LR1229 (1 sandwich) | 5 | 259.37 | 22.89 | 0.99 | 2.00 |

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| 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 |
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| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/06/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/06/2025 | | | | | |
| 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 - February, 2025

Generated on: 1/23/2025 11:54:45 AM by Kristen Satra

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/07/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/07/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/07/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/07/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/10/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/10/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/10/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/10/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/11/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/11/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/11/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/11/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/12/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/12/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|----------------|--------------------|-------------|-----------------------|------------------------|
| AHS Breakfast Daily Options - ServingDate: 02/12/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/12/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/13/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/13/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/13/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/13/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/14/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/14/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/14/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/14/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/18/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/18/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/18/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/18/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/19/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/19/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|----------------|--------------------|-------------|-----------------------|------------------------|
| AHS Breakfast Daily Options - ServingDate: 02/19/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/19/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/20/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/20/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/20/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/20/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/21/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/21/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/21/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/21/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/24/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/24/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/24/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/24/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/25/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/25/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/25/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/25/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/26/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/26/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/26/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/26/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/27/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/27/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/27/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/27/2025 | | | | | |
| 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 |
| AHS Breakfast Daily Options - ServingDate: 02/28/2025 | | | | | |
| * 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/28/2025 | | | | | |
| *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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/28/2025 | | | | | |
| 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 - February, 2025

Site: Arlington High School
Date: 02/01/2025 - 02/28/2025

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|-------------|--------------------|-------------|--------------------|---------------------|
| AHS Breakfast Daily Options - ServingDate: 02/28/2025 | | | | | |
| 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 |

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