

Breakfast Allergen & Nutrition Report

October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Breakfast										
Apple Jacks Cereal w/ Honey Grahams										
CerealAppleJacks 1oz	WHEAT	100	24	1	0	160	0	8	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Bagel w/ Cream Cheese										
	DAIRY, WHEAT	180	31	5	2	250	10	4	4	6
Banana Bread										
	DAIRY, EGG, WHEAT	273	47	7	3	255	57	18	2	6
Blueberry Muffin										
	DAIRY, EGG, SOY, WHEAT	240	33	10	2	70	35	9	2	5
Cheerios Cereal w/ Honey Grahams										
CerealCheerios-1ozCup		100	20	2	1	140	0	1	3	3
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Chocolate Chip Muffin Top										
	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	2	4
Cinnamon Chex Cereal w/ Honey Grahams										
CerealChexCinnamon-1ozCup		120	23	3	0	170	0	6	1	1
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Cinnamon Crumble										
	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	2	5
Cinnamon Roll										
	DAIRY, EGG, SOY, WHEAT	210	33	8	1	220	20	13	2	4
Conchita w/ String Cheese										
StringCheese 1oz	DAIRY	80	0	6	4	200	15	0	0	7
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	143	18	7	4	76	24	5	1	3
Double Chocolate Chip Muffin										
	DAIRY, EGG, SOY, WHEAT	350	59	11	3	390	35	31	4	6
Froot Loops Cereal w/ Honey Grahams										
CerealFrootLoops 1oz	WHEAT	100	24	1	0	170	0	8	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Frosted Flakes Cereal w/ Honey Grahams										
CerealFrostedFlakes-1ozCup	SOY	100	24	0	0	160	0	7	3	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Halloween Concha (Orange-Colored)										
	DAIRY, EGG, SOY, WHEAT	321	40	16	9	172	55	10	3	6
Mantecada Muffin										
	DAIRY, EGG, WHEAT	347	40	20	2	172	42	21	2	5
Strawberry Yogurt Parfait w/ Cinnamon Granola										
	DAIRY	275	52	4	0	56	3	28	5	9
Sweet Potato Sunrise Muffin										
	DAIRY, EGG, WHEAT	260	45	8	1	220	20	20	3	5
Vanilla Concha										
	EGG, WHEAT	321	40	16	9	172	55	10	3	6
Yogurt w/ Honey Grahams										



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Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Yogurt	DAIRY	70	14	0	0	60	5	10	0	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Hot Breakfast Entrée										
Breakfast Burrito	DAIRY, EGG, WHEAT	210	20	9	5	410	80	0	3	11
Cheese Tamale	DAIRY, SOY	221	19	14	6	317	15	1	2	5
Egg & Cheese Empanada	DAIRY, EGG, WHEAT	180	29	5	2	350	80	3	2	8
Egg & Cheese English Muffin Sandwich	WHEAT, DAIRY, EGG, SOY	253	26	12	5	607	129	1	3	13
Egg Scramble w/ Roasted Potatoes & Dinner Roll										
BRKFST Scramble-PotatoesRoasted	DAIRY, EGG, SOY	213	25	9	3	508	77	2	2	10
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
French Toast Sticks w/ Syrup										
FrenchToastSticks-2pc 0723	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	2	6
Syrup 1oz		80	21	0	0	15	0	21	0	0
Maple Beef Sausage & Pancake Sandwich	DAIRY, EGG, SOY, WHEAT	145	16	5	2	328	18	4	2	9
Pancakes w/ Syrup										
Syrup 1oz		80	21	0	0	15	0	21	0	0
Pancakes-2pc 0723	DAIRY, EGG, WHEAT	160	30	2	0	200	0	6	2	4
Waffle w/ Syrup										
Waffle 0723	DAIRY, EGG, SOY, WHEAT	310	35	17	5	250	20	12	2	5
Syrup 1oz		80	21	0	0	15	0	21	0	0
Fruit										
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Apple Slices (1/2 C)		30	8	0	0	1	0	6	2	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	1	0
Banana (1/2 C)		89	23	0	0	1	0	12	3	1
Dried Cranberries (1/2 C)		110	28	0	0	0	0	24	3	0
Orange (1/2 C)		63	16	0	0	0	0	12	3	1
Pear (1/2 C)		63	17	0	0	1	0	11	3	0
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	8
Fat Free White Milk	DAIRY	83	12	0	0	102	5	12	0	8

Our facility handles ingredients that contain eggs, fish, milk, sesame, soy, and wheat. This is a resource, subject to change without notice. For those with severe allergies to the top 9 allergens, order Allergy-Friendly Meals.

Lunch K-8 Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Lunch										
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	7	25
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	4	20
Chicken Salad Sandwich	EGG, SESAME, SOY, WHEAT	308	25	13	2	405	68	4	2	24
Egg Salad Sandwich	SOY, WHEAT, EGG	303	32	13	3	371	203	3	3	12
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	360	48	11	1	554	155	6	8	17
Italian Turkey Trio on Cheesy Focaccia	DAIRY, SOY, WHEAT	281	29	10	3	920	64	2	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	9	16
Turkey & Cheese Cracker Kit w/ Baby Carrots	WHEAT, DAIRY	318	22	17	8	665	63	5	3	21
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	WHEAT, DAIRY	483	38	24	9	990	63	3	10	31
Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT	306	28	15	7	1010	50	3	3	18
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	316	34	13	6	639	50	4	3	19
Turkey & Cheese Torta Sandwich	SOY, WHEAT, DAIRY	336	33	16	7	1010	50	4	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
Entrée Salads										
Chicken Caesar Salad with Dinner Roll & Croutons										
SaladChickenCaesar (K-12) 0924	DAIRY	153	4	5	2	139	80	1	2	25
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Caesar 1.5oz (K-12) 0924	DAIRY, EGG	162	3	16	3	448	15	2	0	2
CroutonsGarlicCheese IW 0.5oz (K-12) 0924	DAIRY, WHEAT	60	9	2	0	150	0	1	1	2
Mexican Chicken Salad w/ Romaine Lettuce & Poptillas										
ChipsPoptillaOriginal 1oz (K-12)		190	30	6	0	170	0	0	2	3
SaladChickenMexican (K-12;6-18) 0624	EGG, DAIRY	235	8	14	3	167	75	2	2	20
Southwest Chicken Salad w/ WG Dinner Roll										
SaladChickenSouthwest (K-8) 0924		267	37	3	0	292	57	3	9	28
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch										
SaladChefVeg-Garbanzo (K-12) 0924	DAIRY, EGG	225	22	9	3	283	165	6	6	15
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Field Trip Lunch										

Lunch K-8 Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Field Trip- Seedbutter & StringCheese w/ Fruit & Veg	DAIRY, WHEAT	553	55	31	5	565	15	31	10	14
Field Trip- Turkey & Cheese Torta Sandwich w/ Fruit & Veg	SOY, WHEAT, DAIRY	462	64	16	7	1077	50	27	8	19
Wowbutter & Jelly Sandwich w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT	635	76	29	6	456	0	36	11	19
Hot Lunch										
BBQ Chicken w/ Baked Beans & Dinner Roll										
ENTREE ChickenBBQ-BeansBaked (K-8) 0924		380	60	3	0	542	56	19	13	30
SIDE BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	6	14
Bean & Cheese Pupusa w/ Curtido Salad										
VEG UV SaladCurtido .5c 0924 (K-12)		16	4	0	0	109	0	2	1	1
ENTREE PupusaBeanCheese 5.5oz (K-12;6-18) 0723	DAIRY	290	35	11	3	480	15	1	4	13
Bean Burrito Bowl w/ Rice & Corn		288	80	2	0	391	0	10	22	13
Beef & Cheese Taco Stick	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	4	20
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes										
ENTREE BreakfastForLunch-Scramble-PotatoesRoasted (K-8) 0924	DAIRY, EGG, WHEAT, SOY	430	57	15	5	846	115	8	4	18
SIDE Syrup 1oz (K-12)		80	21	0	0	15	0	21	0	0
Cheese Lasagna w/ Marinara	DAIRY, WHEAT	364	42	16	4	603	19	13	5	6
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	3	23
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	5	20
Chicken Patty Burger w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	4	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	9	26
Chicken Tikka Masala w/ Rice & Peas										
ChickenTikkaMasala-Peas	DAIRY	308	35	9	2	283	73	6	5	26
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	468	92	6	1	691	0	40	8	15
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	3	18
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	21	6	740	35	4	4	13
Mac & Cheese w/ Peas	DAIRY, WHEAT	576	68	20	10	561	52	8	6	28

Lunch K-8 Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Marinara Pasta w/ PlantBorn Crumble & Broccoli	WHEAT	282	46	3	1	269	0	9	4	17
Orange Chicken & Not So Fried Rice w/ Diced Carrots										
ENTREE ChickenOrange-Rice-Carrots (K-8) 0924	SOY, WHEAT, EGG	307	51	5	1	432	47	16	4	16
SIDE CrackerGrahamsGiantGoldfish .90oz (K-12)	WHEAT	120	19	4	1	140	0	7	1	1
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	452	49	19	6	663	43	11	5	23
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	471	71	11	5	722	78	5	13	31
Sesame Beef Bowl w/ Broccoli	SESAME, SOY, WHEAT	351	48	11	3	587	36	4	3	18
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	390	51	11	1	840	0	6	7	24
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		338	61	3	0	390	0	4	5	18
Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots	WHEAT, SOY	257	29	7	1	433	76	10	4	20
Turkey Nachos w/ Refried Beans & Poptillas										
ENTREE NachosTurkey-BeansRefried (K-8) 0224	DAIRY	349	21	20	7	725	53	2	5	20
SIDE ChipsPoptillaOriginal 1oz (K-12)		190	30	6	0	170	0	0	2	3
Vegetables										
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	2	0
Baby Carrots (1/4 C)		12	3	0	0	28	0	0	1	0
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	2	2
Cucumber Slices (1/2 C)		11	3	0	0	1	0	1	0	0
Cucumber Slices (1/4 C)		5	1	0	0	1	0	1	0	0
Peas (1/2 C)		72	13	0	0	100	0	5	4	5
Roasted Chickpeas		100	12	3	0	75	0	1	4	5
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	1	1
Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)										
SIDE DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
VEG UV Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	2	1
Fruit										
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Banana (1/2 C)		89	23	0	0	1	0	12	3	1
Cantaloupe (1/2 C)		154	37	1	0	73	0	36	4	4
Grapes (1/2 C)		52	13	0	0	2	0	13	1	0
Plum (1/2 C)		46	11	0	0	0	0	10	1	1

Lunch K-8 Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Watermelon (1/2 C)		27	7	0	0	1	0	6	0	1
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	150	5	19	0	9
Fat Free White Milk	DAIRY	83	12	0	0	102	5	12	0	8

Lunch 9-12 Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Lunch										
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	566	58	23	7	1120	43	4	8	28
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	5	23
Chicken Salad Sandwich	EGG, SESAME, SOY, WHEAT	308	25	13	2	405	68	4	2	24
Egg Salad Sandwich	SOY, WHEAT, EGG	303	32	13	3	371	203	3	3	12
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	360	48	11	1	554	155	6	8	17
Italian Turkey Trio on Cheesy Focaccia	DAIRY, SOY, WHEAT	281	29	10	3	920	64	2	2	18
'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	9	16
Turkey & Cheese Cracker Kit w/ Baby Carrots	WHEAT, DAIRY	408	37	20	8	790	63	7	4	23
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	WHEAT, DAIRY	573	53	27	9	1115	63	5	11	33
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	316	34	13	6	639	50	4	3	19
Turkey & Cheese Torta Sandwich	SOY, WHEAT, DAIRY	336	33	16	7	1010	50	4	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
Entrée Salads										
Chicken Caesar Salad with Dinner Roll & Croutons										
SaladChickenCaesar (K-12) 0924	DAIRY	153	4	5	2	139	80	1	2	25
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
CroutonsGarlicCheese IW 0.5oz (K-12) 0924	DAIRY, WHEAT	60	9	2	0	150	0	1	1	2
DRESSING Caesar 1.5oz (K-12) 0924	DAIRY, EGG	162	3	16	3	448	15	2	0	2
Mexican Chicken Salad w/ Romaine Lettuce & Poptillas										
ChipsPoptillaOriginal 1oz (K-12)		190	30	6	0	170	0	0	2	3
SaladChickenMexican (K-12;6-18) 0624	EGG, DAIRY	235	8	14	3	167	75	2	2	20
Southwest Chicken Salad w/ WG Dinner Roll										
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
SaladChickenSouthwest (9-12) 0924		287	37	3	0	304	71	3	9	32
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch										
SaladChefVeg-Garbanzo (K-12) 0924	DAIRY, EGG	225	22	9	3	283	165	6	6	15
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Field Trip Lunch										
Field Trip- Seedbutter & StringCheese w/ Fruit & Veg	DAIRY, WHEAT	763	102	34	5	690	15	57	13	17

Lunch 9-12 Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Field Trip- Turkey & Cheese Torta Sandwich w/ Fruit & Veg	SOY, WHEAT, DAIRY	582	96	16	7	1077	50	51	10	20
Wowbutter & Jelly Sandwich w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT	785	116	29	6	457	NA	66	15	20
Hot Lunch										
BBQ Chicken w/ Baked Beans & Dinner Roll										
ChickenBBQ-BeansBaked (9-12;6-18) 0924		426	65	4	0	618	75	23	13	36
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	6	14
Bean & Cheese Pupusa w/ Curtido Salad										
VEG UV SaladCurtido .5c 0924 (K-12)		16	4	0	0	109	0	2	1	1
PupusaBeanCheese 5.5oz (K-12;6-18) 0723	DAIRY	290	35	11	3	480	15	1	4	13
Bean Burrito Bowl w/ Rice & Corn		373	99	3	0	391	NA	10	22	14
Beef & Cheese Taco Stick	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	4	20
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes										
BreakfastForLunch-Scramble PotatoesRoasted (9-12) 0924	DAIRY, EGG, WHEAT, SOY	473	59	17	6	951	143	8	4	21
Syrup 1oz (K-12)		80	21	0	0	15	0	21	0	0
Cheese Lasagna w/ Marinara & Wheat Crackers										
PastaLasagna (9-12) 0723	DAIRY, WHEAT	364	42	16	4	603	19	13	5	6
CrackerWheatWholeGrain (K-12)	WHEAT	90	15	3	0	125	0	2	1	2
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	3	23
Chicken Bites w/ Mashed Potatoes & Pretzel Crackers										
CrackerGoldfishPretzel .75oz (K-12)	DAIRY, WHEAT	90	17	1	0	300	0	1	0	2
ChickenBites-PotatoesMashed (K-12;6-18) 0424	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	5	20
Chicken Patty Burger w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	4	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	9	26
Chicken Tikka Masala w/ Rice & Peas										
ChickenTikkaMasala-Peas	DAIRY	308	35	9	2	283	73	6	5	26
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	471	93	6	1	691	0	40	8	15
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19

Lunch 9-12 Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	3	18
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	21	6	740	35	4	4	13
Mac & Cheese w/ Peas & Dinner Roll										
PastaMacCheese-Peas (9-12) 0924	DAIRY, WHEAT	576	68	20	10	561	52	8	6	28
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Marinara Pasta w/ PlantBorn Crumble & Broccoli	WHEAT	457	80	4	1	320	0	11	6	25
Orange Chicken & Not So Fried Rice w/ Diced Carrots										
ENTREE ChickenOrange-Rice-Carrots (K-8) 0924	SOY, WHEAT, EGG	307	51	5	1	432	47	16	4	16
SIDE CrackerGrahamsGiantGoldfish .90oz (K-12)	WHEAT	120	19	4	1	140	0	7	1	1
Penne & Meat Sauce w/ Diced Carrots & Dinner Roll										
PastaPenneMeatSauce (K-12;6-18) 0924	DAIRY, EGG, WHEAT, SOY	452	49	19	6	663	43	11	5	23
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	471	71	11	5	722	78	5	13	31
Sesame Beef Bowl w/ Broccoli	SESAME, SOY, WHEAT	391	49	13	3	730	46	5	4	21
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	390	51	11	1	840	0	6	7	24
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		338	61	3	0	390	0	4	5	18
Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels										
PastaChickenTeriyaki-CarrotDiced (9-12) 0924	WHEAT, SOY	257	29	7	1	433	76	10	4	20
CrackerGoldfishPretzel .75oz (K-12)	DAIRY, WHEAT	90	17	1	0	300	0	1	0	2
Turkey Nachos w/ Refried Beans & Poptillas										
NachosTurkey-BeansRefried (9-12;6-18) 0224	DAIRY	392	21	23	8	801	62	3	5	23
ChipsPoptillaOriginal 1oz (K-12)		190	30	6	0	170	0	0	2	3
Vegetables										
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	2	0
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	2	2
Cucumber Slices (1/2 C)		11	3	0	0	1	0	1	0	0
Roasted Fava Beans		190	22	7	1	380	0	1	9	10
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	1	1
Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)										
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0

Lunch 9-12 Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	2	1
Fruit										
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Banana (1/2 C)		89	23	0	0	1	0	12	3	1
Cantaloupe (1/2 C)		154	37	1	0	73	0	36	4	4
Grapes (1/2 C)		52	13	0	0	2	0	13	1	0
Orange (1/2 C)		63	16	0	0	0	0	12	3	1
Pear (1/2 C)		63	17	0	0	1	0	11	3	0
Plum (1/2 C)		46	11	0	0	0	0	10	1	1
Watermelon (1/2 C)		27	7	0	0	1	0	6	0	1
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	150	5	19	0	9
Fat Free White Milk	DAIRY	83	12	0	0	102	5	12	0	8

Snack Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Apple Cinnamon Multi-Grain Bar	DAIRY, SOY, WHEAT	150	30	3	1	135	0	14	3	2
BBQ Poptillas		120	20	4	0	200	0	2	1	2
Cheese Stick	DAIRY	100	1	8	6	360	25	0	0	6
Chili Lime Rings		120	21	4	0	200	0	1	2	2
Cinnamon Granola		120	21	3	0	0	0	6	2	3
Educational Snacks	DAIRY, EGG, SOY, WHEAT	130	22	4	1	115	0	8	1	2
Fruity Crisps		130	20	5	0	190	0	3	2	2
Giant Cinnamon Grahams	WHEAT	120	19	4	1	140	0	7	1	1
Goldfish Cheddar	DAIRY, WHEAT	100	14	4	1	170	4	0	1	2
Goldfish Pretzels	DAIRY, WHEAT	90	17	1	0	300	0	1	0	2
Hummus w/ Wheat Crackers										
CrackerWheatWholeGrain (K-12)	WHEAT	90	15	3	0	125	0	2	1	2
SpreadHummusTacoCup 3oz (K-12)		120	18	3	0	180	0	3	5	6
Pizza Crackers	WHEAT	80	15	2	0	190	0	2	2	2
Ranch Crackers	SOY, WHEAT	90	15	4	0	200	0	2	1	1
Roasted Ranch Chickpeas		100	12	3	0	75	0	1	4	5
Strawberry Multi-Grain Bar	DAIRY, SOY, WHEAT	150	30	3	1	150	0	14	3	2
Sunflower Seeds		190	7	16	2	130	0	1	3	7
Wheat Crackers & Seed Butter Pouch										
SpreadRoastedSeed 1.5oz (K-12)		258	9	22	1	174	0	5	4	4
CrackerWheatWholeGrain (K-12)	WHEAT	90	15	3	0	125	0	2	1	2
FRUIT										
Apple (3/4 Cup)		71	19	0	0	1	0	14	3	0
Pear (3/4 Cup)		57	15	0	0	1	0	10	3	0
100% Fruit Juice 6 oz		100	24	0	0	20	0	22	0	0

SUPPER Allergen & Nutrition Report

October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Supper										
Bean & Cheese Pizza Kit w/ Refried Beans	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	7	25
Cheese Pizza Kit w/ Marinara Sauce	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	4	20
Chicken Caesar Salad with Dinner Roll, Croutons & Apple	DAIRY, SOY, WHEAT, EGG	570	59	28	5	972	81	17	9	29
Chicken Salad Sandwich w/ Baby Carrots & Orange	EGG, SESAME, SOY, WHEAT	396	47	13	2	460	68	20	7	25
Chicken Teriyaki Pasta Salad w/ Cabbage & Carrot and Apple	SOY, EGG, WHEAT	384	65	3	1	445	71	33	6	26
Egg Salad Sandwich w/ Baby Carrots & Orange	SOY, WHEAT, EGG	390	54	14	3	426	203	19	8	13
Flatbread, Hummus Kit w/ Egg & Baby Carrots & 100% Fruit Juice	DAIRY, SESAME, SOY, WHEAT, EGG	280	35	9	1	404	155	5	7	14
Italian Turkey Trio on Cheesy Focaccia w/ Baby Carrots	DAIRY, SOY, WHEAT	366	51	10	3	977	64	18	7	19
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, WHEAT	522	60	26	5	487	62	34	4	16
Mexican Chicken Salad w/ Romaine Lettuce & Poptillas										
ChipsPoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
SaladChickenMexican	EGG, DAIRY	235	8	14	3	167	75	2	2	20
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & C	DAIRY, SOY, WHEAT	610	69	29	5	669	15	31	12	18
Southwest Chicken Salad w/ Dinner Roll & Apple	DAIRY, EGG, SOY, WHEAT	447	64	11	1	502	76	18	11	31
Strawberry Yogurt Parfait w/ Cinnamon Granola										
CerealGranola-Cinnamon		120	21	3	0	0	0	6	2	3
YogurtParfait-Strawberries	DAIRY	227	43	1	1	110	7	37	3	11
Sunflower Seeds w/ String Cheese, Baby Carrots	DAIRY, WHEAT, SOY	475	47	26	6	775	15	10	7	17
Turkey & Cheese Cracker Kit w/ Baby Carrots	WHEAT, DAIRY	318	22	17	8	665	63	5	3	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots	SOY, WHEAT, DAIRY	404	57	14	7	695	50	18	8	19
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	DAIRY, EGG, SOY, WHEAT	395	56	15	3	469	165	19	9	14
Wowbutter & Jelly Sandwich w/ Paradise Punch	DAIRY, SESAME, SOY, WHEAT	643	78	29	6	400	0	39	11	19
Hot Supper										
BBQ Chicken w/ Baked Beans & Dinner Roll										
ChickenBBQ-BeansBaked		426	65	4	0	618	75	23	13	36
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	6	14
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	3	23
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	5	20
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	9	26
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	21	6	740	35	4	4	13

SUPPER Allergen & Nutrition Report October 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	452	49	19	6	663	43	11	5	23
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Sandwich Grilled Cheese	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19
Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots	WHEAT, SOY	257	29	7	1	433	76	10	4	20
Vegetables										
Baby Carrots (1/2 c)		25	6	0	0	55	0	3	2	0
Fruit										
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Apple Slices (1/2 C)		30	8	0	0	1	0	6	2	0
Orange (1/2 C)		63	16	0	0	0	0	12	3	1
Pear (1/2 C)		63	17	0	0	1	0	11	3	0
Plum (1/2 C)		46	11	0	0	0	0	10	1	1
100% Fruit Juice 4oz		60	15	0	0	5	0	14	0	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	150	5	19	0	9
Fat Free White Milk	DAIRY	83	12	0	0	102	5	12	0	8