



Breakfast Allergen & Nutrition Report December 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
Chocolate Chip Muffin Top										
	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	2	4
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
Fruit & Yogurt Smoothie w/ Granola										
CerealGranola-Cinnamon 0424		120	21	3	0	0	0	6	2	3
SmoothieYogurtMangoPineapple 0924	DAIRY	130	36	0	0	65	0	20	1	5
Sweet Potato Sunrise Muffin										
	DAIRY, EGG, SOY, WHEAT	260	45	8	1	220	20	20	3	5
Banana Bread										
	DAIRY, EGG, WHEAT	273	47	7	3	255	57	18	2	6
Blueberry Muffin										
	DAIRY, EGG, WHEAT	230	39	7	1	240	25	17	2	4
Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal										
	DAIRY	311	61	4	0	55	3	38	6	9
Cheerios Cereal w/ Honey Grahams										
CerealCheerios-1ozCup		100	21	2	1	140	0	1	3	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Cinnamon Chex Cereal w/ Honey Grahams										
CerealChexCinnamon-1ozCup		120	22	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 Swirl										
	DAIRY, EGG, SOY, WHEAT	260	37	11	3	135	20	16	2	4
Conchita w/ String Cheese										
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	143	18	7	4	76	24	5	1	3
StringCheese 1oz	DAIRY	80	0	6	4	200	15	0	0	7
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



Breakfast Allergen & Nutrition Report December 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)
Mantecada Muffin	DAIRY, EGG, WHEAT	347	40	20	2	172	42	21	2	5
Vanilla Concha	EGG, WHEAT	321	40	16	9	172	55	10	3	6
Yogurt w/ Honey Grahams										
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										
Egg Scramble w/ Roasted Potatoes & Dinner Roll										
BRKFST Scramble-PotatoesRoasted	DAIRY, EGG, SOY, WHEAT	289	24	17	5	681	77	2	1	9
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Maple Beef Sausage & Pancake Sandwich	DAIRY, EGG, SOY, WHEAT	145	16	5	2	328	18	4	2	9
Sausage & Cheese Stuffed Waffle	DAIRY, EGG, WHEAT	190	23	8	4	330	55	8	1	9
Breakfast Burrito	DAIRY, EGG, WHEAT	210	20	9	5	410	80	0	3	11
Egg & Cheese English Muffin Sandwich	SOY, WHEAT, DAIRY, EGG	253	26	12	5	607	129	1	3	13
French Toast Sticks w/ Syrup										
FrenchToastSticks-2pc	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	2	6
Syrup 1oz		80	21	0	0	15	0	21	0	0
Pancakes w/ Syrup										
Pancakes-2pc	DAIRY, EGG, WHEAT	160	30	2	0	200	0	6	2	4
Syrup 1oz		80	21	0	0	15	0	21	0	0
Waffle w/ Syrup										
Waffle	DAIRY, EGG, SOY, WHEAT	310	36	17	5	260	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	0	0	6	2	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	3	1
Dried Cranberries (1/2 C)		110	28	0	0	0	0	24	3	0
Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Pear (1/2 C)		57	15	0	0	1	0	10	3	0
Tangerine (1/2 C)		51	13	0	0	0	0	10	3	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0

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.

Breakfast Allergen & Nutrition Report December 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protei n (g)
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	8

Lunch K-8 Allergen & Nutrition December Report 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat 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 w/ Baby Carrots	EGG, SESAME, SOY, WHEAT	381	26	20	3	778	66	5	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	8	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	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	3	21
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	SOY, WHEAT, DAIRY	483	38	24	9	990	63	3	10	31
Turkey & Cheese Knot Sandwich	DAIRY, SOY, WHEAT	315	28	16	7	934	53	3	3	18
Turkey & Cheese Sub Sandwich w/ Baby Carrots	SOY, WHEAT, DAIRY	325	34	14	7	563	53	3	3	19
Turkey & Cheese Torta Sandwich	SOY, WHEAT, DAIRY	345	34	16	7	844	53	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	DAIRY	158	4	6	3	433	63	2	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
CroutonsGarlicCheese IW 0.5oz	DAIRY, WHEAT	60	9	2	0	150	0	1	1	2
DRESSING Caesar 1.5oz	DAIRY, EGG	162	3	16	3	448	15	2	0	2
Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips										
SaladChickenMexican	EGG, DAIRY	310	11	22	5	504	69	4	3	19
ChipsTostitos		190	30	7	1	150	0	0	3	3
Southwest Chicken Salad w/ WG Dinner Roll										
SaladChickenSouthwest		266	36	4	1	527	43	3	9	26
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch	DAIRY, EGG	45	0	5	1	120	5	0	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch										
SaladChefVeg-Garbanzo	DAIRY, EGG	225	22	9	3	283	165	6	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch	DAIRY, EGG	45	0	5	1	120	5	0	0	0
Hot Lunch										

Lunch K-8 Allergen & Nutrition December Report 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)
BBQ Chicken w/ Baked Beans & Dinner Roll										
ChickenBBQ-BeansBaked		471	74	3	1	542	50	33	13	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Bean & Cheese Pupusa w/ Curtido Salad										
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	4	13
SaladCurtido .5c		16	4	0	0	109	0	2	1	1
Bean Burrito Bowl w/ Rice & Corn		287	79	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										
BreakfastForLunch-Scramble-PotatoesRoasted	DAIRY, EGG, WHEAT, SOY	506	57	22	6	617	115	8	3	17
Syrup 1oz		80	21	0	0	15	0	21	0	0
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	6	14
Cheese Lasagna w/ Marinara	DAIRY, WHEAT	392	49	15	4	603	19	14	7	4
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16
Cheese Tamale w/ Black Beans	DAIRY	544	62	20	8	719	66	1	9	10
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
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	482	93	6	1	691	0	40	8	16
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
Holiday Meal- Turkey & Gravy w/ Mashed Potatoes & Dinner Roll										
HolidayTurkey-PotatoesMashed-Gravy	DAIRY	325	28	16	3	977	40	3	2	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	4	13
Mac & Cheese w/ Peas	DAIRY, EGG, WHEAT	452	68	22	10	569	52	8	8	28
Marinara Pasta w/ PlantBorn Crumble & Broccoli	DAIRY, EGG, WHEAT	204	46	5	1	274	0	9	5	17
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams										
ChickenOrange-Rice-Carrots	SOY, WHEAT, EGG	314	51	5	1	432	47	16	4	16
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	1	1

Lunch K-8 Allergen & Nutrition December Report 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	474	55	18	6	663	43	12	7	21
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	484	74	13	6	932	58	6	14	27
Sesame Beef Bowl w/ Broccoli	SESAME, SOY, WHEAT	365	49	11	3	587	36	4	4	19
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	610	0	6	6	23
Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Broccoli	SOY, WHEAT, DAIRY	327	52	6	2	866	56	23	4	17
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		336	59	3	0	389	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 & Tostitos Chips										
Nachos										
Turkey-Beans										
Refried	DAIRY	349	21	20	7	725	53	2	5	20
Chips										
Tostitos		190	30	7	1	150	0	0	3	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	2	1	0
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	2	2
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	1	0
Cucumber Slices (1/4 C) w/ Tajin										
Spice										
Tajin 1g		0	0	0	0	120	0	0	0	0
Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0
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)										
DRESSING Ranch	DAIRY, EGG	0	0	5	1	120	5	0	0	0
Salad-Lettuce										
Tomato										
Carrot (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)		105	27	0	0	1	0	14	3	1
Mandarin Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Persimmon (1/2 C)		70	19	0	0	1	0	13	4	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0

Lunch K-8 Allergen & Nutrition December Report 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)
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	8

Lunch 9-12 Allergen & Nutrition Report December 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	381	26	20	3	778	66	5	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	8	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	SOY, WHEAT, DAIRY	408	37	20	8	790	63	7	4	23
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	SOY, WHEAT, DAIRY	573	53	27	9	1115	63	5	11	33
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	325	34	14	7	563	53	3	3	19
Turkey & Cheese Torta Sandwich	SOY, WHEAT, DAIRY	345	34	16	7	844	53	4	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
Yogurt w/ String Cheese, Granola & Baby Carrots	DAIRY, SOY, WHEAT	385	56	12	4	440	20	21	5	16
Entrée Salads										
Chicken Caesar Salad with Dinner Roll & Croutons										
SaladChickenCaesar	DAIRY	158	4	6	3	433	63	2	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
CroutonsGarlicCheese IW 0.5oz	DAIRY, WHEAT	60	9	2	0	150	0	1	1	2
Mexican Chicken Salad w/ Romaine Lettuce & Tostitos										
SaladChickenMexican	EGG, DAIRY	310	11	22	5	504	69	4	3	19
ChipsTostitos 1124		190	30	7	1	150	0	0	3	3
Southwest Chicken Salad w/ WG Dinner Roll										
SaladChickenSouthwest		287	36	4	1	598	54	3	9	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch	DAIRY, EGG	45	0	5	1	120	5	0	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch										
SaladChefVeg-Garbanzo	DAIRY, EGG	225	22	9	3	283	165	6	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch	DAIRY, EGG	45	0	5	1	120	5	0	0	0
Hot Lunch										
BBQ Chicken w/ Baked Beans & Dinner Roll										

Lunch 9-12 Allergen & Nutrition Report December 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)
ChickenBBQ-BeansBaked		471	74	3	1	524	50	33	13	29
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
Bean & Cheese Pupusa w/ Curtido Salad										
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	4	13
SaladCurtido .5c		16	4	0	0	109	0	2	1	1
Bean Burrito Bowl w/ Rice & Corn		379	98	3	0	391	0	10	23	15
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	DAIRY, EGG, WHEAT, SOY	549	58	25	7	617	143	8	3	20
Syrup 1oz		80	21	0	0	15	0	21	0	0
Cheese Lasagna w/ Marinara & Wheat Crackers										
PastaLasagna	DAIRY, WHEAT	392	49	15	4	603	19	14	7	4
CrackerWheatWholeGrain	SOY, 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	544	62	20	8	719	66	1	9	10
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	DAIRY, WHEAT	90	16	1	0	200	0	1	0	2
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
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	486	94	6	1	691	0	40	8	16
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
Holiday Meal- Turkey & Gravy w/ Mashed Potatoes & Dinner Roll										
HolidayTurkey-PotatoesMashed-Gravy	DAIRY	325	28	16	3	977	40	3	2	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	4	13
Mac & Cheese w/ Peas & Dinner Roll										
PastaMacCheese-Peas	DAIRY, EGG, WHEAT	452	68	22	10	569	52	8	8	28
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Marinara Pasta w/ PlantBorn Crumble & Broccoli	DAIRY, EGG, WHEAT	302	80	6	1	331	0	11	8	25

Lunch 9-12 Allergen & Nutrition Report December 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams										
ChickenOrangeRice-Carrots	SOY, WHEAT, EGG	314	51	5	1	432	47	16	4	16
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	1	1
Penne & Meat Sauce w/ Diced Carrots & Dinner Roll										
PastaPenneMeatSauce	DAIRY, EGG, WHEAT, SOY	474	55	18	6	663	43	12	7	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Pepperoni Pizza										
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	484	74	13	6	932	58	6	14	27
Sesame Beef Bowl w/ Broccoli	SESAME, SOY, WHEAT	405	50	13	3	730	46	5	4	22
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	610	0	6	6	23
Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Br	SOY, WHEAT, DAIRY	434	74	7	2	919	56	23	5	19
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		336	59	3	0	389	0	4	5	18
Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels										
PastaChickenTeriyaki-CarrotDiced	WHEAT, SOY	257	29	7	1	433	76	10	4	20
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	2
Turkey Nachos w/ Refried Beans & Tostitos Chips										
NachosTurkey-BeansRefried	DAIRY	392	21	23	8	801	62	3	5	23
ChipsTostitos		190	30	7	1	150	0	0	3	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
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	1	0
Cucumber Slices (1/2 C) w/ Tajin		0	0	0	0	120	0	0	0	0
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 & Roll (1 C)										
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch	DAIRY, EGG	45	0	5	1	120	5	0	0	0
Salad-LettuceTomatoCarrot		23	5	0	0	21	0	3	2	1
Fruit										
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	1	0

Lunch 9-12 Allergen & Nutrition Report December 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)
Banana (1/2 C)		105	27	0	0	1	0	14	3	1
Mandarin Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Persimmon (1/2 C)		70	19	0	0	1	0	13	4	1
Plum (1/2 C)		46	11	0	0	0	0	10	1	1
Tangerine (1/2 C)		51	13	0	0	0	0	10	3	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	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	210	5	21	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	8

Supper Allergen & Nutrition Report December 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 Caprese Salad with Dinner Roll & Pear	DAIRY, SOY, WHEAT	360	49	10	3	779	52	15	8	23
Chicken Salad Sandwich w/ Baby Carrots & Orange	EGG, SESAME, SOY, WHEAT	453	44	20	3	833	66	18	7	25
Chicken Teriyaki Pasta Salad w/ Cabbage & Carrot and Apple	SOY, EGG, WHEAT	389	66	4	1	740	54	33	6	23
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, DAIRY, WHEAT	528	64	32	5	814	69	18	7	25
Flatbread, Hummus Kit w/ Egg & Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	280	35	9	1	404	155	7	7	14
Italian Turkey Trio on Cheesy Focaccia w/ Baby Carrots & Apple	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, Tostitos Chips										
SaladChickenMexican	EGG, DAIRY	310	11	22	5	504	69	4	3	19
ChipsTostitos		190	30	7	1	150	0	0	3	3
Protein Pack: Yogurt, String Cheese, Granola, Baby Carrots & Pear	DAIRY	352	56	9	4	316	20	29	7	15
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange	DAIRY, SOY, WHEAT	594	66	29	5	669	15	28	11	17
Southwest Chicken Salad w/ Dinner Roll	DAIRY, EGG, SOY, WHEAT	400	61	13	2	826	59	16	11	27
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	395	30	25	6	585	15	5	7	16
Sweet & Sour Chicken Wrap w/ Baby Carrots & Apple	EGG, WHEAT	161	21	3	1	323	43	15	4	15
Turkey & Cheese Cracker Kit w/ Baby Carrots	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	3	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear	SOY, WHEAT, DAIRY	407	55	14	7	619	53	16	8	20
Turkey & Cheese Torta Sandwich w/ Baby Carrots & Orange	SOY, WHEAT, DAIRY	417	51	17	7	900	53	16	7	21
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	DAIRY, EGG, SOY, WHEAT	345	53	15	3	499	165	17	9	14
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	DAIRY, SESAME, SOY, WHEAT	647	79	29	6	395	0	36	10	19
Hot Supper										
BBQ Chicken w/ Baked Beans & Dinner Roll										
ChickenBBQ-BeansBaked		471	74	3	1	618	50	33	13	29
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
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	5	20

Supper Allergen & Nutrition Report December 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)
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	9	26
Holiday Meal- Turkey & Gravy w/ Mashed Potatoes & Dinner Roll										
HolidayTurkey-PotatoesMashed-Gravy	DAIRY	325	28	16	3	977	40	3	2	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	4	13
Mac & Cheese w/ Peas	DAIRY, EGG, WHEAT	452	68	22	10	569	52	8	8	28
Orange Chicken & Not So Fried Rice w/ Diced Carrots	SOY, WHEAT, EGG	314	51	5	1	432	47	16	4	16
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	474	55	18	6	610	43	12	7	21
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Grilled Cheese Sandwich	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
Turkey Nachos w/ Refried Beans & Tostitos Chips										
NachosTurkey-BeansRefried	DAIRY	392	21	23	8	801	62	3	5	23
ChipsTostitos		190	30	7	1	150	0	0	3	3
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	0	0	6	2	0
Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Pear (1/2 C)		57	15	0	0	1	0	10	3	0
100% Fruit Juice 4oz		57	14	0	0	5	0	12	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	210	5	21	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	8

Snack Allergen & Nutrition Report December 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		100	16	4	0	120	0	2	2	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
Cranberry Oatmeal Round	SOY, WHEAT	320	53	10	4	95	0	22	4	5
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	16	1	0	200	0	1	0	2
Hummus w/ Wheat Crackers										
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	1	2
SpreadHummusTacoCup 3oz		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		200	8	17	2	130	0	1	4	7
Wheat Crackers & Seed Butter Pouch										
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	1	2
SpreadRoastedSeed 1.5oz		258	9	22	1	174	0	5	4	4
FRUIT										
Apple (3/4 Cup)		71	19	0	0	1	0	14	3	0
Orange (3/4 Cup)		47	12	0	0	0	0	9	2	1
Pear (3/4 Cup)		57	15	0	0	1	0	10	3	0
100% Fruit Juice 6 oz		100	25	0	0	10	0	23	0	0