

## Breakfast Allergen & Nutrition Report

### April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Cold Breakfast</b>											
<b>Apple Jacks Cereal w/ Giant Cinnamon Grahams</b>											
CerealAppleJacks 1oz	WHEAT	100	24	1	0	160	0	8	8	2	2
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
<b>Bagel w/ Cream Cheese</b>											
BreadBagelWholeGrainPlain 2oz	WHEAT	130	27	1	0	250	0	3	2	2	4
CheeseCream .75oz	DAIRY	53	2	5	3	86	11	1	0	0	2
<b>Blueberry Muffin</b>											
	DAIRY, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
<b>Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal</b>											
	DAIRY	311	61	4	0	55	3	38	17	6	9
<b>Cheerios Cereal w/ Honey Grahams</b>											
CerealCheerios-1ozCup		100	21	2	1	140	0	1	1	3	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
<b>Chocolate Chip Muffin Top</b>											
	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
<b>Cinnamon Chex Cereal w/ Honey Grahams</b>											
CerealChexCinnamon-1ozCup		120	22	3	0	170	0	6	6	1	1
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
<b>Cinnamon Crumble</b>											
	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
<b>Cinnamon Roll</b>											
	DAIRY, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
<b>Conchita w/ String Cheese</b>											
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	143	18	7	4	76	24	5	3	1	3
StringCheese 1oz	DAIRY	80	0	6	4	200	15	0	0	0	7
<b>Froot Loops Cereal w/ Giant Cinnamon Grahams</b>											
CerealFrootLoops 1oz	WHEAT	100	24	1	0	170	0	8	8	2	2
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
<b>Fruit &amp; Yogurt Smoothie w/ Granola</b>											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	DAIRY	130	36	0	0	70	0	20	0	1	5
<b>Honey Bunches of Oats Cereal w/ Honey Grahams</b>											
CerealOatsHoneyBunches 1oz	WHEAT	100	22	2	0	65	0	5	5	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
<b>Honey Cheerios Cereal w/ Honey Grahams</b>											

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CerealCheeriosHoney 1oz		393	79	5	0	607	0	21	21	7	11
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
<b>Mantecada Muffin</b>	DAIRY, EGG, WHEAT	312	31	20	2	172	42	12	11	2	5
<b>Strawberry Loaf</b>	DAIRY, EGG, WHEAT	301	54	7	3	156	57	26	12	3	6
<b>Strawberry Yogurt Parfait w/ Cinnamon Granola</b>	DAIRY	275	52	4	0	56	3	28	17	5	9
<b>Vanilla Concha</b>	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
<b>Hot Breakfast</b>											
<b>Breakfast Burrito</b>	DAIRY, EGG, WHEAT	210	20	9	5	410	80	0	0	3	11
<b>Egg &amp; Cheese Croissant Sandwich</b>	DAIRY, EGG, SOY, WHEAT	293	31	15	7	667	129	3	3	2	12
<b>Egg &amp; Cheese Empanada</b>	DAIRY, EGG, SOY, WHEAT	180	29	5	2	350	80	3	3	2	8
<b>Egg &amp; Cheese English Muffin Sandwich</b>	SOY, WHEAT, DAIRY, EGG	253	26	12	5	607	129	1	1	3	13
<b>Egg Scramble w/ Roasted Potatoes &amp; Dinner Roll</b>											
Scramble-PotatoesRoasted	DAIRY, EGG, SOY, WHEAT	289	24	17	5	681	77	2	0	1	9
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
<b>French Toast Sticks w/ Syrup</b>											
FrenchToastSticks-2pc	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
syrup 1oz		80	21	0	0	15	0	21	21	0	0
<b>Maple Beef Sausage &amp; Pancake Sandwich</b>	DAIRY, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
<b>Pancakes w/ Syrup</b>											
Pancakes-2pc	DAIRY, EGG, WHEAT	160	30	2	0	200	0	6	6	2	4
syrup 1oz		80	21	0	0	15	0	21	21	0	0
<b>Sausage &amp; Cheese Stuffed Waffle</b>	DAIRY, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
<b>Waffle w/ Syrup</b>											
Waffle	DAIRY, EGG, SOY, WHEAT	310	36	17	5	260	20	12	12	2	5
syrup 1oz		80	21	0	0	15	0	21	21	0	0

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Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Fruit</b>											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Dried Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
Raisins (1/2 C)		129	34	0	0	5	0	25	0	2	1
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
<b>Milk</b>											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8

## Lunch K-8 Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Cold Lunch</b>											
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	1	7	25
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots	EGG, DAIRY, SOY, WHEAT	453	36	36	10	592	69	8	3	4	25
Cold Pasta Salad with Chicken, Baby Carrots & Pretzels	DAIRY, WHEAT, EGG	653	63	50	5	678	63	7	0	4	32
Egg Salad Sandwich on Pretzel Bun	EGG, WHEAT	323	34	14	4	256	203	5	4	3	12
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	372	51	11	1	582	155	9	1	9	17
Italian Turkey Trio on Hoagie	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
Sunflower Seeds w/ String Cheese & Baby Carrots	DAIRY, WHEAT, SOY	485	47	27	6	675	15	10	5	8	17
Turkey & Cheese Cracker Kit w/ Baby Carrots	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	SOY, WHEAT, DAIRY	483	38	24	9	990	63	3	2	10	31
Turkey & Cheese Sandwich on Pretzel Bun	DAIRY, SOY, WHEAT	345	35	15	8	729	53	4	4	3	19
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	325	34	14	7	563	53	3	2	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
<b>Entrée Salads</b>											
<b>Asian Chicken Salad w/ WG Crispy Noodles</b>											
SaladChickenTiptopAsian	DAIRY	94	4	17	1	41	36	2	0	2	18
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
<b>Chicken Caesar Salad with Dinner Roll &amp; Croutons</b>											
SaladChickenTiptopCaesar	DAIRY	131	4	20	3	98	45	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese IW 0.5oz	DAIRY, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	DAIRY, EGG	162	3	16	3	448	15	2	1	0	2
<b>Southwest Chicken Salad w/ WG Dinner Roll</b>											
SaladChickenTiptopSouthwest		260	36	18	1	263	36	3	1	9	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
<b>Veggie Chef Salad w/ Egg, Dinner Roll &amp; Ranch</b>											
SaladChefVeg-Garbanzo	DAIRY, EGG	225	22	9	3	283	165	6	0	6	15

## Lunch K-8 Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
<b>Hot Lunch</b>											
<b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	815	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
<b>Bean &amp; Cheese Burrito</b>											
Bean & Cheese Pupusa w/ Curtido Salad	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	1	4	13
SaladCurtido .5c		16	4	0	0	109	0	2	0	1	1
<b>Bean Burrito Bowl w/ Rice &amp; Corn</b>											
Bean Burrito Bowl w/ Rice & Corn		287	79	2	0	391	0	10	1	22	13
<b>Beef &amp; Cheese Taco Stick w/ Roasted Fava Beans</b>											
StickBeefTaco IW	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
Roasted Fava Beans 1/2 C (1.5oz)		190	22	7	1	380	0	1	0	9	10
<b>Beef Birria Tacos w/ Tajin Corn</b>											
TacosBeefBirria-Corn		203	17	9	1	445	31	3	0	3	14
TortillasFlour IW 2pk	SOY, WHEAT	150	26	4	0	176	0	0	0	2	4
<b>Beef, Bean &amp; Cheese Burrito</b>											
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
<b>Breakfast for Lunch: Egg &amp; Cheese Sandwich w/ Roasted Potatoes &amp; Syrup</b>											
BreakfastForLunch-Pancake-Sausage-Potatoes	SOY, WHEAT, DAIRY, EGG	456	45	23	7	908	135	2	1	4	17
Breakfast for Lunch: Pancakes & Sausage w/ Roasted Potatoes & Syrup											
BreakfastForLunch-Pancake-Sausage-Potatoes	DAIRY, EGG, WHEAT	496	50	23	6	1183	50	7	6	3	20
Syrup 1 oz		80	21	0	0	15	0	21	21	0	0
<b>Cheese Lasagna w/ Marinara</b>											
Cheese Lasagna w/ Marinara	DAIRY, WHEAT	335	40	15	4	849	19	10	0	5	6
<b>Cheese Pizza</b>											
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
<b>Cheese Tamale w/ Black Beans</b>											
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	1	10	26
<b>Cheeseburger w/ Oven Baked Fries</b>											
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
<b>Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp; Peas</b>											
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	399	67	7	1	667	18	19	11	8	21
<b>Chicken Tamale w/ Pinto Beans</b>											
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>											
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
<b>Edamame Teriyaki Bowl w/ Rice &amp; Diced Carrots</b>											
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	427	80	6	1	478	0	28	22	8	15

## Lunch K-8 Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Grilled Cheese Sandwich</b>	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
<b>Inside Out Chicken Pot Pie w/ Peas &amp; Carrots</b>	DAIRY, SOY, WHEAT	472	48	30	9	1445	61	11	1	5	26
<b>Inside Out Turkey Pot Pie w/ Peas &amp; Carrots</b>	DAIRY, SOY, WHEAT	504	49	19	9	1749	81	11	0	5	32
<b>Marinara Pasta w/ PlantBorn Crumble &amp; Broccoli</b>	DAIRY, EGG, WHEAT	282	46	3	1	269	0	9	3	4	18
<b>Orange Chicken &amp; Not So Fried Rice w/ Diced Carrots &amp; Giant Goldfish Grahams</b>											
ChickenOrange-Rice-Carrots	EGG, SOY, WHEAT	327	53	5	1	478	50	16	0	4	17
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
<b>Penne &amp; Meat Sauce w/ Diced Carrots</b>	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
<b>Pepperoni Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
<b>Pineapple Teriyaki Chicken w/ Rice &amp; Diced Carrots</b>	SOY	286	43	21	1	349	44	18	14	4	23
<b>Queso Blanco Chicken Bowl w/ Rice &amp; Pinto Beans</b>	DAIRY	479	74	22	6	755	53	6	0	14	29
<b>RFC Bowl: Chicken Bites w/ Gravy, Corn &amp; Mashed Potatoes</b>	SOY, WHEAT, DAIRY	454	38	23	5	984	41	3	0	5	24
<b>Soy Veggie Burger w/ Roasted Potatoes</b>	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
<b>Sweet Chili Chicken Meatballs w/ Not So Fried Rice &amp; Broccoli</b>	DAIRY, SOY	313	48	6	2	853	56	19	12	4	29
<b>Taco Bowl w/ PlantBorn Crumble, Rice &amp; Corn</b>		336	59	3	0	389	0	4	0	5	18
<b>Turkey Nachos w/ Refried Beans &amp; Tostitos Chips</b>											
NachosTurkey-BeansRefried	DAIRY	349	21	20	7	725	53	2	0	5	20
ChipsTostitos		190	30	7	1	150	0	0	0	3	3

## Lunch K-8 Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Vegetables</b>											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Baby Carrots (1/4 C)		12	3	0	0	28	0	2	0	1	0
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	0	2	2
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	0	1	0
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	0	1	0
Cucumber Slices (1/2 C)		11	3	0	0	1	0	1	0	0	0
Cucumber Slices (1/4 C)		5	1	0	0	1	0	1	0	0	0
Peas (1/2 C)		107	19	1	0	150	0	7	0	6	7
Roasted Chickpeas		100	12	3	0	75	0	1	1	4	5
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	0	1	1
<b>Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)</b>											
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	0	2	1
<b>Fruit</b>											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Halo Mandarin Oranges 2ea (1/2 C)		106	27	1	0	4	0	21	0	4	2
Honeydew (1/2 C)		27	7	0	0	14	0	6	0	1	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
<b>Milk</b>											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8

## Lunch 9-12 Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Cold Lunch</b>											
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	566	58	23	7	1120	43	4	2	8	28
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots	EGG, DAIRY, SOY, WHEAT	453	36	36	10	592	69	8	3	4	25
Cold Pasta Salad with Chicken, Baby Carrots & Pretzels	DAIRY, WHEAT, EGG	653	63	50	5	678	63	7	0	4	32
Egg Salad Sandwich on Pretzel Bun	EGG, WHEAT	323	34	14	4	256	203	5	4	3	12
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	372	51	11	1	582	155	9	1	9	17
Italian Turkey Trio on Hoagie	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
Sunflower Seeds w/ String Cheese & Baby Carrots	DAIRY, WHEAT, SOY	485	47	27	6	675	15	10	5	8	17
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	DAIRY, SOY, WHEAT	563	51	26	10	1105	63	5	3	11	32
Turkey & Cheese Sandwich on Pretzel Bun	DAIRY, SOY, WHEAT	345	35	15	8	729	53	4	4	3	19
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	325	34	14	7	563	53	3	2	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
<b>Entrée Salad</b>											
<b>Asian Chicken Salad w/ WG Crispy Noodles &amp; Honey Grahams</b>											
SaladChickenTiptopAsian		119	4	23	1	48	49	2	0	2	23
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
<b>Chicken Caesar Salad with Dinner Roll &amp; Croutons</b>											
SaladChickenTiptopCaesar	DAIRY	131	4	20	3	98	45	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese IW 0.5oz	DAIRY, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	DAIRY, EGG	162	3	16	3	448	15	2	1	0	2
<b>Southwest Chicken Salad w/ WG Dinner Roll</b>											
SaladChickenTiptopSouthwest		285	36	23	1	270	49	3	1	9	34
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
<b>Veggie Chef Salad w/ Egg, Dinner Roll &amp; Ranch</b>											
SaladChefVeg-Garbanzo	DAIRY, EGG	225	22	9	3	283	165	6	0	6	15



## Lunch 9-12 Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
<b>Hot Lunch</b>											
<b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	815	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
<b>Bean &amp; Cheese Burrito</b>											
DAIRY, SOY, WHEAT		310	44	7	3	470	10	2	0	8	16
<b>Bean &amp; Cheese Pupusa w/ Curtido Salad</b>											
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	1	4	13
SaladCurtido .5c		16	4	0	0	109	0	2	0	1	1
<b>Bean Burrito Bowl w/ Rice &amp; Corn</b>											
		379	98	3	0	391	0	10	1	23	15
<b>Beef &amp; Cheese Taco Stick w/ Roasted Fava Beans</b>											
StickBeefTaco IW	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
Roasted Fava Beans 1/2 C (1.5oz)		190	22	7	1	380	0	1	0	9	10
<b>Beef Birria Tacos w/ Tajin Corn</b>											
TacosBeefBirria-Corn		211	17	9	1	463	33	3	0	3	15
TortillasFlour IW 2pk	SOY, WHEAT	150	26	4	0	176	0	0	0	2	4
<b>Beef, Bean &amp; Cheese Burrito</b>											
DAIRY, SOY, WHEAT		290	35	10	4	380	25	1	0	6	17
<b>Breakfast for Lunch: Egg &amp; Cheese Sandwich w/ Roasted Potatoes</b>											
SOY, WHEAT, DAIRY, EGG		456	45	23	7	908	135	2	1	4	17
<b>Breakfast for Lunch: Pancakes &amp; Sausage w/ Roasted Potatoes &amp; Syrup</b>											
BreakfastForLunch-Pancake-Sausage-Potatoes	DAIRY, EGG, WHEAT	496	50	23	6	1183	50	7	6	3	20
Syrup 1 oz		80	21	0	0	15	0	21	21	0	0
<b>Cheese Lasagna w/ Marinara &amp; Wheat Crackers</b>											
PastaLasagna	DAIRY, WHEAT	335	40	15	4	849	19	10	1	5	6
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
<b>Cheese Pizza</b>											
DAIRY, SOY, WHEAT		310	31	13	6	440	30	9	2	3	16
<b>Cheese Tamale w/ Black Beans</b>											
DAIRY, SOY		488	57	19	8	968	35	3	1	10	26
<b>Cheeseburger w/ Oven Baked Fries</b>											
SESAME, SOY, WHEAT, DAIRY		487	42	25	9	783	67	4	2	3	23
<b>Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp; Peas</b>											
SOY, SESAME, WHEAT		399	67	7	1	667	18	19	11	8	21
<b>Chicken Tamale w/ Pinto Beans</b>											
DAIRY, SOY		464	55	14	5	919	55	2	0	9	26

## Lunch 9-12 Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
<b>Edamame Teriyaki Bowl w/ Rice &amp; Diced Carrots</b>	SOY	431	81	6	1	478	0	28	22	8	15
<b>Grilled Cheese Sandwich</b>	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
<b>Inside Out Chicken Pot Pie w/ Peas &amp; Carrots</b>	DAIRY, SOY, WHEAT	472	48	30	9	1445	61	11	1	5	26
<b>Inside Out Turkey Pot Pie w/ Peas &amp; Carrots</b>	DAIRY, SOY, WHEAT	504	49	19	9	1749	81	11	0	5	32
<b>Marinara Pasta w/ PlantBorn Crumble &amp; Broccoli</b>	DAIRY, EGG, WHEAT	457	80	4	1	320	0	11	4	6	25
<b>Orange Chicken &amp; Not So Fried Rice w/ Diced Carrots &amp; Giant Goldfish Grahams</b>											
ChickenOrangeRice-Carrots	EGG, SOY, WHEAT	327	53	5	1	478	50	16	0	4	17
CrackerGrahamGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
<b>Penne &amp; Meat Sauce w/ Diced Carrots &amp; Dinner Roll</b>											
PastaPenneMeatSauce	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
<b>Pepperoni Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
<b>Pineapple Teriyaki Chicken w/ Rice &amp; Diced Carrots &amp; Goldfish Cheddars</b>											
ChickenTiptopPineappleTeriyakiRice-Carrots	SOY	286	43	21	1	349	44	18	14	4	23
CrackerGoldfishCheddar .75oz	DAIRY, WHEAT	100	14	4	1	170	4	0	0	1	2
<b>Queso Blanco Chicken Bowl w/ Rice &amp; Pinto Beans</b>	DAIRY	479	74	22	6	755	53	6	0	14	29
<b>RFC Bowl: Chicken Bites w/ Gravy, Corn &amp; Mashed Potatoes &amp; Pretzels</b>											
BowlChickenBites-PotatoesMashed-Gravy	SOY, WHEAT, DAIRY	454	38	23	5	984	41	3	0	5	24
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
<b>Soy Veggie Burger w/ Roasted Potatoes</b>	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
<b>Sweet Chili Chicken Meatballs w/ Not So Fried Rice &amp; Broccoli</b>	DAIRY, SOY	419	70	7	2	929	56	19	12	5	31
<b>Taco Bowl w/ PlantBorn Crumble, Rice &amp; Corn</b>		336	59	3	0	389	0	4	0	5	18
<b>Turkey Nachos w/ Refried Beans &amp; Tostitos Chips</b>											
NachosTurkey-BeansRefried	DAIRY	392	21	23	8	801	62	3	0	5	23
ChipsTostitos		190	30	7	1	150	0	0	0	3	3

## Lunch 9-12 Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Vegetables</b>											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	0	1	0
Cucumber Slices (1/2 C)		11	3	0	0	1	0	1	0	0	0
Peas (1/2 C)		107	19	1	0	150	0	7	0	6	7
Roasted Fava Beans		190	22	7	1	380	0	1	0	9	10
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	0	1	1
<b>Side Salad - Lettuce, Carrot, Tomato w/Ranch &amp; Roll (1 C)</b>											
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	0	2	1
<b>Fruit</b>											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Halo Mandarin Oranges 2ea (1/2 C)		106	27	1	0	4	0	21	0	4	2
Honeydew (1/2 C)		27	7	0	0	14	0	6	0	1	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
<b>Milk</b>											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8

## Snack Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Apple Cinnamon Multi-Grain Bar</b>	DAIRY, SOY, WHEAT	150	30	3	1	135	0	14	14	3	2
<b>BBQ Poptillas</b>		100	16	4	0	120	0	2	1	2	2
<b>Cheese Puffs</b>	DAIRY	130	19	5	1	200	0	2	0	1	2
<b>Cheese Stick</b>	DAIRY	100	1	8	6	360	25	0	0	0	6
<b>Chili Lime Rings</b>		120	21	4	0	200	0	1	0	2	2
<b>Cinnamon Granola</b>		120	21	3	0	0	0	6	0	2	3
<b>Educational Snacks</b>	DAIRY, EGG, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
<b>Fruity Crisps</b>		130	20	5	0	190	0	3	2	2	2
<b>Giant Cinnamon Grahams</b>	WHEAT	120	19	4	1	140	0	7	7	1	1
<b>Goldfish Cheddar</b>	DAIRY, WHEAT	100	14	4	1	170	4	0	0	1	2
<b>Goldfish Pretzels</b>	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
<b>Nacho Poptillas</b>	DAIRY	100	16	4	0	180	0	1	0	1	2
<b>Pizza Crackers</b>	WHEAT	80	15	2	0	190	0	2	2	2	2
<b>Ranch Crackers</b>	SOY, WHEAT	90	15	4	0	200	0	2	2	1	1
<b>Roasted Ranch Chickpeas</b>		100	12	3	0	75	0	1	1	4	5
<b>Strawberry Multi-Grain Bar</b>	DAIRY, SOY, WHEAT	150	30	3	1	150	0	14	13	3	2
<b>Sunflower Seeds</b>		200	8	17	2	130	0	1	0	4	7
<b>Wheat Crackers &amp; Seed Butter Pouch</b>											
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
SpreadRoastedSeed 1.5oz		258	9	22	1	174	0	5	4	4	4
<b>Fruit</b>											
<b>Apple (3/4 Cup)</b>		71	19	0	0	1	0	14	0	3	0
<b>Orange (3/4 Cup)</b>		47	12	0	0	0	0	9	0	2	1
<b>100% Fruit Juice 6 oz</b>		100	25	0	0	10	0	23	0	0	0

## Supper Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
<b>Cold Supper</b>											
Asian Chicken Salad w/ WG Crispy Noodles & Pineapple	SESAME, SOY, WHEAT	396	26	42	4	837	49	10	8	3	25
Bean & Cheese Pizza Kit w/ Refried Beans	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	1	7	25
Blueberry Yogurt Parfait w/ Cinnamon Granola & Baby Carrots											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
YogurtParfaitBlueberry	DAIRY	263	52	1	1	109	7	48	23	3	11
Carrot Baby		25	6	0	0	55	0	3	0	2	0
Cheese Pizza Kit w/ Marinara Sauce	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Caesar Salad with Dinner Roll, Croutons & Apple	DAIRY, SOY, WHEAT, EGG	559	59	41	6	942	57	18	4	9	28
Chicken Caprese Salad with Dinner Roll & Pear	DAIRY, SOY, WHEAT	381	57	24	3	496	45	20	3	10	26
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots & Applesauce	EGG, SOY, WHEAT, DAIRY	423	36	34	9	492	69	18	2	4	24
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Apple	SOY, EGG, WHEAT	387	65	23	1	411	49	33	18	7	28
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, DAIRY, WHEAT	623	63	49	5	479	63	18	0	7	31
Egg Salad Sandwich on Pretzel Bun w/ Baby Carrots & Orange	EGG, WHEAT	418	58	15	4	311	203	23	4	9	13
Flatbread, Hummus Kit w/ Egg & Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	292	38	9	1	432	155	8	1	8	14
Italian Turkey Trio on Hoagie w/ Baby Carrots & Apple	SOY, WHEAT	366	55	9	2	747	59	19	2	8	19
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange	DAIRY, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Sunflower Seeds w/ String Cheese, Baby Carrots	DAIRY, WHEAT	395	30	25	6	585	15	5	0	7	16
Turkey & Cheese Cracker Kit w/ Baby Carrots	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21
Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots & Orange	DAIRY, SOY, WHEAT	441	58	15	8	785	53	22	4	9	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear	SOY, WHEAT, DAIRY	438	63	14	7	620	53	21	2	10	20
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	DAIRY, EGG, SOY, WHEAT	411	54	17	4	534	170	17	4	9	16
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19

## Supper Allergen & Nutrition Report April 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
<b>Hot Supper</b>											
Bean & Cheese Burrito	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
Beef & Cheese Taco Stick	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
<b>Breakfast for Supper: Egg &amp; Cheese Sandwich w/ Roasted Potatoes</b>											
	SOY, WHEAT, DAIRY, EGG	456	45	23	7	908	135	2	1	4	17
<b>Cheeseburger w/ Oven Baked Fries</b>											
	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
<b>Chicken Bites w/ Mashed Potatoes</b>											
	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
<b>Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp; Peas</b>											
	SOY, SESAME, WHEAT	399	67	7	1	667	18	19	11	8	21
<b>Chicken Tamale w/ Pinto Beans</b>											
	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
<b>Chicken Teriyaki w/ Not So Fried Rice &amp; Diced Carrot</b>											
	SOY, WHEAT	265	35	5	1	487	76	10	0	4	20
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>											
	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
<b>Grilled Cheese Sandwich</b>											
	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
<b>Hot Dog w/ Oven Baked Fries</b>											
	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
<b>Pepperoni Pizza</b>											
	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
<b>Pineapple Teriyaki Chicken w/ Rice &amp; Diced Carrots</b>											
	SOY	286	43	21	1	349	44	18	14	4	23
<b>Vegetables</b>											
<b>Baby Carrots (1/2 C)</b>											
		25	6	0	0	55	0	3	0	2	0
<b>Fruit</b>											
<b>100% Fruit Juice 4oz</b>											
		57	14	0	0	5	0	12	0	0	0
<b>Apple (1/2 C)</b>											
		60	16	0	0	1	0	12	0	3	0
<b>Apple Slices (1/2 C)</b>											
		16	4	0	0	0	0	3	0	1	0
<b>Orange (1/2 C)</b>											
		71	18	0	0	0	0	14	0	4	1
<b>Pear (1/2 C)</b>											
		87	23	0	0	2	0	15	0	5	1
<b>Milk</b>											
<b>1% Low Fat White</b>											
	DAIRY	102	12	2	2	107	12	13	0	0	8
<b>Fat Free Chocolate Milk</b>											
	DAIRY	120	22	0	0	210	5	21	9	0	8
<b>Fat Free White Milk</b>											
	DAIRY	77	11	0	0	95	5	12	0	0	8