



## Breakfast Allergen & Nutrition Report June 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 Breakfast</b>											
<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>Vanilla Concha</b>											
	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
<b>Froot Loops Cereal w/ Giant Cinnamon Grahams</b>											
CerealFrootLoops 1oz 0924	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>Sweet Potato Sunrise Muffin</b>											
	DAIRY, EGG, SOY, WHEAT	260	45	8	1	220	20	20	7	3	5
<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>Fruit &amp; Yogurt Smoothie w/ Granola</b>											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtMangoPineapple	DAIRY	130	36	0	0	65	0	20	0	1	5
<b>Cinnamon Roll</b>											
	DAIRY, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
<b>Honey Bunches of Oats Cereal w/ Honey Grahams</b>											
CerealOatsHoneyBunches 1oz 0425	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>Apple Jacks Cereal w/ Giant Cinnamon Grahams</b>											
CerealAppleJacks 1oz 0924	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>Strawberry Yogurt Parfait w/ Cinnamon Granola</b>											
	DAIRY	242	46	3	0	56	3	26	16	5	8
<b>Chocolate Chip Muffin Top</b>											
	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
<b>Cinnamon Crumble</b>											
	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
<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>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>Banana Muffin</b>	DAIRY, EGG, WHEAT	230	39	7	1	200	20	16	13	2	4	
<b>Fruit</b>												
<b>Orange (1/2 C)</b>		71	18	0	0	0	0	14	0	4	1	
<b>Apple (1/2 C)</b>		60	16	0	0	1	0	12	0	3	0	
<b>Pear (1/2 C)</b>		87	23	0	0	2	0	15	0	5	1	
<b>Applesauce Cup (1/2 C)</b>		50	14	0	0	15	0	12	0	1	0	
<b>Apple Slices (1/2 C)</b>		16	4	0	0	0	0	3	0	1	0	
<b>Raisins (1/2 C)</b>		129	34	0	0	5	0	25	0	2	1	
<b>100% Fruit Juice 4 oz</b>		57	14	0	0	5	0	12	0	0	0	
<b>Milk</b>												
<b>1% Low Fat White</b>	DAIRY	102	12	2	2	107	12	13	0	0	8	
<b>Fat Free White Milk</b>	DAIRY	77	11	0	0	95	5	12	0	0	8	
<b>Shelf Stable</b>												
<b>Shelf Stable Corn Chex Cereal, Honey Grahams, Applesauce, Fruit Juice &amp; Milk</b>												
CerealChexCornApplesauce-Juice	SOY, WHEAT	297	69	3	0	310	0	32	5	3	3	
MILK Stable Half Pint 0%	DAIRY	80	11	0	0	110	5	11	0	0	8	



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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>Cold Lunch</b>											
<b>Blueberry Muffin w/ Sunflower Seeds, String Cheese &amp; Baby Carrots</b>	DAIRY, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
<b>Cheese Pizza Kit</b>	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
<b>Chicken Salad &amp; Cheese Cracker Kit w/ Baby Carrots</b>	EGG, DAIRY, SOY, WHEAT	453	36	36	10	592	69	8	3	4	25
<b>Italian Turkey Trio on Hoagie w/ Baby Carrots</b>											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots</b>	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Tajin Corn</b>	DAIRY, EGG, WHEAT	536	60	26	5	552	62	24	11	4	17
<b>P'B&amp;J Sandwich Kit (Seedbutter) w/ Tajin Corn</b>											
SandwichSliced-Seedbutter-StringCheese	DAIRY, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
CornTajin		71	15	0	0	118	0	2	0	2	2
<b>Strawberry Yogurt Parfait w/ Granola Cinnamon Cereal &amp; Baby Carrots</b>											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
YogurtParfait-Strawberries	DAIRY	227	43	1	1	110	7	37	23	3	11
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<b>Turkey &amp; Cheese Cracker Kit w/ Baby Carrots</b>	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21
<b>Turkey &amp; Cheese Cracker Kit w/ Roasted Fava Beans</b>	SOY, WHEAT, DAIRY	483	38	24	9	990	63	3	2	10	31
<b>Turkey &amp; Cheese Sandwich on Pretzel Bun w/ Tajin Corn</b>											
SandwichPretzelTurkeyCheese	DAIRY, SOY, WHEAT	345	35	15	8	729	53	4	4	3	19
CornTajin		71	15	0	0	118	0	2	0	2	2
<b>Turkey &amp; Cheese Sub Sandwich w/ Baby Carrots</b>											
SandwichSubTurkeyCheeseYellow	SOY, WHEAT, DAIRY	325	33	14	7	844	53	3	2	3	19



## Lunch Allergen & Nutrition Report June 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)
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<b>Turkey &amp; Cheese Sub Sandwich w/ Tajin Corn</b>											
SandwichSubTurkeyCheeseYellow	SOY, WHEAT, DAIRY	325	33	14	7	844	53	3	2	3	19
CornTajin		71	15	0	0	118	0	2	0	2	2
<b>Wowbutter (Soybutter) &amp; Jelly Sandwich</b>	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
<b>Entrée Salad</b>											
<b>Southwest Chicken Salad w/ WG Dinner Roll</b>											
SaladChickenTiptopSouthwest (K-8)		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>Hot Lunch</b>											
<b>Bean &amp; Cheese Burrito w/ Baby Carrots</b>											
BurritoBeanCheeseChileLosCabos 5.4oz	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<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>Cheese Lasagna w/ Marinara</b>	DAIRY, WHEAT	335	40	15	4	849	19	10	0	5	6
<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 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	734	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>Edamame Teriyaki Bowl w/ Rice &amp; Diced Carrots</b>	SOY	427	80	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>Hamburger w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	2	3	18
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13



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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>Marinara Pasta w/ PlantBorn Crumble &amp; Broccoli</b>	DAIRY, EGG, WHEAT	282	46	3	1	269	0	9	3	4	18
<b>Papa John's Cheese Pizza Slice</b>	DAIRY, WHEAT	310	37	10	4	640	20	5	0	3	20
<b>Papa John's Pepperoni Pizza Slice</b>	DAIRY, WHEAT	350	37	14	5	770	30	5	0	3	20
<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>Soy Veggie Burger w/ Roasted Potatoes</b>	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
<b>Taco Bowl w/ PlantBorn Crumble, Rice &amp; Corn</b>		336	59	3	0	389	0	4	0	5	18
<b>Shelf Stable</b>											
<b>Shelf Stable Beef Bites &amp; Cheese Stick, Poptillas, Applesauce, Veg Juice &amp; Milk</b>											
STABLE BeefBites-Cheese-Punch (K-8)	DAIRY	490	56	24	11	1085	55	36	0	2	15
Stable Half Pint 1%	DAIRY	100	12	2	1	105	10	12	0	0	8
<b>Sunflower Seeds w/ Cheese Stick &amp; Punch</b>	DAIRY, SOY, WHEAT	540	55	30	8	710	25	16	7	6	16
<b>Vegetables</b>											
<b>Baby Carrots (1/2 C)</b>		25	6	0	0	55	0	3	0	2	0
<b>Baby Carrots (1/4 C)</b>		12	3	0	0	28	0	2	0	1	0
<b>Celery Sticks (1/2 C)</b>		11	2	0	0	56	0	0	0	1	0
<b>Celery Sticks (1/4 C)</b>		6	1	0	0	28	0	0	0	1	0
<b>Cucumber Slices (1/2 C)</b>		11	3	0	0	1	0	1	0	0	0
<b>Cucumber Slices (1/2 C) w/ Tajin</b>											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
Cucumber Slices .5c (2.5oz)		11	3	0	0	1	0	1	0	0	0
<b>Cucumber Slices (1/4 C) w/ Tajin</b>											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
<b>Roasted Fava Beans</b>		190	22	7	1	380	0	1	0	9	10
<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



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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>											
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
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
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
<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 June 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
<b>Cold Lunch</b>												
<b>Blueberry Muffin w/ Sunflower Seeds, String Cheese &amp; Baby Carrots</b>	DAIRY, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18	
<b>Cheese Pizza Kit</b>	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23	
<b>Chicken Salad &amp; Cheese Cracker Kit w/ Baby Carrots</b>	EGG, DAIRY, SOY, WHEAT	453	36	36	10	592	69	8	3	4	25	
<b>Italian Turkey Trio on Hoagie w/ Baby Carrots</b>												
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots</b>	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16	
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Tajin Corn</b>	DAIRY, EGG, WHEAT	536	60	26	5	552	62	24	11	4	17	
<b>P'B&amp;J Sandwich Kit (Seedbutter) w/ Tajin Corn</b>												
SandwichSliced-Seedbutter-StringCheese	DAIRY, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16	
CornTajin		71	15	0	0	118	0	2	0	2	2	
<b>Strawberry Yogurt Parfait w/ Granola Cinnamon Cereal, Crackers &amp; Baby Carrots</b>												
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3	
YogurtParfait-Strawberries	DAIRY	227	43	1	1	110	7	37	23	3	11	
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
<b>Turkey &amp; Cheese Cracker Kit w/ Baby Carrots</b>	DAIRY, SOY, WHEAT	398	35	19	9	780	63	7	3	4	22	
<b>Turkey &amp; Cheese Cracker Kit w/ Roasted Fava Beans</b>	DAIRY, SOY, WHEAT	563	51	26	10	1105	63	5	3	11	32	
<b>Turkey &amp; Cheese Sandwich on Pretzel Bun w/ Tajin Corn</b>												
SandwichPretzelTurkeyCheese	DAIRY, SOY, WHEAT	345	35	15	8	729	53	4	4	3	19	
CornTajin		71	15	0	0	118	0	2	0	2	2	
<b>Turkey &amp; Cheese Sub Sandwich w/ Baby Carrots</b>												
SandwichSubTurkeyCheeseYellow	SOY, WHEAT, DAIRY	325	33	14	7	844	53	3	2	3	19	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
<b>Turkey &amp; Cheese Sub Sandwich w/ Tajin Corn</b>												

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 9-12 Allergen & Nutrition Report June 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
SandwichSubTurkeyCheeseYellow	SOY, WHEAT, DAIRY	325	33	14	7	844	53	3	2	3	19
CornTajin		71	15	0	0	118	0	2	0	2	2
<b>Wowbutter (Soybutter) &amp; Jelly Sandwich</b>	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
<b>Entrée Salad</b>											
<b>Southwest Chicken Salad w/ WG Dinner Roll</b>											
SaladChickenTiptopSouthwest (9-12)		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>Hot Lunch</b>											
<b>Bean &amp; Cheese Burrito w/ Baby Carrots</b>											
BurritoBeanCheeseChileLosCabos 5.4oz	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<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>Cheese Lasagna w/ Marinara &amp; Wheat Crackers</b>											
PastaLasagna (9-12)	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 Bites w/ Mashed Potatoes &amp; Pretzel Crackers</b>											
ChickenBites-PotatoesMashed	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
<b>Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp; Peas</b>											
	SOY, SESAME, WHEAT	399	67	7	1	734	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>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



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Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
<b>Hamburger w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	2	3	18
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
<b>Marinara Pasta w/ PlantBorn Crumble &amp; Broccoli</b>	DAIRY, EGG, WHEAT	457	80	4	1	320	0	11	4	6	25
<b>Papa John's Cheese Pizza Slice</b>	DAIRY, WHEAT	310	37	10	4	640	20	5	0	3	20
<b>Papa John's Pepperoni Pizza Slice</b>	DAIRY, WHEAT	350	37	14	5	770	30	5	0	3	20
<b>Penne &amp; Meat Sauce w/ Diced Carrots &amp; Dinner Roll</b>											
PastaPenneMeatSauce-CarrotsDiced	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>Soy Veggie Burger w/ Roasted Potatoes</b>	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
<b>Taco Bowl w/ PlantBorn Crumble, Rice &amp; Corn</b>		336	59	3	0	389	0	4	0	5	18
<b>Vegetable</b>											
<b>Baby Carrots (1/2 C)</b>		25	6	0	0	55	0	3	0	2	0
<b>Broccoli (1/2 C) (Hot)</b>		22	4	0	0	22	0	1	0	2	2
<b>Celery Sticks (1/2 C)</b>		11	2	0	0	56	0	0	0	1	0
<b>Cucumber Slices (1/2 C) w/ Tajin</b>											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
Cucumber Slices .5c (2.5oz)		11	3	0	0	1	0	1	0	0	0
<b>Roasted Fava Beans</b>		190	22	7	1	380	0	1	0	9	10
<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



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

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
<b>Fruit</b>											
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
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
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
<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 June 2025

Romance Name	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>100% Fruit Juice 6 oz</b>		100	25	0	0	10	0	23	0	0	0
<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>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>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>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>Pizza Crackers</b>	WHEAT	80	15	2	0	190	0	2	2	2	2
<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



## Supper Allergen & Nutrition Report June 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Supper - Grab &amp; Go</b>											
<b>Blueberry Muffin w/ Sunflower Seeds, String Cheese, Baby Carrots &amp; Pear</b>											
MuffinBlueberry-SeedsSunflower-StringCheese-CarrotsBaby Pear .5c 135ct	DAIRY, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
		87	23	0	0	2	0	15	0	5	1
<b>Cheese Pizza Kit w/ Marinara Sauce &amp; Apple</b>											
Pizza-Cheese	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Apple .5c 163ct		60	16	0	0	1	0	12	0	3	0
<b>Chicken Salad &amp; Cheese Cracker Kit w/ Baby Carrots &amp; Applesauce</b>											
	EGG, SOY, WHEAT, DAIRY	423	36	34	9	492	69	18	2	4	24
<b>Italian Turkey Trio on Hoagie w/ Baby Carrots &amp; Apple</b>											
	SOY, WHEAT	366	55	9	2	747	59	19	2	8	19
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots &amp; 100% Fruit Juice</b>											
Muffin-Yogurt-StringCheese-Carrots	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16
Juice Fruit 100% 4.23oz SS		57	14	0	0	5	0	12	0	0	0
<b>Seedbutter &amp; Jelly Sandwich Kit w/ String Cheese, Baby Carrots &amp; Orange</b>											
	DAIRY, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
<b>Strawberry Yogurt Parfait w/ Cinnamon Granola &amp; Baby Carrots</b>											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
YogurtParfait-Strawberries	DAIRY	227	43	1	1	110	7	37	23	3	11
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<b>Turkey &amp; Cheese Cracker Kit w/ Baby Carrots &amp; Fruit</b>											
TurkeyCheese-Crackers-Carrots	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21
Pear .5c 135ct		87	23	0	0	2	0	15	0	5	1
<b>Turkey &amp; Cheese Sandwich on Pretzel Bun w/ Baby Carrots &amp; Orange</b>											
	DAIRY, SOY, WHEAT	441	58	15	8	785	53	22	4	9	21
<b>Turkey &amp; Cheese Sub Sandwich w/ Baby Carrots &amp; Pear</b>											
	SOY, WHEAT, DAIRY	438	62	14	7	901	53	21	2	10	20
<b>Wowbutter &amp; Jelly Sandwich w/ Paradise Punch &amp; Orange</b>											
	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19

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.

Hot												
<b>Beef &amp; Cheese Taco Stick w/ Baby Carrots</b>												
StickBeefTaco IW	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
<b>Cheese Lasagna w/ Tomato Basil Sauce</b>												
	DAIRY, WHEAT	335	40	15	4	849	19	10	1	5	6	
<b>Cheese Pizza w/ Baby Carrots</b>												
PizzaCheese 4.97oz	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
<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	734	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>Hot Dog w/ Oven Baked Fries</b>												
	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13	
<b>Papa John's Pepperoni Pizza Slice</b>												
	DAIRY, WHEAT	350	37	14	5	770	30	5	0	3	20	
<b>Papa John's Cheese Pizza Slice</b>												
	DAIRY, WHEAT	310	37	10	4	640	20	5	0	3	20	
<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 w/ Baby Carrots</b>												
PizzaPepperoni 4.97oz	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
Fruit												
<b>Baby Carrots (1/2 C)</b>												
		25	6	0	0	55	0	3	0	2	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>Cranberries (1/2 C)</b>												
		110	28	0	0	0	0	24	21	3	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>100% Fruit Juice 4oz</b>												
		57	14	0	0	5	0	12	0	0	0	
Milk												
<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	