

Breakfast Allergen & Nutrition Report

July 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)
Cold Breakfast											
Apple Jacks Cereal w/ Giant Cinnamon Grahams											
CerealAppleJacks 1oz (K-12)	WHEAT	100	24	1	0	160	0	8	8	2	2
CrackerGrahamsGiantGoldfish .90oz (K-12)	WHEAT	120	19	4	1	140	0	7	7	1	1
Bagel w/ Cream Cheese											
BreadBagelWholeGrainPlain 2oz (K-12)	WHEAT	130	27	1	0	250	0	3	2	2	4
CheeseCream .75oz (K-12)	DAIRY	53	2	5	3	86	11	1	0	0	2
Banana Muffin	DAIRY, EGG, SOY, WHEAT	230	39	7	1	200	20	16	13	2	4
Blueberry Muffin	DAIRY, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
Cheerios Cereal w/ Honey Grahams											
CerealCheerios-1ozCup (K-12)		100	21	2	1	140	0	1	1	3	4
CrackerGrahamHoney 1oz (K-12)	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Chocolate Chip Muffin Top	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
Cinnamon Chex Cereal w/ Honey Grahams											
CerealChexCinnamon-1ozCup (K-12)		120	22	3	0	170	0	6	6	1	1
CrackerGrahamHoney 1oz (K-12)	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Cinnamon Crumble	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
Cinnamon Roll	DAIRY, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
Conchita w/ String Cheese											
BreadConchaMiniVanilla 1.5oz (K-12)	EGG, WHEAT	143	18	7	4	76	24	5	3	1	3
StringCheese 1oz (K-12)	DAIRY	80	0	6	4	200	15	0	0	0	7
Froot Loops Cereal w/ Giant Cinnamon Grahams											
CerealFrootLoops 1oz (K-12)	WHEAT	100	24	1	0	170	0	8	8	2	2
CrackerGrahamsGiantGoldfish .90oz (K-12)	WHEAT	120	19	4	1	140	0	7	7	1	1
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon (K-12)		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtMangoPineapple (K-12)	DAIRY	130	36	0	0	65	0	20	0	1	5
Honey Bunches of Oats Cereal w/ Honey Grahams											
CerealOatsHoneyBunches 1oz (K-12)	WHEAT	100	22	2	0	65	0	5	5	2	2
CrackerGrahamHoney 1oz (K-12)	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Strawberry Yogurt Parfait w/ Cinnamon Granola	DAIRY	242	46	3	0	56	3	26	16	5	8
Vanilla Concha	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
Fruit											
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
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1

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July 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)
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
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
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

July 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)
Cold Lunch											
Blueberry Muffin w/ Sunflower Seeds, String Cheese & Baby Carrots	DAIRY, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
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
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio (K-12)	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
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	DAIRY, EGG, WHEAT	536	60	26	5	552	62	24	11	4	17
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
SandwichSliced-Seedbutter-StringCheese (K-12)	DAIRY, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
CornTajin (K-12)		71	15	0	0	118	0	2	0	2	2
Strawberry Yogurt Parfait w/ Granola Cinnamon Cereal & Baby Carrots											
CerealGranola-Cinnamon (K-12)		120	21	3	0	0	0	6	0	2	3
YogurtParfait-Strawberries (6-18)	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
Turkey & Cheese Cracker Kit w/ Baby Carrots	DAIRY, SOY, WHEAT	398	35	19	9	780	63	7	3	4	22
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 w/ Tajin Corn											
SandwichPretzelTurkeyCheese (K-12)	DAIRY, SOY, WHEAT	326	34	14	7	721	44	4	4	3	19
CornTajin (K-12)		71	15	0	0	118	0	2	0	2	2
Turkey & Cheese Sub Sandwich w/ Baby Carrots											
SandwichTurkeySubCheeseYellow (K-12)	SOY, WHEAT, DAIRY	306	32	13	6	836	44	2	2	3	19
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Turkey & Cheese Sub Sandwich w/ Tajin Corn											
SandwichTurkeySubCheeseYellow (K-12)	SOY, WHEAT, DAIRY	306	32	13	6	836	44	2	2	3	19
CornTajin (K-12)		71	15	0	0	118	0	2	0	2	2
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Salad											
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenTiptopSouthwest (K-8)		260	36	18	1	263	36	3	1	9	29
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz (K-12)	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
Beef & Cheese Taco Stick w/ Roasted Fava Beans											

Lunch K-8 Allergen & Nutrition Report

July 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)
StickBeefTaco IW (K-12)	DAIRY, SOY, WHEAT	345	32	8	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
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Lasagna w/ Marinara	DAIRY, WHEAT	335	40	15	4	849	19	10	0	5	6
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
Chicken Bites w/ Mashed Potatoes											
ChickenBites-PotatoesMashed (K-12;6-18)	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
ChickenBites-PotatoesMashedResers (K-12;6-18)	SOY, WHEAT, DAIRY	366	28	19	8	810	53	1	0	5	21
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	399	67	7	1	734	18	19	11	8	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	427	80	6	1	478	0	28	22	8	15
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	2	3	18
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Marinara Pasta w/ PlantBorn Crumble & Broccoli	DAIRY, EGG, WHEAT	282	46	3	1	269	0	9	3	4	18
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		336	59	3	0	389	0	4	0	5	18
Vegetable											
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
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	0	1	0
Cucumber Slices (1/4 C) w/ Tajin											
SpiceTajin 1g (K-12)		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
Roasted Buffalo Ranch Fava Beans		190	22	7	1	380	0	1	0	9	10
Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)											
DRESSING Ranch (K-12)	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
Fruit											
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

Lunch K-8 Allergen & Nutrition Report

July 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)
Milk											
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

July 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)
Cold Lunch											
Blueberry Muffin w/ Sunflower Seeds, String Cheese & Baby Carrots	DAIRY, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
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
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio (K-12)	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
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	DAIRY, EGG, WHEAT	536	60	26	5	552	62	24	11	4	17
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
SandwichSliced-Seedbutter-StringCheese (K-12)	DAIRY, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
CornTajin (K-12)		71	15	0	0	118	0	2	0	2	2
Strawberry Yogurt Parfait w/ Granola Cinnamon Cereal, Crackers & Baby Carrots											
CerealGranola-Cinnamon (K-12)		120	21	3	0	0	0	6	0	2	3
YogurtParfait-Strawberries (6-18)	DAIRY	227	43	1	1	110	7	37	23	3	11
CrackerGrahamHoney 1oz (K-12)	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
Turkey & Cheese Cracker Kit w/ Baby Carrots	DAIRY, SOY, WHEAT	398	35	19	9	780	63	7	3	4	22
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 w/ Tajin Corn											
SandwichPretzelTurkeyCheese (K-12)	DAIRY, SOY, WHEAT	326	34	14	7	721	44	4	4	3	19
CornTajin (K-12)		71	15	0	0	118	0	2	0	2	2
Turkey & Cheese Sub Sandwich w/ Baby Carrots											
SandwichTurkeySubCheeseYellow (K-12)	SOY, WHEAT, DAIRY	306	32	13	6	836	44	2	2	3	19
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Turkey & Cheese Sub Sandwich w/ Tajin Corn											
SandwichTurkeySubCheeseYellow (K-12)	SOY, WHEAT, DAIRY	306	32	13	6	836	44	2	2	3	19
CornTajin (K-12)		71	15	0	0	118	0	2	0	2	2
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Salad											
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenTiptopSouthwest (9-12)		285	36	23	1	270	49	3	1	9	34
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz (K-12)	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
Beef & Cheese Taco Stick w/ Roasted Fava Beans											
StickBeefTaco IW (K-12)	DAIRY, SOY, WHEAT	345	32	8	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
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17

Lunch 9-12 Allergen & Nutrition Report

July 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)
Cheese Lasagna w/ Marinara & Wheat Crackers											
PastaLasagna (9-12)	DAIRY, WHEAT	335	40	15	4	849	19	10	1	5	6
CrackerWheatWholeGrain (K-12)	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
Cheese Pizza											
	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans											
	DAIRY, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries											
	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
Chicken Bites w/ Mashed Potatoes & Pretzel Crackers											
ChickenBites-PotatoesMashed (K-12;6-18)	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
CrackerGoldfishPretzel .75oz (K-12)	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Chicken Bites w/ Mashed Potatoes & Pretzels											
ChickenBites-PotatoesMashedResers (K-12;6-18)	SOY, WHEAT, DAIRY	366	28	19	8	810	53	1	0	5	21
CrackerGoldfishPretzel .75oz (K-12)	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas											
	SOY, SESAME, WHEAT	399	67	7	1	734	18	19	11	8	21
Chicken Tamale w/ Pinto Beans											
	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
Edamame Teriyaki Bowl w/ Rice & Diced Carrots											
	SOY	431	81	6	1	478	0	28	22	8	15
Grilled Cheese Sandwich											
	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
Hamburger w/ Oven Baked Fries											
	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	2	3	18
Hot Dog w/ Oven Baked Fries											
	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Marinara Pasta w/ PlantBorn Crumble & Broccoli											
	DAIRY, EGG, WHEAT	457	80	4	1	320	0	11	4	6	25
Penne & Meat Sauce w/ Diced Carrots & Dinner Roll											
PastaPenneMeatSauce-CarrotsDiced (K-12;6-18)	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Pepperoni Pizza											
	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Soy Veggie Burger w/ Roasted Potatoes											
	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
Taco Bowl w/ PlantBorn Crumble, Rice & Corn											
		336	59	3	0	389	0	4	0	5	18
Vegetable											
Baby Carrots (1/2 C)											
		25	6	0	0	55	0	3	0	2	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	NA	0	1	0
Cucumber Slices (1/2 C) w/ Tajin											
SpiceTajin 1g (K-12)		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
Roasted Buffalo Ranch Fava Beans											
		190	22	7	1	380	0	1	0	9	10
Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)											
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch (K-12)	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
Fruit											
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

Lunch 9-12 Allergen & Nutrition Report

July 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0	0
Milk												
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8	8

Snack Allergen & Nutrition Report

07/01/2025 to 08/01/2025

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)
Snack											
BBQ Poptillas & Fruit		100	16	4	0	120	0	2	1	2	2
Cheese Puffs	DAIRY	130	19	5	1	200	0	2	0	1	2
Chili Lime Rings & Fruit		120	21	4	0	200	0	1	0	2	2
Cinnamon Granola & Fruit		120	21	3	0	0	0	6	0	2	3
Educational Snacks & Fruit	DAIRY, EGG, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
Fruity Crisps & Fruit		130	20	5	0	190	0	3	2	2	2
Goldfish Cheddar & Fruit	DAIRY, WHEAT	100	14	4	1	170	4	0	0	1	2
Goldfish Pretzels & Fruit	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Hummus w/ Wheat Crackers											
CrackerWheatWholeGrain (K-12)	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
SpreadHummusTacoCup 3oz (K-12)		120	18	3	0	180	0	3	0	5	6
Pizza Crackers & Fruit	WHEAT	80	15	2	0	190	0	2	2	2	2
Fruit											
Apple (3/4 Cup)		71	19	0	0	1	0	14	0	3	0
Orange (3/4 Cup)		47	12	0	0	0	0	9	0	2	1
100% Fruit Juice 6 oz		100	25	0	0	10	0	23	0	0	0

Supper Allergen & Nutrition Report

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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)
Grab & Go											
Blueberry Muffin w/ Sunflower Seeds, String Cheese, Baby Carrots & Pear											
MuffinBlueberry-SeedsSunflower-StringCheese-CarrotsBaby (K-12)	DAIRY, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
Pear .5c 135ct		87	23	0	0	2	0	15	0	5	1
Cheese Pizza Kit w/ Marinara Sauce & Apple											
Pizza-Cheese (6-18) 0723	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
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots & Applesauce	EGG, SOY, WHEAT, DAIRY	423	36	34	9	492	69	18	2	4	24
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 & 100% Fruit Juice											
Muffin-Yogurt-StringCheese-Carrots (K-12;6-18)	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16
Juice Fruit 100% 4.23oz		57	14	0	0	5	0	12	0	0	0
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange											
	DAIRY, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Strawberry Yogurt Parfait w/ Cinnamon Granola & Baby Carrots											
CerealGranola-Cinnamon (K-12)		120	21	3	0	0	0	6	0	2	3
YogurtParfait-Strawberries (6-18)	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
Turkey & Cheese Cracker Kit w/ Baby Carrots & Fruit											
TurkeyCheese-Crackers-Carrots (6-18)	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
Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots & Orange											
	DAIRY, SOY, WHEAT	421	58	14	7	777	44	21	4	9	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear											
	SOY, WHEAT, DAIRY	418	61	13	6	893	44	20	2	10	20
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19
Hot											
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco IW (K-12)	DAIRY, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Cheese Lasagna w/ Tomato Basil Sauce	DAIRY, WHEAT	335	40	15	4	849	19	10	1	5	6
Cheese Pizza w/ Baby Carrots											
PizzaCheese 4.97oz (K-12;6-18)	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
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	399	67	7	1	734	18	19	11	8	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26

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Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
Pepperoni Pizza w/ Baby Carrots											
PizzaPepperoni 4.97oz (K-12;6-18)	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											
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
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
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0
Milk											
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