

Breakfast Allergen & Nutrition Report

January 2026

Item Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
Cold Breakfast											
Bagel w/ Cream Cheese											
BreadBagelWholeGrainPlain 2oz	WHEAT	130	27	1	0	250	0	3	2	2	4
CheeseCream .75oz	MILK	53	2	5	3	86	11	1	0	0	2
Blueberry Muffin	MILK, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
Cheerios Cereal w/ Honey Grahams											
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
Chocolate Chip Muffin Top	MILK, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
Cinnamon Chex Cereal w/ Honey Grahams											
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
Cinnamon Crumble	MILK, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
Cinnamon Roll	MILK, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
Conchita w/ String Cheese											
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	143	18	7	4	76	24	5	3	1	3
StringCheese 1oz	MILK	80	0	6	4	200	15	0	0	0	7
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	MILK	130	36	0	0	70	0	20	0	1	5
Honey Bunches of Oats Cereal w/ Honey Grahams											
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
Mantecada Muffin	MILK, EGG, SOY, WHEAT	280	42	9	1	300	35	13	12	0	5
Strawberry Yogurt Parfait w/ Cinnamon Granola	MILK	221	42	3	0	69	3	18	10	4	7
Vanilla Concha	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
Yogurt w/ Honey Grahams											
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Shelf Stable											
Shelf Stable - Berry Apple Crisp Bar, Fruit & Milk											
STABLE-BRKFS BarAppleApplesauce-Juice	SOY, WHEAT	357	69	8	2	100	0	38	10	4	4
MILK Stable Half Pint 0%	MILK	80	11	0	0	110	5	11	0	0	8
Shelf Stable Corn Chex Cereal, Honey Grahams, Applesauce, Fruit Juice & Milk											
STABLE-BRKFS CerealChexCornApplesauce-Juice	SOY, WHEAT	297	69	3	0	310	0	32	5	3	3
MILK Stable Half Pint 0%	MILK	80	11	0	0	110	5	11	0	0	8
Hot Breakfast											
Apple Hand Pie	EGG, MILK, SOY, WHEAT	250	41	8	1	30	0	10	7	3	5
Egg & Cheese English Muffin Sandwich	SOY, WHEAT, MILK, EGG	253	26	12	5	607	129	1	1	3	13
Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit	MILK, EGG, SOY, WHEAT	347	40	15	5	830	77	4	0	2	12
French Toast Sticks	MILK, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
Maple Beef Sausage & Pancake Sandwich	MILK, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
Mini Maple Pancakes	MILK, EGG, SOY, WHEAT	200	38	4	0	300	5	13	13	2	3
Sausage & Cheese Croissant Sandwich	MILK, SOY, WHEAT	303	30	16	7	827	39	3	3	2	15
Sausage & Cheese Stuffed Waffle	MILK, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1

Breakfast Allergen & Nutrition Report January 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
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)		95	25	0	0	2	0	16	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
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	107	15	0	0	14	11
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Lunch 9-12 Allergen & Nutrition Report January 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
Cold Lunch											
Cheese Pizza Kit	MILK, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans	EGG, MILK, SOY, WHEAT	618	53	43	11	837	69	5	3	14	35
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	MILK, EGG, SOY, WHEAT	504	70	15	5	690	55	24	17	2	18
P'B&J Sandwich Kit (Seedbutter) w/ String Cheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Baby Carrots											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Wowbutter & Jelly Sandwich w/ Corn Tajin											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG UV CornTajin		71	15	0	0	118	0	2	0	2	2
Lunch Salad											
Asian Chicken Salad w/ WG Crispy Noodles & Honey Grahams											
SaladChickenTiptopAsian		127	6	23	1	48	49	4	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
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenTiptopCaesar	MILK	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	MILK, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	MILK, EGG	162	3	16	3	448	15	2	1	0	2
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChefVeg-Garbanzo	MILK, EGG	225	22	9	3	283	165	6	0	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	814	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito w/ Roasted Fava Beans											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	MILK	290	35	11	3	480	15	1	1	4	13
VEG UV SaladCurtido .5c		15	3	0	0	137	0	2	0	1	1
Beef & Cheese Taco Stick w/ Roasted Fava Beans											
StickBeefTaco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Beef Elote Loaded Potatoes	MILK, EGG, WHEAT	331	35	13	5	602	34	3	0	3	20
Cheese Lasagna w/ Marinara & Wheat Crackers											
PastaLasagna	MILK, WHEAT	335	40	15	4	849	19	10	1	5	6
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
Cheese Pizza	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	MILK, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	394	66	7	1	689	24	19	12	8	21
Chicken Tamale w/ Seasoned Mixed Veg	MILK, SOY	357	38	14	5	952	55	5	0	5	19
Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels											
ChickenTeriyakiYangs-Rice-CarrotDiced	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
CrackerGoldfishPretzel .75oz	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Dominos Cheese Pizza Slice	MILK, SOY, WHEAT	240	28	8	3	460	15	3	1	3	21
Dominos Pepperoni Pizza Slice	MILK, SOY, WHEAT	260	28	9	4	490	20	3	1	3	20
Grilled Cheese Sandwich w/ Baby Carrots											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mac & Cheese w/ Mixed Vegetables & Dinner Roll											

Lunch 9-12 Allergen & Nutrition Report January 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
PastaMacCheese-MixedVeg	MILK, EGG, WHEAT	351	42	13	7	813	38	13	0	4	18
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams											
ChickenOrangeYangs-Rice-Peas	EGG, SOY, WHEAT	357	58	4	1	489	50	17	0	5	21
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	0	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	MILK	387	21	22	8	793	61	3	0	5	22
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
Vegetable											
Baby Carrots (1/2 C)											
		25	6	0	0	55	0	3	0	2	0
Carrots & Celery (1 C)											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG IW Celery Sticks .5c (2.5oz)		11	2	0	0	56	0	0	0	1	0
Celery Sticks (1/2 C)											
		11	2	0	0	56	0	0	0	1	0
Corn & Carrots (1 C)											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG UV CornTajin		71	15	0	0	118	0	2	0	2	2
Cucumber Slices (1/2 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG IW Cucumber Slices .5c (2.5oz)		11	3	0	0	1	0	1	0	0	0
Fava Beans & Carrots (1 C)											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)											
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	0	2	1
Fruit											
Apple (1/2 C)											
		112	30	0	0	2	0	22	0	5	1
Apple Slices (1/2 C)											
		16	4	0	0	0	0	3	0	1	0
Berry Mixed Cup (1/2 C)											
		80	21	0	0	0	0	17	9	2	1
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)											
		95	25	0	0	2	0	16	0	5	1
Strawberry Cup (1/2 C)											
		80	19	0	0	0	0	16	10	2	1
Tangerine (1/2 C)											
		51	13	0	0	0	0	10	0	3	1
100% Fruit Juice 4 oz											
		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	107	15	0	0	14	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Lunch K-8 Allergen & Nutrition Report January 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
Cold Lunch										
Cheese Pizza Kit	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4
Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans	EGG, MILK, SOY, WHEAT	618	53	43	11	837	69	5	3	14
Italian Turkey Trio on Hoagie w/ Baby Carrots										
Sandwich Italian Trio	SOY, WHEAT	281	33	8	2	690	59	3	2	3
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	MILK, EGG, SOY, WHEAT	504	70	15	5	690	55	24	17	2
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	MILK, SOY, WHEAT	547	54	29	5	669	15	18	13	9
P'B&J Sandwich Kit (Seedbutter) w/ String Cheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3
Turkey & Cheese Sub Sandwich w/ Baby Carrots										
Sandwich Sub Turkey Thick Cheese Yellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2
Wowbutter & Jelly Sandwich w/ Baby Carrots										
Sandwich Wowbutter Jelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2
Wowbutter & Jelly Sandwich w/ Tajin Corn										
Sandwich Wowbutter Jelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8
VEG UV Corn Tajin		71	15	0	0	118	0	2	0	2
Lunch Salad										
Asian Chicken Salad w/ WG Crispy Noodles										
Salad Chicken Tiptop Asian		102	6	17	1	41	36	4	0	2
Dressing Asian Sesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0
Pasta Noodle Chow Mein Crispy Whole Grain .8oz	WHEAT	100	14	4	0	190	0	0	0	1
Chicken Caesar Salad with Dinner Roll & Croutons										
Salad Chicken Tiptop Caesar	MILK	131	4	20	3	98	45	1	0	2
Bread Dinner Roll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4
Croutons Garlic Cheese IW 0.5oz	MILK, WHEAT	60	9	2	0	150	0	1	0	1
DRESSING Caesar 1.5oz	MILK, EGG	162	3	16	3	448	15	2	1	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch										
Salad Chef Veg-Garbanzo	MILK, EGG	225	22	9	3	283	165	6	0	6
Bread Dinner Roll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0
Hot Lunch										
BBQ Chicken w/ Baked Beans & Dinner Roll										
Chicken Tiptop BBQ-Beans Baked		433	66	20	1	814	44	27	0	13
Bread Dinner Roll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4
Bean & Cheese Burrito w/ Roasted Fava Beans										
Burrito Bean Cheese Chile Los Cabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8
VEG IW Fava Bean Churro Crisps Zee Zee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12
Bean & Cheese Pupusa w/ Curtido Salad										
Pupusa Bean Cheese 5.5oz	MILK	290	35	11	3	480	15	1	1	4
VEG UV Salad Curtido .5c		15	3	0	0	137	0	2	0	1
Beef & Cheese Taco Stick w/ Roasted Fava Beans										
Stick Beef Taco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4
VEG IW Fava Bean Churro Crisps Zee Zee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12
Beef Elote Loaded Potatoes	MILK, EGG, WHEAT	331	35	13	5	602	34	3	0	3
Cheese Lasagna w/ Marinara	MILK, WHEAT	335	40	15	4	849	19	10	0	5
Cheese Pizza	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3
Cheese Tamale w/ Black Beans	MILK, SOY	488	57	19	8	968	35	3	1	10
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	394	66	7	1	689	24	19	12	8
Chicken Tamale w/ Seasoned Mixed Veg	MILK, SOY	357	38	14	5	952	55	5	0	5
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	264	35	5	1	550	76	11	0	4
Deep Dish Cheese Pizza w/ Baby Carrots										
Pizza Cheese 4.97oz	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2
Dominos Cheese Pizza Slice	MILK, SOY, WHEAT	240	28	8	3	460	15	3	1	3
Dominos Pepperoni Pizza Slice	MILK, SOY, WHEAT	260	28	9	4	490	20	3	1	3
Grill Day Cheeseburger w/ Lettuce and Tomato										
Grill Day Cheese American Slice	MILK, SOY	53	1	5	3	237	14	0	0	0
Grill Day Hamburger Bun	SESAME, SOY, WHEAT	150	25	3	0	290	0	4	2	2

Lunch K-8 Allergen & Nutrition Report January 2025

Romance Name	Allergens	Calories (kc)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (m)	Chol (mg)	Sugar (g)	Total Sugar	Dietary Fiber	Protein (g)
GrillDayHamburgerPatty		156	1	12	5	188	47	0	0	0	12
VEG GrillDayLettuceRomaine		5	1	0	0	2	0	0	0	1	0
VEG GrillDayTomatoSlice		4	1	0	0	1	0	1	0	0	0
Grill Day Hot Dog w/ Lettuce and Tomato											
GrillDayHotDog		160	1	14	6	380	35	1	0	0	7
GrillDayHotDogBun	SESAME, SOY, WHEAT	150	25	3	0	330	0	4	3	3	5
VEG GrillDayLettuceRomaine		5	1	0	0	2	0	0	0	1	0
VEG GrillDayTomatoSlice		4	1	0	0	1	0	1	0	0	0
Grill Day Veggie Burger w/ Lettuce & Tomato											
GrillDayHamburgerBun	SESAME, SOY, WHEAT	150	25	3	0	290	0	4	2	2	5
GrillDayVeggiePatty	MILK, EGG, SOY, WHEAT	140	6	7	1	320	0	1	0	3	16
VEG GrillDayLettuceRomaine		5	1	0	0	2	0	0	0	1	0
VEG GrillDayTomatoSlice		4	1	0	0	1	0	1	0	0	0
Grilled Cheese Sandwich w/ Baby Carrots											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Hot Dog w/ Oven Baked Fries											
	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mac & Cheese w/ Mixed Vegetables											
	MILK, EGG, WHEAT	351	42	13	7	813	38	13	0	4	18
Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams											
ChickenOrangeYangs-Rice-Peas	EGG, SOY, WHEAT	357	58	4	1	489	50	17	0	5	21
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	0	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	MILK	344	21	19	6	717	51	2	0	5	20
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
Shelf Stable											
Shelf Stable Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice & Milk											
STABLE ChickenBites-GoudaSmoked-Punch	SOY, WHEAT, MILK	500	70	18	8	1335	65	52	23	4	17
MILK Stable Half Pint 1%	MILK	100	12	2	1	105	10	12	0	1	8
Stable Yogurt w/ Cheese Stick & Paradise Punch											
STABLE Yogurt-Cheese-Chips-Punch	MILK	470	75	16	9	610	45	51	12	2	10
MILK Stable Half Pint 0%	MILK	80	11	0	0	110	5	11	0	0	8
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
Carrots & Celery (3/4 C)											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG IW Celery Sticks 1/4C (1.25oz)		6	1	0	0	28	0	0	0	1	0
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	0	1	0
Corn & Carrots (3/4 C)											
VEG IW Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
VEG UV CornTajin		71	15	0	0	118	0	2	0	2	2
Cucumber Slices (1/4 C) w/ Tajin											
Side SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG IW Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Fava Beans & Carrots (3/4 C)											
VEG IW Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)											
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (.75cp)		15	3	0	0	12	0	2	0	1	1
Salad - Spinach, Carrot, Tomato w/Ranch (1 C)											
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV SaladSpinachTomatoCarrot 1cp		15	3	0	0	31	0	1	0	1	1
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
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

Lunch K-8 Allergen & Nutrition Report

January 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
Berry Mixed Cup (1/2 C)		80	21	0	0	0	0	17	9	2	1
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
Strawberry Cup (1/2 C)		80	19	0	0	0	0	16	10	2	1
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	107	15	0	0	14	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Supper Allergen & Nutrition Report

January 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Grab and Go											
Blueberry Muffin w/ Sunflower Seeds, String Cheese, Baby Carrots & Pear											
KIT MuffinBlueberry-SeedsSunflower-StringCheese-CarrotsBaby	MILK, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
FRUIT Pear .5c 135ct		95	25	0	0	2	0	16	0	5	1
Cheese Pizza Kit w/ Marinara Sauce & Orange											
KIT Pizza-Cheese	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
FRUIT Orange .5c 138ct		71	18	0	0	0	0	14	0	4	1
Chicken Caesar Salad with WG Crackers, Croutons & Apple											
	MILK, SOY, WHEAT, EGG	540	61	39	5	783	57	31	7	8	24
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots & Applesauce											
	EGG, SOY, WHEAT, MILK	423	36	34	9	492	69	18	2	4	24
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Apple											
	SOY, EGG, WHEAT	439	79	23	1	412	49	43	18	9	29
Cold Pasta Salad with Chicken, Baby Carrots & Apple											
	EGG, WHEAT	674	77	49	5	480	63	28	0	9	31
Italian Turkey Trio on Hoagie w/ Baby Carrots & Apple											
	SOY, WHEAT	417	69	9	2	748	59	29	2	10	19
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots & 100% Fruit Juice											
KIT Muffin-Yogurt-StringCheese-Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
FRUIT Juice Fruit 100% 4.23oz SS		57	14	0	0	5	0	12	0	0	0
Protein Pack: Yogurt, String Cheese, Granola, Baby Carrots & Pear											
	MILK	389	64	9	4	327	20	35	5	9	15
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange											
	MILK, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Strawberry Yogurt Parfait w/ Cinnamon Granola & Baby Carrots											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
YogurtParfait-Strawberries	MILK	189	37	1	0	139	7	22	11	1	9
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Sunflower Seeds w/ String Cheese, Baby Carrots & 100% Fruit Juice											
KIT SunflowerSeeds-StringCheese-GoldfishPretzel	MILK, WHEAT	395	30	25	6	585	15	5	0	7	16
FRUIT Juice Fruit 100% 4.23oz SS		57	14	0	0	5	0	12	0	0	0
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear											
	SOY, WHEAT, MILK	425	63	13	6	894	44	22	2	10	20
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit											
	MILK, EGG, SOY, WHEAT	392	56	15	3	375	170	30	7	8	12
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange											
	MILK, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19
Hot Supper											
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef, Bean & Cheese Burrito w/ Baby Carrots											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
BurritoBeefBeanCheeseLosCabos 5.1oz	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Lasagna w/ Tomato Basil Sauce											
	MILK, WHEAT	335	40	15	4	849	19	10	1	5	6
Cheese Pizza w/ Baby Carrots											
PizzaCheese 4.97oz	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Cheeseburger w/ Oven Baked Fries											
	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Bites w/ Mashed Potatoes											
	SOY, WHEAT, MILK	366	28	19	8	810	53	1	0	5	21
Chicken Tamale w/ Seasoned Mixed Veggies											
	MILK, SOY	357	38	14	5	952	55	5	0	5	19
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot											
	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Grilled Cheese Sandwich-Baby Carrots											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Hot Dog w/ Oven Baked Fries											
	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Parm Pizza Bites w/ Marinara Dipping Sauce											
	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
Pepperoni Pizza w/ Baby Carrots											
PizzaPepperoni 4.97oz	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17

Supper Allergen & Nutrition Report

January 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Shelf Stable											
Stable Sunflower Seeds, Yogurt, Cracker, Juice, Applesauce, Milk	MILK	640	85	28	7	480	30	49	12	7	19
Stable Yogurt, Sunflower Seeds, Poptilla, Salsa, and Applesauce	MILK	490	61	25	5	435	20	30	12	6	11
Fruit											
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
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
Milk											
1% Low Fat White	MILK	120	14	2	1	107	15	0	0	14	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Snack Allergen & Nutrition Report

January 2025

Item Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
Snack											
BBQ Poptillas		100	16	4	0	120	0	2	1	2	2
Cheese Puffs	MILK	130	19	5	1	200	0	2	0	1	2
Educational Snacks	EGG, MILK, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
Giant Cinnamon Grahams	WHEAT	120	19	4	1	140	0	7	7	1	1
Goldfish Cheddar	MILK, WHEAT	100	14	4	1	170	4	0	0	1	2
Goldfish Pretzels	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Honey Graham Crackers	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Pizza Crackers	WHEAT	80	15	2	0	190	0	2	2	2	2
Ranch Crackers	SOY, WHEAT	90	15	4	0	200	0	2	2	1	1
Wheat Crackers & Seed Butter Pouch											
SIDE CrackerWheatWholeGrain (K-12)	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
SIDE SpreadRoastedSeed 1.5oz (K-12) 0224		258	9	22	1	174	0	5	4	4	4
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
Pear (3/4 Cup)		57	15	0	0	1	0	10	0	3	0
100% Fruit Juice 6 oz		100	25	0	0	10	0	23	0	0	0