

## Breakfast Allergen & Nutrition Report March 2026

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)
<b>Cold Breakfast</b>											
<b>Blueberry Muffin</b>	MILK, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
<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>	MILK, 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>	MILK, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
<b>Cinnamon Roll</b>	MILK, 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	MILK	80	0	6	4	200	15	0	0	0	7
<b>Fruit &amp; Yogurt Smoothie w/ Granola</b>											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	MILK	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>Mantecada Muffin</b>	MILK, EGG, SOY, WHEAT	280	42	9	1	300	35	13	12	0	5
<b>Strawberry Yogurt Parfait w/ Cinnamon Granola</b>	MILK	221	42	3	0	69	3	18	10	4	7
<b>Vanilla Concha</b>	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
<b>Yogurt w/ Honey Grahams</b>											
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
<b>Hot Breakfast</b>											
<b>Apple Hand Pie</b>	EGG, MILK, SOY, WHEAT	250	41	8	1	30	0	10	7	3	5
<b>Egg &amp; Turkey Sausage Scramble w/ Potato Wedges &amp; Biscuit</b>	MILK, EGG, SOY, WHEAT	347	40	15	5	830	77	4	0	2	12
<b>French Toast Sticks</b>	MILK, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
<b>Maple Beef Sausage &amp; Pancake Sandwich</b>	MILK, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
<b>Mini Maple Pancakes</b>	MILK, EGG, SOY, WHEAT	200	38	4	0	300	5	13	13	2	3
<b>Sausage &amp; Cheese Croissant Sandwich</b>	MILK, SOY, WHEAT	303	30	16	7	827	39	3	3	2	15
<b>Sausage &amp; Cheese English Muffin Sandwich</b>	SOY, WHEAT, MILK	263	25	13	5	767	39	1	1	3	16
<b>Sausage &amp; Cheese Stuffed Waffle</b>	MILK, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
<b>Fruit</b>											
<b>Apple (1/2 C)</b>		112	30	0	0	2	0	22	0	5	1
<b>Apple Slices (1/2 C)</b>		16	4	0	0	0	0	3	0	1	0
<b>Banana (1/2 C)</b>		105	27	0	0	1	0	14	0	3	1
<b>Orange (1/2 C)</b>		71	18	0	0	0	0	14	0	4	1
<b>Pear (1/2 C)</b>		95	25	0	0	2	0	16	0	5	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>	MILK	120	14	2	1	150	15	14	0	0	11
<b>Fat Free White Milk</b>	MILK	77	11	0	0	95	5	12	0	0	8

## Breakfast Allergen & Nutrition Report

### March 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars	Total Dietary	Protein (g)

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)
<b>Cold Lunch</b>											
<b>Cheese Pizza Kit</b>	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
<b>Italian Turkey Trio on Hoagie w/ Baby Carrots</b>											
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
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots</b>	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
<b>P'B&amp;J Sandwich Kit (Seedbutter) w/ String Cheese</b>	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
<b>P'B&amp;J Sandwich Kit (Seedbutter) w/ Tajin Corn</b>											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
VEG UV CornTajin		71	15	0	0	118	0	2	0	2	2
<b>Turkey &amp; Cheese Sub Sandwich</b>	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
<b>Turkey &amp; Cheese Sub Sandwich w/ Baby Carrots</b>											
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
<b>Lunch Salad</b>											
<b>Veggie Chef Salad w/ Egg, Dinner Roll &amp; Ranch</b>											
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
<b>Hot Lunch</b>											
<b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>											
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
<b>Bean &amp; Cheese Burrito w/ Baby Carrots</b>											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<b>Bean &amp; Cheese Pupusa w/ Curtido Salad</b>											
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
<b>Beef &amp; Cheese Taco Stick w/ Baby Carrots</b>											
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
<b>Beef Elote Loaded Potatoes w/ Dinner Roll</b>											
BeefElote-PotatoLoaded	MILK, EGG, WHEAT	408	33	23	7	617	39	2	0	3	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
<b>Cheese Lasagna w/ Marinara</b>	MILK, WHEAT	335	40	15	4	849	19	10	0	5	6
<b>Cheese Pizza</b>	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
<b>Cheese Tamale w/ Black Beans</b>	MILK, SOY	488	57	19	8	968	35	3	1	10	26
<b>Cheeseburger w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
<b>Chicken Alfredo Pasta w/ Seasoned Peas</b>											
PastaChickenTiptopAlfredoPeas	MILK, WHEAT	383	37	30	9	673	71	6	1	6	28
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
<b>Chicken Bites w/ Mashed Potatoes</b>	SOY, WHEAT, MILK	366	28	19	8	810	53	1	0	5	21
<b>Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp; Peas</b>	SOY, SESAME, WHEAT	394	66	7	1	689	24	19	12	8	21
<b>Chicken Tamale w/ Seasoned Mixed Veg</b>	MILK, SOY	357	38	14	5	952	55	5	0	5	19
<b>Chicken Teriyaki w/ Not So Fried Rice &amp; Diced Carrot</b>	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
<b>Grilled Cheese Sandwich w/ Baby Carrots</b>											
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
<b>Grilled Cheese Sandwich w/ Roasted Fava Beans</b>											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
<b>Mac &amp; Cheese w/ Mixed Vegetables</b>	MILK, EGG, WHEAT	351	42	13	7	813	38	13	0	4	18
<b>Parm Pizza Bites w/ Marinara Dipping Sauce</b>	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
<b>Penne &amp; Meat Sauce</b>	MILK, EGG, WHEAT	537	74	16	5	737	34	8	0	5	29
<b>Pepperoni Pizza</b>	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
<b>Soy Veggie Burger w/ Potato Wedges</b>	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
<b>Turkey Nachos w/ Refried Beans &amp; Tortilla Chips</b>											

### Lunch K-8 Allergen & Nutrition Report March 2026

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)
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
<b>Vegetable</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
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	0	1	0
<b>Cucumber Slices (1/4 C) w/ Tajin</b>											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG IW Cucumber Slices 1/4C (1.25oz) 0823		5	1	0	0	1	0	1	0	0	0
<b>Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)</b>											
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (.75cp) (K-8) 0925		15	3	0	0	12	0	2	0	1	1
<b>Juice</b>											
<b>100% Fruit Juice 4 oz</b>											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
<b>Milk</b>											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	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 9-12 Allergen & Nutrition Report March 2026

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)
<b>Cold Lunch</b>											
<b>Cheese Pizza Kit</b>	MILK, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
<b>Italian Turkey Trio on Hoagie w/ Baby Carrots</b>											
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
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots</b>	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
<b>P'B&amp;J Sandwich Kit (Seedbutter) w/ String Cheese</b>	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
<b>P'B&amp;J Sandwich Kit (Seedbutter) w/ Tajin Corn</b>											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
VEG UV CornTajin		71	15	0	0	118	0	2	0	2	2
<b>Turkey &amp; Cheese Sub Sandwich</b>	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
<b>Turkey &amp; Cheese Sub Sandwich w/ Baby Carrots</b>											
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
<b>Lunch Salad</b>											
<b>Veggie Chef Salad w/ Egg, Dinner Roll &amp; Ranch</b>											
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
<b>Hot Lunch</b>											
<b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>											
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
<b>Bean &amp; Cheese Burrito w/ Baby Carrots</b>											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<b>Bean &amp; Cheese Pupusa w/ Curtido Salad</b>											
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
<b>Beef &amp; Cheese Taco Stick w/ Baby Carrots</b>											
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
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
<b>Beef Elote Loaded Potatoes w/ Dinner Roll</b>											
BeefElote-PotatoLoaded	MILK, EGG, WHEAT	408	33	23	7	617	39	2	0	3	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
<b>Cheese Lasagna w/ Marinara &amp; Wheat Crackers</b>											
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
<b>Cheese Pizza</b>	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
<b>Cheese Tamale w/ Black Beans</b>	MILK, SOY	488	57	19	8	968	35	3	1	10	26
<b>Cheeseburger w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
<b>Chicken Alfredo Pasta w/ Seasoned Peas</b>											

## Lunch 9-12 Allergen & Nutrition Report March 2026

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)
PastaChickenTiptopAlfredoPeas	MILK, WHEAT	383	37	30	9	673	71	6	1	6	28
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
<b>Chicken Bites w/ Mashed Potatoes &amp; Pretzels</b>											
ChickenBites-PotatoesMashedResers	SOY, WHEAT, MILK	366	28	19	8	810	53	1	0	5	21
CrackerGoldfishPretzel .75oz	MILK, 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	394	66	7	1	689	24	19	12	8	21
<b>Chicken Tamale w/ Seasoned Mixed Veg</b>	MILK, SOY	357	38	14	5	952	55	5	0	5	19
<b>Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, &amp; Pretzels</b>											
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
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
<b>Grilled Cheese Sandwich w/ Baby Carrots</b>											
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
<b>Grilled Cheese Sandwich w/ Roasted Fava Beans</b>											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
<b>Mac &amp; Cheese w/ Mixed Vegetables &amp; Dinner Roll</b>											
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
<b>Parm Pizza Bites w/ Marinara Dipping Sauce</b>	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
<b>Penne &amp; Meat Sauce</b>	MILK, EGG, WHEAT	537	74	16	5	737	34	8	0	5	29
<b>Pepperoni Pizza</b>	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
<b>Soy Veggie Burger w/ Potato Wedges</b>	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
<b>Turkey Nachos w/ Refried Beans &amp; Tortilla Chips</b>											
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
<b>Vegebles</b>											
<b>Baby Carrots (1/2 C)</b>		25	6	0	0	55	0	3	0	2	0
<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
VEG IW Cucumber Slices .5c (2.5oz)		11	3	0	0	1	0	1	0	0	0
<b>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	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
<b>Fruit</b>											
<b>Apple (1/2 C)</b>		112	30	0	0	2	0	22	0	5	1
<b>Banana (1/2 C)</b>		105	27	0	0	1	0	14	0	3	1
<b>Orange (1/2 C)</b>		71	18	0	0	0	0	14	0	4	1
<b>Pear (1/2 C)</b>		95	25	0	0	2	0	16	0	5	1
<b>Tangerine (1/2 C)</b>		51	13	0	0	0	0	10	0	3	1

## Lunch 9-12 Allergen & Nutrition Report March 2026

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)
<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>	MILK	120	14	2	1	150	15	14	0	0	11
<b>Fat Free Chocolate Milk</b>	MILK	120	22	0	0	210	5	21	9	0	8
<b>Fat Free White Milk</b>	MILK	77	11	0	0	95	5	12	0	0	8

## Snack Allergen & Nutrition Report March 2026

Romance Name	Product 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)
<b>Snack</b>												
<b>BBQ Poptillas</b>	SIDE ChipsPoptillaBBQ .8oz (K-12)		100	16	4	0	120	0	2	1	2	2
<b>Educational Snacks</b>	SIDE CrackerEducational 1oz (K-12)	EGG, MILK, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
<b>Giant Cinnamon Grahams</b>	SIDE CrackerGrahamsGiantGoldfish .90oz (K-12)	WHEAT	120	19	4	1	140	0	7	7	1	1
<b>Goldfish Cheddar</b>	SIDE CrackerGoldfishCheddar .75oz (K-12)	MILK, WHEAT	100	14	4	1	170	4	0	0	1	2
<b>Goldfish Pretzels</b>	SIDE CrackerGoldfishPretzel .75oz (K-12)	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
<b>Honey Graham Crackers</b>	SIDE CrackerGrahamHoney 1oz (K-12)	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
<b>Pizza Crackers</b>	SIDE CrackerPizza .8oz (K-12)	WHEAT	80	15	2	0	190	0	2	2	2	2
<b>Ranch Crackers</b>	SIDE CrackerZeeZeeRanch 0.8oz (K-12) 0924	SOY, WHEAT	90	15	4	0	200	0	2	2	1	1
<b>Wheat Crackers</b>	SIDE CrackerWheatWholeGrain (K-12)	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
<b>Fruit</b>												
<b>Apple (3/4 Cup)</b>	FRUIT Apple 138ct (SNACK)		71	19	0	0	1	0	14	0	3	0
<b>Orange (3/4 Cup)</b>	FRUIT Orange Snack 88ct (3/4c)		47	12	0	0	0	0	9	0	2	1
<b>Pear (3/4 Cup)</b>	FRUIT Pear 120ct (SNACK)		57	15	0	0	1	0	10	0	3	0
<b>100% Fruit Juice 6 oz</b>	FRUIT Juice Fruit 100% 6.75oz SS		100	25	0	0	10	0	23	0	0	0

## Supper Allergen & Nutrition Report March 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (m)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
<b>Grab and Go</b>											
<b>Blueberry Muffin w/ Sunflower Seeds, String Cheese, Baby Carrots &amp; Pear</b>											
KIT MuffinBlueberry-SeedsSunflower-StringCheese-CarrotsBaby	MILK, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
Pear .5c 135ct		95	25	0	0	2	0	16	0	5	1
<b>Cheese Pizza Kit w/ Marinara Sauce &amp; Orange</b>											
KIT Pizza-Cheese	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Orange .5c 138ct		71	18	0	0	0	0	14	0	4	1
<b>Chicken Caesar Salad with WG Crackers, Croutons &amp; Apple</b>											
<b>Chicken Teriyaki Pasta Salad w/ Cabbage Carrot &amp; Apple</b>											
<b>Cold Pasta Salad with Chicken, Baby Carrots &amp; Apple</b>											
<b>Italian Turkey Trio on Hoagie w/ Baby Carrots &amp; Apple</b>											
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots &amp; 100% Juice</b>											
KIT Muffin-Yogurt-StringCheese-Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
JuiceVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
<b>Protein Pack: Yogurt, String Cheese, Granola, Baby Carrots &amp; Pear</b>											
<b>Seedbutter &amp; Jelly Sandwich Kit w/ String Cheese, Baby Carrots &amp; Orange</b>											
<b>Sunflower Seeds w/ String Cheese, Baby Carrots &amp; 100% Juice</b>											
KIT SunflowerSeeds-StringCheese-GoldfishPretzel	MILK, WHEAT	395	30	25	6	585	15	5	0	7	16
JuiceVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
<b>Turkey &amp; Cheese Sub Sandwich w/ Baby Carrots &amp; Pear</b>											
<b>Veggie Chef Salad w/ Egg, Dinner Roll, Ranch &amp; Wowbutter &amp; Jelly Sandwich w/ Paradise Punch &amp; Orange</b>											
<b>Hot Supper</b>											
<b>Bean &amp; Cheese Burrito w/ Baby Carrots</b>											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
<b>Beef, Bean &amp; Cheese Burrito w/ Baby Carrots</b>											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
z BurritoBeefBeanCheeseLosCabos 5.1oz	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
<b>Cheese Lasagna w/ Tomato Basil Sauce</b>											
<b>Cheese Pizza w/ Baby Carrots</b>											
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
<b>Cheeseburger w/ Oven Baked Fries</b>											
<b>Chicken Dumplings w/ Edamame &amp; Peas</b>											
<b>Chicken Teriyaki w/ Not So Fried Rice &amp; Diced Carrot</b>											
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>											
<b>Grilled Cheese Sandwich-Baby Carrots</b>											
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
<b>Hot Dog w/ Oven Baked Fries</b>											
<b>Parm Pizza Bites w/ Marinara Dipping Sauce</b>											
<b>Pepperoni Pizza w/ Baby Carrots</b>											
<b>Pepperoni Pizza w/ Baby Carrots</b>											
<b>Shelf Stable</b>											
<b>Stable Yogurt, Sunflower Seeds, Poptilla, Salsa, and Applesauce</b>											
<b>100% Juice 4oz</b>											
<b>Apple (1/2 C)</b>											
<b>Pear (1/2 C)</b>											
<b>Milk</b>											

### Supper Allergen & Nutrition Report March 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (m)	Chol (mg)	Sugar (g)	Total Sugar	Dietary Fiber	Protein (g)
<b>1% Low Fat White</b>	MILK	120	14	2	1	150	15	14	0	0	11
<b>Fat Free Chocolate Milk</b>	MILK	120	22	0	0	210	5	21	9	0	8
<b>Fat Free White Milk</b>	MILK	77	11	0	0	95	5	12	0	0	8