

Breakfast Allergen & Nutrition Report May 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)
Cold Breakfast											
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 Corn Chex Cereal, Honey Grahams, Dried Cranberries, Fruit Juice & Milk											
BRKFST STABLE CerealChexCorn-Cracker-Cranberries-Juice 0526	SOY, WHEAT	357	83	3	0	295	0	44	26	5	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 & 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
Mini Strawberry Pancakes	EGG, MILK, SOY, WHEAT	200	38	4	1	260	5	13	0	2	3
Sausage & Cheese English Muffin Sandwich	SOY, WHEAT, MILK	263	25	13	5	767	39	1	1	3	16
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
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
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
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
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0

Breakfast Allergen & Nutrition Report May 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)
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Lunch 9-12 Allergen & Nutrition Report May 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)
Cold Lunch											
Cheese Pizza	MILK, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Italian Turkey Trio on Hoagie w/ Baby Carrots											
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
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
P'B&J Sandwich (Seedbutter) w/ String Cheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
P'B&J Sandwich (Seedbutter) w/ Tajin Corn											
SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
UV CornTajin		71	15	0	0	118	0	2	0	2	2
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
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChef-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/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, 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
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	MILK	290	35	11	3	480	15	1	1	4	13
UV SaladCurtido .5c		15	3	0	0	137	0	2	0	1	1
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco	MILK, 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
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco	MILK, 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
Beef Elote Loaded Potatoes w/ Dinner Roll											
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
Cheese Lasagna w/ Marinara & Wheat Crackers											
PastaLasagna (9-12) 0723	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

Lunch 9-12 Allergen & Nutrition Report May 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)	
Chicken Alfredo Pasta w/ Seasoned Peas												
PastaChickenTiptopAlfredoPeas	MILK, WHEAT	375	53	20	4	625	44	6	0	6	29	
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5	
Chicken Bites w/ Mashed Potatoes & Pretzels												
ChickenBitesPotatoesMashed	MILK, SOY, WHEAT	332	26	19	8	884	62	1	0	3	18	
CrackerGoldfishPretzel .75oz	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2	
Chicken Dumplings w/ Mixed gies												
Chicken Dumplings w/ Mixed gies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19	
Chicken Tamale w/ Seasoned Mixed												
Chicken Tamale w/ Seasoned Mixed	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	
Crispy Chicken Sandwich w/ Oven Baked Fries												
Crispy Chicken Sandwich w/ Oven Baked Fries	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21	
Grilled Cheese Sandwich w/ Baby Carrots												
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
Grilled Cheese Sandwich w/ Roasted Fava Beans												
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19	
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9	
Hot Dog w/ Oven Baked Fries												
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13	
Mac & Cheese w/ Mixed etables & Dinner Roll												
PastaMacCheese-Mixed	MILK, EGG, WHEAT	370	37	16	9	942	48	7	0	4	18	
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5	
Papa John's Cheese Pizza Slice												
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20	
Papa John's Pepperoni Pizza Slice												
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												
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18	
Pepperoni Pizza												
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17	
Soy gie Burger												
Soy gie Burger	SESAME, SOY, WHEAT, MILK, EGG	290	31	10	1	610	0	5	2	5	21	
Soy gie Burger w/ Potato Wedges												
Soy gie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23	
Spaghetti & Meat Sauce												
Spaghetti & Meat Sauce	MILK, EGG, WHEAT, SOY	460	49	20	6	979	43	7	0	6	24	
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	
etable												
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) w/ Tajin												
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	
Fava Beans & Carrots (1 C)												
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9	
Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)												
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5	

Lunch 9-12 Allergen & Nutrition Report May 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)
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
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
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Berry Mixed Cup (1/2 C)		80	21	0	0	0	0	17	9	2	1
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
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
Cantaloupe (30 servings per tray)		26	6	0	0	12	0	6	0	1	1
Promo											
Conchita (Whole Grain)	EGG, WHEAT	143	18	7	4	76	24	5	3	1	3
Milk											
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 K-8 Allergen & Nutrition Report May 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	372	38	16	6	783	36	7	2	4	20
Italian Turkey Trio on Hoagie w/ Baby Carrots											
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
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
P'B&J Sandwich Kit (Seedbutter) w/ String Cheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
UV CornTajin		71	15	0	0	118	0	2	0	2	2
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
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChef-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
Shelf Stable Lunch											
Shelf Stable Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, 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
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/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, 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
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	MILK	290	35	11	3	480	15	1	1	4	13
UV SaladCurtido .5c 0924		15	3	0	0	137	0	2	0	1	1
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco	MILK, 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
Beef Elote Loaded Potatoes w/ Dinner Roll											
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
Cheese Lasagna w/ Marinara	MILK, WHEAT	335	40	15	4	849	19	10	0	5	6
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 Alfredo Pasta w/ Seasoned Peas											
PastaChickenTiptopAlfredoPeas	MILK, WHEAT	375	53	20	4	625	44	6	0	6	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Chicken Bites w/ Mashed Potatoes	MILK, SOY, WHEAT	332	26	19	8	884	62	1	0	3	18
Chicken Dumplings w/ Mixed gies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Seasoned Mixed	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
Crispy Chicken Sandwich w/ Oven Baked Fries	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
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											
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0

Lunch K-8 Allergen & Nutrition Report May 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)
Grilled Cheese Sandwich w/ Roasted Fava Beans											
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Hot Dog w/ Oven Baked Fries											
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mac & Cheese w/ Mixed etables											
Mac & Cheese w/ Mixed etables	MILK, EGG, WHEAT	370	37	16	9	942	48	7	0	4	18
Papa John's Cheese Pizza Slice											
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice											
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											
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
Pepperoni Pizza											
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Soy gie Burger w/ Potato Wedges											
Soy gie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Spaghetti & Meat Sauce											
Spaghetti & Meat Sauce	MILK, EGG, WHEAT, SOY	460	49	20	6	979	43	7	0	6	24
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
Vegetable											
Baby Carrots (1/2 C)											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Celery Sticks (1/4 C)											
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	0	1	0
Corn & Carrots (3/4 C)											
Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
UV CornTajin		71	15	0	0	118	0	2	0	2	2
Cucumber Slices (1/4 C) w/ Tajin											
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
Fava Beans & Carrots (3/4 C)											
Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)											
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
UV Salad-LettuceTomatoCarrot (.75cp)		15	3	0	0	12	0	2	0	1	1
Fruit											
Apple (1/2 C)											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Banana (1/2 C)											
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Berry Mixed Cup (1/2 C)											
Berry Mixed Cup (1/2 C)		80	21	0	0	0	0	17	9	2	1
Tangerine (1/2 C)											
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
100% Fruit Juice 4 oz											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Promo											
Conchita (Whole Grain)											
Conchita (Whole Grain)	EGG, WHEAT	143	18	7	4	76	24	5	3	1	3
Milk											
1% Low Fat White											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk											
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk											
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Supper Allergen & Nutrition Report
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Romance Name	Product Name	Allergens	ories (kc	Carb (g)	otal Fat (Sat Fat (odium (m	Chol (mg)	Sugar (g)	led Sugar	Dietary Fi	rotein (g
Shelf Stable												
Stable Yogurt, Sunflower Seeds, Poptilla, Salsa, and Applesauce	STABLE Yogurt-Seeds-Chips-Salsa (6-18) 0925	MILK	490	61	25	5	435	20	30	12	6	11
Grab and Go												
Blueberry Muffin w/ Sunflower Seeds, String Cheese, Baby Carrots & Pear												
MuffinBlueberry-SeedsSunflower-StringCheese-CarrotsBaby	MuffinBlueberry-SeedsSunflower-StringCheese-CarrotsBaby	MILK, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
Pear .5c 135ct	Pear .5c 135ct		95	25	0	0	2	0	16	0	5	1
Cheese Pizza w/ Marinara Sauce & Orange												
Pizza-Cheese	Pizza-Cheese	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Orange .5c 138ct	Orange .5c 138ct		71	18	0	0	0	14	0	4	4	1
Chicken Caesar Salad with WG Crackers, Croutons & Apple	GNG SaladChickenTiptopCaesar- (6-18) 0225	MILK, SOY, WHEAT, EGG	540	61	39	5	783	57	31	7	8	24
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Apple	GNG PastaColdChickenTiptopTeriyakiCabbage-Carrots- (6-18) 0225	SOY, EGG, WHEAT	439	79	23	1	412	49	43	18	9	29
Cold Pasta Salad with Chicken, Baby Carrots & Apple	GNG PastaColdElbowsChickenTiptop-CarrotsBaby- (6-18) 0225	EGG, WHEAT	674	77	49	5	480	63	28	0	9	31
Italian Turkey Trio on Hoagie w/ Baby Carrots & Apple	GNG SandwichItalianTrio-CarrotsBaby- (6-18) 0125	SOY, WHEAT	417	69	9	2	748	59	29	2	10	19
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots & 100% Juice												
Muffin-Yogurt-StringCheese-Carrots	Muffin-Yogurt-StringCheese-Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
JuiceVarietyStable 4.23oz	JuiceVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
Protein Pack: Yogurt, String Cheese, Granola, Baby Carrots & Pear	GNG Yogurt-Cheese-Granola- (6-18) 0824	MILK	389	64	9	4	327	20	35	5	9	15
Seedbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Orange	SandwichSlicedSeedbutter-StringCheese-	MILK, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Sunflower Seeds w/ String Cheese, Baby Carrots & 100% Juice												
SunflowerSeeds-StringCheese-GoldfishPretzel	SunflowerSeeds-StringCheese-GoldfishPretzel	MILK, WHEAT	395	30	25	6	585	15	5	0	7	16
JuiceVarietyStable 4.23oz	JuiceVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear	GNG SandwichSubTurkeyThickCheeseYellow-Carrots- (6-18) 0825	SOY, WHEAT, MILK	425	63	13	6	894	44	22	2	10	20
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch &	GNG SaladChefVeg-Garbanzo- (6-18) 0924	MILK, EGG, SOY, WHEAT	392	56	15	3	375	170	30	7	8	12
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	GNG SandwichWowButterJelly-Punch- (6-18) 0824	MILK, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19
Hot												
Bean & Cheese Burrito w/ Baby Carrots												
BurritoBeanCheeseChileLosCabos 5.4oz	BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW Carrot Baby .5c (2.5oz)	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)	VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
z BurritoBeefBeanCheeseLosCabos 5.1oz	z BurritoBeefBeanCheeseLosCabos 5.1oz	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Lasagna w/ Tomato Basil Sauce												
PastaLasagna	PastaLasagna	MILK, WHEAT	335	40	15	4	849	19	10	1	5	6
Cheese Pizza w/ Baby Carrots												
PizzaCheese 4.97oz	PizzaCheese 4.97oz	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
VEG IW Carrot Baby .5c (2.5oz)	VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Cheeseburger w/ Oven Baked Fries												
SandwichCheeseburgerAmerican-Fries	SandwichCheeseburgerAmerican-Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Dumplings w/ Edamame & Peas	DumplingsChicken-Edamame-Peas 4ea (6-18) 0825	SOY, SESAME, WHEAT	314	50	6	1	584	24	18	12	7	19
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	ChickenTeriyakiYangs-Rice-CarrotDiced (K-12;6-18) 0125	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Crispy Chicken Sandwich w/ Oven Baked Fries	SandwichChickenCrispy-Fries-.5cp	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Grilled Cheese Sandwich-Baby Carrots												
SandwichGrilledCheeseIW	SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Carrot Baby .5c (2.5oz)	VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Hot Dog w/ Oven Baked Fries												
SandwichHotDog-Fries .5c	SandwichHotDog-Fries .5c	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Papa John's Cheese Pizza Slice												
PizzaPapaJohnsCheeseSlice (K-12) 0723	PizzaPapaJohnsCheeseSlice (K-12) 0723	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice												
PizzaPapaJohnsPepperoniSlice (K-12) 0723	PizzaPapaJohnsPepperoniSlice (K-12) 0723	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce												
BitesCheeseMozzMarinara (K-12;6-18) 0525	BitesCheeseMozzMarinara (K-12;6-18) 0525	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
Pepperoni Pizza w/ Baby Carrots												
PizzaPepperoni 4.97oz	PizzaPepperoni 4.97oz	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
VEG IW Carrot Baby .5c (2.5oz)	VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Vegetable												
Baby Carrots (1/2 C)	VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Fruit												
Apple (1/2 C)	Apple .5c 163ct		112	30	0	0	2	0	22	0	5	1
Pear (1/2 C)	Pear .5c 135ct		95	25	0	0	2	0	16	0	5	1
100% Juice 4oz	JuiceVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
Milk												
1% Low Fat White	MILK Half Pint 1% (K-12)	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK Half Pint 0% Chocolate (K-12)	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK Half Pint 0% (K-12)	MILK	77	11	0	0	95	5	12	0	0	8

Snack Allergen & Nutrition Report May 2026

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)
Snack											
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
Nacho Poptillas	MILK	100	16	4	0	180	0	1	0	1	2
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	SOY, WHEAT	90	15	3	0	125	0	2	2	1	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
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