

Breakfast K-12 Allergen Report

October 2026

Breakfast K-12 Allergen Report

October 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)
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
StringCheese 1oz	MILK	80	0	6	4	200	15	0	0	0	7
Shelf Stable											
Shelf Stable - Berry Apple Crisp Bar, Fruit & Milk											
STABLE-BRKST 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
Hot Breakfast											
Apple Hand Pie	EGG, MILK, SOY, WHEAT	250	41	8	1	30	0	10	7	3	5
Beef Sausage & Cheese Croissant Sandwich	MILK, SOY, WHEAT	303	30	16	7	827	39	3	3	2	15
Beef Sausage & Cheese English Muffin Sandwich	SOY, WHEAT, MILK	263	25	13	5	767	39	1	1	3	16
Egg, Cheese & Green Salsa Breakfast Burrito	MILK, EGG, WHEAT	246	30	10	4	322	70	1	0	4	10
French Toast Sticks	MILK, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
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
Oatmeal w/ Blueberries	MILK	207	40	3	1	34	4	17	0	4	7
Sausage & Cheese Stuffed Waffle	MILK, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
Waffle	MILK, EGG, SOY, WHEAT	310	36	17	5	260	20	12	12	2	5
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
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	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	150	15	14	0	0	11
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Lunch K-8 Allergen Report October 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 Kit	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad Sandwich w/ Baby Carrots											
SandwichChickenTiptopSalad	EGG, SESAME, SOY, WHEAT	314	25	12	2	380	37	4	2	2	26
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Egg Salad Sandwich w/ Kettle Roasted Chickpeas											
SandwichEggSalad	SOY, WHEAT, EGG	303	32	13	3	371	203	3	2	3	12
VEG IW ChickpeasRoastedKettleCornCrunchersZeeZee 1/4C .75oz		90	13	2	0	110	0	2	1	5	4
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 & Tajin Corn	MILK, EGG, SOY, WHEAT	500	69	15	5	690	55	24	17	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	MILK, SOY, WHEAT	547	54	29	5	669	15	18	13	9	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
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Seedbutter w/ String Cheese, Wheat Crackers, & Baby Carrots	MILK, SOY, WHEAT	452	30	31	5	554	15	10	6	7	13
Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn											
SandwichPretzelTurkeyThickCheese	MILK, SOY, WHEAT	326	34	14	7	721	44	4	4	3	19
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Turkey & Cheese Sandwich w/ Roasted Fava Beans											
LMR SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Tajin Corn											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter & Jelly Sandwich w/ Tajin Corn											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter (Soybutter) & Jelly Sandwich	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Wowbutter Jelly Sandwich w/ Roasted Fava Beans											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Yogurt w/ String Cheese, Granola & Baby Carrots	MILK	295	39	9	4	325	20	18	5	4	14
Lunch Salad											
Asian Chicken Salad w/ WG Crispy Noodles											
SaladChickenTiptopAsian		98	6	1	0	41	26	3	0	2	17
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	126	4	4	2	97	36	1	0	2	21

Lunch K-8 Allergen Report

October 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)
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
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenTiptopSouthwest		255	36	2	0	262	26	3	1	9	28
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
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		428	66	1	0	814	32	26	1	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
BurritoBeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	292	31	12	6	425	32	0	0	7	16
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	292	31	12	6	425	32	0	0	7	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Burrito w/ Corn Tajin											
BurritoBeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	292	31	12	6	425	32	0	0	7	16
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
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
Bean & Cheese Pupusa w/ Pinto Beans											
	MILK	444	62	11	4	779	15	2	1	10	22
Bean Burrito Bowl w/ Rice & Corn											
		303	60	2	0	260	0	3	1	9	13
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 & Cheese Taco Stick w/ Corn Tajin											
StickBeefTaco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Beef, Bean & Cheese Burrito											
	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Lasagna w/ Marinara											
	MILK, WHEAT	335	40	15	4	849	19	10	1	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	371	53	6	3	625	35	6	0	6	29

Lunch K-8 Allergen Report October 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)
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 Veggies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Pinto Beans	MILK, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Crispy Chicken Sandwich	MILK, SOY, WHEAT, SESAME	330	36	11	1	710	35	4	2	3	20
Firecracker Chicken Dumplings & Peas	SESAME, SOY, WHEAT	367	58	7	1	887	35	19	13	7	33
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
Grilled Cheese Sandwich w/ Roasted Fava Beans											
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
Mac & Cheese w/ Mixed Vegetables	MILK, EGG, WHEAT	370	37	16	9	942	48	7	0	4	18
Orange Chicken with Brown Rice, Peas, and Goldfish Grahams											
ChickenOrangeYangs-BrownRice-Peas	EGG, SOY, WHEAT	342	55	4	1	349	50	17	0	5	20
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	1	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	1	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	SOY	287	45	2	0	349	32	20	14	4	23
Sesame Beef Bowl w/ Broccoli	SESAME, SOY	368	49	10	3	667	28	5	0	4	22
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
Vegetable											
Baby Carrots (1/4 C)		12	3	0	0	28	0	2	0	1	0
Celery Sticks (1/4 C)		5	1	0	0	28	0	0	0	1	0
Cucumber Slices (1/4 C) w/ Tajin											
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
Jicama Slices (1/4 C)		15	3	0	0	0	0	1	0	2	0
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
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
Nectarine (1/2 C)		44	11	0	0	0	0	8	0	2	1
Peach (1/2 C)		39	10	0	0	0	0	8	0	2	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1

Lunch K-8 Allergen Report

October 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)
Persimmon (1/2 C)		70	19	0	0	1	0	13	0	4	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Promo											
Pumpkin Cookie (Whole Grain)	MILK, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1	2
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

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 Sandwich w/ Baby Carrots											
SandwichChickenTiptopSalad	EGG, SESAME, SOY, WHEAT	314	25	12	2	380	37	4	2	2	26
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Egg Salad Sandwich w/Kettle Roasted Chickpeas											
SandwichEggSalad	SOY, WHEAT, EGG	303	32	13	3	371	203	3	2	3	12
VEG IW ChickpeasRoastedKettleCornCrunchersZeeZee 1/4C .75oz		90	13	2	0	110	0	2	1	5	4
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 & Tajin Corn	MILK, EGG, SOY, WHEAT	500	69	15	5	690	55	24	17	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	MILK, SOY, WHEAT	547	54	29	5	669	15	18	13	9	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
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Seedbutter w/ String Cheese, Wheat Crackers, & Baby Carrots	MILK, SOY, WHEAT	542	45	34	5	679	15	12	8	8	15
Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn											
SandwichPretzelTurkeyThickCheese	MILK, SOY, WHEAT	326	34	14	7	721	44	4	4	3	19
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Turkey & Cheese Sandwich w/ Roasted Fava Beans											
LMR SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Tajin Corn											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter & Jelly Sandwich w/ Corn Tajin											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter (Soybutter) & Jelly Sandwich	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Wowbutter Jelly Sandwich w/ Roasted Fava Beans											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Yogurt w/ String Cheese, Granola & Baby Carrots	MILK, SOY, WHEAT	385	54	12	4	450	20	20	7	5	16
Lunch Salad											
Asian Chicken Salad w/ WG Crispy Noodles & Honey Grahams											
SaladChickenTiptopAsian		121	6	1	0	48	35	3	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	126	4	4	2	97	36	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
Southwest Chicken Salad w/ WG Dinner Roll											

October 2026

Romance Name		Allergens	Calories (kc	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (m	Chol (mg)	Sugar (g)	Total Sugar	Dietary Fi	Protein (g)
Salad	ChickenTiptopSouthwest (9-12)		279	36	2	0	269	35	3	1	9	34
Bread	DinnerRoll 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
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch												
Salad	ChefVeg-Garbanzo	MILK, EGG	225	22	9	3	283	165	6	0	6	15
Bread	DinnerRoll 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												
BBQ Chicken w/ Baked Beans & Dinner Roll												
Chicken	TiptopBBQ-BeansBaked		428	66	1	0	814	32	26	1	13	33
Bread	DinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito												
Burrito	BeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
Burrito	BeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	292	31	12	6	425	32	0	0	7	16
Bean & Cheese Burrito w/ Baby Carrots												
Burrito	BeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	292	31	12	6	425	32	0	0	7	16
VEG IW	Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Burrito w/ Corn Tajin												
Burrito	BeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	292	31	12	6	425	32	0	0	7	16
VEG UV	CornTajin		69	15	0	0	114	0	2	0	2	2
Bean & Cheese Pupusa w/ Curtido Salad												
Pupusa	BeanCheese 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
Bean & Cheese Pupusa w/ Pinto Beans												
		MILK	444	62	11	4	779	15	2	1	10	22
Bean Burrito Bowl w/ Rice & Corn												
			395	79	3	0	260	0	3	1	10	15
Beef & Cheese Taco Stick w/ Baby Carrots												
Stick	BeefTaco 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 & Cheese Taco Stick w/ Corn Tajin												
Stick	BeefTaco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG UV	CornTajin		69	15	0	0	114	0	2	0	2	2
Beef, Bean & Cheese Burrito												
		MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Lasagna w/ Marinara & Wheat Crackers												
Pasta	Lasagna	MILK, WHEAT	335	40	15	4	849	19	10	1	5	6
Cracker	WheatWholeGrain	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 Alfredo Pasta w/ Seasoned Peas												
Pasta	ChickenTiptopAlfredoPeas	MILK, WHEAT	371	53	6	3	625	35	6	0	6	29
Bread	DinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Chicken Bites w/ Mashed Potatoes & Pretzels												
Chicken	BitesPotatoesMashed	MILK, SOY, WHEAT	332	26	19	8	884	62	1	0	3	18
Cracker	GoldfishPretzel .75oz	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Chicken Dumplings w/ Mixed Veggies												
		SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Pinto Beans												
		MILK, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels												

Lunch 9-12 Allergen Report October 2026

Romance Name	Allergens	Calories (kc)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (m)	Chol (mg)	Sugar (g)	Added Sugar	Dietary Fiber	Protein (g)
Chicken Teriyaki Yangs-Rice-Carrot Diced	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Cracker Goldfish Pretzel .75oz	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Crispy Chicken Sandwich	MILK, SOY, WHEAT, SESAME	330	36	11	1	710	35	4	2	3	20
Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & F	SOY, SESAME, WHEAT	398	67	7	1	809	24	19	12	8	33
Grilled Cheese Sandwich w/ Baby Carrots											
Sandwich Grilled Cheese IW	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
Grilled Cheese Sandwich w/ Roasted Fava Beans											
Sandwich Grilled Cheese IW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Fava Bean Churro Crisps Zee Zee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Mac & Cheese w/ Mixed Vegetables & Dinner Roll											
Pasta Mac Cheese-Mixed Veg	MILK, EGG, WHEAT	370	37	16	9	942	48	7	0	4	18
Bread Dinner Roll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Orange Chicken with Brown Rice, Peas & Goldfish Grahams											
Chicken Orange Yangs-Brown Rice-Peas	EGG, SOY, WHEAT	342	55	4	1	349	50	17	0	5	20
Cracker Grahams Giant Goldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	1	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	1	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots & Goldfish Cheddars											
Chicken Tiptop Pineapple Teriyaki Rice-Carrots	SOY	379	64	3	0	349	32	20	14	5	25
Cracker Goldfish Cheddar .75oz	MILK, WHEAT	100	14	4	1	170	4	0	0	1	2
Sesame Beef Bowl w/ Broccoli	SESAME, SOY	409	50	13	4	830	35	6	0	4	26
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											
Nachos Turkey-Beans Refried	MILK	387	21	22	8	793	61	3	0	5	22
Chips Tortilla Corn 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
Celery Sticks (1/2 C)		10	2	0	0	56	0	1	0	1	0
Cucumber Slices (1/2 C) w/ Tajin											
Spice Tajin 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
Jicama Slices (1/2 C)		25	6	0	0	0	0	1	0	3	0
Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)											
Bread Dinner Roll 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-Lettuce Tomato Carrot (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
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
FRUIT NSLP Banana 1/2cp (2nd)		105	27	0	0	1	0	14	0	3	1
Nectarine (1/2 C)		44	11	0	0	0	0	8	0	2	1
Peach (1/2 C)		39	10	0	0	0	0	8	0	2	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Persimmon (1/2 C)		70	19	0	0	1	0	13	0	4	1

October 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
Plum (1/2 C)		46	11	0	0	0	0	10	0	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0
Promo										
Pumpkin Cookie (Whole Grain)	MILK, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1
Milk										
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	8

Supper Allergen Report October 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)
Grab and Go											
Asian Chicken Salad w/ WG Crispy Noodles & Pineapple	SESAME, SOY, WHEAT	407	30	21	3	837	35	13	8	3	25
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 & Apple											
KIT Pizza-Cheese	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
FRUIT Apple .5c 163ct		112	30	0	0	2	0	22	0	5	1
Chicken Caesar Salad with WG Crackers, Croutons & Apple	MILK, SOY, WHEAT, EGG	536	61	25	5	782	48	31	6	8	24
Chicken Caprese Salad with Dinner Roll & Pear	MILK, SOY, WHEAT	384	59	9	2	496	35	21	3	10	26
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots & Applesauce	EGG, SOY, WHEAT, MILK	411	36	21	8	483	58	18	2	4	23
Chicken Salad Sandwich w/ Baby Carrots & Orange	EGG, SESAME, SOY, WHEAT	396	49	12	2	428	34	22	2	8	26
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Apple	SOY, EGG, WHEAT	433	79	2	1	412	35	43	18	9	28
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, WHEAT	668	77	28	4	480	50	28	1	9	31
Egg Salad Sandwich w/ Baby Carrots & Orange	SOY, WHEAT, EGG	398	56	14	3	426	203	21	2	9	13
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 JuiceFruitVarietyStable 4.23oz		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
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 JuiceFruitVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots & Orange	MILK, SOY, WHEAT	421	58	14	7	777	44	21	4	9	21
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											
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	292	31	12	6	425	32	0	0	7	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Pupusa w/ Baby Carrots											
PupusaBeanCheese 5.5oz	MILK	290	35	11	3	480	15	1	1	4	13
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
zBurritoBeefBeanCheeseLosCabos 5.1oz	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
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	MILK, SOY, WHEAT	332	26	19	8	884	62	1	0	3	18
Chicken Dumplings w/ Edamame & Peas	SOY, SESAME, WHEAT	314	50	6	1	584	24	18	12	7	19
Chicken Tamale w/ Pinto Beans	MILK, SOY	464	55	14	5	919	55	2	0	9	26
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
Grilled Cheese Sandwich-Baby Carrots											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19

Supper Allergen Report October 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)
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mac & Cheese w/ Diced Carrots	MILK, EGG, WHEAT	356	34	17	9	661	48	7	0	5	17
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	1	2	18
Pepperoni Pizza w/ Baby Carrots											
PizzaPepperoni 4.97oz	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	SOY	379	64	3	0	349	32	20	14	5	25
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
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	1
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0
Promo											
Pumpkin Cookie (Whole Grain)	MILK, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1	2
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

Snack Allergen Report

October 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)
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
Cheese Stick	MILK	80	0	6	4	200	15	0	0	0	7
Churro Poptillas		110	16	5	0	30	0	3	3	1	1
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
Sunflower Seeds		200	8	17	2	130	0	1	0	4	7
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
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