

## Breakfast Allergen & Nutrition Report

### November 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</b>                                                                                    |                       |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Bagel w/ Cream Cheese</b>                                                                   |                       |                 |          |               |             |             |           |           |                  |                         |             |
| BreadBagelWholeGrainPlain 2oz                                                                  | WHEAT                 | 150             | 31       | 1             | 0           | 220         | 0         | 3         | 2                | 3                       | 6           |
| CheeseCream .75oz                                                                              | MILK                  | 53              | 2        | 5             | 3           | 86          | 11        | 1         | 0                | 0                       | 2           |
| <b>Bagel w/ Seedbutter</b>                                                                     |                       |                 |          |               |             |             |           |           |                  |                         |             |
| BreadBagelWholeGrainPlain 2oz                                                                  | WHEAT                 | 150             | 31       | 1             | 0           | 220         | 0         | 3         | 2                | 3                       | 6           |
| SpreadRoastedSeed 1.5oz                                                                        |                       | 258             | 9        | 22            | 1           | 174         | 0         | 5         | 4                | 4                       | 4           |
| <b>Banana Muffin</b>                                                                           | MILK, EGG, SOY, WHEAT | 230             | 39       | 7             | 1           | 200         | 20        | 16        | 13               | 2                       | 4           |
| <b>Berry Apple Zee Zee Bar</b>                                                                 | SOY, WHEAT            | 250             | 41       | 8             | 2           | 80          | 0         | 14        | 10               | 3                       | 4           |
| <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>CinniPuffs (Maple Cinnamon Puffed Cereal)</b>                                               |                       | 249             | 39       | 9             | 1           | 80          | 0         | 11        | 10               | 2                       | 3           |
| <b>Cocoa Orbits Bites (Chocolate Puffed Cereal)</b>                                            |                       | 259             | 34       | 13            | 1           | 219         | 0         | 4         | 3                | 4                       | 4           |
| <b>Conchita w/ String Cheese</b>                                                               |                       |                 |          |               |             |             |           |           |                  |                         |             |
| BreadConchaMiniVanilla 1.5oz                                                                   | EGG, MILK, SOY, 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>Croissant w/ Grape Jelly</b>                                                                |                       |                 |          |               |             |             |           |           |                  |                         |             |
| BRKFST CroissantTray 0626                                                                      | MILK, SOY, WHEAT      | 170             | 29       | 5             | 2           | 300         | 0         | 3         | 3                | 2                       | 5           |
| SpreadJamNaturalGrape 12g                                                                      |                       | 35              | 9        | 0             | 0           | 0           | 0         | 9         | 8                | 0                       | 0           |
| <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>Strawberry Yogurt Parfait w/ Cinnamon Granola</b>                                           | MILK                  | 221             | 42       | 3             | 0           | 69          | 3         | 18        | 10               | 4                       | 7           |
| <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>Yogurt w/ String Cheese</b>                                                                 |                       |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Shelf Stable</b>                                                                            |                       |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Shelf Stable - Berry Apple Crisp Bar, Fruit &amp; Milk</b>                                  |                       |                 |          |               |             |             |           |           |                  |                         |             |
| STABLE-BRKFST 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           |
| <b>Shelf Stable Corn Chex Cereal, Honey Grahams, Dried Cranberries, Fruit Juice &amp; Milk</b> |                       |                 |          |               |             |             |           |           |                  |                         |             |
| BRKFST STABLE CerealChexCorn-Cracker-Cranberries-Juice                                         | 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           |

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| 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>Hot</b>                                    |                       |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Fruit</b>                                  |                       |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| 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           |
| <b>Milk</b>                                   |                       |                 |          |               |             |             |           |           |                  |                         |             |
| 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 & Nutrition Report November 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</b>                                                            |                          |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Cheese Pizza Kit</b>                                                | MILK, SOY, WHEAT         | 372             | 38       | 16            | 6           | 783         | 36        | 7         | 2                | 4                       | 20          |
| <b>Chicken Salad Sandwich w/ Baby Carrots</b>                          |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Egg Salad Sandwich w/ Churro Fava Beans</b>                         |                          |                 |          |               |             |             |           |           |                  |                         |             |
| SandwichEggSalad                                                       | SOY, WHEAT, EGG          | 303             | 32       | 13            | 3           | 371         | 203       | 3         | 2                | 3                       | 12          |
| VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz                           |                          | 190             | 24       | 7             | 1           | 30          | 0         | 4         | 3                | 12                      | 9           |
| <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; Tajin Corn</b> | MILK, EGG, SOY, WHEAT    | 500             | 69       | 15            | 5           | 690         | 55        | 24        | 17               | 2                       | 18          |
| <b>P'B&amp;J Sandwich Kit (Seedbutter) w/ Baby Carrots</b>             | MILK, SOY, WHEAT         | 547             | 54       | 29            | 5           | 669         | 15        | 18        | 13               | 9                       | 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                                                       |                          | 69              | 15       | 0             | 0           | 114         | 0         | 2         | 0                | 2                       | 2           |
| <b>Seedbutter w/ String Cheese, Wheat Crackers, &amp; Baby Carrots</b> | MILK, SOY, WHEAT         | 452             | 30       | 31            | 5           | 554         | 15        | 10        | 6                | 7                       | 13          |
| <b>Turkey &amp; Cheese Sandwich on Pretzel Bun w/ Tajin Corn</b>       |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Turkey &amp; Cheese Sandwich w/ Roasted Fava Beans</b>              |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <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/ Tajin Corn</b>                  |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Wowbutter &amp; Jelly Sandwich w/ Tajin Corn</b>                    |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Wowbutter (Soybutter) &amp; Jelly Sandwich</b>                      | MILK, SESAME, SOY, WHEAT | 540             | 53       | 29            | 6           | 390         | 0         | 19        | 16               | 8                       | 18          |
| <b>Wowbutter Jelly Sandwich w/ Roasted Fava Beans</b>                  |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Yogurt w/ String Cheese, Granola &amp; Baby Carrots</b>             | MILK                     | 295             | 39       | 9             | 4           | 325         | 20        | 18        | 5                | 4                       | 14          |
| <b>Lunch Salad</b>                                                     |                          |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Asian Chicken Salad w/ WG Crispy Noodles</b>                        |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Chicken Caesar Salad with Dinner Roll &amp; Croutons</b>            |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| DRESSING Caesar 1.5oz                                                  | MILK, EGG                | 162             | 3        | 16            | 3           | 448         | 15        | 2         | 1                | 0                       | 2           |
| <b>Southwest Chicken Salad w/ WG Dinner Roll</b>                       |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <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           |

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|------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------|----------|---------------|-------------|----------------|-----------|-----------|---------------------|-------------------------------|-------------|
| <b>Shelf Stable</b>                                                                                              |                          |                    |          |               |             |                |           |           |                     |                               |             |
| <b>Shelf Stable Buffalo Chicken Bites &amp; Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice &amp; Milk</b> |                          |                    |          |               |             |                |           |           |                     |                               |             |
| 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           |
| <b>Hot</b>                                                                                                       |                          |                    |          |               |             |                |           |           |                     |                               |             |
| <b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>                                                              |                          |                    |          |               |             |                |           |           |                     |                               |             |
| 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           |
| <b>Bean &amp; Cheese Burrito</b>                                                                                 | MILK, SOY, WHEAT         | 350                | 39       | 12            | 7           | 520            | 35        | 1         | 0                   | 10                            | 17          |
| <b>Bean &amp; Cheese Burrito w/ Baby Carrots</b>                                                                 |                          |                    |          |               |             |                |           |           |                     |                               |             |
| BurritoBeanCheeseArdellas 5.75oz                                                                                 | MILK, SOY, WHEAT         | 350                | 39       | 12            | 7           | 520            | 35        | 1         | 0                   | 10                            | 17          |
| VEG IW Carrot Baby .5c (2.5oz)                                                                                   |                          | 25                 | 6        | 0             | 0           | 55             | 0         | 3         | 0                   | 2                             | 0           |
| <b>Bean &amp; Cheese Burrito w/ Corn Tajin</b>                                                                   |                          |                    |          |               |             |                |           |           |                     |                               |             |
| BurritoBeanCheeseArdellas 5.75oz                                                                                 | MILK, SOY, WHEAT         | 350                | 39       | 12            | 7           | 520            | 35        | 1         | 0                   | 10                            | 17          |
| VEG UV CornTajin                                                                                                 |                          | 69                 | 15       | 0             | 0           | 114            | 0         | 2         | 0                   | 2                             | 2           |
| <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>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>                                                                   | MILK                     | 444                | 62       | 11            | 4           | 779            | 15        | 2         | 1                   | 10                            | 22          |
| <b>Bean Burrito Bowl w/ Rice &amp; Corn</b>                                                                      |                          | 303                | 60       | 2             | 0           | 260            | 0         | 3         | 1                   | 9                             | 13          |
| <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 &amp; Cheese Taco Stick w/ Corn Tajin</b>                                                                |                          |                    |          |               |             |                |           |           |                     |                               |             |
| 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           |
| <b>Cheese Lasagna w/ Marinara &amp; Graham Crackers</b>                                                          |                          |                    |          |               |             |                |           |           |                     |                               |             |
| PastaLasagna                                                                                                     | MILK, WHEAT              | 335                | 40       | 15            | 4           | 849            | 19        | 10        | 1                   | 5                             | 6           |
| CrackerGrahamHoney 1oz                                                                                           | SOY, WHEAT               | 90                 | 17       | 2             | 0           | 90             | 0         | 5         | 5                   | 1                             | 1           |
| <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              | 371                | 53       | 6             | 3           | 625            | 35        | 6         | 0                   | 6                             | 29          |
| BreadDinnerRoll 2oz                                                                                              | SOY, WHEAT               | 160                | 29       | 4             | 0           | 250            | 0         | 2         | 2                   | 4                             | 5           |
| <b>Chicken Bites w/ Mashed Potatoes</b>                                                                          | MILK, SOY, WHEAT         | 332                | 26       | 19            | 8           | 884            | 62        | 1         | 0                   | 3                             | 18          |
| <b>Chicken Dumplings w/ Mixed Veggies</b>                                                                        | SOY, SESAME, WHEAT       | 341                | 54       | 7             | 1           | 802            | 35        | 15        | 12                  | 4                             | 19          |
| <b>Chicken Tamale w/ Pinto Beans</b>                                                                             | MILK, SOY                | 464                | 55       | 14            | 5           | 919            | 55        | 2         | 0                   | 9                             | 26          |
| <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</b>                                                                                   | MILK, SOY, WHEAT, SESAME | 330                | 36       | 11            | 1           | 710            | 35        | 4         | 2                   | 3                             | 20          |
| <b>Firecracker Chicken Dumplings &amp; Peas</b>                                                                  | SESAME, SOY, WHEAT       | 367                | 58       | 7             | 1           | 887            | 35        | 19        | 13                  | 7                             | 33          |
| <b>Grill Day Cheeseburger w/ Lettuce and Tomato</b>                                                              |                          |                    |          |               |             |                |           |           |                     |                               |             |
| GrillDayCheeseAmericanSlice                                                                                      | MILK, SOY                | 53                 | 1        | 5             | 3           | 237            | 14        | 0         | 0                   | 0                             | 3           |
| GrillDayHamburgerBun                                                                                             | SESAME, SOY, WHEAT       | 150                | 25       | 3             | 0           | 290            | 0         | 4         | 2                   | 2                             | 5           |
| 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           |
| <b>Grill Day Hot Dog w/ Lettuce and Tomato</b>                                                                   |                          |                    |          |               |             |                |           |           |                     |                               |             |
| 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           |

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| 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>Grill Day Veggie Burger w/ Lettuce &amp; Tomato</b>            |                               |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <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>Mac &amp; Cheese w/ Mixed Vegetables</b>                       |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   | MILK, EGG, WHEAT              | 370             | 37       | 16            | 9           | 942         | 48        | 7         | 0                | 4                       | 18          |
| <b>Orange Chicken with Brown Rice, Peas, and Goldfish Grahams</b> |                               |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Parm Pizza Bites w/ Marinara Dipping Sauce</b>                 |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   | MILK, WHEAT                   | 432             | 42       | 20            | 7           | 1229        | 40        | 9         | 1                | 2                       | 18          |
| <b>Penne &amp; Meat Sauce</b>                                     |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   | MILK, EGG, WHEAT              | 537             | 74       | 16            | 5           | 737         | 34        | 8         | 1                | 5                       | 29          |
| <b>Pepperoni Pizza</b>                                            |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   | MILK, SOY, WHEAT              | 310             | 31       | 13            | 6           | 510         | 30        | 8         | 0                | 3                       | 17          |
| <b>Pineapple Teriyaki Chicken w/ Rice &amp; Diced Carrots</b>     |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   | SOY                           | 287             | 45       | 2             | 0           | 349         | 32        | 20        | 14               | 4                       | 23          |
| <b>Sesame Beef Bowl w/ Broccoli</b>                               |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   | SESAME, SOY                   | 368             | 49       | 10            | 3           | 667         | 28        | 5         | 0                | 4                       | 22          |
| <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 &amp; Gravy w/ Mashed Potatoes &amp; Dinner Roll</b>    |                               |                 |          |               |             |             |           |           |                  |                         |             |
| HolidayTurkey-PotatoesMashedResersGravy                           | MILK                          | 310             | 18       | 17            | 7           | 964         | 76        | 1         | 0                | 2                       | 21          |
| BreadDinnerRoll 2oz                                               | SOY, WHEAT                    | 160             | 29       | 4             | 0           | 250         | 0         | 2         | 2                | 4                       | 5           |
| <b>Turkey Nachos w/ Refried Beans &amp; Tortilla Chips</b>        |                               |                 |          |               |             |             |           |           |                  |                         |             |
| 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>                                                  |                               |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Baby Carrots (1/4 C)</b>                                       |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   |                               | 12              | 3        | 0             | 0           | 28          | 0         | 2         | 0                | 1                       | 0           |
| <b>Celery Sticks (1/4 C)</b>                                      |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   |                               | 5               | 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)                              |                               | 5               | 1        | 0             | 0           | 1           | 0         | 1         | 0                | 0                       | 0           |
| <b>Jicama Slices (1/4 C)</b>                                      |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   |                               | 15              | 3        | 0             | 0           | 0           | 0         | 1         | 0                | 2                       | 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)                          |                               | 15              | 3        | 0             | 0           | 12          | 0         | 2         | 0                | 1                       | 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>Berry Mixed Cup (1/2 C)</b>                                    |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   |                               | 80              | 21       | 0             | 0           | 0           | 0         | 17        | 9                | 2                       | 1           |
| <b>Mandarin Orange (1/2 C)</b>                                    |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   |                               | 47              | 12       | 0             | 0           | 0           | 0         | 9         | 0                | 2                       | 1           |
| <b>Orange (1/2 C)</b>                                             |                               |                 |          |               |             |             |           |           |                  |                         |             |
|                                                                   |                               | 71              | 18       | 0             | 0           | 0           | 0         | 14        | 0                | 4                       | 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 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           |

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| 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</b>                                                            |                          |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Cheese Pizza Kit</b>                                                | MILK, SOY, WHEAT         | 452             | 51       | 18            | 6           | 933         | 36        | 8         | 3                | 5                       | 23          |
| <b>Chicken Salad Sandwich w/ Baby Carrots</b>                          |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Egg Salad Sandwich w/Churro Fava Beans</b>                          |                          |                 |          |               |             |             |           |           |                  |                         |             |
| SandwichEggSalad                                                       | SOY, WHEAT, EGG          | 303             | 32       | 13            | 3           | 371         | 203       | 3         | 2                | 3                       | 12          |
| VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz                           |                          | 190             | 24       | 7             | 1           | 30          | 0         | 4         | 3                | 12                      | 9           |
| <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; Tajin Corn</b> | MILK, EGG, SOY, WHEAT    | 500             | 69       | 15            | 5           | 690         | 55        | 24        | 17               | 2                       | 18          |
| <b>P'B&amp;J Sandwich Kit (Seedbutter) w/ Baby Carrots</b>             | MILK, SOY, WHEAT         | 547             | 54       | 29            | 5           | 669         | 15        | 18        | 13               | 9                       | 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                                                       |                          | 69              | 15       | 0             | 0           | 114         | 0         | 2         | 0                | 2                       | 2           |
| <b>Seedbutter w/ String Cheese, Wheat Crackers, &amp; Baby Carrots</b> | MILK, SOY, WHEAT         | 542             | 45       | 34            | 5           | 679         | 15        | 12        | 8                | 8                       | 15          |
| <b>Turkey &amp; Cheese Sandwich on Pretzel Bun w/ Tajin Corn</b>       |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Turkey &amp; Cheese Sandwich w/ Roasted Fava Beans</b>              |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <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/ Tajin Corn</b>                  |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Wowbutter &amp; Jelly Sandwich w/ Corn Tajin</b>                    |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Wowbutter (Soybutter) &amp; Jelly Sandwich</b>                      | MILK, SESAME, SOY, WHEAT | 540             | 53       | 29            | 6           | 390         | 0         | 19        | 16               | 8                       | 18          |
| <b>Wowbutter Jelly Sandwich w/ Roasted Fava Beans</b>                  |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Yogurt w/ String Cheese, Granola &amp; Baby Carrots</b>             | MILK, SOY, WHEAT         | 385             | 54       | 12            | 4           | 450         | 20        | 20        | 7                | 5                       | 16          |
| <b>Lunch Salad</b>                                                     |                          |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Asian Chicken Salad w/ WG Crispy Noodles &amp; Honey Grahams</b>    |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Chicken Caesar Salad with Dinner Roll &amp; Croutons</b>            |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |

## Lunch 9-12 Allergen & Nutrition Report

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| 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 Caesar 1.5oz                                    | MILK, EGG                | 162             | 3        | 16            | 3           | 448         | 15        | 2         | 1                | 0                       | 2           |
| <b>Southwest Chicken Salad w/ WG Dinner Roll</b>         |                          |                 |          |               |             |             |           |           |                  |                         |             |
| SaladChickenTiptopSouthwest                              |                          | 279             | 36       | 2             | 0           | 269         | 35        | 3         | 1                | 9                       | 34          |
| 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>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</b>                                               |                          |                 |          |               |             |             |           |           |                  |                         |             |
| <b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>      |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Bean &amp; Cheese Burrito</b>                         |                          |                 |          |               |             |             |           |           |                  |                         |             |
| BurritoBeanCheeseArdellas 5.75oz                         | MILK, SOY, WHEAT         | 350             | 39       | 12            | 7           | 520         | 35        | 1         | 0                | 10                      | 17          |
| <b>Bean &amp; Cheese Burrito w/ Baby Carrots</b>         |                          |                 |          |               |             |             |           |           |                  |                         |             |
| BurritoBeanCheeseArdellas 5.75oz                         | MILK, SOY, WHEAT         | 350             | 39       | 12            | 7           | 520         | 35        | 1         | 0                | 10                      | 17          |
| VEG IW Carrot Baby .5c (2.5oz)                           |                          | 25              | 6        | 0             | 0           | 55          | 0         | 3         | 0                | 2                       | 0           |
| <b>Bean &amp; Cheese Burrito w/ Corn Tajin</b>           |                          |                 |          |               |             |             |           |           |                  |                         |             |
| BurritoBeanCheeseArdellas 5.75oz                         | MILK, SOY, WHEAT         | 350             | 39       | 12            | 7           | 520         | 35        | 1         | 0                | 10                      | 17          |
| VEG UV CornTajin                                         |                          | 69              | 15       | 0             | 0           | 114         | 0         | 2         | 0                | 2                       | 2           |
| <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>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>           |                          |                 |          |               |             |             |           |           |                  |                         |             |
| BurritoBeanCheeseArdellas 5.75oz                         | MILK                     | 444             | 62       | 11            | 4           | 779         | 15        | 2         | 1                | 10                      | 22          |
| <b>Bean Burrito Bowl w/ Rice &amp; Corn</b>              |                          |                 |          |               |             |             |           |           |                  |                         |             |
| BurritoBeanCheeseArdellas 5.75oz                         |                          | 395             | 79       | 3             | 0           | 260         | 0         | 3         | 1                | 10                      | 15          |
| <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 &amp; Cheese Taco Stick w/ Corn Tajin</b>        |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <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>                                      |                          |                 |          |               |             |             |           |           |                  |                         |             |
| PizzaCheeseArdellas 5.75oz                               | MILK, SOY, WHEAT         | 310             | 31       | 13            | 6           | 440         | 30        | 9         | 2                | 3                       | 16          |
| <b>Cheese Tamale w/ Black Beans</b>                      |                          |                 |          |               |             |             |           |           |                  |                         |             |
| TamaleCheeseArdellas 5.75oz                              | MILK, SOY                | 488             | 57       | 19            | 8           | 968         | 35        | 3         | 1                | 10                      | 26          |
| <b>Cheeseburger w/ Oven Baked Fries</b>                  |                          |                 |          |               |             |             |           |           |                  |                         |             |
| BurgerCheeseArdellas 5.75oz                              | 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              | 371             | 53       | 6             | 3           | 625         | 35        | 6         | 0                | 6                       | 29          |
| BreadDinnerRoll 2oz                                      | SOY, WHEAT               | 160             | 29       | 4             | 0           | 250         | 0         | 2         | 2                | 4                       | 5           |
| <b>Chicken Bites w/ Mashed Potatoes &amp; Pretzels</b>   |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Chicken Dumplings w/ Mixed Veggies</b>                |                          |                 |          |               |             |             |           |           |                  |                         |             |
| DumplingsChickenVeggies 5.75oz                           | SOY, SESAME, WHEAT       | 341             | 54       | 7             | 1           | 802         | 35        | 15        | 12               | 4                       | 19          |
| <b>Chicken Tamale w/ Pinto Beans</b>                     |                          |                 |          |               |             |             |           |           |                  |                         |             |
| TamaleChickenVeggies 5.75oz                              | MILK, SOY                | 464             | 55       | 14            | 5           | 919         | 55        | 2         | 0                | 9                       | 26          |

## Lunch 9-12 Allergen & Nutrition Report

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| 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>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</b>                                                        | MILK, SOY, WHEAT, SESAME      | 330             | 36       | 11            | 1           | 710         | 35        | 4         | 2                | 3                       | 20          |
| <b>Firecracker Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp; Peas</b>    | SOY, SESAME, WHEAT            | 398             | 67       | 7             | 1           | 809         | 24        | 19        | 12               | 8                       | 33          |
| <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>Mac &amp; Cheese w/ Mixed Vegetables &amp; Dinner Roll</b>                         |                               |                 |          |               |             |             |           |           |                  |                         |             |
| PastaMacCheese-MixedVeg                                                               | 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           |
| <b>Orange Chicken with Brown Rice, Peas &amp; Goldfish Grahams</b>                    |                               |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <b>Parm Pizza Bites w/ Marinara Dipping Sauce</b>                                     | MILK, WHEAT                   | 432             | 42       | 20            | 7           | 1229        | 40        | 9         | 1                | 2                       | 18          |
| <b>Penne &amp; Meat Sauce</b>                                                         | MILK, EGG, WHEAT              | 537             | 74       | 16            | 5           | 737         | 34        | 8         | 1                | 5                       | 29          |
| <b>Pepperoni Pizza</b>                                                                | MILK, SOY, WHEAT              | 310             | 31       | 13            | 6           | 510         | 30        | 8         | 0                | 3                       | 17          |
| <b>Pineapple Teriyaki Chicken w/ Rice &amp; Diced Carrots &amp; Goldfish Cheddars</b> |                               |                 |          |               |             |             |           |           |                  |                         |             |
| ChickenTiptopPineappleTeriyakiRice-Carrots                                            | SOY                           | 379             | 64       | 3             | 0           | 349         | 32        | 20        | 14               | 5                       | 25          |
| CrackerGoldfishCheddar .75oz                                                          | MILK, WHEAT                   | 100             | 14       | 4             | 1           | 170         | 4         | 0         | 0                | 1                       | 2           |
| <b>Sesame Beef Bowl w/ Broccoli</b>                                                   | SESAME, SOY                   | 409             | 50       | 13            | 4           | 830         | 35        | 6         | 0                | 4                       | 26          |
| <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 &amp; Gravy w/ Mashed Potatoes &amp; Dinner Roll</b>                        |                               |                 |          |               |             |             |           |           |                  |                         |             |
| HolidayTurkey-PotatoesMashedResersGravy                                               | MILK                          | 310             | 18       | 17            | 7           | 964         | 76        | 1         | 0                | 2                       | 21          |
| BreadDinnerRoll 2oz                                                                   | SOY, WHEAT                    | 160             | 29       | 4             | 0           | 250         | 0         | 2         | 2                | 4                       | 5           |
| <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>Vegetable</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>                                                          |                               | 10              | 2        | 0             | 0           | 56          | 0         | 1         | 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>Jicama Slices (1/2 C)</b>                                                          |                               | 25              | 6        | 0             | 0           | 0           | 0         | 1         | 0                | 3                       | 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>Apple Slices (1/2 C)</b>                                                           |                               | 16              | 4        | 0             | 0           | 0           | 0         | 3         | 0                | 1                       | 0           |

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| 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) |
|-------------------------------|-----------|-----------------|----------|---------------|-------------|-------------|-----------|-----------|------------------|-------------------------|-------------|
| 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           |
| FRUIT NSLP Banana 1/2cp (2nd) |           | 105             | 27       | 0             | 0           | 1           | 0         | 14        | 0                | 3                       | 1           |
| Mandarin Orange (1/2 C)       |           | 47              | 12       | 0             | 0           | 0           | 0         | 9         | 0                | 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           |
| 100% Fruit Juice 4 oz         |           | 57              | 14       | 0             | 0           | 5           | 0         | 12        | 0                | 0                       | 0           |
| <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           |

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| 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>Grab and Go</b>                                                                        |                          |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Asian Chicken Salad w/ WG Crispy Noodles &amp; Pineapple</b>                           | SESAME, SOY, WHEAT       | 407             | 30       | 21            | 3           | 837         | 35        | 13        | 8                | 3                       | 25          |
| <b>Blueberry Muffin w/ Sunflower Seeds, String Cheese, Baby Carrots &amp; Pear</b>        |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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 w/ Marinara Sauce &amp; Apple</b>                                         |                          |                 |          |               |             |             |           |           |                  |                         |             |
| Pizza-Cheese                                                                              | MILK, SOY, WHEAT         | 372             | 38       | 16            | 6           | 783         | 36        | 7         | 2                | 4                       | 20          |
| Apple .5c 163ct                                                                           |                          | 112             | 30       | 0             | 0           | 2           | 0         | 22        | 0                | 5                       | 1           |
| <b>Chicken Caesar Salad with WG Crackers, Croutons &amp; Apple</b>                        | MILK, SOY, WHEAT, EGG    | 536             | 61       | 25            | 5           | 782         | 48        | 31        | 6                | 8                       | 24          |
| <b>Chicken Caprese Salad with Dinner Roll &amp; Pear</b>                                  | MILK, SOY, WHEAT         | 384             | 59       | 9             | 2           | 496         | 35        | 21        | 3                | 10                      | 26          |
| <b>Chicken Salad &amp; Cheese Cracker w/ Baby Carrots &amp; Applesauce</b>                | EGG, SOY, WHEAT, MILK    | 411             | 36       | 21            | 8           | 483         | 58        | 18        | 2                | 4                       | 23          |
| <b>Chicken Salad Sandwich w/ Baby Carrots &amp; Orange</b>                                | EGG, SESAME, SOY, WHEAT  | 396             | 49       | 12            | 2           | 428         | 34        | 22        | 2                | 8                       | 26          |
| <b>Chicken Teriyaki Pasta Salad w/ Cabbage Carrot &amp; Apple</b>                         | SOY, EGG, WHEAT          | 433             | 79       | 2             | 1           | 412         | 35        | 43        | 18               | 9                       | 28          |
| <b>Cold Pasta Salad with Chicken, Baby Carrots &amp; Apple</b>                            | EGG, WHEAT               | 668             | 77       | 28            | 4           | 480         | 50        | 28        | 1                | 9                       | 31          |
| <b>Egg Salad Sandwich w/ Baby Carrots &amp; Orange</b>                                    | SOY, WHEAT, EGG          | 398             | 56       | 14            | 3           | 426         | 203       | 21        | 2                | 9                       | 13          |
| <b>Italian Turkey Trio on Hoagie w/ Baby Carrots &amp; Apple</b>                          | SOY, WHEAT               | 417             | 69       | 9             | 2           | 748         | 59        | 29        | 2                | 10                      | 19          |
| <b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots &amp; 100% Juice</b> |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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>              | MILK                     | 389             | 64       | 9             | 4           | 327         | 20        | 35        | 5                | 9                       | 15          |
| <b>Seedbutter &amp; Jelly Sandwich w/ String Cheese, Baby Carrots &amp; Orange</b>        | MILK, SOY, WHEAT         | 618             | 71       | 29            | 5           | 669         | 15        | 33        | 13               | 12                      | 18          |
| <b>Sunflower Seeds w/ String Cheese, Baby Carrots &amp; 100% Juice</b>                    |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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 Sandwich on Pretzel Bun w/ Baby Carrots &amp; Orange</b>           | MILK, SOY, WHEAT         | 421             | 58       | 14            | 7           | 777         | 44        | 21        | 4                | 9                       | 21          |
| <b>Turkey &amp; Cheese Sub Sandwich w/ Baby Carrots &amp; Pear</b>                        | SOY, WHEAT, MILK         | 425             | 63       | 13            | 6           | 894         | 44        | 22        | 2                | 10                      | 20          |
| <b>Veggie Chef Salad w/ Egg, Dinner Roll, Ranch &amp;</b>                                 | MILK, EGG, SOY, WHEAT    | 392             | 56       | 15            | 3           | 375         | 170       | 30        | 7                | 8                       | 12          |
| <b>Wowbutter &amp; Jelly Sandwich w/ Paradise Punch &amp; Orange</b>                      | MILK, SESAME, SOY, WHEAT | 670             | 85       | 29            | 6           | 395         | 0         | 41        | 16               | 12                      | 19          |
| <b>Hot</b>                                                                                |                          |                 |          |               |             |             |           |           |                  |                         |             |
| <b>Bean &amp; Cheese Burrito w/ Baby Carrots</b>                                          |                          |                 |          |               |             |             |           |           |                  |                         |             |
| BurritoBeanCheeseArdellas 5.75oz                                                          | MILK, SOY, WHEAT         | 350             | 39       | 12            | 7           | 520         | 35        | 1         | 0                | 10                      | 17          |
| VEG IW Carrot Baby .5c (2.5oz)                                                            |                          | 25              | 6        | 0             | 0           | 55          | 0         | 3         | 0                | 2                       | 0           |
| <b>Bean &amp; Cheese Pupusa w/ Baby Carrots</b>                                           |                          |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| <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           |
| BurritoBeefBeanCheeseLosCabos 5.1oz                                                       | MILK, SOY, WHEAT         | 290             | 35       | 10            | 4           | 380         | 25        | 1         | 0                | 6                       | 17          |
| <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>                                                   | SESAME, SOY, WHEAT, MILK | 460             | 43       | 23            | 8           | 885         | 61        | 4         | 2                | 3                       | 20          |
| <b>Chicken Bites w/ Mashed Potatoes</b>                                                   | MILK, SOY, WHEAT         | 332             | 26       | 19            | 8           | 884         | 62        | 1         | 0                | 3                       | 18          |
| <b>Chicken Dumplings w/ Edamame &amp; Peas</b>                                            | SOY, SESAME, WHEAT       | 314             | 50       | 6             | 1           | 584         | 24        | 18        | 12               | 7                       | 19          |
| <b>Chicken Tamale w/ Pinto Beans</b>                                                      | MILK, SOY                | 464             | 55       | 14            | 5           | 919         | 55        | 2         | 0                | 9                       | 26          |
| <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          |

| 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) |
|----------------------------------------------------|------------------|-----------------|----------|---------------|-------------|-------------|-----------|-----------|------------------|-------------------------|-------------|
| 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           |
| 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          |
|                                                    |                  |                 |          |               |             |             |           |           |                  |                         |             |
| 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           |
| 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% Juice 4oz                                     |                  | 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 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

### November 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) |
|------------------------|-----------------------|-----------------|----------|---------------|-------------|-------------|-----------|-----------|------------------|-------------------------|-------------|
| 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           |
| 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           |
|                        |                       |                 |          |               |             |             |           |           |                  |                         |             |