

Breakfast Allergen & Nutrition Report

August 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
Cold											
Apple Jacks Cereal w/ Giant Cinnamon Grahams											
CerealAppleJacks 1oz	WHEAT	90	24	1	0	160	0	6	6	4	2
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Bagel w/ Cream Cheese											
BreadBagelWholeGrainPlain 2oz	WHEAT	130	27	1	0	250	0	3	2	2	4
CheeseCream .75oz	DAIRY	53	2	5	3	86	11	1	0	0	2
Blueberry Muffin											
	DAIRY, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
Cheerios Cereal w/ Honey Grahams											
CerealCheerios-1ozCup		100	21	2	1	140	0	1	1	3	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Chocolate Chip Muffin Top											
	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
Cinnamon Chex Cereal w/ Honey Grahams											
CerealChexCinnamon-1ozCup		120	22	3	0	170	0	6	6	1	1
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Cinnamon Crumble											
	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
Cinnamon Roll											
	DAIRY, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
Conchita w/ String Cheese											
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	143	18	7	4	76	24	5	3	1	3
StringCheese 1oz	DAIRY	80	0	6	4	200	15	0	0	0	7
Froot Loops Cereal w/ Giant Cinnamon Grahams											
CerealFrootLoops 1oz	WHEAT	100	24	1	0	170	0	6	6	4	2
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	DAIRY	130	36	0	0	70	0	20	0	1	5
Honey Bunches of Oats Cereal w/ Honey Grahams											
CerealOatsHoneyBunches 1oz	WHEAT	100	22	2	0	65	0	5	5	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Mantecada Muffin											
	DAIRY, EGG, SOY, WHEAT	280	42	9	1	300	35	13	12	0	5
Strawberry Yogurt Parfait w/ Cinnamon Granola											
	DAIRY	221	42	3	0	69	3	18	10	4	7
Vanilla Concha											
	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
Hot											
Egg & Turkey Sausage Scramble w/ Potato Wedges & Dinner Roll											
Scramble-PotatoesRoasted	DAIRY, EGG, SOY, WHEAT	289	24	17	5	681	77	2	0	1	9
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
French Toast Sticks											
	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
Maple Beef Sausage & Pancake Sandwich											
	DAIRY, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
Mini Maple Pancakes											
	DAIRY, EGG, SOY, WHEAT	200	38	4	0	300	5	13	13	2	3
Sausage & Cheese Croissant Sandwich											
	DAIRY, SOY, WHEAT	303	30	16	7	827	39	3	3	2	15
Sausage & Cheese English Muffin Sandwich											
	SOY, WHEAT, DAIRY	263	25	13	5	767	39	1	1	3	16
Sausage & Cheese Stuffed Waffle											
	DAIRY, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9

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August 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
Fruit											
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
Raisins (1/2 C)		129	34	0	0	5	0	25	0	2	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8

Lunch K-8 Allergen & Nutrition Report

August 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
Cold											
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans	EGG, DAIRY, SOY, WHEAT	618	53	43	11	837	69	5	3	14	35
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	DAIRY, EGG, SOY, WHEAT	504	72	15	5	680	55	25	12	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
Turkey & Cheese Sandwich on Pretzel Bun	DAIRY, SOY, WHEAT	326	34	14	7	721	44	4	4	3	19
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	306	32	13	6	836	44	2	2	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Entrée Salad											
Asian Chicken Salad w/ WG Crispy Noodles											
SaladChickenTiptopAsian		102	6	17	1	41	36	4	0	2	18
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenTiptopCaesar	DAIRY	131	4	20	3	98	45	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese IW 0.5oz	DAIRY, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	DAIRY, EGG	162	3	16	3	448	15	2	1	0	2
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
ChefVeg-Garbanzo	DAIRY, 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	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Hot											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	815	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito w/ Roasted Fava Beans											
BurritoBeanCheeseChileLosCabos 5.4oz	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	1	4	13
SaladCurtido .5c		15	3	0	0	137	0	2	0	1	1
Beef & Cheese Taco Stick w/ Roasted Fava Beans											
StickBeefTaco IW	DAIRY, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Beef Birria Tacos w/ Tajin Corn											
TacosBeefBirria-Corn		203	17	9	1	493	31	3	0	3	14
TortillasFlour IW 2pk	SOY, WHEAT	150	26	4	0	176	0 NA		0	2	4
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Breakfast for Lunch: French Toast & Sausage w/ Potato Wedges	DAIRY, EGG, SOY, WHEAT	532	57	24	6	1225	60	12	12	3	22
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16

Lunch K-8 Allergen & Nutrition Report

August 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	460	43	23	8	885	61	4	2	3	20
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	366	28	19	8	810	53	1	0	5	21
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	404	66	7	1	791	24	19	11	8	22
Chicken Tamale w/ Seasoned Mixed Veg	DAIRY, SOY	357	38	14	5	952	55	5	0	5	19
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	265	35	5	1	554	76	11	0	4	20
Chicken Tikka Masala w/ Rice, Chickpeas & Dinner Roll											
ChickenTiptopTikkaMasala-Chickpeas	DAIRY	363	40	30	3	344	57	6	0	6	30
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	2	3	18
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams											
ChickenOrange-Rice-Carrots	EGG, SOY, WHEAT	327	53	5	1	545	50	17	0	4	17
CrackerGrahamGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Parm Pizza Bites w/ Marinara Dipping Sauce	DAIRY, WHEAT	432	42	20	7	1229	40	9	0	2	18
Penne & Meat Sauce	DAIRY, EGG, WHEAT	537	74	16	5	737	34	8	0	5	29
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	479	74	22	6	755	53	6	0	14	29
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, DAIRY, EGG	422	50	15	2	995	0	5	2	6	23
Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Broccoli	DAIRY, SOY	313	48	6	2	920	56	19	12	4	29
Taco Bowl w/ PlantBorn Crumble, Rice & Pinto Beans		435	74	3	0	688	0	3	0	10	25
Vegetable											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Baby Carrots (1/4 C)		12	3	0	0	28	0	2	0	1	0
Celery Sticks (1/4 C)		6	1	0	0	28	0 NA		0	1	0
Cucumber Slices (1/4 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Roasted Kettle Corn Chickpeas		90	13	2	0	110	0	2	1	5	4
Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)											
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	0	2	1
Fruit											
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Grapes (1/2 C)		52	13	0	0	2	0	13	0	1	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8

Lunch 9-12 Allergen & Nutrition Report August 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
Cold											
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Pizza-Cheese	EGG, DAIRY, SOY, WHEAT	618	53	43	11	837	69	5	3	14	35
ChickenSaladTiptop-Cheese-Crackers-FavaBeans											
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	DAIRY, EGG, SOY, WHEAT	504	72	15	5	680	55	25	12	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
Turkey & Cheese Sandwich on Pretzel Bun	DAIRY, SOY, WHEAT	326	34	14	7	721	44	4	4	3	19
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	306	32	13	6	836	44	2	2	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Salad											
Asian Chicken Salad w/ WG Crispy Noodles & Honey Grahams											
SaladChickenTiptopAsian		127	6	23	1	48	49	4	0	2	23
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenTiptopCaesar	DAIRY	131	4	20	3	98	45	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese IW 0.5oz	DAIRY, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	DAIRY, EGG	162	3	16	3	448	15	2	1	0	2
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChefVeg-Garbanzo	DAIRY, 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	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Hot											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ENTREE ChickenTiptopBBQ-BeansBaked		433	66	20	1	815	44	27	0	13	33
SIDE BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito w/ Roasted Fava Beans											
ENTREE BurritoBeanCheeseChileLosCabos 5.4oz	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	1	4	13
SaladCurtido .5c		15	3	0	0	137	0	2	0	1	1
Beef & Cheese Taco Stick w/ Roasted Fava Beans											
StickBeefTaco IW	DAIRY, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Beef Birria Tacos w/ Tajin Corn											
ENTREE TacosBeefBirria-Corn		211	17	9	1	511	33	3	0	3	15
SIDE TortillasFlour IW 2pk	SOY, WHEAT	150	26	4	0	176	0	0	0	2	4
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17

Lunch 9-12 Allergen & Nutrition Report August 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
Breakfast for Lunch: French Toast & Sausage w/ Potato Wedges	DAIRY, EGG, SOY, WHEAT	532	57	24	6	1225	60	12	12	3	22
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	460	43	23	8	885	61	4	2	3	20
Chicken Bites w/ Mashed Potatoes & Pretzels											
ChickenBites-PotatoesMashedResers	SOY, WHEAT, DAIRY	366	28	19	8	810	53	1	0	5	21
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	404	66	7	1	791	24	19	11	8	22
Chicken Tamale w/ Seasoned Mixed Veg	DAIRY, SOY	357	38	14	5	952	55	5	0	5	19
Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels											
ENTREE ChickenTeriyakiYangs-Rice-CarrotDiced	SOY, WHEAT	265	35	5	1	554	76	11	0	4	20
SIDE CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Chicken Tikka Masala w/ Rice, Chickpeas & Dinner Roll											
ENTREE ChickenTiptopTikkaMasala-Chickpeas	DAIRY	363	40	30	3	344	57	6	0	6	30
SIDE BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	2	3	18
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams											
ChickenOrangeRice-Carrots	EGG, SOY, WHEAT	327	53	5	1	545	50	17	0	4	17
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Parm Pizza Bites w/ Marinara Dipping Sauce	DAIRY, WHEAT	432	42	20	7	1229	40	9	0	2	18
Penne & Meat Sauce	DAIRY, EGG, WHEAT	537	74	16	5	737	34	8	0	5	29
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	479	74	22	6	755	53	6	0	14	29
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, DAIRY, EGG	422	50	15	2	995	0	5	2	6	23
Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Broccoli	DAIRY, SOY	419	70	7	2	1063	56	19	12	5	32
Taco Bowl w/ PlantBorn Crumble, Rice & Pinto Beans		435	74	3	0	688	0	3	0	10	25
Vegetable											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	0	1	0
Cucumber Slices (1/2 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
Cucumber Slices .5c (2.5oz)		11	3	0	0	1	0	1	0	0	0
Roasted Pizza Fava Beans		190	23	7	1	300	0	1	0	12	10
Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)											
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	0	2	1
Fruit											
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Grapes (1/2 C)		52	13	0	0	2	0	13	0	1	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1

Lunch 9-12 Allergen & Nutrition Report August 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8

Snack Allergen & Nutrition Report

August 2025

Meal	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	DAIRY	130	19	5	1	200	0	2	0	1	2
Chili Lime Rings		120	21	4	0	200	0	1	0	2	2
Cinnamon Granola		120	21	3	0	0	0	6	0	2	3
Educational Snacks	DAIRY, EGG, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
Fruity Crisps		130	20	5	0	190	0	3	2	2	2
Giant Cinnamon Grahams	WHEAT	120	19	4	1	140	0	7	7	1	1
Goldfish Cheddar	DAIRY, WHEAT	100	14	4	1	170	4	0	0	1	2
Goldfish Pretzels	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Nacho Poptillas	DAIRY	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
Roasted Kettle Corn Chickpeas & Fruit		90	13	2	0	110	0	2	1	5	4
Vintage Cheese Stick w/ Wheat Crackers											
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
CheeseStickVintageCheddar 1oz	DAIRY	100	1	8	6	360	25	0	0	0	6
Wheat Crackers & Seed Butter Pouch											
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
SpreadRoastedSeed 1.5oz		258	9	22	1	174	0	5	4	4	4
Fruit											
Apple (3/4 Cup)		71	19	0	0	1	0	14	0	3	0
Orange (3/4 Cup)		47	12	0	0	0	0	9	0	2	1
100% Fruit Juice 6 oz		100	25	0	0	10	0	23	0	0	0

Supper Allergen & Nutrition Report

August 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber (g)	Protein (g)
Grab And Go												
Cheese Pizza Kit w/ Marinara Sauce & Apple												
ENTREE KIT Pizza-Cheese	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20	
FRUIT Apple .5c 163ct		60	16	0	0	1	0	12	0	3	0	
Chicken Caesar Salad with Dinner Roll, Croutons & Apple	DAIRY, SOY, WHEAT, EGG	559	59	41	6	942	57	18	4	9	28	
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots & Applesauce	EGG, SOY, WHEAT, DAIRY	423	36	34	9	492	69	18	2	4	24	
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Apple	SOY, EGG, WHEAT	387	65	23	1	411	49	33	18	7	28	
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, DAIRY, WHEAT	623	63	49	5	479	63	18	0	7	31	
Italian Turkey Trio on Hoagie w/ Baby Carrots & Apple	SOY, WHEAT	366	55	9	2	747	59	19	2	8	19	
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots & 100% Fruit Juice												
Muffin-Yogurt-StringCheese-Carrots	DAIRY, EGG, SOY, WHEAT	455	62	15	5	615	55	26	12	2	16	
FRUIT Juice Fruit 100% 4.23oz SS		57	14	0	0	5	0	12	0	0	0	
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange	DAIRY, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18	
Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots & Orange	DAIRY, SOY, WHEAT	421	58	14	7	777	44	21	4	9	21	
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear	SOY, WHEAT, DAIRY	418	61	13	6	893	44	20	2	10	20	
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	DAIRY, EGG, SOY, WHEAT	411	54	17	4	534	170	17	4	9	16	
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19	
Hot												
Beef & Cheese Taco Stick w/ Baby Carrots												
StickBeefTaco IW	DAIRY, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	460	43	23	8	885	61	4	2	3	20	
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	366	28	19	8	810	53	1	0	5	21	
Chicken Dumplings w/ Edamame & Peas	SOY, SESAME, WHEAT	324	50	7	1	683	24	19	11	7	20	
Chicken Tamale w/ Seasoned Mixed Veggies	DAIRY, SOY	357	38	14	5	952	55	5	0	5	19	
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	265	35	5	1	554	76	11	0	4	20	
Grilled Cheese Sandwich-Baby Carrots												
SandwichGrilledCheeseIW	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13	
Parm Pizza Bites w/ Marinara Dipping Sauce	DAIRY, WHEAT	432	42	20	7	1229	40	9	0	2	18	
Pepperoni Pizza w/ Baby Carrots												
PizzaPepperoni 4.97oz	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
Fruit												
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0	
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0	
Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0	
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1	
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1	
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0	
Milk												
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8	
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8	
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8	