

Breakfast Allergen & Nutrition Report

OCTOBER 2025

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
COLD											
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 & Biscuit	DAIRY, EGG, SOY, WHEAT	345	40	15	5	833	77	4	0	2	11
Egg, Cheese & Green Salsa Breakfast Burrito	DAIRY, EGG, WHEAT	246	30	10	4	322	70	1	0	4	10
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

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OCTOBER 2025

Meal 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)
Sausage & Cheese Stuffed Waffle	DAIRY, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
FRUIT											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
MILK											
1% Low Fat White	DAIRY	120	14	2	1	107	15	0	0	14	11
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8

SOCAL K-8 Lunch Allergen & Nutrition Report

OCTOBER 2025

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
COLD											
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots	EGG, DAIRY, SOY, WHEAT	453	36	36	10	592	69	8	3	4	25
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
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	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 Sub Sandwich	SOY, WHEAT, DAIRY	306	32	13	6	836	44	2	2	3	19
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											
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											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	814	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito w/ Roasted Fava Beans											
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
VEG UV 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
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
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
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	366	28	19	8	810	53	1	0	5	21

SOCAL K-8 Lunch Allergen & Nutrition Report

OCTOBER 2025

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	395	66	7	1	689	24	19	12	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	264	35	5	1	550	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
Mac & Cheese w/ Diced Carrots	DAIRY, EGG, WHEAT	336	39	13	7	532	38	13	0	5	17
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams											
ChickenOrange-Rice-Carrots	EGG, SOY, WHEAT	326	53	5	1	541	50	17	0	4	17
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Papa John's Cheese Pizza Slice	DAIRY, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice	DAIRY, WHEAT	350	37	14	5	770	30	5	0	3	20
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, SOY	582	77	19	6	960	43	9	0	5	28
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
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	DAIRY	349	21	20	7	725	53	2	0	5	20
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
VEGETABLE											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Baby Carrots (1/4 C)		12	3	0	0	28	0	2	0	1	0
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	0	1	0
Cucumber Slices (1/4 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG IW Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Roasted Kettle Corn Chickpeas		90	13	2	0	110	0	2	1	5	4
Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)											
DRESSING Ranch	DAIRY, 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

SOCAL K-8 Lunch Allergen & Nutrition Report

OCTOBER 2025

Meal 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)
FRUIT											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Grapes (1/2 C)		52	13	0	0	2	0	13	0	1	0
Peach (1/2 C)		39	10	0	0	0	0	8	0	2	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	1
Cantaloupe		26	6	0	0	12	0	6	0	1	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
MILK											
1% Low Fat White	DAIRY	120	14	2	1	107	15	0	0	14	11
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
Cantaloupe		26	6	0	0	12	0	6	0	1	1
PROMO											
Pumpkin Cookie (Whole Grain)	DAIRY, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1	2

SOCAL 9-12 Lunch Allergen & Nutrition Report

OCTOBER 2025

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
COLD											
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots	EGG, DAIRY, SOY, WHEAT	453	36	36	10	592	69	8	3	4	25
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
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	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 Sub Sandwich	SOY, WHEAT, DAIRY	306	32	13	6	836	44	2	2	3	19
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											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	814	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito w/ Roasted Fava Beans											
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
VEG UV 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
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
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
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	395	66	7	1	689	24	19	12	8	22
Chicken Tamale w/ Seasoned Mixed Veg	DAIRY, SOY	357	38	14	5	952	55	5	0	5	19

SOCAL 9-12 Lunch Allergen & Nutrition Report

OCTOBER 2025

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels											
ChickenTeriyakiYangs-Rice-CarrotDiced	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
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
Mac & Cheese w/ Diced Carrots & Dinner Roll											
PastaMacCheese-Carrots	DAIRY, EGG, WHEAT	336	39	13	7	532	38	13	0	5	17
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams											
ChickenOrangeRice-Carrots	EGG, SOY, WHEAT	326	53	5	1	541	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, SOY	582	77	19	6	960	43	9	0	5	28
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
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	DAIRY	392	21	23	8	801	62	3	0	5	23
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
VEGETABLE											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Celery Sticks (1/2 C)		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
VEG IW 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
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
VEG UV Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	0	2	1
APPLE											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
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
Peach (1/2 C)		39	10	0	0	0	0	8	0	2	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	1
Cantaloupe		26	6	0	0	12	0	6	0	1	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
MILK											
1% Low Fat White	DAIRY	120	14	2	1	107	15	0	0	14	11
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8

SOCAL 9-12 Lunch Allergen & Nutrition Report
OCTOBER 2025

Meal 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)
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8
PROMO											
Pumpkin Cookie (Whole Grain)	DAIRY, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1	2

Snack Allergen & Nutrition Report

OCTOBER 2025

Meal 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	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		90	13	2	0	110	0	2	1	5	4
FRUIT											
Apple (3/4 Cup)		71	19	0	0	1	0	14	0	3	0
Pear (3/4 Cup)		57	15	0	0	1	0	10	0	3	0
100% Fruit Juice 6 oz		100	25	0	0	10	0	23	0	0	0

Supper Allergen & Nutrition Report

OCTOBER 2025

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Grab and Go											
Cheese Pizza Kit w/ Marinara Sauce	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots & Applesauce	EGG, SOY, WHEAT, DAIRY	408	37	22	9	682	64	18	2	4	19
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Apple	SOY, EGG, WHEAT	437	80	4	1	857	52	43	18	9	24
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, SOY, WHEAT	455	62	15	5	615	55	26	12	2	16
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange	DAIRY, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Sunflower Seeds w/ String Cheese & Baby Carrots	DAIRY, WHEAT	395	30	25	6	585	15	5	0	7	16
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	DAIRY, EGG, SOY, WHEAT	462	68	17	4	535	170	27	4	11	16
Cheese Pizza Kit w/ Marinara Sauce & Orange											
KIT Pizza-Cheese	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
FRUIT Orange .5c 138ct		71	18	0	0	0	0	14	0	4	1
Chicken Caesar Salad with WG Crackers, Croutons & Apple	DAIRY, SOY, WHEAT, EGG	540	61	39	5	783	57	31	7	8	24
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	439	79	23	1	412	49	43	18	9	29
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, WHEAT	674	77	49	5	480	63	28	0	9	31
Italian Turkey Trio on Hoagie w/ Baby Carrots & Apple	SOY, WHEAT	417	69	9	2	748	59	29	2	10	19
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots & 100% Fruit Juice											
KIT Muffin-Yogurt-StringCheese-Carrots	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	441	58	15	8	785	53	22	4	9	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear	SOY, WHEAT, DAIRY	445	64	14	7	902	53	22	2	10	20
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	DAIRY, EGG, SOY, WHEAT	462	68	17	4	535	170	27	4	11	16
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19
Hot											
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	366	28	19	8	810	53	1	0	5	21
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	347	57	4	1	1085	52	27	22	4	21
Grilled Cheese Sandwich-Baby Carrots											
SandwichGrilledCheeseIW	DAIRY, 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
Parm Pizza Bites w/ Marinara Dipping Sauce	DAIRY, WHEAT	432	42	20	7	1229	40	9	0	2	18
Turkey-Beef Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco IW (K-12) 0924	DAIRY, 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
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	315	50	6	1	584	24	18	12	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	264	35	5	1	550	76	11	0	4	20
Grilled Cheese Sandwich-Baby Carrots											
SandwichGrilledCheeseIW	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19

Supper Allergen & Nutrition Report

OCTOBER 2025

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
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
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	1
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	1
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	DAIRY	120	14	2	1	107	15	0	0	14	11
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

Shelf Stable Allergen & Nutrition Report

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)
Breakfast											
Shelf Stable - Berry Apple Crisp Bar, Fruit & Milk											
STABLE BarAppleApplesauce-Juice	SOY, WHEAT	357	69	8	2	100	0	38	10	4	4
MILK Stable Half Pint 0%	DAIRY	80	11	0	0	110	5	11	0	0	8
Shelf Stable Corn Chex Cereal, Honey Grahams, Applesauce, Fruit Juice & Milk											
STABLE CerealChexCornApplesauce-Juice	SOY, WHEAT	297	69	3	0	310	0	32	5	3	3
MILK Stable Half Pint 0%	DAIRY	80	11	0	0	110	5	11	0	0	8
Lunch 9-12											
Beef Bites w/ Cheese Stick											
STABLE BeefBites-CheeseStick-Punch (9-12)	DAIRY, SOY, WHEAT	809	117	30	11	1335	55	64	3	9	23
MILK Stable Half Pint 1%	DAIRY	100	12	2	1	105	10	12	0	1	8
Shelf Stable Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Applesauce, Veg Juice, Chickpeas & Milk											
STABLE ChickenBites-GoudaSmoked-Punch (9-12)	DAIRY, SOY, WHEAT	720	110	23	9	1575	65	68	25	11	22
MILK Stable Half Pint 1%	DAIRY	100	12	2	1	105	10	12	0	1	8
Stable Yogurt w/ Cheese Stick & Paradise Punch											
STABLE Yogurt-Cheese-Chips-Punch (9-12)	DAIRY, SOY, WHEAT	789	136	22	9	860	45	79	15	9	18
MILK Stable Half Pint 0%	DAIRY	80	11	0	0	110	5	11	0	0	8
Roasted Churro Fava Beans		190	24	7	1	30	0	4	3	12	9
Lunch K-8											
Beef Bites w/ Cheese Stick											
STABLE BeefBites-Cheese-Punch (K-8)	DAIRY	490	56	24	11	1085	55	36	0	2	15
MILK Stable Half Pint 1%	DAIRY	100	12	2	1	105	10	12	0	1	8
Shelf Stable Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice & Milk											
STABLE ChickenBites-GoudaSmoked-Punch (K-8)	SOY, WHEAT, DAIRY	500	70	18	8	1335	65	52	23	4	17
MILK Stable Half Pint 1%	DAIRY	100	12	2	1	105	10	12	0	1	8
Stable Yogurt w/ Cheese Stick & Paradise Punch											
STABLE Yogurt-Cheese-Chips-Punch (K-8)	DAIRY	470	75	16	9	610	45	51	12	2	10
MILK Stable Half Pint 0%	DAIRY	80	11	0	0	110	5	11	0	0	8
Snack											
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
Supper											
Shelf Stable: Sunflower Seeds, Hummus, Cracker, Juice, Applesauce, Milk	DAIRY	630	82	26	4	615	10	37	0	12	23
Taco Hummus, Sunflower Seeds, Poptilla, Salsa, and Applesauce	DAIRY	480	58	24	2	570	0	18	0	11	15

Field Trip Lunch Allergen & Nutrition Report

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)
9-12 Field Trip lunch											
Field Trip- Turkey & Cheese Sandwich w/ Fruit & Veg	SOY, WHEAT, DAIRY	631	116	13	6	904	44	61	2	12	21
Wowbutter & Jelly Sandwich w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT	865	137	29	6	457	0	78	16	17	20
1% Low Fat White	DAIRY	120	14	2	1	107	15	0	0	14	11
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
K-8 Field Trip Lunch											
Field Trip- Turkey & Cheese Sandwich w/ Fruit & Veg	SOY, WHEAT, DAIRY	502	82	13	6	899	44	36	2	10	20
Field Trip- Wowbutter & Jelly Sandwich w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT	681	88	29	6	451	0	42	16	13	19
1% Low Fat White	DAIRY	120	14	2	1	107	15	0	0	14	11
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