

SOCAL Breakfast Allergen & Nutrition Report

DECEMBER 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold Breakfast											
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
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
Shelf Stable Breakfast											
Shelf Stable Corn Chex Cereal, Honey Grahams, Applesauce, Fruit Juice & Milk											
STABLE-BRKFST 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
Hot Breakfast											
Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit	DAIRY, EGG, SOY, WHEAT	345	40	15	5	833	77	4	0	2	11
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
Waffle	DAIRY, EGG, SOY, WHEAT	310	36	17	5	260	20	12	12	2	5
Cheerios Cereal w/ Honey Grahams & Pear	SOY, WHEAT	285	63	5	1	232	0	22	6	9	6
Honey Bunches of Oats Cereal w/ Honey Grahams & Apple Slices	SOY, WHEAT	206	43	4	0	155	0	13	10	4	3
Mantecada Muffin w/ Orange	DAIRY, EGG, SOY, WHEAT	350	60	9	1	300	35	27	12	4	6
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1

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DECEMBER 2025

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)
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Raisins (1/2 C)		129	34	0	0	5	0	25	0	2	1
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
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 Lunch K-8 Allergen & Nutrition Report

DECEMBER 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold											
Cheese Pizza Kit	DAIRY, 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	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
Italian Turkey Trio on Hoagie w/ Baby Carrots		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
KIT SandwichSliced-Seedbutter-StringCheese	DAIRY, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
VEG UV CornTajin		71	15	0	0	118	0	2	0	2	2
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
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenTiptopSouthwest		260	36	18	1	263	36	3	1	9	29
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
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
Shelf Stable Lunch											
Shelf Stable Beef Bites & Cheese Stick, Poptillas, Applesauce, Veg Juice & Milk											
STABLE BeefBites-Cheese-Punch	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	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
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
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	SOY, WHEAT, DAIRY	366	28	19	8	810	53	1	0	5	21

SOCAL Lunch K-8 Allergen & Nutrition Report

DECEMBER 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Chicken 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
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Dominos Cheese Pizza Slice	DAIRY, SOY, WHEAT	240	28	8	3	460	15	3	1	3	21
Dominos Pepperoni Pizza Slice	DAIRY, SOY, WHEAT	260	28	9	4	490	20	3	1	3	20
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
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	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
Turkey & Gravy w/ Mashed Potatoes & Dinner Roll											
HolidayTurkey-PotatoesMashedResersGravy	DAIRY	310	18	17	7	964	76	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	DAIRY	341	20	19	6	710	51	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
Corn (1/2 C)		71	15	0	0	118	0	2	0	2	2
Cucumber Slices (1/4 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG IW Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Fava Beans & Carrots (3/4 C)											
VEG IW Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)											
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (.75cp)		15	3	0	0	12	0	2	0	1	1
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
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
Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Grapes (1/2 C)		52	13	0	0	2	0	13	0	1	0
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
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
Promo											
Star Cookie (Whole Grain)	DAIRY, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1	2

SOCAL Lunch 9-12 Allergen & Nutrition Report DECEMBER 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold Lunch											
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
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 & Baby Carrots	DAIRY, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
SandwichSliced-Seedbutter-StringCheese	DAIRY, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
CornTajin		71	15	0	0	118	0	2	0	2	2
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 & 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
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenTiptopSouthwest		285	36	23	1	270	49	3	1	9	34
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
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChef-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 Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	814	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito w/ 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 0723	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
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 Tamale w/ Seasoned Mixed	DAIRY, SOY	357	38	14	5	952	55	5	0	5	19
Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels											
ChickenTeriyakiYangs-Rice-CarrotDiced	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
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

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)
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	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
Turkey & Gravy w/ Mashed Potatoes & Dinner Roll											
HolidayTurkey-PotatoesMashedResersGravy	DAIRY	310	18	17	7	964	76	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	DAIRY	381	21	22	8	783	60	3	0	5	22
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
Carrots & Celery (1 C)		11	2	0	0	56	0	0	0	1	0
Cucumber Slices (1/2 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
Cucumber Slices .5c (2.5oz)		11	3	0	0	1	0	1	0	0	0
Fava Beans & Carrots (1 C)											
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)											
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
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
Salad											
Salad Bar (Romaine, Carrots, Celery, Ranch)											
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
SaladBarCarrotShredded		19	4	0	0	31	0	2	0	1	0
SaladBarCeleryDiced		6	1	0	0	36	0	1	0	1	0
SaladBarRomaineChopped		8	1	0	0	4	0	1	0	1	1
Salad Bar (Romaine, Carrots, Cucumbers, Ranch)											
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
SaladBarCarrotShredded		19	4	0	0	31	0	2	0	1	0
SaladBarCucumber		7	2	0	0	1	0	1	0	0	0
SaladBarRomaineChopped		8	1	0	0	4	0	1	0	1	1
Salad Bar (Romaine, Carrots, Sliced Cucumber, Italian Dressing)											
DRESSING Italian .43oz	DAIRY	5	1	0	0	110	0	1	1	0	0
SaladBarCarrotBaby		16	4	0	0	35	0	2	0	1	0
SaladBarCucumber		7	2	0	0	1	0	1	0	0	0
SaladBarRomaineChopped		8	1	0	0	4	0	1	0	1	1
Salad Bar (Romaine, Garbanzo Beans, Tomatoes, Italian Dressing)											
DRESSING Italian .43oz	DAIRY	5	1	0	0	110	0	1	1	0	0
SaladBarBeanGarbanzo		43	7	1	0	67	0	1	0	2	2
SaladBarRomaineChopped		8	1	0	0	4	0	1	0	1	1
SaladBarTomatoesDiced		8	2	0	0	2	0	1	0	1	0
Cold											
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
Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Grapes (1/2 C)		52	13	0	0	2	0	13	0	1	0
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0



SOCAL Lunch 9-12 Allergen & Nutrition Report
DECEMBER 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold											
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
Promo											
Star Cookie (Whole Grain)	DAIRY, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1	2

SOCAL Snack Allergen & Nutrition Report

DECEMBER 2025

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	DAIRY	130	19	5	1	200	0	2	0	1	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
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
Honey Graham Crackers	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
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
Snack											
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

SOCAL Supper Allergen & Nutrition Report

DECEMBER 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Shelf Stable												
Stable Yogurt, Sunflower Seeds, Poptilla, Salsa, and Applesauce	DAIRY	490	61	25	5	435	20	30	12	6	11	
Grab and Go												
Cheese Pizza Kit w/ Marinara Sauce & Orange												
KIT Pizza-Cheese	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20	
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	60	15	5	625	55	25	17	2	16	
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	425	63	13	6	894	44	22	2	10	20	
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	DAIRY, EGG, SOY, WHEAT	392	56	15	3	375	170	30	7	8	12	
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19	
Hot Supper												
Bean & Cheese Burrito w/ Baby Carrots												
BurritoBeanCheeseChileLosCabos 5.4oz	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16	
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0	
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	
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	314	50	6	1	584	24	18	12	7	19	
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	
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)		112	30	0	0	2	0	22	0	5	1	
Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0	
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1	
Raisins		129	34	0	0	5	0	25	0	2	1	
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0	

SOCAL Supper Allergen & Nutrition Report
DECEMBER 2025

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
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