

Breakfast Allergen & Nutrition Report

January 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber	Protein (g)
Cold Breakfast											
Apple Jacks Cereal w/ Honey Grahams											
CerealAppleJacks 1oz	WHEAT	100	24	1	0	160	0	8	8	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Banana Bread	DAIRY, EGG, WHEAT	273	47	7	3	255	57	18	18	2	6
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/ Honey Grahams											
CerealFrootLoops 1oz	WHEAT	100	24	1	0	170	0	8	8	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtMangoPineapple	DAIRY	130	36	0	0	65	0	20	0	1	5
Mantecada Muffin	DAIRY, EGG, WHEAT	312	31	20	2	172	42	11	11	2	5
Strawberry Yogurt Parfait w/ Cinnamon Granola	DAIRY	275	52	4	0	56	3	28	17	5	9
Vanilla Concha	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
Vanilla Muffin	DAIRY, EGG, SOY, WHEAT	270	33	13	2	65	40	8	0	3	6
Hot Breakfast Entrée											
Breakfast Burrito	DAIRY, EGG, WHEAT	210	20	9	5	410	80	0	0	3	11
Egg & Cheese Empanada	DAIRY, EGG, SOY, WHEAT	180	29	5	2	350	80	3	3	2	8
Egg & Cheese English Muffin Sandwich	SOY, WHEAT, DAIRY, EGG	253	26	12	5	607	129	1	1	3	13

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Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar(g)	Total Dietary Fiber	Protein (g)
Egg Scramble w/ Roasted Potatoes & Dinner Roll											
EggScramble-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 w/ Syrup											
FrenchToastSticks-2pc	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
Syrup 1oz		80	21	0	0	15	0	21	21	0	0
Maple Beef Sausage & Pancake Sandwich											
	DAIRY, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
Pancakes w/ Syrup											
Pancakes-2pc	DAIRY, EGG, WHEAT	160	30	2	0	200	0	6	6	2	4
Syrup 1oz		80	21	0	0	15	0	21	21	0	0
Sausage & Cheese Stuffed Waffle											
	DAIRY, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
Waffle w/ Syrup											
Waffle	DAIRY, EGG, SOY, WHEAT	310	36	17	5	260	20	12	12	2	5
Syrup 1oz		80	21	0	0	15	0	21	21	0	0
Fruit											
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Apple Slices (1/2 C)		30	8	0	0	0	0	6	0	2	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Dried Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Orange (1/2 C)		47	12	0	0	0	0	9	0	2	1
Pear (1/2 C)		57	15	0	0	1	0	10	0	3	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	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

January 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
Cold Lunch											
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	1	7	25
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad Sandwich	EGG, SESAME, SOY, WHEAT	381	26	20	3	778	66	5	2	2	24
Egg Salad Sandwich w/ Baby Carrots	SOY, WHEAT, EGG	303	32	13	3	371	203	3	2	3	12
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	360	48	11	1	554	155	8	1	8	17
Italian Turkey Trio on Hoagie	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
Sunflower Seeds w/ String Cheese & Baby Carrots	DAIRY, WHEAT, SOY	485	47	27	6	675	15	10	5	8	17
Turkey & Cheese Cracker Kit w/ Baby Carrots	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	SOY, WHEAT, DAIRY	483	38	24	9	990	63	3	2	10	31
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	325	34	14	7	563	53	3	2	3	19
Turkey & Cheese Torta Sandwich	SOY, WHEAT, DAIRY	345	34	16	7	844	53	4	3	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Entrée Salads											
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenCaesar	DAIRY	158	4	6	3	433	63	2	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
Chicken Caprese Salad w/ WG Dinner Roll											
SaladCapreseChicken	DAIRY	141	5	6	3	419	52	2	0	2	18
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Italian .43oz	DAIRY	5	1	0	0	110	0	1	1	0	0
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenSouthwest		266	36	4	1	527	43	3	1	9	26
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

Lunch K-8 Allergen & Nutrition Report

January 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenBBQ-BeansBaked		471	74	3	1	1267	50	33	0	13	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito											
	DAIRY, WHEAT	320	40	12	5	610	25	1	0	6	14
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	1	4	13
SaladCurtido .5c		16	4	0	0	109	0	2	0	1	1
Bean Burrito Bowl w/ Rice & Corn											
		287	79	2	0	391	0	10	1	22	13
Beef & Cheese Taco Stick											
	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
Beef Birria Tacos w/ Tajin Corn											
TacosBeefBirria-Corn		203	17	9	1	445	31	3	0	3	14
TortillasFlour 2ct	WHEAT	180	28	5	0	220	0	2	2	2	6
Beef, Bean & Cheese Burrito											
	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	0	3	25
Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes											
BreakfastForLunch-Scramble-PotatoesRoasted	DAIRY, EGG, WHEAT, SOY	506	57	22	6	1020	115	8	6	3	17
Syrup 1oz		80	21	0	0	15	0	21	21	0	0
Cheese Lasagna w/ Marinara											
	DAIRY, WHEAT	335	40	15	4	849	19	10	0	5	6
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											
	SESAME, SOY, WHEAT, DAIRY	386	26	22	9	613	67	4	2	2	22
Chicken Bites w/ Mashed Potatoes											
	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas											
	SOY, SESAME, WHEAT	399	67	7	1	667	18	19	11	8	21
Chicken Noodle Soup w/ Wheat Crackers											
SoupChickenNoodle	DAIRY, EGG, WHEAT	240	46	6	1	612	43	7	2	5	23
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
Chicken Tamale w/ Pinto Beans											
	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot											
	SOY, WHEAT	265	35	5	1	487	76	10	0	4	20
Crispy Chicken Sandwich											
	DAIRY, SOY, WHEAT, SESAME	330	36	11	1	710	35	4	2	3	20
Edamame Teriyaki Bowl w/ Rice & Diced Carrots											
	SOY	482	93	6	1	691	0	40	33	8	16
Grilled Cheese Sandwich											
	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
Hot Dog w/ Oven Baked Fries											
	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13

Lunch K-8 Allergen & Nutrition Report January 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
Mac & Cheese w/ Peas	DAIRY, EGG, WHEAT	452	67	22	10	569	52	8	0	8	28
Marinara Pasta w/ PlantBorn Crumble & Broccoli	DAIRY, EGG, WHEAT	204	46	5	1	274	0	9	3	5	17
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams											
ChickenOrange-Rice-Carrots	EGG, SOY, WHEAT	315	51	5	1	455	47	16	0	4	16
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	14	1	1
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	484	74	13	6	932	58	6	0	14	27
Soy Veggie Burger	SESAME, SOY, WHEAT, DAIRY, EGG	290	31	10	1	610	0	5	2	5	21
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Brocc	DAIRY, SOY	313	48	6	2	853	56	19	12	4	29
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		336	59	3	0	389	0	4	0	5	18
Turkey Nachos w/ Refried Beans & Tostitos Chips											
NachosTurkey-BeansRefried	DAIRY	349	21	20	7	725	53	2	0	5	20
ChipsTostitos		190	30	7	1	150	0	0	0	3	3
Vegetables											
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
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	0	2	2
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
Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Roasted Chickpeas		100	12	3	0	75	0	1	1	4	5
Roasted Fava Beans		190	22	7	1	380	0	1	0	9	10
Side of Diced Potatoes (3/4 C)	WHEAT	264	29	14	2	606	0	2	0	2	3
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	0	1	1
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

Lunch K-8 Allergen & Nutrition Report January 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
Halo Mandarin Oranges 2ea (1/2 C)		106	27	1	0	4	0	21	0	4	2
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 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 January 2025

Name	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 Lunch											
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	566	58	23	7	1120	43	4	2	8	28
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Chicken Salad Sandwich	EGG, SESAME, SOY, WHEAT	381	26	20	3	778	66	5	2	2	24
Egg Salad Sandwich	SOY, WHEAT, EGG	303	32	13	3	371	203	3	2	3	12
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	360	48	11	1	554	155	8	1	8	17
Italian Turkey Trio on Hoagie	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
Sunflower Seeds w/ String Cheese & Baby Carrots	DAIRY, WHEAT, SOY	485	47	27	6	675	15	10	5	8	17
Turkey & Cheese Cracker Kit w/ Baby Carrots	SOY, WHEAT, DAIRY	408	37	20	8	790	63	7	4	4	23
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	SOY, WHEAT, DAIRY	573	53	27	9	1115	63	5	4	11	33
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	325	34	14	7	563	53	3	2	3	19
Turkey & Cheese Torta Sandwich	SOY, WHEAT, DAIRY	345	34	16	7	844	53	4	3	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Entrée Salads											
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenCaesar	DAIRY	158	4	6	3	433	63	2	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
Chicken Caprese Salad w/ WG Dinner Roll											
SaladCapreseChickenCurate	DAIRY	141	5	6	3	419	52	2	0	2	18
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Italian .43oz	DAIRY	5	1	0	0	110	0	1	1	0	0
SaladChickenSouthwest		287	36	4	1	598	54	3	1	9	29
Southwest Chicken Salad w/ WG Dinner Roll											
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

Lunch 9-12 Allergen & Nutrition Report January 2025

Name	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)
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenBBQ-BeansBaked		471	74	3	1	1267	50	33	0	13	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	0	6	14
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	1	4	13
SaladCurtido .5c		16	4	0	0	109	0	2	0	1	1
Bean Burrito Bowl w/ Rice & Corn		379	98	3	0	391	0	10	1	23	15
Beef & Cheese Taco Stick	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
Beef Birria Tacos w/ Tajin Corn											
TacosBeefBirria-Corn		211	17	9	1	463	33	3	0	3	15
TortillasFlour 2ct	WHEAT	180	28	5	0	220	0	2	2	2	6
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	0	3	25
Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes											
BreakfastForLunch-Scramble PotatoesRoasted	DAIRY, EGG, WHEAT, SOY	549	58	25	7	1124	143	8	6	3	20
Syrup 1oz		80	21	0	0	15	0	21	21	0	0
Cheese Lasagna w/ Marinara & Wheat Crackers											
PastaLasagna	DAIRY, WHEAT	335	40	15	4	849	19	10	1	5	6
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
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	SESAME, SOY, WHEAT, DAIRY	386	26	22	9	613	67	4	2	2	22
Chicken Bites w/ Mashed Potatoes & Pretzel Crackers											
ChickenBites-PotatoesMashed	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
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	399	67	7	1	667	18	19	11	8	21
Chicken Noodle Soup w/ Wheat Crackers											
SoupChickenNoodle	DAIRY, EGG, WHEAT	261	46	7	1	683	54	7	2	5	26
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels											



Lunch 9-12 Allergen & Nutrition Report January 2025

Name	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)
ChickenTeriyakiYangs-Rice-CarrotDiced	SOY, WHEAT	265	35	5	1	487	76	10	0	4	20
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Crispy Chicken Sandwich	DAIRY, SOY, WHEAT, SESAME	330	36	11	1	710	35	4	2	3	20
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	486	94	6	1	691	0	40	33	8	16
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mac & Cheese w/ Peas & Dinner Roll											
PastaMacCheese-Peas	DAIRY, EGG, WHEAT	452	67	22	10	569	52	8	0	8	28
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Marinara Pasta w/ PlantBorn Crumble & Broccoli	DAIRY, EGG, WHEAT	302	80	6	1	331	0	11	4	8	25
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams											
ChickenOrangeRice-Carrots	EGG, SOY, WHEAT	315	51	5	1	455	47	16	0	4	16
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Penne & Meat Sauce w/ Diced Carrots & Dinner Roll											
PastaPenneMeatSauce	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	484	74	13	6	932	58	6	0	14	27
Soy Veggie Burger	SESAME, SOY, WHEAT, DAIRY, EGG	290	31	10	1	610	0	5	2	5	21
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Brocc	DAIRY, SOY	419	70	7	2	929	56	19	12	5	31
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		336	59	3	0	389	0	4	0	5	18
Turkey Nachos w/ Refried Beans & Tostitos Chips											
ChipsTostitos		190	30	7	1	150	0	0	0	3	3
NachosTurkey-BeansRefried	DAIRY	392	21	23	8	801	62	3	0	5	23
Vegetables											
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
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	0	2	2
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



Lunch 9-12 Allergen & Nutrition Report January 2025

Name	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)
Cucumber Slices .5c		11	3	0	0	1	0	1	0	0	0
Roasted Fava Beans		190	22	7	1	380	0	1	0	9	10
Side of Diced Potatoes (3/4 C)	WHEAT	264	29	14	2	606	0	2	0	2	3
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	0	1	1
Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)											
SIDE BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
SIDE DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
UV 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
Halo Mandarin Oranges 2ea (1/2 C)		106	27	1	0	4	0	21	0	4	2
Orange (1/2 C)		47	12	0	0	0	0	9	0	2	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 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

January 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
Apple Cinnamon Multi-Grain Bar	DAIRY, SOY, WHEAT	150	30	3	1	135	0	14	14	3	2
BBQ Poptillas		100	16	4	0	120	0	2	1	2	2
Cheese Stick	DAIRY	100	1	8	6	360	25	0	0	0	6
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
Honey Graham Crackers	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Hummus w/ Wheat Crackers											
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
SpreadHummusTacoCup 3oz		120	18	3	0	180	0	3	0	5	6
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 Ranch Chickpeas		100	12	3	0	75	0	1	1	4	5
Strawberry Multi-Grain Bar	DAIRY, SOY, WHEAT	150	30	3	1	150	0	14	13	3	2
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
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 January 2025

Name	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 Supper											
Bean & Cheese Pizza Kit w/ Refried Beans	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	1	7	25
Cheese Pizza Kit w/ Marinara Sauce	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Caesar Salad with Dinner Roll, Croutons & Apple	DAIRY, SOY, WHEAT, EGG	574	60	29	6	1208	67	18	3	9	26
Chicken Caprese Salad with Dinner Roll & Pear	DAIRY, SOY, WHEAT	390	57	10	3	779	52	20	3	10	23
Chicken Teriyaki Pasta Salad w/ Cabbage & Carrot and Apple	SOY, EGG, WHEAT	389	66	4	1	740	54	33	18	6	23
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, DAIRY, WHEAT	528	64	32	5	814	69	18	0	7	25
Flatbread, Hummus Kit w/ Egg & Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	280	35	9	1	404	155	7	1	7	14
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	DAIRY, EGG, WHEAT	522	60	26	5	487	62	24	10	4	16
Protein Pack: Yogurt, String Cheese, Granola, Baby Carrots & Pear	DAIRY	382	64	9	4	317	20	34	0	9	15
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange	DAIRY, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Strawberry Yogurt Parfait w/ Cinnamon Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
YogurtParfait-Strawberries	DAIRY	227	43	1	1	110	7	37	23	3	11
Turkey & Cheese Cracker Kit w/ Baby Carrots	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear	SOY, WHEAT, DAIRY	438	63	14	7	620	53	21	2	10	20
Turkey & Cheese Torta Sandwich w/ Baby Carrots & Orange	SOY, WHEAT, DAIRY	441	57	17	7	900	53	21	3	9	21
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19
Hot Supper											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenBBQ-BeansBaked		471	74	3	1	1267	50	33	0	13	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	0	6	14
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	265	35	5	1	487	76	10	0	4	20
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17

Supper Allergen & Nutrition Report January 2025

Name	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)
Vegetable											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Fruit											
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	0	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
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

Shelf Stable Meals 2025

Name	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											
Shelf Stable - Berry Apple Crisp Bar, Fruit & Milk	SOY, WHEAT	357	69	8	2	100	0	38	10	4	4
Shelf Stable Corn Chex Cereal, Honey, Applesauce, Fruit Juice	SOY, WHEAT	297	69	3	0	310	0	32	5	3	3
Lunch K-8											
Shelf Stable Beef Bites & Cheese Stick, Poptillas, Applesauce, Veg Juice	DAIRY	490	56	24	11	1085	55	36	0	2	15
Shelf Stable Taco Hummus w/ Cheese Stick & Paradise Punch	DAIRY	460	72	15	6	745	25	39	0	7	14
Lunch 9-12											
Shelf Stable Beef Bites & Cheese Stick, Poptillas, Applesauce, Veg Juice	DAIRY, SOY, WHEAT	809	117	30	11	1290	55	64	3	9	23
Shelf Stable Taco Hummus w/ Cheese Stick & Paradise Punch	DAIRY, SOY, WHEAT	779	133	21	6	950	25	67	3	14	22
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	DAIRY	610	81	24	2	620	5	36	0	11	23
Vegetable											
Roasted Fava Beans 1/2 C (1.5oz)		190	22	7	1	380	0	1	0	9	10
Vegetable ParadisePunch-4.23oz		60	14	0	0	5	0	8	0	0	0
Vegetable ParadisePunch-6.75oz		90	23	0	0	10	0	21	0	0	0
Roasted Chickpeas 1/4 C (.75oz)		100	12	3	0	75	0	1	1	4	5
Fruit											
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Milk											
MILK Stable Half Pint 0%	DAIRY	80	11	0	0	110	5	11	0	0	8
MILK Stable Half Pint 1%	DAIRY	100	12	2	1	105	10	12	0	0	8