

Breakfast Allergen & Nutrition Report

August 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold Breakfast											
Bagel w/ Cream Cheese											
BreadBagelWholeGrainPlain 2oz	WHEAT	130	27	1	0	250	0	3	2	2	4
CheeseCream .75oz	MILK	53	2	5	3	86	11	1	0	0	2
Banana Muffin	MILK, EGG, SOY, WHEAT	230	39	7	1	200	20	16	13	2	4
Berry Apple Zee Zee Bar	SOY, WHEAT	250	41	8	2	80	0	14	10	3	4
Blueberry Muffin	MILK, 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	MILK, 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	MILK, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
Cinnamon Roll	MILK, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
CinniPuffs (Maple Cinnamon Puffed Cereal)		250	39	9	1	80	0	11	10	2	3
Cocoa Orbits Bites (Chocolate Puffed Cereal)		260	34	13	1	220	1	4	3	4	4
Conchita w/ String Cheese											
BreadConchaMiniVanilla 1.5oz	EGG, MILK, SOY, WHEAT	143	18	7	4	76	24	5	3	1	3
StringCheese 1oz	MILK	80	0	6	4	200	15	0	0	0	7
Crossiant w/ Grape Jelly											
BRKFST CroissantTray	MILK, SOY, WHEAT	170	29	5	2	300	0	3	3	2	5
SpreadJamNaturalGrape 12g		35	9	0	0	0	0	9	8	0	0
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	MILK	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	MILK, EGG, SOY, WHEAT	280	42	9	1	300	35	13	12	0	5
Strawberry Yogurt Parfait w/ Cinnamon Granola	MILK	221	42	3	0	69	3	18	10	4	7
Vanilla Concha	EGG, MILK, SOY, WHEAT	321	40	16	9	172	55	10	10	3	6
Yogurt w/ Honey Grahams											
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Yogurt w/ String Cheese											
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
StringCheese 1oz	MILK	80	0	6	4	200	15	0	0	0	7
Hot Breakfast											
Apple Hand Pie	EGG, MILK, SOY, WHEAT	250	41	8	1	30	0	10	7	3	5
Beef Sausage & Cheese Croissant Sandwich	MILK, SOY, WHEAT	303	30	16	7	827	39	3	3	2	15
Beef Sausage & Cheese English Muffin Sandwich	SOY, WHEAT, MILK	263	25	13	5	767	39	1	1	3	16
Egg, Cheese & Green Salsa Breakfast Burrito	MILK, EGG, WHEAT	246	30	10	4	322	70	1	0	4	10
French Toast Sticks	MILK, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
Maple Beef Sausage & Pancake Sandwich	MILK, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
Mini Maple Pancakes	MILK, EGG, SOY, WHEAT	200	38	4	0	300	5	13	13	2	3

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Mini Strawberry Pancakes	EGG, MILK, SOY, WHEAT	200	38	4	1	260	5	13	0	2	3
Oatmeal w/ Blueberries	MILK	207	40	3	1	34	4	17	0	4	7
Sausage & Cheese Stuffed Waffle	MILK, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
Waffle	MILK, EGG, SOY, WHEAT	310	36	17	5	260	20	12	12	2	5
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
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Nectarine (1/2 C)		44	11	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
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Lunch 9-12 Allergen & Nutrition Report

August 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold Lunch											
Cheese Pizza Kit	MILK, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans	EGG, MILK, SOY, WHEAT	606	52	30	10	827	58	5	3	14	34
Chicken Salad Sandwich w/ Baby Carrots											
SandwichChickenTiptopSalad	EGG, SESAME, SOY, WHEAT	314	25	12	2	380	37	4	2	2	26
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
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	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	MILK, EGG, SOY, WHEAT	500	69	15	5	690	55	24	17	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	MILK, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
CornTajin		69	15	0	0	114	0	2	0	2	2
Turkey & Cheese Sandwich w/ Roasted Fava Beans											
LMR SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Tajin Corn											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter & Jelly Sandwich w/ Corn Tajin											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter (Soybutter) & Jelly Sandwich	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Wowbutter Jelly Sandwich w/ Roasted Fava Beans											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Yogurt w/ String Cheese, Granola & Baby Carrots	MILK, SOY, WHEAT	385	54	12	4	450	20	20	7	5	16
Lunch Salad											
Asian Chicken Salad w/ WG Crispy Noodles & Honey Grahams											
SaladChickenTiptopAsian		121	6	1	0	48	35	3	0	2	23
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenTiptopCaesar	MILK	126	4	4	2	97	36	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese 1W 0.5oz	MILK, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	MILK, EGG	162	3	16	3	448	15	2	1	0	2
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenTiptopSouthwest (9-12)		279	36	2	0	269	35	3	1	9	34
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
gie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChef-Garbanzo	MILK, EGG	225	22	9	3	283	165	6	0	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		428	66	1	0	814	32	26	1	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, 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
Bean & Cheese Pupusa w/ Pinto Beans	MILK	444	62	11	4	779	15	2	1	10	22
Bean Burrito Bowl w/ Rice & Corn		379	98	3	0	391	NA	10	1	23	15

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Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco 1W	MILK, 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
Beef, Bean & Cheese Burrito	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Pizza	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	MILK, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Bites w/ Corn & Pretzel Crackers											
ChickenBites-Corn 0424	MILK, SOY, WHEAT	243	27	9	1	417	35	2	0	3	17
CrackerGoldfishPretzel .75oz	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Chicken Bites w/ Oven Bakes Fries & Pretzels											
ChickenBitesGoldCreek-Fries .5c	MILK, SOY, WHEAT	270	27	12	1	588	35	0	0	2	16
CrackerGoldfishPretzel .75oz	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Chicken Dumplings w/ Mixed gies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Pinto Beans	MILK, SOY	464	55	14	5	919	55	2	0	9	26
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	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Crispy Chicken Sandwich	MILK, SOY, WHEAT, SESAME	330	36	11	1	710	35	4	2	3	20
Crispy Chicken Sandwich w/ Oven Baked Fries	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Dominos Cheese Pizza Slice	MILK, SOY, WHEAT	240	28	8	3	460	15	3	1	3	21
Dominos Pepperoni Pizza Slice	MILK, SOY, WHEAT	260	28	9	4	490	20	3	1	3	20
Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	398	67	7	1	809	24	19	12	8	33
Grilled Cheese Sandwich w/ Baby Carrots											
SandwichGrilledCheese1W	MILK, 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
Grilled Cheese Sandwich w/ Roasted Fava Beans											
SandwichGrilledCheese1W	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
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	MILK, EGG, WHEAT	356	34	17	9	661	48	7	0	5	17
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams											
ChickenOrangeYangs-Rice-Peas	EGG, SOY, WHEAT	357	58	4	1	489	50	17	0	5	21
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	1	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT, SOY	578	77	19	6	952	42	9	1	5	28
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots & Goldfish Cheddars											
ChickenTiptopPineappleTeriyakiRice-Carrots	SOY	289	45	2	0	349	32	20	14	4	23
CrackerGoldfishCheddar .75oz	MILK, WHEAT	100	14	4	1	170	4	0	0	1	2
Sesame Beef Bowl w/ Broccoli	SESAME, SOY	409	50	13	4	830	35	6	0	4	26
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	MILK	387	21	22	8	793	61	3	0	5	22
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
Vegetable											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Carrots & Celery (1 C)											
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Celery Sticks .5c (2.5oz)		10	2	0	0	56	0	1	0	1	0
Celery Sticks (1/2 C)		10	2	0	0	56	0	1	0	1	0
Corn & Carrots (1 C)											
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
CornTajin		69	15	0	0	114	0	2	0	2	2
Cucumber Slices (1/2 C) w/ Tajin											

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Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
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
Jicama Slices (1/2 C)		25	6	0	0	0	0	1	0	3	0
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	MILK, 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)		112	30	0	0	2	0	22	0	5	1
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
FRUIT NSLP Banana 1/2cp (2nd) 0826		105	27	0	0	1	0	14	0	3	1
Nectarine (1/2 C)		44	11	0	0	0	0	8	0	2	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
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

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Cold Lunch											
Cheese Pizza Kit	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans	EGG, MILK, SOY, WHEAT	606	52	30	10	827	58	5	3	14	34
Chicken Salad Sandwich w/ Baby Carrots											
SandwichChickenTiptopSalad	EGG, SESAME, SOY, WHEAT	314	25	12	2	380	37	4	2	2	26
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	MILK, EGG, SOY, WHEAT	500	69	15	5	690	55	24	17	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	MILK, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Turkey & Cheese Sandwich w/ Roasted Fava Beans											
LMR SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Tajin Corn											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter & Jelly Sandwich w/ Baby Carrots											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Wowbutter & Jelly Sandwich w/ Tajin Corn											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter (Soybutter) & Jelly Sandwich	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Wowbutter Jelly Sandwich w/ Roasted Fava Beans											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Yogurt w/ String Cheese, Granola & Baby Carrots	MILK	295	39	9	4	325	20	18	5	4	14
Lunch Salad											
Asian Chicken Salad w/ WG Crispy Noodles											
SaladChickenTiptopAsian		98	6	1	0	41	26	3	0	2	17
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenTiptopCaesar	MILK	126	4	4	2	97	36	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese 0.5oz	MILK, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	MILK, EGG	162	3	16	3	448	15	2	1	0	2
Southwest Chicken Salad w/ WG Dinner Roll											

Lunch K-8 Allergen & Nutrition Report

August 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
SaladChickenTiptopSouthwest		255	36	2	0	262	26	3	1	9	28
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChefVeg-Garbanzo	MILK, EGG	225	22	9	3	283	165	6	0	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		428	66	1	0	814	32	26	1	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Pupusa w/ Pinto Beans	MILK	444	62	11	4	779	15	2	1	10	22
Bean Burrito Bowl w/ Rice & Corn		287	79	2	0	391	NA	10	1	22	13
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef, Bean & Cheese Burrito	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Pizza	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	MILK, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Bites w/ Corn	MILK, SOY, WHEAT	243	27	9	1	417	35	2	0	3	17
Chicken Bites w/ Oven Bakes Fries	MILK, SOY, WHEAT	270	27	12	1	588	35	0	0	2	16
Chicken Dumplings w/ Mixed Veggies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Pinto Beans	MILK, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Crispy Chicken Sandwich	MILK, SOY, WHEAT, SESAME	330	36	11	1	710	35	4	2	3	20
Crispy Chicken Sandwich w/ Oven Baked Fries	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	398	67	7	1	809	24	19	12	8	33
Grilled Cheese Sandwich w/ Baby Carrots											
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Grilled Cheese Sandwich w/ Roasted Fava Beans											
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mac & Cheese w/ Diced Carrots	MILK, EGG, WHEAT	356	34	17	9	661	48	7	0	5	17
Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams											
ChickenOrangeYangs-Rice-Peas	EGG, SOY, WHEAT	357	58	4	1	489	50	17	0	5	21
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20

Lunch K-8 Allergen & Nutrition Report

August 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Papa John's Pepperoni Pizza Slice	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	1	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	1	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	SOY	289	45	2	0	349	32	20	14	4	23
Sesame Beef Bowl w/ Broccoli	SESAME, SOY	368	49	10	3	667	28	5	0	4	22
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	MILK	344	21	19	6	717	51	2	0	5	20
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
Vegetable											
Baby Carrots (1/4 C)		12	3	0	0	28	0	2	0	1	0
Carrots & Celery (3/4 C)											
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG Celery Sticks 1/4C (1.25oz)		5	1	0	0	28	0	0	0	1	0
Celery Sticks (1/4 C)		5	1	0	0	28	0	0	0	1	0
Corn & Carrots (3/4 C)											
VEG Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
VEG UV CornTajin		69	15	0	0	114	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 Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Jicama Slices (1/4 C)		15	3	0	0	0	0	1	0	2	0
Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)											
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (.75cp)		15	3	0	0	12	0	2	0	1	1
Fruit											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
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
Nectarine (1/2 C)		44	11	0	0	0	0	8	0	2	1
Peach (1/2 C)		39	10	0	0	0	0	8	0	2	1
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Supper Allergen & Nutrition Report

August 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)
Grab and Go											
Asian Chicken Salad w/ WG Crispy Noodles & Pineapple	SESAME, SOY, WHEAT	407	30	21	3	837	35	13	8	3	25
Blueberry Muffin w/ Sunflower Seeds, String Cheese, Baby Carrots & Pear											
KIT MuffinBlueberry-SeedsSunflower-StringCheese-CarrotsBaby	MILK, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
Pear .5c 135ct		95	25	0	0	2	0	16	0	5	1
Cheese Pizza Kit w/ Marinara Sauce & Apple											
KIT Pizza-Cheese	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Apple .5c 163ct		112	30	0	0	2	0	22	0	5	1
Chicken Caesar Salad with WG Crackers, Croutons & Apple	MILK, SOY, WHEAT, EGG	536	61	25	5	782	48	31	6	8	24
Chicken Caprese Salad with Dinner Roll & Pear	MILK, SOY, WHEAT	384	59	9	2	496	35	21	3	10	26
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots & Applesauce	EGG, SOY, WHEAT, MILK	411	36	21	8	483	58	18	2	4	23
Chicken Salad Sandwich w/ Baby Carrots & Orange	EGG, SESAME, SOY, WHEAT	410	49	13	2	435	37	22	2	8	27
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Apple	SOY, EGG, WHEAT	433	79	2	1	412	35	43	18	9	28
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, WHEAT	668	77	28	4	480	50	28	1	9	31
Egg Salad Sandwich w/ Baby Carrots & Orange	SOY, WHEAT, EGG	398	56	14	3	426	203	21	2	9	13
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% Juice											
KIT Muffin-Yogurt-StringCheese-Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
JuiceVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
Protein Pack: Yogurt, String Cheese, Granola, Baby Carrots & Pear	MILK	389	64	9	4	327	20	35	5	9	15
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange	MILK, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Sunflower Seeds w/ String Cheese, Baby Carrots & 100% Juice											
KIT SunflowerSeeds-StringCheese-GoldfishPretzel	MILK, WHEAT	395	30	25	6	585	15	5	0	7	16
JuiceVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots & Orange	MILK, SOY, WHEAT	421	58	14	7	777	44	21	4	9	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear	SOY, WHEAT, MILK	425	63	13	6	894	44	22	2	10	20
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch &	MILK, EGG, SOY, WHEAT	392	56	15	3	375	170	30	7	8	12
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	MILK, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19
Hot Supper											
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Pupusa w/ Baby Carrots											
PupusaBeanCheese 5.5oz	MILK	290	35	11	3	480	15	1	1	4	13
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef, Bean & Cheese Burrito w/ Baby Carrots											
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
BurritoBeefBeanCheeseLosCabos 5.1oz	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Pizza w/ Baby Carrots											
PizzaCheese 4.97oz	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Bites w/ Mashed Potatoes	MILK, SOY, WHEAT	332	26	19	8	884	62	1	0	3	18
Chicken Dumplings w/ Edamame & Peas	SOY, SESAME, WHEAT	314	50	6	1	584	24	18	12	7	19
Chicken Tamale w/ Pinto Beans	MILK, SOY	464	55	14	5	919	55	2	0	9	26
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	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Grilled Cheese Sandwich-Baby Carrots											
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mac & Cheese w/ Diced Carrots	MILK, EGG, WHEAT	356	34	17	9	661	48	7	0	5	17

Supper Allergen & Nutrition Report

August 2026

Romance Name	Allergens	Calories (kc	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (m	Chol (mg)	Sugar (g)	Total Sugar	Dietary Fi	Protein (g)
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	1	2	18
Pepperoni Pizza w/ Baby Carrots											
PizzaPepperoni 4.97oz	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	SOY	289	45	2	0	349	32	20	14	4	23
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
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
100% Juice 4oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

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											
Cheese Puffs	MILK	130	19	5	1	200	0	2	0	1	2
Cheese Stick	MILK	100	1	8	6	360	25	0	0	0	6
Chocolate Granola		120	21	3	0	45	0	6	0	2	3
Churro Poptillas		110	16	5	0	30	0	3	3	1	1
Educational Snacks	EGG, MILK, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
Giant Cinnamon Grahams	WHEAT	120	19	4	1	140	0	7	7	1	1
Goldfish Cheddar	MILK, WHEAT	100	14	4	1	170	4	0	0	1	2
Goldfish Pretzels	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Honey Graham Crackers	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Nacho Poptillas	MILK	100	16	4	0	180	0	1	0	1	2
Pizza Crackers	WHEAT	80	15	2	0	190	0	2	2	2	2
Ranch Crackers	SOY, WHEAT	90	15	4	0	200	0	2	2	1	1
Sunflower Seeds		200	8	17	2	130	0	1	0	4	7
Wheat Crackers	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
Fruit											
Apple (3/4 Cup)		71	19	0	0	1	0	14	0	3	0
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