



Lunch K-8 Allergen & Nutrition Report August 2023

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol(mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Lunch										
Cheese Pizza Kit	DAIRY, SOY, WHEAT	327	35	11	4	799	19	6	4	23
Chicken Salad Sandwich	SOY, WHEAT, EGG	365	35	24	3	501	6	2	3	22
Double Cheese Sandwich	SOY, WHEAT, DAIRY	383	29	23	12	635	71	2	4	9
Egg Salad Sandwich	SOY, WHEAT, EGG	442	37	20	5	739	478	4	3	23
Italian Turkey Submarine	DAIRY, SOY, WHEAT	270	29	11	5	730	35	3	0	14
Smoked Turkey & Cheese Sandwich on Knot Roll	DAIRY, SOY, WHEAT	270	29	11	5	750	35	3	0	14
Torta Cheese Sandwich	DAIRY, SOY, WHEAT	403	31	23	13	615	71	3	3	9
Turkey & Cheese Torta Sandwich	DAIRY, SOY, WHEAT	337	32	15	7	696	54	4	3	15
Wowbutter & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
Entrée Salad										
Chicken Caprese Salad										
DRESSING Italian .43oz	SOY	10	2	0	0	55	0	2	0	0
SaladCapreseChicken	DAIRY	140	4	14	3	159	9	1	1	18
Cracker Wheat Whole Grain	WHEAT	90	15	3	0	125	0	2	1	2
Chicken Taco Salad										
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
SaladTacoChicken	DAIRY	306	37	14	3	266	14	2	9	25
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Veggie Chef Salad										
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
SaladChefVeg	DAIRY, EGG	215	6	13	5	212	379	2	1	16
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Hot Lunch										
Baked Beef Ziti	DAIRY, SOY, WHEAT	281	45	13	5	621	35	9	5	16
Bean & Cheese Pupusa w/ Pinto Beans	DAIRY	299	37	11	4	605	15	1	4	13
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
Breakfast for Lunch: Pancakes, Eggs & Roasted Potatoes										
BreakfastForLunch-Pancake-Egg-Potatoes	DAIRY, EGG, WHEAT	317	36	12	3	584	230	4	3	13
Syrup 1oz		80	21	0	0	15	0	21	0	0
Cheese Baked Ziti	DAIRY, WHEAT	307	47	13	6	792	36	10	4	18
Cheese Lasagna w/ Tomato Basil Sauce	DAIRY	263	40	6	3	590	15	11	5	4



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Cheese Melt Sandwich w/ Oven Baked Fries	SOY, WHEAT, DAIRY	484	45	26	12	804	71	2	5	10
Cheese Tamale w/ Black Beans	DAIRY	291	40	8	3	428	25	1	8	10
Cheeseburger w/ Oven Baked Fries	SOY, WHEAT, DAIRY	481	46	25	8	862	63	2	6	18
Cheesy Alfredo Pasta w/ Steamed Broccoli	DAIRY, WHEAT	331	42	17	9	667	48	3	4	20
Chicken Alfredo Pasta w/ Steamed Broccoli	DAIRY, WHEAT	283	38	12	4	616	69	2	4	7
Chicken Bites w/ Roasted Potatoes	DAIRY, SOY, WHEAT	266	30	10	1.5	641	35	1	3	18
Chicken Burrito Bowl w/ Black Beans		332	52	12	1	260	0	2	8	26
Chicken Enchilada w/ Salsa Verde	DAIRY, SOY	220	26	6	2	370	34	0	4	0
Chicken Fajitas w/ Pinto Beans & Tortillas										
BowlChickenFajita-BeansFajita		122	6	5	1	334	43	1	1	1
Tortilla Flour 2pk	SOY, WHEAT	150	26	4	0	176	0	0	2	4
Chicken Tamale w/ Seasoned Corn	DAIRY, SOY	390	43	18	7	325	22	3	4	13
Chicken Teriyaki w/ Rice & Diced Carrots	SESAME, SOY, WHEAT	329	52	13	1	304	0	22	3	24
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT	441	56	16	2	840	35	2	6	21
Deep Dish Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16
Deep Dish Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots	WHEAT	311	53	12	1	950	0	33	2	17
Grilled Chicken Sandwich w/ Oven Baked Fries	SESAME, WHEAT	356	42	8	0	703	75	2	3	6
Hamburger	SOY, WHEAT	324	30	17	5	596	45	2	4	16
Hot Dog w/ Oven Baked Fries	SESAME, WHEAT	401	43	20	6	689	35	2	3	13
Mac & Cheese	DAIRY, WHEAT	233	36	13	7	371	36	3	2	11
Turkey Chili w/ Pinto Beans										
TurkeyChili-Beans		168	6	9	2	677	72	1	1	16
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Turkey Nachos w/ Refried Beans										
NachosTurkey-BeansRefried	DAIRY, WHEAT	160	6	9	3	546	63	1	0	14
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Fruit										
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Apple		33	9	0	0	0	0	7	1.5	0
Banana		89	23	0	0	1	0	16	3	1
Orange		47	12	0	0	0	0	9	2	1



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Pear		58	15	0	0	1	0	8	3	0
Vegetable										
Baby Carrots (1/2 c)		25	6	0	0	55	0	3	2	0
Baby Carrots (1/4 c)		12	3	0	0	28	0	2	1	0
Celery Sticks (1/2 c)		11	2	0	0	0	56	0	1	0
Celery Sticks (1/4 c)		6	1	0	0	28	0	0	1	0
Cucumber Slices (1/4 c)		5	1	0	0	1	0	0	0	0
French Fries (1/2 c)		101	16	3	0	0	170	0	1	1
Garbanzo Pico Salad (1/2 c)		108	18	2	0	292	0	4	5	6
Jicama Sticks (1/4 c)		15	3	0	0	0	0	1	2	0
Lettuce Tomato Pickle Kit (1c)		18	4	0	0	6	0	0	2	1
Side Salad - Lettuce, Carrot, Tomato (1c)		17	4	0	0	9	0	0	2	1
Ranch Dressing	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	12	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	150	5	19	0	9
Fat Free White Milk	DAIRY	83	12	0	0	102	5	11	0	8