

## Breakfast Allergen & Nutrition Report

### March 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Cold Breakfast</b>											
<b>Apple Jacks Cereal w/ Honey Grahams</b>											
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
<b>Blueberry Muffin</b>	DAIRY, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
<b>Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal</b>	DAIRY	311	61	4	0	55	3	38	17	6	9
<b>Cheerios Cereal w/ Honey Grahams</b>											
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
<b>Chocolate Chip Muffin Top</b>	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
<b>Cinnamon Chex Cereal w/ Honey Grahams</b>											
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
<b>Cinnamon Crumble</b>	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
<b>Cinnamon Roll</b>	DAIRY, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
<b>Conchita w/ String Cheese</b>											
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
<b>Froot Loops Cereal w/ Honey Grahams</b>											
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
<b>Fruit &amp; Yogurt Smoothie w/ Granola</b>											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtMangoPineapple	DAIRY	130	36	0	0	65	0	20	0	1	5
<b>Mantecada Muffin</b>	DAIRY, EGG, WHEAT	312	31	20	2	172	42	12	11	2	5
<b>Strawberry Loaf</b>	DAIRY, EGG, WHEAT	301	54	7	3	156	57	26	12	3	6
<b>Sweet Potato Sunrise Muffin</b>	DAIRY, EGG, SOY, WHEAT	260	45	8	1	220	20	20	7	3	5
<b>Vanilla Concha</b>	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
<b>Hot Breakfast</b>											
<b>Breakfast Burrito</b>	DAIRY, EGG, WHEAT	210	20	9	5	410	80	0	0	3	11
<b>Egg &amp; Cheese Croissant Sandwich</b>	DAIRY, EGG, SOY, WHEAT	293	31	15	7	667	129	3	3	2	12
<b>Egg &amp; Cheese English Muffin Sandwich</b>	SOY, WHEAT, DAIRY, EGG	253	26	12	5	607	129	1	1	3	13

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<b>Egg Scramble w/ Roasted Potatoes &amp; Dinner Roll</b>											
Scramble-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
<b>French Toast Sticks w/ Syrup</b>											
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
<b>Maple Beef Sausage &amp; Pancake Sandwich</b>											
	DAIRY, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
<b>Oatmeal w/ Blueberries &amp; Graham Cracker</b>											
OatmealBlueberry	DAIRY	207	40	3	1	34	4	17	0	4	7
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
<b>Pancakes w/ Syrup</b>											
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
<b>Sausage &amp; Cheese Stuffed Waffle</b>											
	DAIRY, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
<b>Waffle w/ Syrup</b>											
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
<b>Fruit</b>											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
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
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
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
<b>Milk</b>											
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

## K-8 Lunch Allergen & Nutrition Report March 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat (g)	Sat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Cold Lunch</b>												
<b>Bean &amp; Cheese Pizza Kit</b>	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	1	7	25	
<b>Cheese Pizza Kit</b>	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20	
<b>Chicken Salad &amp; Cheese Cracker Kit w/ Baby Carrots</b>	EGG, DAIRY, SOY, WHEAT	470	36	27	10	796	73	8	3	4	22	
<b>Cold Pasta Salad with Chicken, Baby Carrots &amp; Pretzels</b>	DAIRY, WHEAT, EGG	653	63	50	5	678	63	7	0	4	32	
<b>Hummus, Flatbread &amp; Egg Kit w/ Baby Carrots</b>	DAIRY, SESAME, SOY, WHEAT, EGG	372	51	11	1	582	155	9	1	9	17	
<b>Italian Turkey Trio on Hoagie</b>	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18	
<b>P'B&amp;J Sandwich Kit (Seedbutter) w/ Baby Carrots</b>	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16	
<b>Sunflower Seeds w/ String Cheese &amp; Baby Carrots</b>	DAIRY, WHEAT, SOY	485	47	27	6	675	15	10	5	8	17	
<b>Turkey &amp; Cheese Cracker Kit w/ Roasted Fava Beans</b>	SOY, WHEAT, DAIRY	483	38	24	9	990	63	3	2	10	31	
<b>Turkey &amp; Cheese Sandwich on Pretzel Bun</b>	DAIRY, SOY, WHEAT	345	35	15	8	729	53	4	4	3	19	
<b>Turkey &amp; Cheese Sub Sandwich</b>	SOY, WHEAT, DAIRY	325	34	14	7	563	53	3	2	3	19	
<b>Wowbutter (Soybutter) &amp; Jelly Sandwich</b>	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18	
<b>Entrée Salad</b>												
<b>Chicken Caesar Salad with Dinner Roll &amp; Croutons</b>												
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	
<b>Southwest Chicken Salad w/ WG Dinner Roll</b>												
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	
<b>Veggie Chef Salad w/ Egg, Dinner Roll &amp; Ranch</b>												
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	
<b>Hot Lunch</b>												
<b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>												
ChickenBBQ-BeansBaked		471	74	3	1	1267	50	33	0	13	29	

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Meal	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5	
<b>Bean &amp; Cheese Burrito</b>	DAIRY, WHEAT	320	40	12	5	610	25	0	0	6	14	
<b>Bean &amp; Cheese Pupusa w/ Curtido Salad</b>												
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	
<b>Bean Burrito Bowl w/ Rice &amp; Corn</b>		287	79	2	0	391	0	10	1	22	13	
<b>Beef &amp; Cheese Taco Stick w/ Roasted Fava Beans</b>	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20	
<b>Beef Birria Tacos w/ Tajin Corn</b>												
TacosBeefBirria-Corn		203	17	9	1	445	31	3	0	3	14	
TortillasFlour IW 2pk	SOY, WHEAT	150	26	4	0	176	0	1	0	2	4	
<b>Beef, Bean &amp; Cheese Burrito</b>	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	0	3	25	
<b>Breakfast for Lunch: Egg &amp; Cheese Sandwich w/ Roasted Potatoes</b>												
Potatoes	SOY, WHEAT, DAIRY, EGG	456	45	23	7	908	135	2	1	4	17	
<b>Breakfast for Lunch: Pancakes &amp; Sausage w/ Roasted Potatoes &amp; Syrup</b>												
BreakfastForLunch-Pancake-Sausage-Potatoes	DAIRY, EGG, WHEAT	496	50	23	6	1183	50	7	6	3	20	
Syrup 1oz		80	21	0	0	15	0	21	21	0	0	
<b>Cheese Enchilada w/ Salsa Verde</b>	DAIRY	354	84	17	8	683	61	18	0	33	15	
<b>Cheese Lasagna w/ Marinara</b>	DAIRY, WHEAT	335	40	15	4	849	19	10	0	5	6	
<b>Cheese Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16	
<b>Cheese Tamale w/ Black Beans</b>	DAIRY	544	62	20	8	719	66	1	1	9	10	
<b>Cheeseburger w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23	
<b>Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp; Peas</b>	SOY, SESAME, WHEAT	399	67	7	1	667	18	19	11	8	21	
<b>Chicken Tamale w/ Pinto Beans</b>	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26	
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21	
<b>Edamame Teriyaki Bowl w/ Rice &amp; Diced Carrots</b>	SOY	427	80	6	1	478	0	28	22	8	15	
<b>Egg &amp; Cheese Empanada w/ Roasted Fava Beans</b>												
EmpanadaEggCheese	DAIRY, EGG, SOY, WHEAT	180	29	5	2	350	80	3	3	2	8	
Roasted Fava Beans (1 M/MA)		190	22	7	1	380	0	1	0	9	10	
<b>Grilled Cheese Sandwich</b>	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19	
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13	

## K-8 Lunch Allergen & Nutrition Report March 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Inside Out Chicken Pot Pie w/ Peas &amp; Carrots</b>	DAIRY, SOY, WHEAT	470	50	29	9	1532	58	12	1	6	26	
<b>Marinara Pasta w/ PlantBorn Crumble &amp; Broccoli</b>	DAIRY, EGG, WHEAT	282	46	3	1	269	0	9	3	4	18	
<b>Orange Chicken &amp; Not So Fried Rice w/ Diced Carrots &amp; Giant Goldfish Grahams</b>												
ChickenOrangeRice-Carrots	EGG, SOY, WHEAT	327	53	5	1	478	50	16	0	4	17	
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1	
<b>Penne &amp; Meat Sauce w/ Diced Carrots</b>	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23	
<b>Pepperoni Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17	
<b>Pineapple Teriyaki Chicken w/ Rice &amp; Diced Carrots</b>	SOY	286	43	21	1	349	44	18	14	4	23	
<b>Queso Blanco Chicken Bowl w/ Rice &amp; Pinto Beans</b>	DAIRY	484	74	13	6	932	58	6	0	14	27	
<b>RFC Bowl: Chicken Bites w/ Gravy, Corn &amp; Mashed Potatoes</b>	SOY, WHEAT, DAIRY	454	38	23	5	984	41	3	0	5	24	
<b>Soy Veggie Burger w/ Roasted Potatoes</b>	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23	
<b>Sweet Chili Chicken Meatballs w/ Not So Fried Rice &amp; Broccoli</b>	DAIRY, SOY	313	48	6	2	853	56	19	12	4	29	
<b>Taco Bowl w/ PlantBorn Crumble, Rice &amp; Corn</b>		336	59	3	0	389	0	4	0	5	18	
<b>Teriyaki Chicken w/ Yakisoba Noodles &amp; Diced Carrots</b>	WHEAT, SOY	257	29	7	1	433	76	10	0	4	20	
<b>Turkey Nachos w/ Refried Beans &amp; Tostitos Chips</b>												
NachosTurkey-BeansRefried	DAIRY	349	21	20	7	725	53	2	0	5	20	
ChipsTostitos		190	30	7	1	150	0	0	0	3	3	
<b>Vegetables</b>												
<b>Baby Carrots (1/2 C)</b>		25	6	0	0	55	0	3	0	2	0	
<b>Baby Carrots (1/4 C)</b>		12	3	0	0	28	0	2	0	1	0	
<b>Broccoli (1/2 C) (Hot)</b>		22	4	0	0	22	0	1	0	2	2	
<b>Celery Sticks (1/2 C)</b>		11	2	0	0	56	0	1	0	1	0	
<b>Celery Sticks (1/4 C)</b>		6	1	0	0	28	0	1	0	1	0	
<b>Cucumber Slices (1/2 C)</b>		11	3	0	0	1	0	1	0	0	0	
<b>Cucumber Slices (1/4 C)</b>		5	1	0	0	1	0	1	0	0	0	
<b>Peas (1/2 C)</b>		107	19	1	0	150	0	7	0	6	7	
<b>Roasted Chickpeas</b>		100	12	3	0	75	0	1	1	4	5	
<b>Roasted Fava Beans</b>		190	22	7	1	380	0	1	0	9	10	
<b>Side of Oven Baked Fries (1/2 C)</b>		101	16	3	0	170	0	0	0	1	1	
<b>Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)</b>												

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Meal	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
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
<b>Fruit</b>											
<b>100% Fruit Juice 4 oz</b>		57	14	0	0	5	0	12	0	0	0
<b>Apple (1/2 C)</b>		60	16	0	0	1	0	12	0	3	0
<b>Banana (1/2 C)</b>		105	27	0	0	1	0	14	0	3	1
<b>Cranberries (1/2 C)</b>		110	28	0	0	0	0	24	21	3	0
<b>Halo Mandarin Oranges 2ea (1/2 C)</b>		106	27	1	0	4	0	21	0	4	2
<b>Milk</b>											
<b>1% Low Fat White</b>	DAIRY	102	12	2	2	107	12	13	0	0	8
<b>Fat Free Chocolate Milk</b>	DAIRY	120	22	0	0	210	5	21	9	0	8
<b>Fat Free White Milk</b>	DAIRY	77	11	0	0	95	5	12	0	0	8

## 9-12 Lunch Allergen & Nutrition Report

### March 2025

Meal	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)
<b>Cold Lunch</b>											
<b>Bean &amp; Cheese Pizza Kit</b>	DAIRY, SESAME, SOY, WHEAT	566	58	23	7	1120	43	4	2	8	28
<b>Cheese Pizza Kit</b>	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
<b>Chicken Salad &amp; Cheese Cracker Kit w/ Baby Carrots</b>	EGG, DAIRY, SOY, WHEAT	470	36	27	10	796	73	8	3	4	22
<b>Cold Pasta Salad with Chicken, Baby Carrots &amp; Pretzels</b>	DAIRY, WHEAT, EGG	653	63	50	5	678	63	7	0	4	32
<b>Hummus, Flatbread &amp; Egg Kit w/ Baby Carrots</b>	DAIRY, SESAME, SOY, WHEAT, EGG	372	51	11	1	582	155	9	1	9	17
<b>Italian Turkey Trio on Hoagie</b>	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
<b>P'B&amp;J Sandwich Kit (Seedbutter) w/ Baby Carrots</b>	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
<b>Sunflower Seeds w/ String Cheese &amp; Baby Carrots</b>	DAIRY, WHEAT, SOY	485	47	27	6	675	15	10	5	8	17
<b>Turkey &amp; Cheese Cracker Kit w/ Roasted Fava Beans</b>	DAIRY, SOY, WHEAT	563	51	26	10	1105	63	5	3	11	32
<b>Turkey &amp; Cheese Sandwich on Pretzel Bun</b>	DAIRY, SOY, WHEAT	345	35	15	8	729	53	4	4	3	19
<b>Turkey &amp; Cheese Sub Sandwich</b>	SOY, WHEAT, DAIRY	325	34	14	7	563	53	3	2	3	19
<b>Wowbutter (Soybutter) &amp; Jelly Sandwich</b>	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
<b>Entrée Salads</b>											
<b>Chicken Caesar Salad with Dinner Roll &amp; Croutons</b>											
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
<b>Southwest Chicken Salad w/ WG Dinner Roll</b>											
SaladChickenSouthwest		287	36	4	1	598	54	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
<b>Veggie Chef Salad w/ Egg, Dinner Roll &amp; Ranch</b>											
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
<b>Hot Lunch</b>											

## 9-12 Lunch Allergen & Nutrition Report March 2025

Meal	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)
<b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>											
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
<b>Bean &amp; Cheese Burrito</b>	DAIRY, WHEAT	320	40	12	5	610	25	0	0	6	14
<b>Bean &amp; Cheese Pupusa w/ Curtido Salad</b>											
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
<b>Bean Burrito Bowl w/ Rice &amp; Corn</b>		379	98	3	0	391	0	10	1	23	15
<b>Beef &amp; Cheese Taco Stick</b>	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
<b>Beef Birria Tacos w/ Tajin Corn</b>											
TacosBeefBirria-Corn		203	17	9	1	445	31	3	0	3	14
TortillasFlour IW 2pk	SOY, WHEAT	150	26	4	0	176	0	1	0	2	4
<b>Beef, Bean &amp; Cheese Burrito</b>	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	0	3	25
<b>Breakfast for Lunch: Egg &amp; Cheese Sandwich w/ Roasted Potatoes</b>	SOY, WHEAT, DAIRY, EGG	456	45	23	7	908	135	2	1	4	17
<b>Breakfast for Lunch: Pancakes &amp; Sausage w/ Roasted Potatoes &amp; Syrup</b>											
BreakfastForLunch-Pancake-Sausage-Potatoes	DAIRY, EGG, WHEAT	496	50	23	6	1183	50	7	6	3	20
Syrup 1oz		80	21	0	0	15	0	21	21	0	0
<b>Cheese Enchilada w/ Salsa Verde</b>	DAIRY	354	84	17	8	683	61	18	0	33	15
<b>Cheese Lasagna w/ Marinara &amp; Wheat Crackers</b>											
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
<b>Cheese Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
<b>Cheese Tamale w/ Black Beans</b>	DAIRY	544	62	20	8	719	66	1	1	9	10
<b>Cheeseburger w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
<b>Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp; Peas</b>	SOY, SESAME, WHEAT	399	67	7	1	667	18	19	11	8	21
<b>Chicken Tamale w/ Pinto Beans</b>	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
<b>Edamame Teriyaki Bowl w/ Rice &amp; Diced Carrots</b>	SOY	431	81	6	1	478	0	28	22	8	15



## 9-12 Lunch Allergen & Nutrition Report March 2025

Meal	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)
<b>Grilled Cheese Sandwich</b>	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
<b>Inside Out Chicken Pot Pie w/ Peas &amp; Carrots</b>	DAIRY, SOY, WHEAT	470	50	29	9	1532	58	12	1	6	26
<b>Marinara Pasta w/ PlantBorn Crumble &amp; Broccoli</b>	DAIRY, EGG, WHEAT	457	80	4	1	320	0	11	4	6	25
<b>Orange Chicken &amp; Not So Fried Rice w/ Diced Carrots &amp; Giant Goldfish Grahams</b>											
ChickenOrangeRice-Carrots	EGG, SOY, WHEAT	327	53	5	1	478	50	16	0	4	17
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
<b>Penne &amp; Meat Sauce w/ Diced Carrots &amp; Dinner Roll</b>											
PastaPenneMeatsauce-CarrotsDiced	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
<b>Pepperoni Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
<b>Pineapple Teriyaki Chicken w/ Rice &amp; Diced Carrots &amp; Goldfish Cheddars</b>											
ChickenPineappleTeriyaki/Rice-Carrots	SOY	286	43	21	1	349	44	18	14	4	23
CrackerGoldfishCheddar .75oz	DAIRY, WHEAT	100	14	4	1	170	4	0	0	1	2
<b>Queso Blanco Chicken Bowl w/ Rice &amp; Pinto Beans</b>	DAIRY	484	74	13	6	932	58	6	0	14	27
<b>RFC Bowl: Chicken Bites w/ Gravy, Corn &amp; Mashed Potatoes &amp; Pretzels</b>											
BowlChickenBites-PotatoesMashed-Gravy	SOY, WHEAT, DAIRY	454	38	23	5	984	41	3	0	5	24
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
<b>Soy Veggie Burger w/ Roasted Potatoes</b>	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
<b>Sweet Chili Chicken Meatballs w/ Not So Fried Rice &amp; Broccoli</b>	DAIRY, SOY	419	70	7	2	929	56	19	12	5	31
<b>Taco Bowl w/ PlantBorn Crumble, Rice &amp; Corn</b>		336	59	3	0	389	0	4	0	5	18
<b>Teriyaki Chicken w/ Yakisoba Noodles &amp; Diced Carrots &amp; Goldfish Pretzels</b>											
PastaChickenTeriyaki-CarrotDiced	WHEAT, SOY	257	29	7	1	433	76	10	0	4	20
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
<b>Turkey Nachos w/ Refried Beans &amp; Tostitos Chips</b>											
NachosTurkey-BeansRefried	DAIRY	392	21	23	8	801	62	3	0	5	23
ChipsTostitos		190	30	7	1	150	0	0	0	3	3

Our facility handles ingredients that contain eggs, fish, milk, sesame, soy, and wheat. This is a resource, subject to change without notice. For those with severe allergies to the top 9 allergens, order Allergy-Friendly Meals.

## 9-12 Lunch Allergen & Nutrition Report March 2025

Meal	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)
<b>Vegetables</b>											
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	1	0	1	0
Cucumber Slices (1/2 C)		11	3	0	0	1	0	1	0	0	0
Peas (1/2 C)		107	19	1	0	150	0	7	0	6	7
Roasted Fava Beans		190	22	7	1	380	0	1	0	9	10
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	0	1	1
<b>Side Salad - Lettuce, Carrot, Tomato w/Ranch &amp; Roll (1 C)</b>											
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
<b>Fruit</b>											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	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
Halo Mandarin Oranges 2ea (1/2 C)		106	27	1	0	4	0	21	0	4	2
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
<b>Milk</b>											
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 March 2025

Meal	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)
<b>Snack</b>											
<b>Apple Cinnamon Multi-Grain Bar</b>	DAIRY, SOY, WHEAT	150	30	3	1	135	0	14	14	3	2
<b>BBQ Poptillas</b>		100	16	4	0	120	0	2	1	2	2
<b>Cheese Puffs</b>	DAIRY	130	19	5	1	200	0	2	0	1	2
<b>Cheese Stick</b>	DAIRY	100	1	8	6	360	25	0	0	0	6
<b>Chili Lime Rings</b>		120	21	4	0	200	0	1	0	2	2
<b>Cinnamon Granola</b>		120	21	3	0	0	0	6	0	2	3
<b>Educational Snacks</b>	DAIRY, EGG, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
<b>Fruity Crisps</b>		130	20	5	0	190	0	3	2	2	2
<b>Giant Cinnamon Grahams</b>	WHEAT	120	19	4	1	140	0	7	7	1	1
<b>Goldfish Cheddar</b>	DAIRY, WHEAT	100	14	4	1	170	4	0	0	1	2
<b>Goldfish Pretzels</b>	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
<b>Hummus w/ Wheat Crackers</b>											
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
<b>Pizza Crackers</b>	WHEAT	80	15	2	0	190	0	2	2	2	2
<b>Ranch Crackers</b>	SOY, WHEAT	90	15	4	0	200	0	2	2	1	1
<b>Roasted Ranch Chickpeas</b>		100	12	3	0	75	0	1	1	4	5
<b>Strawberry Multi-Grain Bar</b>	DAIRY, SOY, WHEAT	150	30	3	1	150	0	14	13	3	2
<b>Sunflower Seeds</b>		200	8	17	2	130	0	1	0	4	7
<b>Wheat Crackers &amp; Seed Butter Pouch</b>											
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
<b>Fruit</b>											
<b>Apple (3/4 Cup)</b>		71	19	0	0	1	0	14	0	3	0
<b>Orange (3/4 Cup)</b>		47	12	0	0	0	0	9	0	2	1
<b>100% Fruit Juice 6 oz</b>		100	25	0	0	10	0	23	0	0	0

## Supper Allergen & Nutrition Report March 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat Sat (g)	Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Fiber (g)	Dietary Protein (g)
<b>Cold Grab &amp; Go</b>												
<b>Bean &amp; Cheese Pizza Kit w/ Refried Beans</b>	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	1	7	25	
<b>Cheese Pizza Kit w/ Marinara Sauce</b>	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20	
<b>Chicken Caesar Salad with Dinner Roll, Croutons &amp; Apple</b>	DAIRY, SOY, WHEAT, EGG	574	60	29	6	1208	67	18	3	9	26	
<b>Chicken Caprese Salad with Dinner Roll &amp; Pear</b>	DAIRY, SOY, WHEAT	381	57	24	3	496	45	20	3	10	26	
<b>Chicken Salad &amp; Cheese Cracker Kit w/ Baby Carrots &amp; Applesauce</b>	EGG, SOY, WHEAT, DAIRY	440	37	25	9	696	73	18	2	4	21	
<b>Chicken Teriyaki Pasta Salad w/ Cabbage Carrot &amp; Apple</b>	SOY, EGG, WHEAT	389	66	4	1	740	54	33	18	6	23	
<b>Cold Pasta Salad with Chicken, Baby Carrots &amp; Apple</b>	EGG, DAIRY, WHEAT	625	64	30	5	808	69	18	0	6	26	
<b>Flatbread, Hummus Kit w/ Egg &amp; Baby Carrots</b>	DAIRY, SESAME, SOY, WHEAT, EGG	292	38	9	1	432	155	8	1	8	14	
<b>Italian Turkey Trio on Hoagie w/ Baby Carrots &amp; Apple</b>	SOY, WHEAT	366	55	9	2	747	59	19	2	8	19	
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots</b>	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16	
<b>Seedbutter &amp; Jelly Sandwich Kit w/ String Cheese, Baby Carrots &amp; Orange</b>	DAIRY, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18	
<b>Strawberry Yogurt Parfait w/ Cinnamon Granola</b>												
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	
<b>Sunflower Seeds w/ String Cheese, Baby Carrots</b>	DAIRY, WHEAT	395	30	25	6	585	15	5	0	7	16	
<b>Turkey &amp; Cheese Cracker Kit w/ Baby Carrots</b>	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21	
<b>Turkey &amp; Cheese Sandwich on Pretzel Bun w/ Baby Carrots &amp; Orange</b>	DAIRY, SOY, WHEAT	441	58	15	8	785	53	22	4	9	21	
<b>Turkey &amp; Cheese Sub Sandwich w/ Baby Carrots &amp; Pear</b>	SOY, WHEAT, DAIRY	438	63	14	7	620	53	21	2	10	20	
<b>Veggie Chef Salad w/ Egg, Dinner Roll, Ranch &amp; Fruit</b>	DAIRY, EGG, SOY, WHEAT	411	54	17	4	534	170	17	4	9	16	
<b>Wowbutter &amp; Jelly Sandwich w/ Paradise Punch &amp; Orange</b>	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19	
<b>Hot Supper</b>												
<b>BBQ Chicken w/ Baked Beans &amp; Dinner Roll</b>												
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	

## Supper Allergen & Nutrition Report March 2025

Meal	Allergens	Calories (kcal)	Carb (g)	Total (g)	Fat Sat (g)	Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Fiber (g)	Dietary Protein (g)
<b>Bean &amp; Cheese Burrito</b>	DAIRY, WHEAT	320	40	12	5	610	25	1	0	6	14	
<b>Beef &amp; Cheese Taco Stick</b>	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20	
<b>Beef, Bean &amp; Cheese Burrito</b>	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	0	3	25	
<b>Breakfast for Supper: Egg &amp; Cheese Sandwich w/ Roasted Potatoes</b>	SOY, WHEAT, DAIRY, EGG	456	45	23	7	908	135	2	1	4	17	
<b>Cheeseburger w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23	
<b>Chicken Bites w/ Mashed Potatoes</b>	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20	
<b>Chicken Dumplings &amp; Not So Fried Rice w/ Edamame &amp;</b>	SOY, SESAME, WHEAT	399	67	7	1	667	18	19	11	8	21	
<b>Chicken Tamale w/ Pinto Beans</b>	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26	
<b>Chicken Teriyaki w/ Not So Fried Rice &amp; Diced Carrot</b>	SOY, WHEAT	265	35	5	1	487	76	10	0	4	20	
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21	
<b>Grilled Cheese Sandwich</b>	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19	
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13	
<b>Pepperoni Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17	
<b>Pineapple Teriyaki Chicken w/ Rice &amp; Diced Carrots</b>	SOY	286	43	21	1	349	44	18	14	4	23	
<b>Vegetables</b>												
<b>Baby Carrots (1/2 c)</b>		25	6	0	0	55	0	3	0	2	0	
<b>Fruit</b>												
<b>100% Fruit Juice 4oz</b>		57	14	0	0	5	0	12	0	0	0	
<b>Apple (1/2 C)</b>		60	16	0	0	1	0	12	0	3	0	
<b>Apple Slices (1/2 C)</b>		16	4	0	0	0	0	3	0	1	0	
<b>Orange (1/2 C)</b>		71	18	0	0	0	0	14	0	4	1	
<b>Pear (1/2 C)</b>		87	23	0	0	2	0	15	0	5	1	
<b>Milk</b>												
<b>1% Low Fat White</b>	DAIRY	102	12	2	2	107	12	13	0	0	8	
<b>Fat Free Chocolate Milk</b>	DAIRY	120	22	0	0	210	5	21	9	0	8	
<b>Fat Free White Milk</b>	DAIRY	77	11	0	0	95	5	12	0	0	8	