



Lunch K-8 Allergen & Nutrition Report

October 2023

Meal Name2	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol(mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
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

