

BREAKFAST K-12 Allergen & Nutrition Report

December 2023

Meal 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 Breakfast										
Bagel w/ Cream Cheese	DAIRY, WHEAT	180	31	5	2	250	10	4	4	6
Banana Bread	DAIRY, EGG, SOY, WHEAT	360	47	17	3	350	45	23	2	5
Blueberry Muffin	DAIRY, EGG, SOY, WHEAT	240	33	10	2	70	35	9	2	5
Blueberry Yogurt Parfait w/ Honey Grahams										
YogurtParfait-Blueberry	DAIRY	159	34	1	0	55	3	17	2	6
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Cheerios Cereal w/ Honey Grahams										
CerealCheerios-1ozCup		100	20	2	1	140	0	1	3	3
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Cinnamon Bar	DAIRY, EGG, SOY, WHEAT	280	34	15	3	150	0	7	2	4
Cinnamon Chex Cereal w/ Honey Grahams										
CerealChexCinnamon-1ozCup		120	23	3	0	170	0	6	1	1
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Cinnamon Crumble	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	2	5
Cinnamon Roll	DAIRY, EGG, SOY, WHEAT	270	42	10	2	320	25	16	3	5
Frosted Flakes Cereal w/ Honey Grahams										
CerealFrostedFlakes-1ozCup	SOY	100	24	0	0	160	0	2	24	7
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Lemon Muffin	DAIRY, EGG, SOY, WHEAT	260	34	12	2	65	35	9	3	6
Mantecada Sweet Bread	DAIRY, EGG, SOY, WHEAT	270	33	13	2	65	40	8	3	6
Shelf Stable Corn Chex Cereal, Honey Grahams, Applesauce, Fruit Juice	SOY, WHEAT	300	70	3	0	310	0	34	3	3
Vanilla Concha	DAIRY, EGG, WHEAT	230	33	9	1	180	25	11	2	5
Vanilla Mini Loaf w/ String Cheese										
BreadMiniLoaf-Vanilla	DAIRY, EGG, SOY, WHEAT	180	22	9	1	150	20	9	1	2
Cheese String 1oz	DAIRY	80	0	6	4	200	15	0	0	7
Vanilla Muffin	DAIRY, EGG, SOY, WHEAT	270	33	13	2	65	40	8	3	6
Yogurt w/ Honey Grahams										
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Yogurt	DAIRY	70	14	0	0	60	5	10	0	4
Hot Breakfast										
Bean & Cheese Breakfast Burrito	DAIRY, SOY, WHEAT	177	18	7	4	264	20	0	4	10
Cheese Tamale	DAIRY, SOY	221	19	14	6	317	15	1	2	5
Egg & Cheese English Muffin Sandwich	WHEAT, DAIRY, EGG	256	25	12	5	466	133	1	3	11
French Toast Sticks w/ Syrup										
FrenchToastSticks-2pc	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	2	6
Syrup 1oz		80	21	0	0	15	0	21	0	0
Waffle w/ Syrup										
Waffle	DAIRY, EGG, SOY, WHEAT	310	35	17	5	250	20	12	2	5
Syrup 1oz		80	21	0	0	15	0	21	0	0

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December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Fruit										
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Apple (1/2 C)		52	14	0	0	1	0	7	2	0
Banana (1/2 C)		89	23	0	0	1	0	16	3	1
Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Pear (1/2 C)		58	15	0	0	1	0	8	3	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	12	0	8
Fat Free White Milk	DAIRY	83	12	0	0	102	5	11	0	8

LUNCH K-8 Allergen & Nutrition Report

December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Hot Lunch										
Baked Beef Ziti	DAIRY, SOY, WHEAT	281	45	13	5	621	35	9	5	16
Bean & Cheese Burrito w/ Pinto Beans	DAIRY	328	42	12	5	735	25	1	6	14
Bean & Cheese Pupusa w/ Pinto Beans	DAIRY	299	37	11	4	605	15	1	4	13
Beef Bulgogi w/ Broccoli		310	27	15	6	256	49	1	4	19
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 Baked Ziti w/ Marinara Sauce	DAIRY, WHEAT	307	47	13	6	792	36	10	4	18
Cheese Lasagna w/ Tomato Basil Sauce	DAIRY	265	40	6	3	598	15	12	5	4
Cheese Melt Sandwich w/ Oven Baked Fries	SOY, WHEAT, DAIRY	484	45	26	12	804	71	2	5	10
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	537	61	19	8	715	66	1	9	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 & Waffles w/ Roasted Potatoes										
ChickenBites-Waffle-PotatoesRoasted	DAIRY, EGG, SOY, WHEAT	576	65	27	6	891	55	13	5	23
Honey .5oz		45	11	0	0	0	0	11	0	0
Chicken Bites w/ Mashed Potatoes	DAIRY, SOY, WHEAT	344	36	17	3	874	41	2	3	17
Chicken Burrito Bowl w/ Black Beans		332	52	4	1	258	43	2	8	26
Chicken Enchilada w/ Salsa Verde	DAIRY, SOY	220	27	6	2	373	34	0	4	0
Chicken Fajitas w/ Pinto Beans & Poptillas										
BowlChickenFajita-BeansFajita		155	7	7	1	461	57	1	1	1
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Chicken Poptilla Soup										
SoupChicken-Poptilla		149	14	3	1	468	43	1	3	16
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Chicken Tamale w/ Seasoned Coin Carrots	DAIRY, SOY	335	30	17	7	370	22	1	4	12
Chicken Tamale w/ Seasoned Corn	DAIRY, SOY	390	43	18	7	325	22	3	4	13



LUNCH K-8 Allergen & Nutrition Report

December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Chicken Teriyaki w/ Yakisoba Noodles & Carrot-Cabbage	SESAME, SOY, WHEAT	327	43	9	2	609	58	21	2	10
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
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19
Grilled Chicken Sandwich w/ Oven Baked Fries & BBQ Sauce										
SandwichChickenGrilled-Fries-.5cp	SOY, WHEAT	380	45	11	1	688	60	2	5	25
BBQ Sauce Packet .42oz		48	11	0	0	138	0	10	1	0
Holiday Meal- Grilled Chicken w/ Sweet Potatoes, Green 										
ChickenGrilled-PotatoesSweet-BeansGreen		176	13	4	1	330	60	6	3	20
Bread Dinner Roll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Hot Dog w/ Oven Baked Fries	SESAME, WHEAT	401	43	20	6	689	35	2	3	13
Turkey Chili w/ Pinto Beans										
TurkeyChili-Beans		131	5	7	2	520	55	1	1	12
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Turkey Nachos w/ Refried Beans & Poptillas										
NachosTurkey-BeansRefried	DAIRY, WHEAT	310	23	15	4	938	63	2	5	20
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Cold Lunch										
Cheese Pizza Kit	DAIRY, SOY, WHEAT	372	38	16	6	887	36	7	4	20
Cheese Torta Sandwich	DAIRY, SOY, WHEAT	403	31	23	13	615	71	3	3	9
Chicken Caprese Salad										
SaladCapreseChicken	DAIRY	140	4	6	3	448	53	1	1	18
DRESSING Italian .43oz		20	1	2	0	130	0	1	0	0
Cracker Wheat Whole Grain	WHEAT	90	15	3	0	125	0	2	1	2
Chicken Salad Sandwich	SOY, WHEAT, EGG	365	35	15	3	501	6	2	3	22
Chicken Taco Salad										
SaladTacoChicken	DAIRY	306	37	8	3	265	14	2	9	25
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
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	728	478	4	3	23



LUNCH K-8 Allergen & Nutrition Report

December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Torta Cheese Sandwich	DAIRY, SOY, WHEAT	403	31	23	13	615	71	3	3	9
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	346	37	13	7	977	54	3	3	22
Turkey & Cheese Torta Sandwich	DAIRY, SOY, WHEAT	337	32	15	7	696	54	4	3	15
Veggie Chef Salad										
SaladChefVeg	DAIRY, EGG	215	6	13	5	212	379	2	1	16
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Sunbutter & Jelly Sandwich	DAIRY, SESAME, SOY, WHEA	540	53	29	6	390	0	19	8	18
Vegetable										
Baby Carrots (1/2 C)		25	6	0	0	55	0	2	2	0
Baby Carrots (1/4 C)		12	3	0	0	28	0	3	1	0
Broccoli (1/2 C)		20	3	0	0	16	0	0	2	2
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	1	0
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	1	0
Garbanzo Pico Salad (1/2 C)		113	19	2	0	299	0	4	5	6
Jicama Slices (1/2 C)		25	6	0	0	0	0	1	3	0
Jicama Slices (1/4 C)		15	3	0	0	0	0	1	2	0
Peas (1/2 C)		72	13	0	0	100	0	0	4	5
Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	1	1
Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)										
Salad-LettuceTomatoCarrot		17	4	0	0	9	0	0	2	1
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Fruit										
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Apple (1/2 C)		52	14	0	0	1	0	7	2	0
Banana (1/2 C)		89	23	0	0	1	0	16	3	1
Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Pear (1/2 C)		58	15	0	0	1	0	8	3	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

LUNCH 9-12 Allergen & Nutrition Report

December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Hot Lunch										
Baked Beef Ziti w/ Wheat Crackers										
PastaZiti-MeatSauce	DAIRY, SOY, WHEAT	306	46	14	6	679	41	9	5	18
Cracker Wheat Whole Grain	WHEAT	90	15	3	0	125	0	2	1	2
Bean & Cheese Burrito w/ Pinto Beans	DAIRY	328	42	12	5	735	25	1	6	14
Bean & Cheese Pupusa w/ Pinto Beans	DAIRY	299	37	11	4	605	15	1	4	13
Beef Bulgogi w/ Broccoli		395	46	15	6	240	49	1	4	20
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
Cheese Baked Ziti	DAIRY, WHEAT	307	47	13	6	792	36	10	4	18
Cheese Lasagna w/ Tomato Basil Sauce & Wheat Cracker										
PastaLasagna	DAIRY	286	41	8	4	647	19	12	5	5
Cracker Wheat Whole Grain	WHEAT	90	15	3	0	125	0	2	1	2
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, SOY	537	61	19	8	715	66	1	9	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	471	77	22	12	932	59	6	6	26
Chicken Alfredo Pasta w/ Steamed Broccoli	DAIRY, WHEAT	426	72	18	6	860	90	4	6	11
Chicken Bites & Waffles w/ Roasted Potatoes										
ChickenBites-Waffle-PotatoesRoasted	DAIRY, EGG, SOY, WHEAT	576	65	27	6	891	55	13	5	23
Honey .5oz		45	11	0	0	0	0	11	0	0
Chicken Bites w/ Mashed Potatoes	DAIRY, SOY, WHEAT	344	36	17	3	874	41	2	3	17
Chicken Burrito Bowl w/ Black Beans		438	71	5	1	611	53	2	9	31
Chicken Enchilada w/ Salsa Verde	DAIRY, SOY	220	27	6	2	373	34	0	4	0
Chicken Fajitas w/ Pinto Beans & Poptillas										
BowlChickenFajita-BeansFajita		186	7	9	2	545	71	1	1	1
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Chicken Poptilla Soup										
SoupChicken-Poptilla		170	14	4	1	538	54	1	3	20
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Chicken Tamale w/ Seasoned Coin Carrots	DAIRY, SOY	335	30	17	7	370	22	1	4	12
Chicken Tamale w/ Seasoned Corn	DAIRY, SOY	390	43	18	7	325	22	3	4	13
Chicken Teriyaki w/ Yakisoba Noodles & Carrot-Cabbage Mix	SESAME, SOY, WHEAT	511	74	13	2	864	72	34	4	18
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
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19
Grilled Chicken Sandwich w/ Oven Baked Fries	SOY, WHEAT	380	45	11	1	688	60	2	5	25

LUNCH 9-12 Allergen & Nutrition Report

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Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Grilled Chicken Sandwich w/ Oven Baked Fries & BBQ Sauce										
SandwichChickenGrilled-Fries-.5cp	SOY, WHEAT	380	45	11	1	688	60	2	5	25
BBQ Sauce Packet .42oz		48	11	0	0	138	0	10	1	0
Holiday Meal- Grilled Chicken w/ Sweet Potatoes, Green Beans, & Dinner Roll										
ChickenGrilled-PotatoesSweet-BeansGreen		176	13	4	1	330	60	6	3	20
Bread Dinner Roll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Hot Dog w/ Oven Baked Fries										
	SESAME, WHEAT	401	43	20	6	689	35	2	3	13
Turkey Chili w/ Pinto Beans										
TurkeyChili-Beans		131	5	7	2	520	55	1	1	12
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Turkey Nachos w/ Refried Beans & Poptillas										
NachosTurkey-BeansRefried	DAIRY, WHEAT	340	24	17	4	1030	78	2	5	23
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Cold Lunch										
Cheese Pizza Kit										
	DAIRY, SOY, WHEAT	372	38	16	6	887	36	7	4	20
Cheese Torta Sandwich										
	DAIRY, SOY, WHEAT	403	31	23	13	615	71	3	3	9
Chicken Caprese Salad										
SaladCapreseChicken	DAIRY	145	5	6	3	160	9	1	2	18
DRESSING Italian .43oz		20	1	2	0	130	0	1	0	0
Cracker Wheat Whole Grain	WHEAT	90	15	3	0	125	0	2	1	2
Chicken Salad Sandwich										
	SOY, WHEAT, EGG	411	35	18	3	521	7	2	3	26
Chicken Taco Salad										
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
SaladTacoChicken	DAIRY	340	37	10	5	321	23	2	9	27
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Sunbutter Cup, String Cheese, Crackers, Carrots & Apple										
	DAIRY, WHEAT	671	90	29	6	615	15	39	9	20
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	728	478	4	3	23
Shelf Stable Sunflower Seeds, Cheese Stick, Crackers, Applesauce, Raisi										
	DAIRY, WHEAT	691	94	31	8	824	25	48	8	18
Sunflower Seeds w/ Cheese Stick & Punch										
	DAIRY, WHEAT, SOY	510	49	29	8	715	25	16	5	16
Taco Hummus w/ Cheese Stick & Paradise Punch										
	DAIRY	530	90	15	6	745	25	48	9	15
Torta Cheese Sandwich										
	DAIRY, SOY, WHEAT	403	31	23	13	615	71	3	3	9
Turkey & Cheese Sub Sandwich										
	SOY, WHEAT, DAIRY	346	37	13	7	977	54	3	3	22
Turkey & Cheese Torta Sandwich										
	DAIRY, SOY, WHEAT	352	32	15	7	787	61	4	3	17
Veggie Chef Salad										
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
SaladChefVeg	DAIRY, EGG	220	7	13	5	215	379	2	2	16

LUNCH 9-12 Allergen & Nutrition Report

December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Sunbutter & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
Vegetable										
Baby Carrots (1/2 C)		25	6	0	0	55	0	0	2	0
Broccoli (1/2 C)		20	3	0	0	16	0	0	2	2
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	1	0
Cucumber Slices (1/2 C) w/ Tajin		11	3	0	0	1	0	0	0	0
Garbanzo Pico Salad (1/2 C)		113	19	2	0	299	0	4	5	6
Jicama Slices (1/2 C)		25	6	0	0	0	0	1	3	0
Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	1	1
Peas (1/2 C)		72	13	0	0	100	0	0	4	5
Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)										
Salad-LettuceTomatoCarrot (1cp)		17	4	0	0	9	0	0	2	1
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Fruit										
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Apple (1/2 C)		52	14	0	0	1	0	7	2	0
Applesauce Cup		50	14	0	0	15	0	12	1	0
Banana (1/2 C)		89	23	0	0	1	0	16	3	1
Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Pear (1/2 C)		58	15	0	0	1	0	8	3	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

SNACK Allergen & Nutrition Report

December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Apple Cinnamon Multi-Grain Bar	DAIRY, SOY, WHEAT	150	30	3	1	135	0	14	3	2
BBQ Poptillas		120	20	4	0	200	0	2	1	2
Cheese Stick	DAIRY	100	1	8	6	360	25	0	0	6
Churro Poptillas		110	16	5	0	30	0	3	1	1
Educational Snacks	DAIRY, EGG, WHEAT	120	22	4	0	65	0	6	2	2
Goldfish Cheddars	DAIRY, WHEAT	100	14	4	1	170	4 0		1	2
Goldfish Pretzels	DAIRY, WHEAT	90	17	1	0	300	0	1	0	2
Honey Graham Crackers	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Nacho Poptillas	DAIRY	100	16	4	0	180	0	1	1	2
Pizza Crackers	WHEAT	80	15	2	0	190	0	2	2	2
Strawberry Multi-Grain Bar	DAIRY, SOY, WHEAT	150	30	3	1	150	0	14	3	2
Sunflower Seeds		190	7	16	2	130	0	1	3	7
Wheat Crackers	WHEAT	90	15	3	0	125	0	2	1	2
Wheat Crackers w/ Sunbutter Cup	WHEAT	90	15	3	0	125	0	2	1	2
Cracker Wheat Whole Grain	WHEAT	90	15	3	0	125	0	2	1	2
Sunbutter Cup 1.1oz		200	6	17	2	99	0	3	2	7
Fruit										
Apple (3/4 Cup)		60	13	0	0	0	0	12	2	0
100% Fruit Juice 6 oz		90	23	0	0	10	0	22	0	0
Orange (3/4 Cup)		97	25	0	0	3	0 11		11	2
Pear (3/4 Cup)		58	15	0	0	1	0 10		3	0

SUPPER 6-18 Allergen & Nutrition Report

December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Supper										
Bagel w/ Cream Cheese, Yogurt, String Cheese & Carrots	DAIRY, WHEAT	342	48	11	6	538	30	14	5	17
Cheese Pizza Kit w/ Marinara Sauce	DAIRY, SOY, WHEAT	372	38	16	6	887	36	7	4	20
Cheese Torta Sandwich w/ Baby Carrots	DAIRY, SOY, WHEAT	428	37	23	13	670	71	3	5	10
Chicken Caprese Salad w/ Wheat Crackers	DAIRY, WHEAT	249	20	11	4	365	18	3	2	20
Chicken Salad Sandwich w/ Baby Carrots	SOY, WHEAT, EGG	451	44	29	3	531	7	10	3	26
Chicken Salad Sandwich w/ Jicama	SOY, WHEAT, EGG	436	41	18	3	521	7	3	6	26
Chicken Taco Salad w/ Poptilla Chips										
SaladTacoChicken-Poptillas-Fruit	DAIRY, EGG	284	19	14	5	311	28	3	4	20
Chips Poptilla Nacho Cheddar .8oz	DAIRY	100	16	4	0	180	0	1	1	2
Double Cheese Sandwich w/ Cucumber Slices	SOY, WHEAT, DAIRY	393	32	23	12	756	71	2	4	10
Egg Salad Sandwich w/ Baby Carrots	SOY, WHEAT, EGG	467	43	20	5	784	478	4	5	23
GNG Turkey & Cheese Sub Sandwich w/ Baby Carrots	SOY, WHEAT, DAIRY	371	43	13	7	1032	54	3	5	23
GNG Turkey & Cheese Torta Sandwich w/ Cucumbers	DAIRY, SOY, WHEAT	363	35	15	7	788	61	4	3	18
Protein Pack: Yogurt, String Cheese, Crackers	DAIRY, SOY, WHEAT	240	31	8	4	350	20	15	1	12
Shelf Stable: Sunflower Seeds, Hummus, Cracker, Juice, Applesauce, Milk	DAIRY	580	75	23	2	625	5	36	10	23
Sunflower Seeds w/ String Cheese, Baby Carrots	DAIRY, WHEAT	385	30	24	6	685	15	2	6	16
Turkey & Cheese Torta Sandwich w/ Baby Carrots	DAIRY, SOY, WHEAT	377	38	15	7	842	61	4	5	18
Wowbutter & Jelly Sandwich w/ Paradise Punch	DAIRY, SESAME, SOY, WHEAT	580	62	29	6	400	0	27	8	18
Hot Supper										
Baked Beef Ziti	DAIRY, SOY, WHEAT	306	46	14	6	679	41	9	5	18
Bean & Cheese Pupusa	DAIRY	290	35	11	3	480	15	1	4	13
Bean & Cheese Pupusa	DAIRY	290	35	11	3	480	15	1	4	13
Beef Nachos w/ Refried Beans & Poptillas										
NachosBeef-BeansPinto	DAIRY, WHEAT, SOY	360	24	20	7	772	49	3	6	21
Chips PoptillaOriginal 1oz		190	30	6	0	170	0	0	2	3
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
Cheese Baked Ziti w/ Marinara Sauce	DAIRY, WHEAT	307	47	13	6	792	36	10	4	18
Cheese Enchilada w/ Salsa Verde	DAIRY	300	27	14	6	353	50	0	2	14
Cheese Lasagna w/ Tomato Basil Sauce	DAIRY	286	41	8	4	647	19	12	5	5
Cheese Melt Sandwich w/ Oven Baked Fries	SOY, WHEAT, DAIRY	484	45	26	12	804	71	2	5	10
Cheese Tamale w/ Seasoned Corn	DAIRY, SOY	487	53	19	8	463	66	2	5	2
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 Bites & Waffles w/ Roasted Potatoes										

SUPPER 6-18 Allergen & Nutrition Report

December 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
ChickenBites-Waffle-PotatoesRoasted	DAIRY, EGG, SOY, WHEAT	576	65	27	6	891	55	13	5	23
Honey .5oz		45	11	0	0	0	0	11	0	0
Chicken Burrito Bowl w/ Black Beans		282	38	5	1	133	53	2	5	24
Chicken Enchilada w/ Salsa Verde	DAIRY, SOY	220	27	6	2	373	34	0	4	0
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	349	53	5	1	292	54	22	3	27
Chicken Teriyaki w/ Yakisoba Noodles & Carrot-Cabbage Mix	SESAME, SOY, WHEAT	358	43	11	2	693	72	21	2	10
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
Hot Dog w/ Oven Baked Fries	SESAME, WHEAT	401	43	20	6	689	35	2	3	13
Mac & Cheese	DAIRY, WHEAT	347	36	22	12	556	64	3	2	17
Mac & Cheese	DAIRY, WHEAT	347	36	22	12	556	64	3	2	17
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Turkey Chili w/ Poptilla Chips										
TurkeyChili		107	4	6	1	431	46	1	0	10
Chips Poptilla Nacho Cheddar .8oz	DAIRY	100	16	4	0	180	0	1	1	2
Fruit										
100% Fruit Juice 4oz		60	15	0	0	5	0	14	0	0
Apple (1/2 C)		52	14	0	0	1	0	7	2	0
Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Pear (1/2 C)		58	15	0	0	1	0	8	3	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
Vegetable										
Carrots (1/2 C)		25	6	0	0	55	0	3	2	0
Cucumber (1/2 C)		11	3	0	0	1	0	1	0	0
Paradise Punch (1/2 C)		40	9	0	0	10	0	8	0	0