



BREAKFAST K-12 Allergen & Nutrition Report

January 2024

| | Meal Name | Allergens | Calories (kcal) | Carb (g) | Total Fat (g) (g) | Sat Fat (mg) | 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 | 3 |
| Cracker Graham Honey 1oz | | SOY, WHEAT | 90 | 17 | 2 | 0 | 90 | 0 | 5 | 1 | 1 |
| Cinnamon Chex Cereal w/ Honey Grahams | | | | | | | | | | | |
| CerealChexCinnamon-1ozCup | | 120 | 23 | 3 | 0 | 170 | 0 | 6 | 1 | 1 | 1 |
| Cracker Graham Honey 1oz | | SOY, WHEAT | 90 | 17 | 2 | 0 | 90 | 0 | 5 | 1 | 1 |
| Cinnamon Crumble | | | | | | | | | | | |
| Dairy, Egg, Soy, Wheat | | 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 |
| Cranberry Oatmeal Round | | SOY, WHEAT | 320 | 53 | 10 | 4 | 95 | 0 | 22 | 4 | 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 | | | | | | | | | | | |
| Mantecada Sweet Bread | | DAIRY, EGG, SOY, WHEAT | 260 | 34 | 12 | 2 | 65 | 35 | 9 | 3 | 6 |
| Shelf Stable Corn Chex Cereal, Honey, Applesauce & Fruit Juice | | DAIRY, EGG, SOY, WHEAT | 270 | 33 | 13 | 2 | 65 | 40 | 8 | 3 | 6 |
| Vanilla Concha | | SOY, WHEAT | 300 | 70 | 3 | 0 | 310 | 0 | 34 | 3 | 3 |
| 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 | | | | | | | | | | | |
| Yogurt w/ Honey Grahams | | DAIRY, EGG, SOY, WHEAT | 270 | 33 | 13 | 2 | 65 | 40 | 8 | 3 | 6 |
| 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 | | | | | | | | | | | |
| Hot Breakfast Burrito | | DAIRY, EGG, WHEAT | 210 | 20 | 9 | 5 | 410 | 80 | 0 | 3 | 11 |



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|---|------------------------|--------------------|----------------------|----------------|-------------------------|--------------|--------------|-------------------------------|----------------|
| Egg & Cheese English Muffin Sandwich | | | | | | | | | |
| French Toast Sticks-2pc | WHEAT, DAIRY, EGG | 256 | 25 | 12 | 5 | 466 | 133 | 1 | 3 |
| French Toast | DAIRY, EGG, SOY, WHEAT | 240 | 38 | 7 | 1 | 260 | 10 | 12 | 2 |
| Syrup 1oz | | 80 | 21 | 0 | 0 | 15 | 0 | 21 | 0 |
| Waffle w/ Syrup | | | | | | | | | |
| Waffle | DAIRY, EGG, SOY, WHEAT | 310 | 35 | 17 | 5 | 250 | 20 | 12 | 2 |
| Syrup 1oz | | 80 | 21 | 0 | 0 | 15 | 0 | 21 | 0 |
| Fruit | | | | | | | | | |
| 100% Fruit Juice 4 oz | | 60 | 15 | 0 | 0 | 5 | 0 | 14 | 0 |
| Apple (1/2 C) | | 52 | 14 | 0 | 0 | 1 | 0 | 7 | 2 |
| Applesauce Cup | | 50 | 14 | 0 | 0 | 15 | 0 | 12 | 1 |
| Banana (1/2 C) | | 89 | 23 | 0 | 0 | 1 | 0 | 16 | 3 |
| Orange (1/2 C) | | 47 | 12 | 0 | 0 | 0 | 0 | 9 | 2 |
| Pear (1/2 C) | | 58 | 15 | 0 | 0 | 1 | 0 | 8 | 3 |
| Raisins | | 120 | 32 | 0 | 0 | 0 | 0 | 24 | 2 |
| Milk | | | | | | | | | |
| 1% Low Fat White | DAIRY | 102 | 12 | 2 | 2 | 107 | 12 | 0 | 8 |
| Fat Free White Milk | DAIRY | 83 | 12 | 0 | 0 | 102 | 5 | 11 | 0 |
| | | | | | | | | | |



LUNCH K-8 Allergen & Nutrition Report

January 2024

| | Meal Name | Allergens | Calories (kcal) | Total Carb (g) | Sat. Fat (g) | Total Fat (g) | Sodium (mg) | Chol (mg) | Sugar (g) | Total Dietary Fiber (g) | Protein (g) |
|---|------------------------|-----------|--------------------|----------------------|-----------------|---------------------|----------------|--------------|--------------|-------------------------------|----------------|
| Hot Lunch | | | | | | | | | | | |
| Baked Beef Ziti | DAIRY, SOY, WHEAT | 270 | 45 | 12 | 4 | 608 | 32 | 9 | 5 | 15 | |
| Bean & Cheese Burrito w/ Pinto Beans | DAIRY, WHEAT | 329 | 42 | 12 | 5 | 735 | 25 | 0 | 6 | 14 | |
| 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 | |
| Cheese Baked Ziti | 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 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 | 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 | 540 | 43 | 2 | 8 | 26 | |
| Chicken Fajitas w/ Pinto Beans & Poptillas | | 155 | 7 | 7 | 1 | 461 | 57 | 1 | 1 | 1 | |
| BowlChickenFajita-BeansFajita | | 190 | 30 | 6 | 0 | 170 | 0 | 0 | 2 | 3 | |
| Chips PoptillaOriginal 1oz | | | | | | | | | | | |
| Chicken Fajitas w/ Pinto Beans & Tortillas | | 155 | 7 | 7 | 1 | 461 | 57 | 1 | 1 | 1 | |
| BowlChickenFajita-BeansFajita | | 150 | 26 | 4 | 0 | 176 | 0 | 0 | 2 | 4 | |
| Tortilla Flour 2pk | SOY, WHEAT | | | | | | | | | | |
| Chicken Poptilla Soup | | 149 | 14 | 3 | 1 | 468 | 43 | 1 | 3 | 16 | |
| SoupChicken-Poptilla | | 190 | 30 | 6 | 0 | 170 | 0 | 0 | 2 | 3 | |
| Chips PoptillaOriginal 1oz | | | | | | | | | | | |
| Chicken Tamale w/ Diced Carrots | DAIRY, SOY | 335 | 30 | 17 | 7 | 370 | 22 | 1 | 4 | 12 | |
| Chicken Teriyaki w/ Yakisoba Noodles & Carrot-Cabbage Mix | SESAME, SOY, WHEAT | 333 | 42 | 10 | 2 | 602 | 58 | 21 | 2 | 11 | |
| 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 | | 310 | 31 | 13 | 6 | 510 | 30 | 8 | 3 | 17 | |
| Grilled Cheese Sandwich | DAIRY, SOY, WHEAT | 309 | 33 | 11 | 6 | 559 | 32 | 6 | 3 | 19 | |

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.

LUNCH K-8 Allergen & Nutrition Report

January 2024

| Meal Name | Allergens | Calories (kcal) | Total Carb (g) | Sat Fat (g) | Sodium (mg) | Chal (mg) | Sugar (g) | Total Dietary Fiber (g) | Protein (g) |
|---|-------------------|--------------------|----------------------|----------------|----------------|--------------|--------------|-------------------------------|----------------|
| Hamburger | SOY, WHEAT | 324 | 30 | 17 | 5 | 596 | 45 | 2 | 4 |
| Hot Dog w/ Oven Baked Fries | SESAME, WHEAT | 401 | 43 | 20 | 6 | 689 | 35 | 2 | 3 |
| Papa John's Cheese Pizza Slice | DAIRY, WHEAT | 310 | 37 | 1 | 4 | 640 | 20 | 5 | 3 |
| Papa John's Pepperoni Pizza Slice | DAIRY, WHEAT | 350 | 37 | 14 | 5 | 770 | 30 | 5 | 3 |
| Turkey Chili w/ Pinto Beans | | | | | | | | | 20 |
| TurkeyChili-Beans | | 131 | 5 | 7 | 2 | 520 | 55 | 1 | 12 |
| Chips PoptillaOriginal 1oz | | 190 | 30 | 6 | 0 | 170 | 0 | 0 | 3 |
| Turkey Nachos w/ Refried Beans & Tortilla Chips | DAIRY, WHEAT | 310 | 23 | 15 | 4 | 938 | 63 | 2 | 5 |
| NachosTurkey-BeansRefried | | 270 | 31 | 15 | 2 | 220 | 0 | 0 | 3 |
| ChipTortillaCorn 2oz | | | | | | | | | 3 |
| Cold Lunch | | | | | | | | | |
| Cheese Pizza Kit | DAIRY, SOY, WHEAT | 372 | 38 | 16 | 6 | 887 | 36 | 7 | 4 |
| Cheese Torta Sandwich | DAIRY, SOY, WHEAT | 403 | 31 | 23 | 13 | 615 | 71 | 3 | 9 |
| Chicken Caprese Salad w/ WG Dinner Roll | | | | | | | | | |
| DRESSING Italian .43oz | DAIRY | 20 | 1 | 2 | 0 | 130 | 0 | 1 | 0 |
| SaladCapreseChicken | | 140 | 4 | 6 | 3 | 448 | 53 | 1 | 18 |
| Bread Dinner Roll 2oz | SOY, WHEAT | 160 | 29 | 4 | 0 | 250 | 0 | 2 | 5 |
| Chicken Salad Sandwich | SOY, WHEAT, EGG | 365 | 35 | 15 | 3 | 810 | 53 | 2 | 22 |
| Chicken Taco Salad w/ WG Dinner Roll | | | | | | | | | |
| DRESSING Ranch | DAIRY, EGG | 50 | 3 | 4 | 0 | 90 | 5 | 2 | 0 |
| SaladTacoChicken | DAIRY | 306 | 37 | 8 | 3 | 476 | 46 | 2 | 9 |
| Bread Dinner Roll 2oz | SOY, WHEAT | 160 | 29 | 4 | 0 | 250 | 0 | 2 | 4 |
| Double Cheese Sandwich | SOY, WHEAT, DAIRY | 383 | 29 | 23 | 12 | 635 | 71 | 2 | 9 |
| Egg Salad Sandwich | SOY, WHEAT, EGG | 442 | 37 | 20 | 5 | 728 | 478 | 4 | 3 |
| Field Trip- Sunbutter & StringCheese w/ Fruit & Veg | DAIRY, WHEAT | 461 | 43 | 26 | 6 | 490 | 15 | 13 | 6 |
| Field Trip- Turkey & Cheese Torta Sandwich w/ Fruit & Veg | DAIRY, SOY, WHEAT | 433 | 54 | 15 | 7 | 794 | 57 | 12 | 6 |
| Shelf Stable Beef Bites & Cheese Stick, Poptillas, Applesauce, Veg Juice & Milk | DAIRY | 460 | 47 | 24 | 11 | 1090 | 55 | 26 | 2 |
| Sunflower Seeds w/ Cheese Stick & Punch | DAIRY, WHEAT, SOY | 510 | 49 | 29 | 8 | 715 | 25 | 16 | 5 |
| Taco Hummus w/ Cheese Stick & Paradise Punch | DAIRY | 430 | 63 | 15 | 6 | 750 | 25 | 29 | 7 |
| Torta Cheese Sandwich | DAIRY, SOY, WHEAT | 403 | 31 | 23 | 13 | 615 | 71 | 3 | 9 |
| Turkey & Cheese Sub Sandwich | SOY, WHEAT, DAIRY | 336 | 37 | 13 | 6 | 919 | 50 | 3 | 21 |
| Turkey & Cheese Torta Sandwich | DAIRY, SOY, WHEAT | 342 | 32 | 15 | 7 | 729 | 57 | 4 | 3 |

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January 2024

| Meal Name | Allergens | Calories (kcal) | Total Carb (g) | Sat Fat (g) | Total Chol (mg) | Sodium (mg) | Sugar (g) | Dietary Fiber (g) | Total Protein (g) |
|--|---------------------------|-----------------|----------------|-------------|-----------------|-------------|-----------|-------------------|-------------------|
| Veggie Chef Salad w/ WG Dinner Roll | | | | | | | | | |
| DRESSING Ranch | DAIRY, EGG | 50 | 3 | 4 | 0 | 90 | 5 | 2 | 0 |
| SaladChefVeg | DAIRY, EGG | 215 | 6 | 13 | 5 | 212 | 379 | 2 | 1 |
| Bread Dinner Roll 2oz | SOY, WHEAT | 160 | 29 | 4 | 0 | 250 | 0 | 2 | 4 |
| Wowbutter & Jelly Sandwich | DAIRY, SESAME, SOY, WHEAT | 540 | 53 | 29 | 6 | 390 | 0 | 19 | 8 |
| Vegetable | | | | | | | | | |
| Baby Carrots (1/2 C) | | 25 | 6 | 0 | 0 | 55 | 0 | 3 | 2 |
| Baby Carrots (1/4 C) | | 12 | 3 | 0 | 0 | 28 | 0 | 2 | 1 |
| Broccoli (1/2 C) | | 20 | 3 | 0 | 0 | 16 | 0 | 0 | 2 |
| Celery Sticks (1/4 C) | | 6 | 1 | 0 | 0 | 28 | 0 | 0 | 1 |
| Cucumber Slices (1/4 C) w/ Tajin | | 5 | 1 | 0 | 0 | 1 | 0 | 0 | 0 |
| Garbanzo Pico Salad (1/2 C) | | 113 | 19 | 2 | 0 | 299 | 0 | 4 | 5 |
| Jicama Slices (1/4 C) | | 15 | 3 | 0 | 0 | 0 | 0 | 1 | 2 |
| Peas (1/2 C) | | 72 | 13 | 0 | 0 | 100 | 0 | 0 | 4 |
| Roasted Chickpeas | | 100 | 12 | 3 | 0 | 75 | 0 | 1 | 4 |
| Side of Oven Baked Fries (1/2 C) | | 101 | 16 | 3 | 0 | 170 | 0 | 0 | 1 |
| Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) | DAIRY, EGG | 50 | 3 | 4 | 0 | 90 | 5 | 2 | 0 |
| DRESSING Ranch | | 17 | 4 | 0 | 0 | 9 | 0 | 0 | 0 |
| Salad-LettuceTomatoCarrot | | | | | | | | | |
| Fruit | | | | | | | | | |
| 100% Fruit Juice 4 oz | | 60 | 15 | 0 | 0 | 5 | 0 | 14 | 0 |
| Apple (1/2 C) | | 52 | 14 | 0 | 0 | 1 | 0 | 7 | 2 |
| Banana (1/2 C) | | 89 | 23 | 0 | 0 | 1 | 0 | 16 | 3 |
| Orange (1/2 C) | | 47 | 12 | 0 | 0 | 0 | 0 | 9 | 2 |
| Pear (1/2 C) | | 58 | 15 | 0 | 0 | 1 | 0 | 8 | 3 |
| Milk | | | | | | | | | |
| 1% Low Fat White | DAIRY | 102 | 12 | 2 | 2 | 107 | 12 | 0 | 8 |
| Fat Free Chocolate Milk | DAIRY | 120 | 22 | 0 | 0 | 150 | 5 | 19 | 0 |
| Fat Free White Milk | DAIRY | 83 | 12 | 0 | 0 | 102 | 5 | 11 | 0 |

