

## Breakfast Allergen & Nutrition Report April 2024

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)
<b>Cold Breakfast</b>										
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
<b>Cheerios Cereal w/ Honey Grahams</b>										
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
<b>Cinnamon Chex Cereal w/ Honey Grahams</b>										
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 Delight Bar	DAIRY, EGG, SOY, WHEAT	280	34	15	3	150	0	7	2	4
Cinnamon Roll	DAIRY, EGG, SOY, WHEAT	270	42	10	2	320	25	16	3	5
<b>Conchita &amp; String Cheese</b>										
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	96	14	3.1	0.7	99	83	3	0	3
Cheese String 1oz	DAIRY	80	0	6	4	200	15	0	0	7
Cranberry Oatmeal Round	SOY, WHEAT	320	53	10	4	95	0	22	4	5
<b>Frosted Flakes Cereal w/ Honey Grahams</b>										
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
Vanilla Concha	DAIRY, EGG, WHEAT	230	33	9	1	180	25	11	2	5
Vanilla Muffin	DAIRY, EGG, SOY, WHEAT	270	33	13	2	65	40	8	3	6
<b>Yogurt Parfait Blueberry with Honey Graham Crackers</b>										
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
<b>Yogurt w/ Honey Grahams Crackers</b>										
Yogurt 4 oz	DAIRY	70	14	0	0	60	5	10	0	4
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1

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<b>Hot Breakfast</b>										
Breakfast Burrito (Egg & Cheese)	DAIRY, EGG, WHEAT	210	20	9	5	410	80	0	3	11
Breakfast Cheese Tamale	DAIRY, SOY	221	19	14	6	317	15	1	2	5
Egg & Cheese Empanada	DAIRY, EGG, SOY, WHEAT	180	29	5	2	350	80	3	2	8
Scrambled Egg & Cheese Breakfast Sandwich	WHEAT, DAIRY, EGG	256	25	12	5	466	133	1	3	11
<b>Waffle w/ Syrup</b>										
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
<b>Fruit</b>										
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
<b>Milk</b>										
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 April 2024

Meal Name	Allergens	Calorie s (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Cold Lunch</b>										
<b>Cheese Pizza Kit</b>	DAIRY, SOY, WHEAT	372	38	16	6	887	36	7	4	20
<b>Cheese Torta Sandwich</b>	DAIRY, SOY, WHEAT	403	31	23	13	615	71	3	3	9
<b>Chicken Salad Sandwich</b>	SOY, WHEAT, EGG	345	32	15	3	530	53	3	3	20
<b>Double Cheese Sandwich</b>	SOY, WHEAT, DAIRY	383	29	23	12	635	71	2	4	9
<b>Egg Salad Sandwich</b>	SOY, WHEAT, EGG	422	34	21	5	448	478	5	3	21
<b>Turkey &amp; Cheese Sub Sandwich</b>	SOY, WHEAT, DAIRY	316	34	13	6	639	50	4	3	19
<b>Turkey &amp; Cheese Torta Sandwich</b>	DAIRY, SOY, WHEAT	342	32	15	7	729	57	4	3	16
<b>Soy Butter (Wowbutter) &amp; Jelly Sandwich</b>	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
<b>Entrée Salad</b>										
<b>Chicken Caprese Salad w/ WG Dinner Roll</b>										
DRESSING Italian .43oz		20	1	2	0	130	0	1	0	0
SaladCapreseChicken	DAIRY	140	4	6	3	448	53	1	1	18
Bread Dinner Roll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
<b>Veggie Chef Salad w/ WG Dinner Roll</b>										
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
Bread Dinner Roll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
<b>Hot Lunch</b>										
<b>Bean &amp; Cheese Pupusa w/ Salsa Cup</b>										
PupusaBeanCheese	DAIRY	290	35	11	3	480	15	1	4	13
Salsa Cup Red 3oz		25	5	0	0	195	0	3	1	1
<b>Beef Bulgogi w/ Broccoli</b>	SOY, SESAME, WHEAT	310	27	15	6	256	49	1	4	19
<b>Beef, Bean &amp; Cheese Burrito</b>	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
<b>Cheese Enchilada w/ Salsa Verde</b>	DAIRY	300	27	14	6	353	50	0	2	14
<b>Cheese Lasagna w/ Tomato Basil Sauce</b>	DAIRY	265	40	6	3	598	15	12	5	4
<b>Cheese Melt Sandwich w/ Oven Baked Fries</b>	SOY, WHEAT, DAIRY	484	45	26	12	804	71	2	5	10
<b>Cheese Tamale w/ Black Beans</b>	DAIRY, SOY	537	61	19	8	715	66	1	9	10
<b>Cheeseburger Mac &amp; Cheese</b>	DAIRY, WHEAT, SOY	263	38	7	3	307	22	4	2	12
<b>Cheeseburger w/ Oven Baked Fries</b>	SOY, WHEAT, DAIRY	481	46	25	8	862	63	2	6	18
<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	DAIRY, WHEAT	289	38	8	3	427	35	2	3	10
<b>Chicken Bites w/ Mashed Potatoes</b>	DAIRY, SOY, WHEAT	344	36	17	3	874	41	2	3	17

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Meal Name	Allergens	Calorie s (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat (mg)	Sodium (mg)	Chol (mg)	Total		
									Sugar (g)	Dietary Fiber (g)	Protein (g)
<b>Chicken Burrito Bowl w/ Black Beans</b>		332	52	4	1	540	43	2	8	26	
<b>Chicken Tamale w/ Diced Carrots</b>	DAIRY, SOY	335	30	17	7	370	22	1	4	12	
<b>Chicken Teriyaki w/ Yakisoba Noodles &amp; Carrot-Cabbage Mix</b>	SOY, WHEAT	329	45	8	2	786	58	23	2	4	
<b>Crispy Chicken Sandwich w/ Oven Baked Fries</b>	DAIRY, SOY, WHEAT	441	56	16	2	840	35	2	6	21	
<b>Deep Dish Cheese Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16	
<b>Deep Dish Pepperoni Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17	
<b>Grilled Cheese Sandwich</b>	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19	
<b>Hamburger</b>	SOY, WHEAT	324	30	17	5	596	45	2	4	16	
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, WHEAT	401	43	20	6	689	35	2	3	13	
<b>Spaghetti w/ Meat Sauce</b>	DAIRY, SOY, EGG, WHEAT	362	48	11	4	603	32	9	4	18	
<b>Turkey Nachos w/ Refried Beans &amp; Tortilla Chips</b>											
NachosTurkey-BeansRefried	DAIRY, WHEAT	267	24	12	3	828	37	3	5	14	
ChipTortillaCorn 2oz		270	31	15	2	220	0	0	3	3	
<b>Field Trip Meal</b>											
<b>Sunbutter &amp; String Cheese w/ Fruit &amp; Veg</b>	DAIRY, WHEAT	487	50	26	6	490	15	13	7	17	
<b>Turkey &amp; Cheese Torta Sandwich w/ Fruit &amp; Veg</b>	DAIRY, SOY, WHEAT	459	61	15	7	795	57	12	7	16	
<b>Soy Butter (Wowbutter) &amp; Jelly Sandwich w/ Baby Carrots</b>	DAIRY, SESAME, SOY, WHEAT	631	75	29	6	456	0	27	11	19	
<b>Vegetables</b>											
<b>Baby Carrots (1/4 C)</b>		12	3	0	0	28	0	0	1	0	
<b>Celery Sticks (1/4 C)</b>		6	1	0	0	28	0	0	1	0	
<b>Cucumber Slices (1/4 C) w/ Tajin</b>											
Spice Tajin 1g		0	0	0	0	120	0	0	0	0	
Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	0	0	0	
<b>Roasted Chickpeas (1/2 C)</b>		100	12	3	0	75	0	1	4	5	
<b>Roasted Fava Beans (1/2 C)</b>		190	22	7	1	380	0	1	9	10	
<b>Side of Oven Baked Fries (1/2 C)</b>		101	16	3	0	170	0	0	1	1	
<b>Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)</b>											
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0	
Salad-LettuceTomatoCarrot (1cp)		15	3	0	0	8	0	0	1	1	

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<b>Fruit</b>											
Apple (1/2 C)		52	14	0	0	1	0	0	7	2	0
Banana (1/2 C)		89	23	0	0	1	0	0	16	3	1
Mixed Berry Frozen Fruit Cup (1/2 C)		80	21	0	0	0	0	0	17	2	1
Orange (1/2 C)		47	12	0	0	0	0	0	9	2	1
Peach Frozen Fruit Cup (1/2 C)		80	21	0	0	0	0	0	17	2	1
Pear (1/2 C)		58	15	0	0	1	0	0	8	3	0
Strawberry Frozen Fruit Cup (1/2 C)		80	18	0	0	0	0	0	16	2	1
100% Fruit Juice 4 oz		60	15	0	0	5	0	0	14	0	0
<b>Milk</b>											
1% Low Fat White	DAIRY	102	12	2	2	107	12	12	12	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	150	5	5	19	0	9
Fat Free White Milk	DAIRY	83	12	0	0	102	5	5	11	0	8