



## Breakfast Allergen & Nutrition Report Summer 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Fruit</b>										
Banana Bread	DAIRY, EGG, WHEAT	273	47	7	2	255	57	18	3	6
Blueberry Muffin	DAIRY, EGG, SOY, WHEAT	240	33	10	2	70	35	9	2	5
<b>Blueberry Yogurt Parfait w/ Cinnamon Granola</b>										
Granola-Cinnamon		120	21	3	0	0	0	6	2	3
YogurtParfait-Blueberry	DAIRY	159	34	1	0	55	3	17	2	6
<b>Cheerios Cereal w/ Honey Grahams</b>										
CerealCheerios-1ozCup		100	20	2	1	140	0	1	3	3
CrackerGrahamHoney 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
<b>Cinnamon Chex Cereal w/ Honey Grahams</b>										
CerealChexCinnamon-1ozCup	SOY, WHEAT	90	17	2	0	90	0	5	1	1
CrackerGrahamHoney 1oz	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	2	5
<b>Cinnamon Roll</b>										
	DAIRY, EGG, SOY, WHEAT	270	42	10	2	320	25	16	3	5
<b>Conchita w/ String Cheese</b>										
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	96	14	3	1	99	83	3	0	3
CheeseString 1oz	DAIRY	80	0	6	4	200	15	0	0	7
<b>Cranberry Oatmeal Round</b>										
	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	7	3	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
<b>Mantecada Sweet Bread</b>										
	DAIRY, EGG, SOY, WHEAT	270	33	13	2	65	40	8	3	6
<b>Vanilla Concha</b>										
	DAIRY, EGG, WHEAT	230	33	9	1	180	25	11	2	5
<b>Vanilla Muffin</b>										
	DAIRY, EGG, SOY, WHEAT	270	33	13	2	65	40	8	3	6
<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>Yogurt w/ Honey Grahams</b>										
Yogurt	DAIRY	70	14	0	0	60	5	10	0	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
<b>Fruit</b>										
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0

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.



## Breakfast Allergen & Nutrition Report Summer 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Apple (1/2 C)		52	14	0	0	1	0	7	2	0
Applesauce Cup		50	14	0	0	15	0	12	1	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
Raisins		120	32	0	0	0	0	24	2	1
<b>Milk</b>										
1% Low Fat White	DAIRY	102	12	2	2	107	12	11	0	8
Fat Free White Milk	DAIRY	83	12	0	0	102	5	9	0	8

## Lunch SFSP Allergen & Nutrition Report Summer 2024

Meal	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 Lunch</b>										
<b>Cheese Pizza Kit</b>	DAIRY, SOY, WHEAT	372	38	16	6	783	36	7	4	20
<b>Cheese Torta Sandwich</b>	SOY, WHEAT, DAIRY	391	33	25	13	1178	57	3	3	15
<b>Chicken Salad Sandwich</b>	EGG, SOY, WHEAT	292	30	14	2	606	37	2	4	16
<b>Chicken Teriyaki Pasta Salad w/ Cabbage &amp; Carrot</b>	SOY, EGG, WHEAT	236	38	2	1	648	36	16	2	16
<b>Egg Salad Sandwich</b>	SOY, WHEAT, EGG	422	34	21	5	448	478	5	3	21
<b>Flatbread, Hummus Kit w/ Egg &amp; Baby Carrots</b>	DAIRY, SOY, WHEAT, EGG	372	36	15	3	468	370	6	7	21
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots</b>	DAIRY, EGG, SOY, WHEAT	445	53	19	6	380	60	18	5	17
<b>Strawberry Yogurt Parfait w/ Cinnamon Granola</b>										
Granola-Cinnamon		120	21	3	0	0	0	6	2	3
YogurtParfait-Strawberries	DAIRY	281	54	2	1	108	7	34	2	11
<b>Sunflower Seeds w/ String Cheese &amp; Baby Carrots</b>	DAIRY, WHEAT	385	30	24	6	685	15	2	6	16
<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>	SOY, WHEAT, DAIRY	336	33	16	7	1010	50	4	3	19
<b>Wowbutter (Soy Butter) &amp; Jelly Sandwich</b>	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
<b>Yogurt w/ String Cheese &amp; Baby Carrots</b>	DAIRY, SOY, WHEAT	265	37	9	4	405	20	15	3	12
<b>Entrée Salad</b>										
<b>Mexican Chicken Salad w/ Romaine Lettuce &amp; Poptillas</b>										
SaladChickenMexican	EGG, DAIRY	202	7	14	3	400	44	1	2	13
ChipsPoptillaOriginal		190	30	6	0	170	0	0	2	3
<b>Hot Lunch</b>										
<b>Beef, Bean &amp; Cheese Burrito</b>	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
<b>Cheeseburger w/ Oven Baked Fries</b>	SOY, WHEAT, DAIRY	478	47	25	9	1003	59	2	6	20
<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	DAIRY, WHEAT	308	40	8	4	406	39	5	3	20
<b>Chicken Bites w/ Mashed Potatoes</b>	DAIRY, SOY, WHEAT	344	36	17	3	874	41	2	3	17
<b>Chicken Tamale w/ Diced Carrots</b>	DAIRY, SOY	335	30	17	7	370	22	1	4	12
<b>Cheese Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16
<b>Hot Dog w/ Oven Baked Fries</b>	SESAME, WHEAT	401	43	20	6	690	35	2	3	13
<b>Pasta Chicken Teriyaki w/ Cabbage &amp; Carrot</b>	SOY, WHEAT	275	45	3	1	780	36	23	2	17
<b>Pepperoni Pizza</b>	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
<b>Turkey Nachos w/ Refried Beans &amp; Poptillas</b>										

## Lunch SFSP Allergen & Nutrition Report Summer 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
NachosTurkey-BeansRefried	DAIRY	415	25	23	8	864	62	3	6	24
ChipsPoptillaOriginal		190	30	6	0	170	0	0	2	3
<b>Fruit</b>										
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
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
<b>Milk</b>										
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
<b>Vegetables</b>										
Baby Carrots (1/2 C)		25	6	0	0	55	0	11	2	0

## Lunch K-8 Allergen & Nutrition Report Summer 2024

Meal	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 Lunch</b>										
<b>Cheese Pizza Kit</b>	DAIRY, SOY, WHEAT	372	38	16	6	783	36	7	4	20
<b>Chicken Salad Sandwich</b>	EGG, SOY, WHEAT	292	30	14	2	606	37	2	4	16
<b>Chicken Teriyaki Pasta Salad w/ Cabbage &amp; Carrot</b>	SOY, EGG, WHEAT	236	38	2	1	648	36	16	2	16
<b>Egg Salad Sandwich</b>	SOY, WHEAT, EGG	422	34	21	5	448	478	5	3	21
<b>Flatbread, Hummus Kit w/ Egg &amp; Baby Carrots</b>	DAIRY, SOY, WHEAT, EGG	452	49	17	3	618	370	7	8	24
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots</b>	DAIRY, EGG, SOY, WHEAT	445	53	19	6	380	60	18	5	17
<b>Strawberry Yogurt Parfait w/ Cinnamon Granola</b>										
Granola-Cinnamon		120	21	3	0	0	0	6	2	3
YogurtParfait-Strawberries	DAIRY	281	54	2	1	108	7	34	2	11
<b>Sunflower Seeds w/ String Cheese &amp; Baby Carrots</b>	DAIRY, WHEAT	385	30	24	6	685	15	2	6	16
<b>Torta Cheese Sandwich</b>	SOY, WHEAT, DAIRY	391	33	25	13	1178	57	3	3	15
<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>	SOY, WHEAT, DAIRY	336	33	16	7	1010	50	4	3	19
<b>Wowbutter (Soy Butter) &amp; Jelly Sandwich</b>	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
<b>Yogurt w/ String Cheese &amp; Baby Carrots</b>	DAIRY, SOY, WHEAT	265	37	9	4	405	20	15	3	12
<b>Entrée Salad</b>										
<b>Mexican Chicken Salad w/ Romaine Lettuce &amp; Poptillas</b>										
SaladChickenMexican	EGG, DAIRY	202	7	14	3	400	44	1	2	13
ChipsPoptillaOriginal		190	30	6	0	170	0	0	2	3
<b>Hot Lunch</b>										
<b>Beef, Bean &amp; Cheese Burrito</b>	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
<b>Cheeseburger w/ Oven Baked Fries</b>	SOY, WHEAT, DAIRY	478	47	25	9	1003	59	2	6	20
<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	DAIRY, WHEAT	308	40	8	4	406	39	5	3	20
<b>Chicken Bites w/ Mashed Potatoes</b>	DAIRY, SOY, WHEAT	344	36	17	3	874	41	2	3	17
<b>Chicken Tamale w/ Diced Carrots</b>	DAIRY, SOY	335	30	17	7	370	22	1	4	12
<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>Hot Dog w/ Oven Baked Fries</b>	SESAME, WHEAT	401	43	20	6	690	35	2	3	13
<b>Pasta Chicken Teriyaki w/ Cabbage &amp; Carrot</b>	SOY, WHEAT	352	61	4	1	736	29	23	4	18
<b>Turkey Nachos w/ Refried Beans &amp; Poptillas</b>										
NachosTurkey-BeansRefried	DAIRY	372	25	20	7	789	53	2	6	22

## Lunch K-8 Allergen & Nutrition Report Summer 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
ChipsPoptillaOriginal		190	30	6	0	170	0	0	2	3
<b>Fruit</b>										
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
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
<b>Milk</b>										
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
<b>Vegetables</b>										
Baby Carrots (1/2 C)		25	6	0	0	55	0	11	2	0
Baby Carrots (1/4 C)		12	3	0	0	28	0	11	1	0
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
Corn seasoned with Tajin		88	18	1	0	2	0	2	2	2
Cucumber Slices (1/4 C) w/ Tajin		5	1	0	0	1	0	0	0	0
Roasted Fava Beans		190	22	7	1	380	0	1	9	10
<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

## Lunch 9-12 Allergen & Nutrition Report Summer 2024

Meal	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 Lunch</b>										
<b>Cheese Pizza Kit</b>	DAIRY, SOY, WHEAT	452	51	18	6	933	36	8	5	23
<b>Chicken Salad Sandwich</b>	EGG, SOY, WHEAT	292	30	14	2	606	37	2	4	16
<b>Chicken Teriyaki Pasta Salad w/ Cabbage &amp; Carrot</b>	SOY, EGG, WHEAT	341	59	3	1	751	36	21	4	20
<b>Egg Salad Sandwich</b>	SOY, WHEAT, EGG	422	34	21	5	448	478	5	3	21
<b>Flatbread, Hummus Kit w/ Egg &amp; Baby Carrots</b>	DAIRY, SOY, WHEAT, EGG	452	49	17	3	618	370	7	8	24
<b>Mantecada Muffin w/ Yogurt &amp; String Cheese &amp; Baby Carrots</b>	DAIRY, EGG, SOY, WHEAT	445	53	19	6	380	60	18	5	17
<b>Strawberry Yogurt Parfait w/ Cinnamon Granola &amp; Honey Grahams</b>										
Granola-Cinnamon		120	21	3	0	0	0	6	2	3
YogurtParfait-Strawberries	DAIRY	281	54	2	1	108	7	34	2	11
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
<b>Sunflower Seeds w/ String Cheese &amp; Baby Carrots</b>	DAIRY, WHEAT, SOY	475	47	26	6	775	15	7	7	17
<b>Torta Cheese Sandwich</b>	SOY, WHEAT, DAIRY	391	33	25	13	1178	57	3	3	15
<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>	SOY, WHEAT, DAIRY	336	33	16	7	1010	50	4	3	19
<b>Wowbutter (Soy Butter) &amp; Jelly Sandwich</b>	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
<b>Yogurt w/ String Cheese &amp; Baby Carrots</b>	DAIRY, WHEAT, SOY	355	52	12	4	530	20	17	4	14
<b>Entrée Salad</b>										
<b>Mexican Chicken Salad w/ Romaine Lettuce &amp; Poptillas</b>										
SaladChickenMexican	EGG, DAIRY	202	7	14	3	400	44	1	2	13
ChipsPoptillaOriginal		190	30	6	0	170	0	0	2	3
<b>Hot Lunch</b>										
<b>Beef, Bean &amp; Cheese Burrito</b>	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
<b>Cheeseburger w/ Oven Baked Fries</b>	SOY, WHEAT, DAIRY	478	47	25	9	1003	59	2	6	20
<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>										
PastaAlfredoChickenDiced-Broccoli	DAIRY, WHEAT	308	40	8	4	406	39	5	3	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
<b>Chicken Bites w/ Mashed Potatoes &amp; Pretzel Crackers</b>										
ChickenBites-PotatoesMashed	DAIRY, SOY, WHEAT	344	36	17	3	874	41	2	3	17
CrackerGoldfishPretzel	DAIRY, WHEAT	90	17	1	0	300	0	1	0	2
<b>Chicken Tamale w/ Diced Carrots</b>	DAIRY, SOY	335	30	17	7	370	22	1	4	12
<b>Chicken Tamale w/ Diced Carrots</b>	DAIRY, SOY	335	30	17	7	370	22	1	4	12

## Lunch 9-12 Allergen & Nutrition Report Summer 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<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>Hot Dog w/ Oven Baked Fries</b>	SESAME, WHEAT	401	43	20	6	690	35	2	3	13
<b>Pasta Chicken Teriyaki w/ Cabbage &amp; Carrot</b>	SOY, WHEAT	431	77	5	1	1056	36	37	4	21
<b>Turkey Nachos w/ Refried Beans &amp; Poptillas</b>										
NachosTurkey-BeansRefried	DAIRY	415	25	23	8	864	62	3	6	24
ChipsPoptillaOriginal		190	30	6	0	170	0	0	2	3
<b>Fruit</b>										
<b>Apple (1/2 C)</b>		52	14	0	0	1	0	7	2	0
<b>Applesauce Cup</b>		50	14	0	0	15	0	12	1	0
<b>Orange (1/2 C)</b>		47	12	0	0	0	0	9	2	1
<b>Pear (1/2 C)</b>		58	15	0	0	1	0	8	3	0
<b>100% Fruit Juice 4 oz</b>		60	15	0	0	5	0	14	0	0
<b>Milk</b>										
<b>1% Low Fat White</b>	DAIRY	102	12	2	2	107	12	12	0	8
<b>Fat Free Chocolate Milk</b>	DAIRY	120	22	0	0	150	5	19	0	9
<b>Fat Free White Milk</b>	DAIRY	83	12	0	0	102	5	11	0	8
<b>Vegetables</b>										
<b>Baby Carrots (1/2 C)</b>		25	6	0	0	55	0	11	2	0
<b>Celery Sticks (1/2 C)</b>		11	2	0	0	56	0	0	1	0
<b>Corn seasoned with Tajin</b>		88	18	1	0	2	0	2	2	2
<b>Cucumber Slices (1/2 C) w/ Tajin</b>		11	3	0	0	1	0	0	0	0
<b>Roasted Fava Beans</b>		190	22	7	1	380	0	1	9	10
<b>Side Salad - Lettuce, Carrot, Tomato w/ Ranch &amp; Roll (1 C)</b>										
DRESSING Ranch	DAIRY, EGG	50	3	4	0	90	5	2	0	0
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Salad-LettuceTomatoCarrot (1cp)		15	3	0	0	8	0	0	1	1



## Snack Allergen & Nutrition Report Summer 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>BBQ Poptillas</b>		120	20	4	0	200	0	2	1	2
<b>Educational Snacks</b>	DAIRY, EGG, SOY, WHEAT	130	22	4	1	115	0	8	1	2
<b>Giant Cinnamon Grahams</b>	WHEAT	120	19	4	1	140	0	7	1	1
<b>Goldfish Cheddars</b>	DAIRY, WHEAT	100	14	4	1	170	4	0	1	2
<b>Goldfish Pretzels</b>	DAIRY, WHEAT	90	17	1	0	300	0	1	0	2
<b>Nacho Poptillas</b>	DAIRY	100	16	4	0	180	0	1	1	2
<b>Pizza Crackers</b>	WHEAT	80	15	2	0	190	0	2	2	2
<b>Strawberry Multi-Grain Bar</b>	DAIRY, SOY, WHEAT	150	30	3	1	150	0	14	3	2
<b>Sunflower Seeds</b>		190	7	16	2	130	0	1	3	7
<b>Wheat Crackers w/ Seed Butter</b>										
CrackerWheatWholeGrain	WHEAT	90	15	3	0	125	0	2	1	2
SpreadRoastedSeed 1.5oz		258	9	22	1	174	0	5	4	4
<b>100% Fruit Juice 6 oz</b>		100	24	0	0	20	0	22	0	0
<b>Apple (3/4 Cup)</b>		60	13	0	0	0	0	12	2	0
<b>Orange (3/4 Cup)</b>		97	25	0	0	3	0	10	11	2
<b>Pear (3/4 Cup)</b>		58	15	0	0	1	0	8	3	0

## Supper Allergen & Nutrition Report Summer 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Grab &amp; Go Supper</b>										
Cheese Pizza Kit w/ Marinara Sauce	DAIRY, SOY, WHEAT	372	38	16	6	783	36	7	4	20
Double Cheese Torta Sandwich w/ Baby Carrots	SOY, WHEAT, DAIRY	415	39	25	10	1233	57	3	5	16
Chicken Salad Sandwich w/ Baby Carrots	EGG, SOY, WHEAT	377	51	14	2	667	37	16	6	17
Chicken Teriyaki Pasta Salad w/ Cabbage & Carrot	SOY, EGG, WHEAT	236	38	2	1	648	36	16	2	16
Egg Salad Sandwich w/ Baby Carrots	SOY, WHEAT, EGG	447	40	21	5	504	478	5	5	21
Flatbread, Hummus Kit w/ Egg & Baby Carrots	DAIRY, SOY, WHEAT, EGG	372	36	15	3	468	370	6	7	21
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, SOY, WHEAT	445	53	19	6	380	60	18	5	17
<b>Mexican Chicken Salad w/ Romaine Lettuce &amp; Poptillas</b>										
SaladChickenMexican	EGG, DAIRY	202	7	14	3	400	44	1	2	13
ChipsPoptillaOriginal		190	30	6	0	170	0	0	2	3
Protein Pack: Yogurt, String Cheese, Crackers, Baby Carrots	DAIRY, SOY, WHEAT	240	31	8	4	350	20	15	1	12
<b>Strawberry Yogurt Parfait w/ Cinnamon Granola &amp; Baby Carrots</b>										
Granola-Cinnamon		120	21	3	0	0	0	6	2	3
YogurtParfait-Strawberries	DAIRY	281	54	2	1	108	7	34	2	11
Protein Pack: Sunflower Seeds w/ String Cheese, Crackers & Carrots	DAIRY, WHEAT	385	30	24	6	685	15	2	6	16
Turkey & Cheese Sub Sandwich w/ Baby Carrots	SOY, WHEAT, DAIRY	341	40	13	7	694	50	4	5	19
Turkey & Cheese Torta Sandwich w/ Baby Carrots	SOY, WHEAT, DAIRY	361	39	16	7	1065	50	4	5	19
Wowbutter (Soy Butter) & Jelly Sandwich w/ Paradise Punch	DAIRY, SESAME, SOY, WHEAT	580	62	29	6	400	0	27	8	18
<b>Hot Supper</b>										
<b>Beef Nachos w/ Refried Beans &amp; Tortilla Chips</b>										
NachosBeef-BeansRefried	DAIRY, SOY	396	25	23	9	818	52	3	6	21
ChipsPoptillaOriginal		190	30	6	0	170	0	0	2	3
Beef, Bean & Cheese Burrito w/ Baby Carrots	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
Cheeseburger w/ Oven Baked Fries	SOY, WHEAT, DAIRY	478	47	25	9	1003	59	2	6	20
Chicken Alfredo Pasta w/ Steamed Broccoli	DAIRY, WHEAT	308	40	8	4	406	39	5	3	20
Chicken Bites w/ Mashed Potatoes	DAIRY, SOY, WHEAT	344	36	17	3	874	41	2	3	17
Chicken Tamale w/ Seasoned Corn	DAIRY, SOY	390	43	18	7	325	22	3	4	13
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
Hot Dog w/ Oven Baked Fries	SESAME, WHEAT	401	43	20	6	690	35	2	3	13
Teriyaki Chicken w/ Yakisoba Noodles & Cabbage - Carrot	SOY, WHEAT	275	45	3	1	780	36	23	2	17

## Supper Allergen & Nutrition Report Summer 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
<b>Vegetables</b>										
Baby Carrots (1/2 C)		25	6	0	0	55	0	0	2	0
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	1	0
Cucumber Slices (1/2 C)		11	3	0	0	1	0	0	0	0
Jicama Sticks (1/2 C)		25	6	0	0	0	0	1	3	0
Vegetable Juice (1/2 C)		40	9	0	0	10	0	8	0	0
<b>Fruit</b>										
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
<b>Milk</b>										
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