

Breakfast Allergen & Nutrition Report NOVEMBER 2024

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										
Apple Jacks Cereal w/ Honey Grahams										
CerealAppleJacks 1oz	WHEAT	100	24	1	0	160	0	8	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Chocolate Chip Muffin Top	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	2	4
Froot Loops Cereal w/ Honey Grahams										
CerealFrootLoops 1oz	WHEAT	100	24	1	0	170	0	8	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Fruit & Yogurt Smoothie w/ Granola										
CerealGranola-Cinnamon		120	21	3	0	0	0	6	2	3
SmoothieYogurtMangoPineapple	DAIRY	130	36	0	0	65	0	20	1	5
Sweet Potato Sunrise Muffin	DAIRY, EGG, WHEAT	260	45	8	1	220	20	20	3	5
Banana Bread	DAIRY, EGG, WHEAT	273	47	7	3	255	57	18	2	6
Blueberry Muffin	DAIRY, EGG, WHEAT	230	39	7	1	240	25	17	2	4
Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal	DAIRY	311	61	4	0	55	3	38	6	9
Cheerios Cereal w/ Honey Grahams										
CerealCheerios-1ozCup		100	20	2	1	140	0	1	3	3
CrackerGrahamHoney 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
CrackerGrahamHoney 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	210	33	8	1	220	20	13	2	4
Conchita w/ String Cheese										
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	143	18	7	4	76	24	5	1	3
StringCheese 1oz (K-12)	DAIRY	80	0	6	4	200	15	10	0	7
Cranberry Oatmeal Round	SOY, WHEAT	320	53	10	4	95	0	22	4	5
Mantecada Muffin	DAIRY, EGG, WHEAT	347	40	20	2	172	42	21	2	5
Vanilla Concha	EGG, WHEAT	321	40	16	9	172	55	10	3	6
Yogurt w/ Honey Grahams										
Yogurt (K-12)	DAIRY	70	14	0	0	60	5	10	0	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1

Breakfast Allergen & Nutrition Report NOVEMBER 2024

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 Breakfast Entrée										
Egg Scramble w/ Roasted Potatoes & Dinner Roll										
BRKFST Scramble-PotatoesRoasted	DAIRY, EGG, SOY	114	5	7	3	278	77	1	0	7
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Maple Beef Sausage & Pancake Sandwich										
Sausage & Cheese Stuffed Waffle	DAIRY, EGG, WHEAT	190	23	8	4	330	55	8	1	9
Breakfast Burrito										
Egg & Cheese Empanada	DAIRY, EGG, WHEAT	180	29	5	2	350	80	3	2	8
Egg & Cheese English Muffin Sandwich	WHEAT, DAIRY, EGG, SOY	253	26	12	5	607	129	1	3	13
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
Pancakes w/ Syrup										
Pancakes-2pc	DAIRY, EGG, WHEAT	160	30	2	0	200	0	6	2	4
Syrup 1oz		80	21	0	0	15	0	21	0	0
Waffle w/ Syrup										
Waffle	DAIRY, EGG, SOY, WHEAT	310	36	17	5	260	20	12	2	5
Syrup 1oz		80	21	0	0	15	0	21	0	0
Fruit										
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Apple Slices (1/2 C)		30	8	0	0	0	0	6	2	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	1	0
Banana (1/2 C)		89	23	0	0	1	0	12	3	1
Dried Cranberries (1/2 C)		110	28	0	0	0	0	24	3	0
Orange (1/2 C)		63	16	0	0	0	0	12	3	1
Pear (1/2 C)		63	17	0	0	1	0	11	3	0
Tangerine (1/2 C)		43	11	0	0	0	0	9	2	1
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	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	12	0	8

Lunch 9-12 Allergen & Nutrition Report November 2024

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 Lunch										
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	566	58	23	7	1120	43	4	8	28
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	5	23
Egg Salad Sandwich	SOY, WHEAT, EGG	303	32	13	3	371	203	3	3	12
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	360	48	11	1	554	155	6	8	17
Italian Turkey Trio on Cheesy Foccacia	DAIRY, SOY, WHEAT	281	29	10	3	920	64	2	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	9	16
Turkey & Cheese Cracker Kit w/ Baby Carrots	WHEAT, DAIRY	408	37	20	8	790	63	7	4	23
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	WHEAT, DAIRY	573	53	27	9	1115	63	5	11	33
Turkey & Cheese Knot Sandwich	DAIRY, SOY, WHEAT	306	28	15	7	1010	50	3	3	18
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	316	34	13	6	639	50	4	3	19
Turkey & Cheese Torta Sandwich	SOY, WHEAT, DAIRY	336	34	16	7	920	50	4	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
Entrée Salads										
Chicken Caesar Salad with Dinner Roll & Croutons										
SaladChickenCaesar (K-12)	DAIRY	153	4	5	2	139	80	1	2	25
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
CroutonsGarlicCheese IW 0.5oz (K-12)	DAIRY, WHEAT	60	9	2	0	150	0	1	1	2
DRESSING Caesar 1.5oz (K-12)	DAIRY, EGG	162	3	16	3	448	15	2	0	2
Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips										
SaladChickenMexican (K-12;6-18) 0624	EGG, DAIRY	235	8	14	3	167	75	2	2	20
ChipsTostitos (K-12) 1124		190	30	7	1	150	0	0	3	3
Southwest Chicken Salad w/ WG Dinner Roll										
SaladChickenSouthwest (9-12)		287	37	3	0	304	71	3	9	32
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch										
SaladChefVeg-Garbanzo (K-12)	DAIRY, EGG	225	22	9	3	283	165	6	6	15
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0

Lunch 9-12 Allergen & Nutrition Report November 2024

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										
BBQ Chicken w/ Baked Beans & Dinner Roll										
ChickenBBQ-BeansBaked		426	65	4	0	618	75	23	13	36
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	6	14
Bean & Cheese Pupusa w/ Curtido Salad										
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	4	13
VEG UV SaladCurtido .5c (K-12)		16	4	0	0	109	0	2	1	1
Bean Burrito Bowl w/ Rice & Corn		387	100	3	0	391	0	10	23	15
Beef & Cheese Taco Stick	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	4	20
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes										
BreakfastForLunch-Scramble PotatoesRoasted (9-12)	DAIRY, EGG, WHEAT, SOY	373	39	16	6	721	143	7	2	18
Syrup 1oz (K-12)		80	21	0	0	15	0	21	0	0
Cheese Lasagna w/ Marinara & Wheat Crackers										
PastaLasagna (9-12) 0723	DAIRY, WHEAT	364	42	16	4	603	19	13	5	6
CrackerWheatWholeGrain (K-12)	WHEAT	90	15	3	0	125	0	2	1	2
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	3	23
Chicken Bites w/ Mashed Potatoes & Pretzel Crackers										
ChickenBites-PotatoesMashed	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	5	20
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	17	1	0	300	0	1	0	2
Chicken Patty Burger w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	4	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	9	26
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	486	94	6	1	691	0	40	8	16
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	3	18
Holiday Meal- Turkey & Gravy w/ Mashed Potatoes & Dinner Roll										
HolidayTurkey-PotatoesMashed-Gravy	DAIRY	325	28	16	3	1023	40	3	2	20
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	21	6	740	35	4	4	13

Lunch 9-12 Allergen & Nutrition Report November 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Mac & Cheese w/ Peas & Dinner Roll										
PastaMacCheese-Peas (9-12)	DAIRY, WHEAT	452	68	22	10	569	52	8	8	28
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Marinara Pasta w/ PlantBorn Crumble & Broccoli										
	WHEAT	302	80	6	1	331	0	11	8	25
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams										
ChickenOrangeRice-Carrots (9-12)	SOY, WHEAT, EGG	314	51	5	1	432	47	16	4	16
CrackerGrahamsGiantGoldfish .90oz (K-12)	WHEAT	120	19	4	1	140	0	7	1	1
Penne & Meat Sauce w/ Diced Carrots & Dinner Roll										
PastaPenneMeatSauce	DAIRY, EGG, WHEAT, SOY	452	49	19	6	663	43	11	5	23
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Pepperoni Pizza										
	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans										
	DAIRY	486	72	11	5	722	78	5	13	32
Soy Veggie Burger w/ Roasted Potatoes										
	SESAME, SOY, WHEAT, DAIRY, EGG	290	31	10	1	610	0	5	5	21
Sweet Chili Meatballs w/ Not So Fried Rice & Broccoli										
	SOY, WHEAT, DAIRY	425	73	7	2	991	56	23	5	19
Taco Bowl w/ PlantBorn Crumble, Rice & Corn										
		353	62	3	0	390	0	4	5	19
Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels										
PastaChickenTeriyaki-CarrotDiced (9-12)	WHEAT, SOY	257	29	7	1	433	76	10	4	20
CrackerGoldfishPretzel .75oz (K-12)	DAIRY, WHEAT	90	17	1	0	300	0	1	0	2
Turkey Nachos w/ Refried Beans & Tostitos Chips										
NachosTurkey-BeansRefried	DAIRY	392	21	23	8	801	62	3	5	23
ChipsTostitos (K-12)		190	30	7	1	150	0	0	3	3
Vegetables										
Baby Carrots (1/2 C)										
		25	6	0	0	55	0	3	2	0
Broccoli (1/2 C) (Hot)										
		22	4	0	0	22	0	1	2	2
Celery Sticks (1/2 C)										
		11	2	0	0	56	0	0	1	0
Cucumber Slices (1/2 C) w/ Tajin										
SpiceTajin 1g (K-12)		0	0	0	0	120	0	0	0	0
Cucumber Slices .5c (2.5oz)		11	3	0	0	1	0	1	0	0
Roasted Fava Beans										
		190	22	7	1	380	0	1	9	10
Side of Oven Baked Fries (1/2 C)										
		101	16	3	0	170	0	0	1	1
Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)										
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5

Lunch 9-12 Allergen & Nutrition Report November 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	2	1
Fruit										
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Banana (1/2 C)		89	23	0	0	1	0	12	3	1
Grapes (1/2 C)		52	13	0	0	2	0	13	1	0
Orange (1/2 C)		63	16	0	0	0	0	12	3	1
Pear (1/2 C)		63	17	0	0	1	0	11	3	0
Tangerine (1/2 C)		43	11	0	0	0	0	9	2	1
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	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	12	0	8

Lunch K-8 Allergen & Nutrition Report November 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber	Protein (g)
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	7	25
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	4	20
Egg Salad Sandwich	SOY, WHEAT, EGG	303	32	13	3	371	203	3	3	12
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	360	48	11	1	554	155	6	8	17
Italian Turkey Trio on Cheesy Focaccia	DAIRY, SOY, WHEAT	281	29	10	3	920	64	2	2	18
P'B&J Sandwich Kit (Seedbutter)	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	9	16
Turkey & Cheese Cracker Kit w/ Baby Carrots	WHEAT, DAIRY	318	22	17	8	665	63	5	3	21
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	WHEAT, DAIRY	483	38	24	9	990	63	3	10	31
Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT	306	28	15	7	1012	50	3	3	18
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	316	34	13	6	639	50	4	3	19
Turkey & Cheese Torta Sandwich	SOY, WHEAT, DAIRY	336	34	16	7	920	50	4	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	8	18
Entrée Salads										
Chicken Caesar Salad with Dinner Roll & Croutons										
SaladChickenCaesar (K-12)	DAIRY	153	4	5	2	139	80	1	2	25
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
CroutonsGarlicCheese IW 0.5oz (K-12)	DAIRY, WHEAT	60	9	2	0	150	0	1	1	2
DRESSING Caesar 1.5oz (K-12)	DAIRY, EGG	162	3	16	3	448	15	2	0	2
Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips										
SaladChickenMexican (K-12;6-18) 0624	EGG, DAIRY	235	8	14	3	167	75	2	2	20
ChipsTostitos (K-12) 1124		190	30	7	1	150	0	0	3	3
Southwest Chicken Salad w/ WG Dinner Roll										
SaladChickenSouthwest (K-8)		267	37	3	0	292	57	3	9	28
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch										
SaladChefVeg-Garbanzo (K-12)	DAIRY, EGG	225	22	9	3	283	165	6	6	15
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0

Lunch K-8 Allergen & Nutrition Report November 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber	Protein (g)
Hot Lunch										
BBQ Chicken w/ Baked Beans & Dinner Roll										
ChickenBBQ-BeansBaked (K-8)		380	60	3	0	542	56	19	13	30
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	6	14
Bean & Cheese Pupusa w/ Curtido Salad										
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	4	13
VEG UV SaladCurtido .5c (K-12)		16	4	0	0	109	0	2	1	1
Bean Burrito Bowl w/ Rice & Corn		295	81	2	0	391	0	10	22	13
Beef & Cheese Taco Stick	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	4	20
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	400	39	16	8	520	65	0	3	25
Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes										
BreakfastForLunch-Scramble-PotatoesRoasted (K-8)	DAIRY, EGG, WHEAT, SOY	330	37	13	5	617	115	7	2	15
Syrup 1oz (K-12)		80	21	0	0	15	0	21	0	0
Cheese Lasagna w/ Marinara	DAIRY, WHEAT	364	42	16	4	603	19	13	5	6
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	3	23
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	5	20
Chicken Patty Burger w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	4	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	9	26
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	482	93	6	1	691	0	40	8	16
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	3	18
Holiday Meal- Turkey & Gravy w/ Mashed Potatoes & Dinner Roll										
HolidayTurkey-PotatoesMashed-Gravy	DAIRY	325	28	16	3	1100	40	3	2	20
BreadDinnerRoll 2oz (K-12)	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	21	6	740	35	4	4	13
Mac & Cheese w/ Peas	DAIRY, WHEAT	452	68	22	10	569	52	8	8	28
Marinara Pasta w/ PlantBorn Crumble & Broccoli	WHEAT	204	46	5	1	274	0	9	5	17
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams										
ChickenOrange-Rice-Carrots (K-8)	SOY, WHEAT, EGG	314	51	5	1	432	47	16	4	16



Lunch K-8 Allergen & Nutrition Report November 2024

Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber	Protein (g)
CrackerGrahamsGiantGoldfish .90oz (K-12)	WHEAT	120	19	4	1	140	0	7	1	1
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	452	49	19	6	663	43	11	5	23
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	486	72	11	5	722	78	5	13	32
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	290	31	10	1	610	0	5	5	21
Sweet Chili Meatballs w/ Not So Fried Rice & Broccoli	SOY, WHEAT, DAIRY	319	51	6	2	939	56	23	4	17
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		353	62	3	0	390	0	4	5	19
Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots	WHEAT, SOY	257	29	7	1	433	76	10	4	20
Turkey Nachos w/ Refried Beans & Tostitos Chips										
NachosTurkey-BeansRefried (K-8) 0224	DAIRY	349	21	20	7	725	53	2	5	20
ChipsTostitos (K-12) 1124		190	30	7	1	150	0	0	3	3
Vegetables										
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	2	0
Baby Carrots (1/4 C)		12	3	0	0	28	0	0	1	0
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	2	2
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	1	0
Cucumber Slices (1/4 C) w/ Tajin										
SpiceTajin 1g (K-12)		0	0	0	0	120	0	0	0	0
Cucumber Slices 1/4C (1.25oz) 0823		5	1	0	0	1	0	1	0	0
Roasted Chickpeas		100	12	3	0	75	0	1	4	5
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	1	1
Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)										
DRESSING Ranch (K-12)	DAIRY, EGG	50	3	4	0	90	5	2	0	0
Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	2	1



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Meal	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber	Protein (g)
Fruit										
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Banana (1/2 C)		89	23	0	0	1	0	12	3	1
Grapes (1/2 C)		52	13	0	0	2	0	13	1	0
Tangerine (1/2 C)		43	11	0	0	0	0	9	2	1
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	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	12	0	8



Snack Allergen & Nutrition Report November 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat (g)	Fat 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
Chili Lime Rings		120	21	4	0	200	0	1	2	2
Cinnamon Granola		120	21	3	0	0	0	6	2	3
Educational Snacks	DAIRY, EGG, SOY, WHEAT	130	22	4	1	115	0	8	1	2
Fruity Crisps		130	20	5	0	190	0	3	2	2
Giant Cinnamon Grahams	WHEAT	120	19	4	1	140	0	7	1	1
Goldfish Cheddar	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
Hummus w/ Wheat Crackers										
CrackerWheatWholeGrain (K-12)	WHEAT	90	15	3	0	125	0	2	1	2
SpreadHummusTacoCup 3oz (K-12)		120	18	3	0	180	0	3	5	6
Pizza Crackers	WHEAT	80	15	2	0	190	0	2	2	2
Ranch Crackers	SOY, WHEAT	90	15	4	0	200	0	2	1	1
Roasted Ranch Chickpeas		100	12	3	0	75	0	1	4	5
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 & Seed Butter Pouch										
CrackerWheatWholeGrain (K-12)	WHEAT	90	15	3	0	125	0	2	1	2
SpreadRoastedSeed 1.5oz (K-12)		258	9	22	1	174	0	5	4	4
FRUIT										
Apple (3/4 Cup)		71	19	0	0	1	0	14	3	0
Orange (3/4 Cup)		47	12	0	0	0	0	9	2	1
Pear (3/4 Cup)		57	15	0	0	1	0	10	3	0
100% Fruit Juice 6 oz		100	24	0	0	20	0	22	0	0

Supper Allergen & Nutrition Report November 2024

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 Supper										
Bean & Cheese Pizza Kit w/ Refried Beans	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	7	25
Cheese Pizza Kit w/ Marinara Sauce	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	4	20
Chicken Caesar Salad with Dinner Roll, Croutons	DAIRY, SOY, WHEAT, EGG	570	59	28	5	972	81	17	9	29
Chicken Caprese Salad with Dinner Roll	DAIRY, SOY, WHEAT	349	49	9	3	518	62	14	8	25
Chicken Teriyaki Pasta Salad w/ Cabbage & Carrot	SOY, EGG, WHEAT	384	65	3	1	445	71	33	6	26
Egg Salad Sandwich w/ Baby Carrots	SOY, WHEAT, EGG	375	50	14	3	426	203	16	8	13
Flatbread, Hummus Kit w/ Egg & Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	280	35	9	1	404	155	7	7	14
Italian Turkey Trio on Cheesy Focaccia w/ Baby Carrots	DAIRY, SOY, WHEAT	366	51	10	3	977	64	18	7	19
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, WHEAT	522	60	26	5	487	62	34	4	16
Mexican Chicken Salad w/ Romaine Lettuce, Tostitos Chips										
SaladChickenMexican	EGG, DAIRY	232	8	14	3	166	75	2	2	20
ChipsTostitos (K-12) 1124		190	30	7	1	150	0	0	3	3
Protein Pack: Yogurt, String Cheese, Granola, Baby Carrots	DAIRY	352	56	9	4	316	20	29	7	15
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots	DAIRY, SOY, WHEAT	594	66	29	5	669	15	28	11	17
Southwest Chicken Salad w/ Dinner Roll	DAIRY, EGG, SOY, WHEAT	396	60	12	1	532	76	16	11	31
Strawberry Yogurt Parfait w/ Cinnamon Granola										
CerealGranola-Cinnamon		120	21	3	0	0	0	6	2	3
YogurtParfait-Strawberries	DAIRY	227	43	1	1	110		7	37	11
Sunflower Seeds w/ String Cheese, Baby Carrots	DAIRY, SOY, WHEAT	485	47	27	6	675	15	10	8	17
Turkey & Cheese Cracker Kit w/ Baby Carrots	WHEAT, DAIRY	318	22	17	8	665	63	5	3	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots	SOY, WHEAT, DAIRY	398	55	14	7	695	50	17	8	19
Turkey & Cheese Torta Sandwich w/ Baby Carrots	SOY, WHEAT, DAIRY	408	52	16	7	975	50	17	7	20
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch	DAIRY, EGG, SOY, WHEAT	345	53	15	3	499	165	17	9	14
Wowbutter & Jelly Sandwich w/ Paradise Punch	DAIRY, SESAME, SOY, WHEAT	647	79	29	6	395	0	36	10	19
Hot Supper										
BBQ Chicken w/ Baked Beans & Dinner Roll										
ChickenBBQ-BeansBaked		426	65	4	0	618	75	23	13	36
BreadDinnerRoll 2oz	SOY,WHEAT	160	29	4	0	250	0	2	4	5
Bean & Cheese Burrito	DAIRY, WHEAT	320	40	12	5	610	25	1	6	14
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	3	23
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	9	26

Supper Allergen & Nutrition Report November 2024

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Holiday Meal- Turkey & Gravy w/ Mashed Potatoes & Dinner Roll										
HolidayTurkey-PotatoesMashed-Gravy	DAIRY	325	28	16	3	977	40	3	2	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	4	5
Mac & Cheese w/ Peas	DAIRY, EGG, WHEAT	452	68	22	10	569	52	8	8	28
Orange Chicken & Not So Fried Rice w/ Diced Carrots	SOY, WHEAT, EGG	314	51	5	1	432	47	16	4	16
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	474	55	18	6	1704	43	12	7	21
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	3	17
Sandwich Grilled Cheese	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	3	19
Turkey Nachos w/ Refried Beans & Tostitos Chips										
ENTREE NachosTurkey-BeansRefried (9-12;6-18) 0224	DAIRY	392	21	23	8	801	62	3	5	23
ChipsTostitos (K-12) 1124		190	30	7	1	150	0	0	3	3
Fruit										
Apple (1/2 C)		60	16	0	0	1	0	12	3	0
Apple Slices (1/2 C)		30	8	0	0	0	0	6	2	0
Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Pear (1/2 C)		57	15	0	0	1	0	10	3	0
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	8