

Breakfast Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Breakfast											
Apple Jacks Cereal w/ Giant Cinnamon Grahams											
CerealAppleJacks 1oz	WHEAT	100	24	1	0	160	0	8	8	2	2
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Banana Muffin	DAIRY, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
Bagel w/ Cream Cheese											
BreadBagelWholeGrainPlain 2oz	WHEAT	130	27	1	0	250	0	3	2	2	4
CheeseCream .75oz	DAIRY	53	2	5	3	86	11	1	0	0	2
Blueberry Muffin	DAIRY, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal	DAIRY	278	55	3	0	55	3	37	16	5	8
Cheerios Cereal w/ Honey Grahams											
CerealCheerios-1ozCup		100	21	2	1	140	0	1	1	3	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Chocolate Chip Muffin Top	DAIRY, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
Cinnamon Chex Cereal w/ Honey Grahams											
CerealChexCinnamon-1ozCup		120	22	3	0	170	0	6	6	1	1
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Cinnamon Crumble	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
Cinnamon Roll	DAIRY, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
Conchita w/ String Cheese											
BreadConchaMiniVanilla 1.5oz	EGG, WHEAT	143	18	7	4	76	24	5	3	1	3
StringCheese 1oz	DAIRY	80	0	6	4	200	15	0	0	0	7
Double Chocolate Chip Muffin	DAIRY, EGG, SOY, WHEAT	350	59	11	3	390	35	31	28	4	6
Froot Loops Cereal w/ Giant Cinnamon Grahams											
CerealFrootLoops 1oz	WHEAT	100	24	1	0	170	0	8	8	2	2
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	DAIRY	130	36	0	0	70	0	20	0	1	5
Honey Bunches of Oats Cereal w/ Honey Grahams											
CerealOatsHoneyBunches 1oz	WHEAT	100	22	2	0	65	0	5	5	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1

Breakfast Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Mantecada Muffin	DAIRY, EGG, WHEAT	312	31	20	2	172	42	12	11	2	5
Strawberry Loaf	DAIRY, EGG, WHEAT	301	54	7	3	156	57	26	12	3	6
Strawberry Yogurt Parfait w/ Cinnamon Granola	DAIRY	242	46	3	0	56	3	26	16	5	8
Vanilla Concha	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
Hot Breakfast											
Breakfast Burrito	DAIRY, EGG, WHEAT	210	20	9	5	410	80	0	0	3	11
Egg & Cheese Croissant Sandwich	DAIRY, EGG, SOY, WHEAT	293	31	15	7	667	129	3	3	2	12
Egg & Cheese Empanada	DAIRY, EGG, SOY, WHEAT	180	29	5	2	350	80	3	3	2	8
Egg & Cheese English Muffin Sandwich	SOY, WHEAT, DAIRY, EGG	253	26	12	5	607	129	1	1	3	13
Egg & Turkey Sausage Scramble w/ Roasted Potatoes & Dinner Roll											
BRKFST Scramble-PotatoesRoasted	DAIRY, EGG, SOY, WHEAT	289	24	17	5	681	77	2	0	1	9
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
French Toast Sticks w/ Syrup											
FrenchToastSticks-2pc 0723	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
Syrup 1oz 1124		110	29	0	0	20	0	22	22	0	0
Maple Beef Sausage & Pancake Sandwich	DAIRY, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
Pancakes w/ Syrup											
Pancakes-2pc	DAIRY, EGG, WHEAT	160	30	2	0	200	0	6	6	2	4
Syrup 1oz		110	29	0	0	20	0	22	22	0	0
Sausage & Cheese Stuffed Waffle	DAIRY, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
Waffle w/ Syrup											
Waffle	DAIRY, EGG, SOY, WHEAT	310	36	17	5	260	20	12	12	2	5
Syrup 1oz		110	29	0	0	20	0	22	22	0	0
Fruit											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Dried Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
Raisins (1/2 C)		129	34	0	0	5	0	25	0	2	1



Breakfast Allergen & Nutrition Report
May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
Milk											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8

K-8 Lunch Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Lunch											
Bean & Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	1	7	25
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots	EGG, DAIRY, SOY, WHEAT	453	36	36	10	592	69	8	3	4	25
Cold Pasta Salad with Chicken, Baby Carrots & Pretzels	DAIRY, WHEAT, EGG	653	63	50	5	678	63	7	0	4	32
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	372	51	11	1	582	155	9	1	9	17
Italian Turkey Trio on Hoagie	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips											
SaladChickenMexican	EGG, DAIRY	254	8	35	4	148	59	3	0	3	23
ChipsTostitos		190	30	7	1	150	0	0	0	3	3
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
Sunflower Seeds w/ String Cheese & Baby Carrots	DAIRY, WHEAT, SOY	485	47	27	6	675	15	10	5	8	17
Turkey & Cheese Cracker Kit w/ Baby Carrots	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	SOY, WHEAT, DAIRY	483	38	24	9	990	63	3	2	10	31
Turkey & Cheese Sandwich on Pretzel Bun	DAIRY, SOY, WHEAT	345	35	15	8	729	53	4	4	3	19
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	325	33	14	7	844	53	3	2	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Entrée Salad											
Asian Chicken Salad w/ WG Crispy Noodles											
SaladChickenAsian (K-8)	DAIRY	102	6	17	1	41	36	4	0	2	18
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenCaesar	DAIRY	131	4	20	3	98	45	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese IW 0.5oz	DAIRY, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	DAIRY, EGG	162	3	16	3	448	15	2	1	0	2
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenSouthwest (K-8)		260	36	18	1	263	36	3	1	9	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											

K-8 Lunch Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
SaladChefVeg-Garbanzo	DAIRY, EGG	225	22	9	3	283	165	6	0	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenBBQ-BeansBaked		433	66	20	1	815	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	1	4	13
VEG UV SaladCurtido .5c		15	3	0	0	137	0	2	0	1	1
Beef & Cheese Taco Stick w/ Roasted Fava Beans											
StickBeefTaco IW	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
Roasted Fava Beans 1/2 C (1.5oz)		190	22	7	1	380	0	1	0	9	10
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Breakfast for Lunch: Egg & Cheese Sandwich w/ Roasted Potatoes & Syrup	SOY, WHEAT, DAIRY, EGG	456	45	23	7	908	135	2	1	4	17
Breakfast for Lunch: Pancakes & Sausage w/ Potatoes & Syrup											
BreakfastForLunch-Pancake-Sausage-Potatoes (K-8)	DAIRY, EGG, WHEAT	496	50	23	6	1183	50	7	6	3	20
Syrup 1oz		110	29	0	0	20	0	22	22	0	0
Cheese Lasagna w/ Marinara	DAIRY, WHEAT	335	40	15	4	849	19	10	0	5	6
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	399	67	7	1	734	18	19	11	8	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Tikka Masala w/ Rice, Chickpeas & Dinner Roll											
ChickenTikkaMasala-Chickpeas	DAIRY	363	40	30	3	344	57	6	0	6	30
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	427	80	6	1	478	0	28	22	8	15
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	2	3	18
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13

K-8 Lunch Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Inside Out Chicken Pot Pie w/ Peas & Carrots	DAIRY, SOY, WHEAT	472	48	30	9	1445	61	11	1	5	26
Marinara Pasta w/ PlantBorn Crumble & Broccoli	DAIRY, EGG, WHEAT	282	46	3	1	269	0	9	3	4	18
Mozzarella Cheesy Bites w/ Marinara Dipping Sauce	DAIRY, WHEAT	432	42	20	7	1229	40	9	0	2	18
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams											
ChickenOrange-Rice-Carrots (K-8)	EGG, SOY, WHEAT	327	53	5	1	545	50	17	0	4	17
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Penne & Meat Sauce w/ Diced Carrots	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	SOY	294	46	21	1	349	44	20	14	4	23
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	479	74	22	6	755	53	6	0	14	29
RFC Bowl: Chicken Bites w/ Gravy, Corn & Mashed Potatoes	SOY, WHEAT, DAIRY	454	38	23	5	984	41	3	0	5	24
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Broccoli	DAIRY, SOY	313	48	6	2	920	56	19	12	4	29
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		336	59	3	0	389	0	4	0	5	18
Turkey & Gravy w/ Mashed Potatoes & Dinner Roll											
Turkey-PotatoesMashed-Gravy	DAIRY	320	27	16	3	1198	37	3	0	2	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Turkey Nachos w/ Refried Beans & Tostitos Chips											
NachosTurkey-BeansRefried (K-8)	DAIRY	349	21	20	7	725	53	2	0	5	20
ChipsTostitos		190	30	7	1	150	0	0	0	3	3

K-8 Lunch Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Vegetables											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Baby Carrots (1/4 C)		12	3	0	0	28	0	2	0	1	0
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	0	2	2
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	0	1	0
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	0	1	0
Cucumber Slices (1/2 C)		11	3	0	0	1	0	1	0	0	0
Roasted Chickpeas		100	12	3	0	75	0	1	1	4	5
Roasted Fava Beans		190	22	7	1	380	0	1	0	9	10
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	0	1	1
Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)											
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	0	2	1
Fruit											
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Peach (1/2 C)		39	10	0	0	0	0	8	0	2	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Cantaloupe		26	6	0	0	12	0	6	0	1	1
Honeydew		27	7	0	0	14	0	6	0	1	0
Milk											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8
Treat											
End of Year Brookee (Whole Grain)	DAIRY, EGG, SOY, WHEAT	150	23	5	2	150	5	14	3	1	2

9-12 Lunch Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added 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	2	8	28
Cheese Pizza Kit	DAIRY, SESAME, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Cold Pasta Salad with Chicken, Baby Carrots & Pretzels	DAIRY, WHEAT, EGG	653	63	50	5	678	63	7	0	4	32
Hummus, Flatbread & Egg Kit w/ Baby Carrots	DAIRY, SESAME, SOY, WHEAT, EGG	372	51	11	1	582	155	9	1	9	17
Italian Turkey Trio on Hoagie	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips											
SaladChickenMexican	EGG, DAIRY	254	8	35	4	148	59	3	0	3	23
ChipsTostitos		190	30	7	1	150	0	0	0	3	3
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	DAIRY, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
Sunflower Seeds w/ String Cheese & Baby Carrots	DAIRY, WHEAT, SOY	485	47	27	6	675	15	10	5	8	17
Turkey & Cheese Cracker Kit w/ Baby Carrots	DAIRY, SOY, WHEAT	398	35	19	9	780	63	7	3	4	22
Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	DAIRY, SOY, WHEAT	563	51	26	10	1105	63	5	3	11	32
Turkey & Cheese Sandwich on Pretzel Bun	DAIRY, SOY, WHEAT	345	35	15	8	729	53	4	4	3	19
Turkey & Cheese Sub Sandwich	SOY, WHEAT, DAIRY	325	33	14	7	844	53	3	2	3	19
Wowbutter (Soybutter) & Jelly Sandwich	DAIRY, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Entrée Salad											
Asian Chicken Salad w/ WG Crispy Noodles & Honey Grahams											
SaladChickenAsian (9-12)		127	6	23	1	48	49	4	0	2	23
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenCaesar	DAIRY	131	4	20	3	98	45	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese IW 0.5oz	DAIRY, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	DAIRY, EGG	162	3	16	3	448	15	2	1	0	2
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenSouthwest (9-12)		287	36	4	1	598	54	3	1	9	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											

9-12 Lunch Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
SaladChefVeg-Garbanzo	DAIRY, EGG	225	22	9	3	283	165	6	0	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenBBQ-BeansBaked		433	66	20	1	815	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	DAIRY	290	35	11	3	480	15	1	1	4	13
SaladCurtido .5c		15	3	0	0	137	0	2	0	1	1
Beef & Cheese Taco Stick w/ Roasted Fava Beans											
StickBeefTaco IW	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
Roasted Fava Beans 1/2 C (1.5oz)		190	22	7	1	380	0	1	0	9	10
Beef, Bean & Cheese Burrito	DAIRY, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Breakfast for Lunch: Egg & Cheese Sandwich w/ Roas	SOY, WHEAT, DAIRY, EGG	456	45	23	7	908	135	2	1	4	17
Breakfast for Lunch: Pancakes & Sausage w/ Potatoes & Syrup											
BreakfastForLunch-Pancake-Sausage-Potatoes (9-12	DAIRY, EGG, WHEAT	496	50	23	6	1183	50	7	6	3	20
Syrup 1oz		110	29	0	0	20	0	22	22	0	0
Cheese Lasagna w/ Marinara & Wheat Crackers											
PastaLasagna (9-12)	DAIRY, WHEAT	335	40	15	4	849	19	10	1	5	6
CrackerWheatWholeGrain	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
Cheese Pizza	DAIRY, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	DAIRY, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
Chicken Dumplings & Not So Fried Rice w/ Edamame	SOY, SESAME, WHEAT	399	67	7	1	734	18	19	11	8	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Tikka Masala w/ Rice, Chickpeas & Dinner Roll											
ChickenTikkaMasala-Chickpeas	DAIRY	363	40	30	3	344	57	6	0	6	30
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Edamame Teriyaki Bowl w/ Rice & Diced Carrots	SOY	431	81	6	1	478	0	28	22	8	15
Grilled Cheese Sandwich	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19

9-12 Lunch Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Hamburger w/ Oven Baked Fries	SESAME, SOY, WHEAT	407	42	18	5	648	47	4	2	3	18
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Inside Out Chicken Pot Pie w/ Peas & Carrots	DAIRY, SOY, WHEAT	472	48	30	9	1445	61	11	1	5	26
Marinara Pasta w/ PlantBorn Crumble & Broccoli	DAIRY, EGG, WHEAT	457	80	4	1	320	0	11	4	6	25
Mozzarella Cheesy Bites w/ Marinara Dipping Sauce	DAIRY, WHEAT	432	42	20	7	1229	40	9	0	2	18
Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams											
ChickenOrangeRice-Carrots (9-12)	EGG, SOY, WHEAT	327	53	5	1	545	50	17	0	4	17
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Penne & Meat Sauce w/ Diced Carrots & Dinner Roll											
PastaPenneMeatSauce-CarrotsDiced	DAIRY, EGG, WHEAT, SOY	428	47	18	6	860	43	9	0	5	23
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Pepperoni Pizza	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots & Goldfish Cheddars											
ChickenPineappleTeriyakiRice-Carrots	SOY	294	46	21	1	349	44	20	14	4	23
CrackerGoldfishCheddar .75oz	DAIRY, WHEAT	100	14	4	1	170	4	0	0	1	2
Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	DAIRY	479	74	22	6	755	53	6	0	14	29
RFC Bowl: Chicken Bites w/ Gravy, Corn & Mashed Potatoes & Pretzels											
BowlChickenBites-PotatoesMashed-Gravy	SOY, WHEAT, DAIRY	454	38	23	5	984	41	3	0	5	24
CrackerGoldfishPretzel .75oz	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Soy Veggie Burger w/ Roasted Potatoes	SESAME, SOY, WHEAT, DAIRY, EGG	466	51	19	3	1013	0	6	2	6	23
Sweet Chili Chicken Meatballs w/ Not So Fried Rice &	DAIRY, SOY	419	70	7	2	1063	56	19	12	5	32
Taco Bowl w/ PlantBorn Crumble, Rice & Corn		336	59	3	0	389	0	4	0	5	18
Turkey & Gravy w/ Mashed Potatoes & Dinner Roll											
Turkey-PotatoesMashed-Gravy	DAIRY	320	27	16	3	1198	37	3	0	2	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Turkey Nachos w/ Refried Beans & Tostitos Chips											
NachosTurkey-BeansRefried	DAIRY	392	21	23	8	801	62	3	0	5	23
ChipsTostitos		190	30	7	1	150	0	0	0	3	3

9-12 Lunch Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Vegetables											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Broccoli (1/2 C) (Hot)		22	4	0	0	22	0	1	0	2	2
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	0	1	0
Cucumber Slices (1/2 C)		11	3	0	0	1	0	1	0	0	0
Roasted Fava Beans		190	22	7	1	380	0	1	0	9	10
Side of Oven Baked Fries (1/2 C)		101	16	3	0	170	0	0	0	1	1
Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)											
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	DAIRY, EGG	45	1	5	1	120	5	0	2	0	0
Salad-LettuceTomatoCarrot		23	5	0	0	21	0	3	0	2	1
Fruit											
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Applesauce Cup (1/2 C)		50	14	0	0	15	0	12	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Peach (1/2 C)		39	10	0	0	0	0	8	0	2	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Cantaloupe		26	6	0	0	12	0	6	0	1	1
Honeydew		27	7	0	0	14	0	6	0	1	0
Treat											
End of Year Brookie (Whole Grain)	DAIRY, EGG, SOY, WHEAT	150	23	5	2	150	5	14	3	1	2
Milk											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8



Snack Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Apple Cinnamon Multi-Grain Bar & Fruit	DAIRY, SOY, WHEAT	150	30	3	1	135	0	14	14	3	2
BBQ Poptillas & Fruit		100	16	4	0	120	0	2	1	2	2
Cheese Puffs	DAIRY	130	19	5	1	200	0	2	0	1	2
Cheese Stick & Fruit	DAIRY	100	1	8	6	360	25	0	0	0	6
Chili Lime Rings & Fruit		120	21	4	0	200	0	1	0	2	2
Cinnamon Granola & Fruit		120	21	3	0	0	0	6	0	2	3
Educational Snacks & Fruit	DAIRY, EGG, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
Fruity Crisps & Fruit		130	20	5	0	190	0	3	2	2	2
Giant Cinnamon Grahams & Fruit	WHEAT	120	19	4	1	140	0	7	7	1	1
Goldfish Cheddar & Fruit	DAIRY, WHEAT	100	14	4	1	170	4	0	0	1	2
Goldfish Pretzels & Fruit	DAIRY, WHEAT	90	16	1	0	200	0	1	0	0	2
Nacho Poptillas	DAIRY	100	16	4	0	180	0	1	0	1	2
Pizza Crackers & Fruit	WHEAT	80	15	2	0	190	0	2	2	2	2
Ranch Crackers & Fruit	SOY, WHEAT	90	15	4	0	200	0	2	2	1	1
Roasted Ranch Chickpeas & Fruit		100	12	3	0	75	0	1	1	4	5
Strawberry Multi-Grain Bar & Fruit	DAIRY, SOY, WHEAT	150	30	3	1	150	0	14	13	3	2
Sunflower Seeds & Fruit		200	8	17	2	130	0	1	0	4	7
Wheat Crackers & Seed Butter Pouch											
CrackerWheatWholeGrain (K-12)	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
SpreadRoastedSeed 1.5oz (K-12)		258	9	22	1	174	0	5	4	4	4
100% Fruit Juice 6 oz		100	25	0	0	10	0	23	0	0	0
Apple (3/4 Cup)		71	19	0	0	1	0	14	0	3	0
Orange (3/4 Cup)		47	12	0	0	0	0	9	0	2	1

Supper Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
Grab & Go Supper											
Asian Chicken Salad w/ WG Crispy Noodles & Pineapple	SESAME, SOY, WHEAT	413	30	42	4	837	49	13	8	3	25
Bean & Cheese Pizza Kit w/ Refried Beans	DAIRY, SESAME, SOY, WHEAT	486	45	21	7	970	43	3	1	7	25
Blueberry Yogurt Parfait w/ Cinnamon Granola & Baby Carrots											
CerealGranola-Cinnamon (K-12)		120	21	3	0	0	0	6	0	2	3
YogurtParfaitBlueberry (6-18)	DAIRY	263	52	1	1	109	7	48	23	3	11
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Cheese Pizza Kit w/ Marinara Sauce	DAIRY, SESAME, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Caesar Salad with Dinner Roll, Croutons & Apple	DAIRY, SOY, WHEAT, EGG	559	59	41	6	942	57	18	4	9	28
Chicken Salad & Cheese Cracker Kit w/ Baby Carrots & Applesauce	EGG, SOY, WHEAT, DAIRY	423	36	34	9	492	69	18	2	4	24
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Cantaloupe	SOY, EGG, WHEAT	353	56	23	1	422	49	27	18	4	29
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, DAIRY, WHEAT	623	63	49	5	479	63	18	0	7	31
Egg Salad Sandwich on Pretzel Bun w/ Baby Carrots & Cantaloupe	EGG, WHEAT	373	46	15	4	323	203	15	4	6	13
Egg Salad Sandwich on Pretzel Bun w/ Baby Carrots & Orange	EGG, WHEAT	418	58	15	4	311	203	23	4	9	13
Italian Turkey Trio on Hoagie w/ Baby Carrots & Apple	SOY, WHEAT	366	55	9	2	747	59	19	2	8	19
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	DAIRY, EGG, WHEAT	487	50	26	5	487	62	25	11	4	16
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange	DAIRY, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Strawberry Yogurt Parfait w/ Cinnamon Granola & Baby Carrots											
CerealGranola-Cinnamon (K-12)		120	21	3	0	0	0	6	0	2	3
YogurtParfait-Strawberries (6-18)	DAIRY	227	43	1	1	110	7	37	23	3	11
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Sunflower Seeds w/ String Cheese, Baby Carrots	DAIRY, WHEAT	395	30	25	6	585	15	5	0	7	16
Turkey & Cheese Cracker Kit w/ Baby Carrots	SOY, WHEAT, DAIRY	318	22	17	8	665	63	5	2	3	21
Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots & Cantaloupe	DAIRY, SOY, WHEAT	396	47	15	8	797	53	14	4	6	20
Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots & Orange	DAIRY, SOY, WHEAT	441	58	15	8	785	53	22	4	9	21
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear	SOY, WHEAT, DAIRY	438	62	14	7	901	53	21	2	10	20

Supper Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	DAIRY, EGG, SOY, WHEAT	411	54	17	4	534	170	17	4	9	16
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	DAIRY, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19
Hot Supper											
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz (K-12)	DAIRY, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco IW (K-12)	DAIRY, SOY, WHEAT	345	32	13	8	631	52	1	0	4	20
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Breakfast for Supper: Egg & Cheese Sandwich w/ Roasted Potatoes											
	SOY, WHEAT, DAIRY, EGG	456	45	23	7	908	135	2	1	4	17
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, DAIRY	487	42	25	9	783	67	4	2	3	23
Chicken Bites w/ Mashed Potatoes	SOY, WHEAT, DAIRY	379	37	17	4	800	31	2	0	5	20
Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	399	67	7	1	734	18	19	11	8	21
Chicken Tamale w/ Pinto Beans	DAIRY, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	265	35	5	1	554	76	11	0	4	20
Crispy Chicken Sandwich w/ Oven Baked Fries	DAIRY, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Grilled Cheese Sandwich-Baby Carrots											
SandwichGrilledCheeseIW (K-12; 6-18)	DAIRY, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mozzarella Cheesy Bites w/ Marinara Dipping Sauce	DAIRY, WHEAT	432	42	20	7	1229	40	9	0	2	18
Pepperoni Pizza w/ Baby Carrots											
PizzaPepperoni 4.97oz (K-12;6-18)	DAIRY, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	SOY	294	46	21	1	349	44	20	14	4	23

Supper Allergen & Nutrition Report

May 2025

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugar (g)	Total Dietary Fiber	Protein (g)
Fruit											
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		60	16	0	0	1	0	12	0	3	0
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Cranberries (1/2 C)		110	28	0	0	0	0	24	21	3	0
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		87	23	0	0	2	0	15	0	5	1
Milk											
1% Low Fat White	DAIRY	102	12	2	2	107	12	13	0	0	8
Fat Free Chocolate Milk	DAIRY	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	DAIRY	77	11	0	0	95	5	12	0	0	8