

Breakfast Allergen & Nutrition Report

April 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold Breakfast											
Blueberry Muffin	MILK, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
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	MILK, 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	MILK, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
Cinnamon Roll	MILK, 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	MILK	80	0	6	4	200	15	0	0	0	7
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	MILK	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
Mantecada Muffin	MILK, EGG, SOY, WHEAT	280	42	9	1	300	35	13	12	0	5
Strawberry Yogurt Parfait w/ Cinnamon Granola	MILK	221	42	3	0	69	3	18	10	4	7
Vanilla Concha	EGG, WHEAT	321	40	16	9	172	55	10	10	3	6
Yogurt w/ Honey Grahams											
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Shelf Stable											
Shelf Stable Corn Chex Cereal, Honey Grahams, Applesauce, Fruit Juice & Milk											
STABLE-BRKFAST CerealChexCornApplesauce-Juice	SOY, WHEAT	297	69	3	0	310	0	32	5	3	3
MILK Stable Half Pint 0%	MILK	80	11	0	0	110	5	11	0	0	8
Hot Breakfast											
Apple Hand Pie	EGG, MILK, SOY, WHEAT	250	41	8	1	30	0	10	7	3	5
Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit	MILK, EGG, SOY, WHEAT	347	40	15	5	830	77	4	0	2	12
French Toast Sticks	MILK, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
Mini Maple Pancakes	MILK, EGG, SOY, WHEAT	200	38	4	0	300	5	13	13	2	3
Mini Strawberry Pancakes	EGG, MILK, SOY, WHEAT	200	38	4	1	260	5	13	0	2	3
Sausage & Cheese Croissant Sandwich	MILK, SOY, WHEAT	303	30	16	7	827	39	3	3	2	15
Sausage & Cheese English Muffin Sandwich	SOY, WHEAT, MILK	263	25	13	5	767	39	1	1	3	16
Sausage & Cheese Stuffed Waffle	MILK, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
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
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0

Breakfast Allergen & Nutrition Report

April 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Lunch K-8 Allergen & Nutrition Report

April 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold Lunch											
Cheese Pizza Kit	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
P'B&J Sandwich Kit (Seedbutter) w/ String Cheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
VEG UV CornTajin		71	15	0	0	118	0	2	0	2	2
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Baby Carrots											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Salad											
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChefVeg-Garbanzo	MILK, 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	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	814	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	MILK	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/ Baby Carrots											
StickBeefTaco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef Elote Loaded Potatoes w/ Dinner Roll											
BeefElote-PotatoLoaded	MILK, EGG, WHEAT	408	33	23	7	617	39	2	0	3	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Cheese Lasagna w/ Marinara	MILK, WHEAT	335	40	15	4	849	19	10	0	5	6
Cheese Pizza	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	MILK, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Alfredo Pasta w/ Seasoned Peas											
PastaChickenTiptopAlfredoPeas	MILK, WHEAT	471	56	29	9	666	71	6	1	6	32
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5

Lunch K-8 Allergen & Nutrition Report

April 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Chicken Bites w/ Mashed Potatoes	MILK, SOY, WHEAT	332	26	19	8	884	62	1	0	3	18
Chicken Dumplings w/ Mixed Veggies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Seasoned Mixed Veg	MILK, SOY	357	38	14	5	952	55	5	0	5	19
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Crispy Chicken Sandwich w/ Oven Baked Fries	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Dominos Cheese Pizza Slice	MILK, SOY, WHEAT	240	28	8	3	460	15	3	1	3	21
Dominos Pepperoni Pizza Slice	MILK, SOY, WHEAT	260	28	9	4	490	20	3	1	3	20
Grilled Cheese Sandwich w/ Baby Carrots											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Grilled Cheese Sandwich w/ Roasted Fava Beans											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mac & Cheese w/ Mixed Vegetables	MILK, EGG, WHEAT	351	42	13	7	813	38	13	0	4	18
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	0	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	MILK	344	21	19	6	717	51	2	0	5	20
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
Vegetable											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Carrots & Celery (3/4 C)											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG IW Celery Sticks 1/4C (1.25oz)		6	1	0	0	28	0	0	0	1	0
Celery Sticks (1/4 C)		6	1	0	0	28	0	0	0	1	0
Corn & Carrots (3/4 C)											
VEG IW Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
VEG UV CornTajin		71	15	0	0	118	0	2	0	2	2
Cucumber Slices (1/4 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG IW Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Fava Beans & Carrots (3/4 C)											
VEG IW Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)											
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (.75cp)		15	3	0	0	12	0	2	0	1	1

Lunch K-8 Allergen & Nutrition Report

April 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Star Cookie (Whole Grain)	MILK, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1	2
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Lunch 9-12 Allergen & Nutrition Report

April 2026

Romance Name	Allergens	ories (k	Carb (g)	otal Fat (g)	Sat Fat (g)	odium (m	Chol (mg)	Sugar (g)	led Sugar	Dietary Fib	Protein (g)
Cold Lunch											
Cheese Pizza Kit	MILK, SOY, WHEAT	452	51	18	6	933	36	8	3	5	23
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
P'B&J Sandwich Kit (Seedbutter) w/ String Cheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
VEG UV CornTajin 0624		71	15	0	0	118	0	2	0	2	2
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Baby Carrots											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Salad											
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChefVeg-Garbanzo	MILK, 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	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		433	66	20	1	814	44	27	0	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCayos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	MILK	290	35	11	3	480	15	1	1	4	13
VEG UV SaladCurtido .5c 0924		15	3	0	0	137	0	2	0	1	1
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef Elote Loaded Potatoes w/ Dinner Roll											
BeefElote-PotatoLoaded	MILK, EGG, WHEAT	408	33	23	7	617	39	2	0	3	20
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Cheese Lasagna w/ Marinara & Wheat Crackers											
PastaLasagna	MILK, 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	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	MILK, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Alfredo Pasta w/ Seasoned Peas											
PastaChickenTiptopAlfredoPeas	MILK, WHEAT	471	56	29	9	666	71	6	1	6	32
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Chicken Bites w/ Mashed Potatoes & Pretzels											

Lunch 9-12 Allergen & Nutrition Report

April 2026

Romance Name	Allergens	ories (k	Carb (g)	otal Fat (g	Sat Fat (g	odium (m	Chol (mg)	Sugar (g)	led Sugar	Dietary Fib	Protein (g
ChickenBitesPotatoesMashed	MILK, SOY, WHEAT	332	26	19	8	884	62	1	0	3	18
CrackerGoldfishPretzel .75oz	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Chicken Dumplings w/ Mixed Veggies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Seasoned Mixed Veg	MILK, SOY	357	38	14	5	952	55	5	0	5	19
Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels											
ChickenTeriyakiYangs-Rice-CarrotDiced	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
CrackerGoldfishPretzel .75oz	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Crispy Chicken Sandwich w/ Oven Baked Fries	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Grilled Cheese Sandwich w/ Baby Carrots											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Grilled Cheese Sandwich w/ Roasted Fava Beans											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mac & Cheese w/ Mixed Vegetables & Dinner Roll											
PastaMacCheese-MixedVeg	MILK, EGG, WHEAT	351	42	13	7	813	38	13	0	4	18
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce											
BitesCheeseMozzMarinara	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
BitesCheeseMozzMarinara	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	0	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Soy Veggie Burger	SESAME, SOY, WHEAT, MILK, EGG	290	31	10	1	610	0	5	2	5	21
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	MILK	387	21	22	8	793	61	3	0	5	22
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
Vegetable											
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Carrots & Celery (1 C)											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG IW Celery Sticks .5c (2.5oz)		11	2	0	0	56	0	0	0	1	0
Celery Sticks (1/2 C)		11	2	0	0	56	0	0	0	1	0
Cucumber Slices (1/2 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG IW Cucumber Slices .5c (2.5oz)		11	3	0	0	1	0	1	0	0	0
Fava Beans & Carrots (1 C)											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
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	MILK, EGG	45	1	5	1	120	5	0	2	0	0

Lunch 9-12 Allergen & Nutrition Report

April 2026

Romance Name	Allergens	ories (k	Carb (g)	otal Fat (g)	Sat Fat (g)	odium (m	Chol (mg)	Sugar (g)	led Sugar	Dietary Fi	Protein (g)
VEG UV Salad-LettuceTomatoCarrot (1cp)		23	5	0	0	21	0	3	0	2	1
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
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
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Tangerine (1/2 C)		51	13	0	0	0	0	10	0	3	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Star Cookie (Whole Grain)	MILK, EGG, SOY, WHEAT	130	22	5	1	100	10	11	6	1	2
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Supper Allergen & Nutrition Report

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Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Supper Grab and Go											
Blueberry Muffin w/ Sunflower Seeds, String Cheese, Baby Carrots & Pear											
KIT MuffinBlueberry-SeedsSunflower-StringCheese-CarrotsBaby	MILK, EGG, WHEAT	535	53	30	7	625	40	21	13	8	18
FRUIT Pear .5c 135ct		95	25	0	0	2	0	16	0	5	1
Cheese Pizza Kit w/ Marinara Sauce & Orange											
KIT Pizza-Cheese	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
FRUIT Orange .5c 138ct		71	18	0	0	0	0	14	0	4	1
Chicken Caesar Salad with WG Crackers, Croutons & Apple											
Chicken Teriyaki Pasta Salad w/ Cabbage Carrot & Apple	SOY, EGG, WHEAT	439	79	23	1	412	49	43	18	9	29
Cold Pasta Salad with Chicken, Baby Carrots & Apple	EGG, WHEAT	674	77	49	5	480	63	28	0	9	31
Italian Turkey Trio on Hoagie w/ Baby Carrots & Apple	SOY, WHEAT	417	69	9	2	748	59	29	2	10	19
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots & 100% Fruit Juice											
KIT Muffin-Yogurt-StringCheese-Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
FRUIT JuiceFruitVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
Protein Pack: Yogurt, String Cheese, Granola, Baby Carrots & Pear											
Seedbutter & Jelly Sandwich Kit w/ String Cheese, Baby Carrots & Orange	MILK, SOY, WHEAT	618	71	29	5	669	15	33	13	12	18
Sunflower Seeds w/ String Cheese, Baby Carrots & 100% Fruit Juice											
KIT SunflowerSeeds-StringCheese-GoldfishPretzel	MILK, WHEAT	395	30	25	6	585	15	5	0	7	16
FRUIT JuiceFruitVarietyStable 4.23oz		57	14	0	0	5	0	12	0	0	0
Turkey & Cheese Sub Sandwich w/ Baby Carrots & Pear											
Veggie Chef Salad w/ Egg, Dinner Roll, Ranch & Fruit	MILK, EGG, SOY, WHEAT	392	56	15	3	375	170	30	7	8	12
Wowbutter & Jelly Sandwich w/ Paradise Punch & Orange	MILK, SESAME, SOY, WHEAT	670	85	29	6	395	0	41	16	12	19
Hot											
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef, Bean & Cheese Burrito w/ Baby Carrots											
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
BurritoBeefBeanCheeseLosCabos 5.1oz	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Lasagna w/ Tomato Basil Sauce											
Cheese Pizza w/ Baby Carrots	MILK, WHEAT	335	40	15	4	849	19	10	1	5	6
Cheese Pizza w/ Baby Carrots	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Pizza w/ Baby Carrots		25	6	0	0	55	0	3	0	2	0
Cheeseburger w/ Oven Baked Fries											
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Dumplings w/ Edamame & Peas											
Chicken Dumplings w/ Edamame & Peas	SOY, SESAME, WHEAT	314	50	6	1	584	24	18	12	7	19
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot											
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Crispy Chicken Sandwich w/ Oven Baked Fries											
Crispy Chicken Sandwich w/ Oven Baked Fries	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Grilled Cheese Sandwich-Baby Carrots											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Hot Dog w/ Oven Baked Fries											
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Papa John's Cheese Pizza Slice											
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20
Papa John's Pepperoni Pizza Slice											
Papa John's Pepperoni Pizza Slice	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce											
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	0	2	18
Pepperoni Pizza w/ Baby Carrots											
PizzaPepperoni 4.97oz	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Vegetable											

Supper Allergen & Nutrition Report

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Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Baby Carrots (1/2 C)		25	6	0	0	55	0	3	0	2	0
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
100% Fruit Juice 4oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Snack Allergen & Nutrition Report

April 2026

Romance Name	Product Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Snack												
Cheese Puffs	SIDE ChipsCheesePuff 1oz (K-12) 0225	MILK	130	19	5	1	200	0	2	0	1	2
Educational Snacks	SIDE CrackerEducational 1oz (K-12)	EGG, MILK, SOY, WHEAT	130	22	4	1	115	0	8	8	1	2
Giant Cinnamon Grahams	SIDE CrackerGrahamsGiantGoldfish .90oz (K-12)	WHEAT	120	19	4	1	140	0	7	7	1	1
Goldfish Cheddar	SIDE CrackerGoldfishCheddar .75oz (K-12)	MILK, WHEAT	100	14	4	1	170	4	0	0	1	2
Goldfish Pretzels	SIDE CrackerGoldfishPretzel .75oz (K-12)	MILK, WHEAT	90	16	1	0	200	0	1	0	0	2
Honey Graham Crackers	SIDE CrackerGrahamHoney 1oz (K-12)	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Nacho Poptillas	SIDE ChipsPoptillaNachoCheddar .8oz (K-12)	MILK	100	16	4	0	180	0	1	0	1	2
Pizza Crackers	SIDE CrackerPizza .8oz (K-12)	WHEAT	80	15	2	0	190	0	2	2	2	2
Ranch Crackers	SIDE CrackerZeeZeeRanch 0.8oz (K-12) 0924	SOY, WHEAT	90	15	4	0	200	0	2	2	1	1
Wheat Crackers	SIDE CrackerWheatWholeGrain (K-12)	SOY, WHEAT	90	15	3	0	125	0	2	2	1	2
Fruit												
Apple (3/4 Cup)	FRUIT Apple 138ct (SNACK)		71	19	0	0	1	0	14	0	3	0
Orange (3/4 Cup)	FRUIT Orange Snack 88ct (3/4c)		47	12	0	0	0	0	9	0	2	1
Pear (3/4 Cup)	FRUIT Pear 120ct (SNACK)		57	15	0	0	1	0	10	0	3	0
100% Fruit Juice 6 oz	FRUIT Juice Fruit 100% 6.75oz SS		100	25	0	0	10	0	23	0	0	0