

Daily Alternative Meals Nutrition Information

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Sunbutter & Jelly	1 each	310	15	2	33	300	Soy, Wheat
Mozzarella Cheese Stick	1 each	80	6	4	2	200	Milk
Scooby Snacks (K-8)	1 each	120	3.5	1	21	115	Soy, Wheat
88 Acres Dark Chocolate & Sea Salt Seed + Oat Bar (9-12)	1 each	180	7	1.5	26	115	Top 9+ Free facility
Turkey & Cheese Sub	1 each	273	8	3	30	650	Milk, Wheat
Lay's Potato Chips	1 each	80	5	0.5	8	80	--
Hummus	1 each	110	2	0	18	100	Top 9 Free facility
Pita Bread	1 each	240	2	0	46	360	Wheat
Baby Carrots	1/2 cup	25	0	0	6	55	--
Sunflower seeds	1 oz	170	16	1.5	4	110	--
Cheese Pizza	1 slice	300	11	4	37	580	Milk, Soy, Wheat

This information reflects the best information available to us at the time of posting, however manufacturers may change product ingredients without notice. And while we do our best to avoid menu changes, menus are subject to change without notice. Should you need specific product information, please email meals@medford.k12.ma.us