

Evergreen School District
 Child Nutrition Services
 K-8 Entrees Sep 2024-2025

Ingredients and menu items are subject to change or substitution without notice.
Allergen information is for entrée dishes only and does not include any condiments or side dishes.
Please consult a medical professional for assistance in planning for or treating a medical condition.

Week of Sep 2, 2024		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
NO SCHOOL																
Tuesday																
Pancake Pork Sausage Stick	Don Lee Farms	20g	X	X						X	X			X		
Bean & Cheese Chalupa	Integrated	21.15g	X							X						
Beef & Cheese Chalupa	Integrated	11.18g	X							X	X	X				
String Cheese	Land O Lakes	2g	X													GF
Wednesday																
Bagel	Western Bagel	33g									X					
Cream Cheese	Schreiber	2g	X													
Whole Grain Cheese Lasagna	Tasty Brand	29g	X								X					
BBQ Rib Sandwich	Integrated	33g								X	X	X				
Thursday																
Danimals Strawberry Banana Yogurt	Dannon	12g	X													
Granola	Bake Crafters	15g														
Veggie Patty	Don Lee Farms	39g	X	X						X	X					
Bun	Gold Star Foods	29g									X					
Breaded Chicken Patty	Tyson	13g								X	X		X			
Bun	Gold Star Foods	29g									X					
Friday																
Banana Muffin	Dave's	40g	X	X						X	X					
Mac & Cheese		47.74g	X							X	X					
Chicken Enchilada Empanada	Albie's	32g	X							X	X		X			

Items in GREEN print are meatless

? = Manufactured on equipment or contains trace amounts of this allergen

Week of Sep 9, 2024		<i>Carb Count</i>	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Beef Sausage Breakfast Sandwich	Integrated	26.34g								X	X	X				
Cheezy Bites	Wild Mike's	28g	X								X					
Mini Chicken Corn Dog	Foster Farms	30g		X						X	X		X			
Tuesday																
Breakfast Bagel Pizza	Nardone Bros.	32g	X	X						X	X			X		
Italian Nada	Bell Tasty Foods	31g	X							X	X					
Turkey Pizza Nada	Bell Tasty Foods	32g	X							X	X		X			
Wednesday																
Snack N waffle	Arlington	37g	X	X							X					
Bean & Cheese Burrito	Los Cabos	44.17g	X							X	X					
Chicken Stir Fry Rice Bowl		41.78g	?	?	?	?	?	?	?	X	X		X			
Thursday																
French Toast Sticks	Kellogg's	37g	X	X						X	X					
Grilled Cheese Sandwich	Bake Crafters	30.96g	X							X	X					
Cheeseburger Slider	Integrated	29.82g	X							X	X	X				
Friday																
Cinnamon Swirl	Bake Crafters	37g	?	X						X	X					
Ciabatta Cheese Melt	E.S Food	28g	X							X	X					
Penne Pasta w/ Meat Sauce		58.5g	?	?	?	?	?	?	?	?	X	X				
Items in GREEN print are meatless			? = Manufactured on equipment or contains trace amounts of this allergen													

Week of Sep 16, 2024		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
WG Strawberry Pop-Tart	Kellogg's	36g								X	X					
String Cheese	Land O Lakes	2g	X													GF
Vegetable Pinwheel	E.S. Foods	34g	X							X	X					
Turkey Pepperoni Pinwheel	E.S. Foods	40g	X								X		X			
Tuesday																
Chorizo Sunrise Stick	Integrated	17.03g	X							X	X	X				
Bean & Cheese Pupusa	Buena Vista	35g	X													
Meatball Hoagie	Michael B's	32g	X	X						X	X	X	X			
Wednesday																
Pancake Bites	Bake Crafters	37g	X	X						X	X					
Pizzaboli	Tastybrands	35g	X								X					
Teriyaki Chicken & Rice		54.97g	?	?	?	?	?	?	?	X	X		X			
Thursday																
Turkey Sausage Breakfast Quesadilla	TRC	21.7g	X							X	X		X			
Veggie Chik' Nuggets	Rebelyous Foods	13g								X	X					
Crinkle Cut Fries	Simplot	14g														
Chicken Nuggets	Tyson	15g								X	X		X			
Wedge Fries	Simplot	17g														
Friday																
Danimals Strawberry Banana Yogurt	Danone	12g	X													
Goldfish Crackers	Pepperidge Farm	14g	X								X					
Cheese Pizza Slice	Wild Mike's	34g	X							X	X					
Pepperoni Pizza Slice	Wild Mike's	36g	X								X	X		X		
Items in GREEN print are meatless			? = Manufactured on equipment or contains trace amounts of this allergen													

Week of Sep 23, 2024		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Breakfast Bun	Sky Blue Bakery	38g	X	X						X	X					
Soybutter & Jelly	Albie's	53g	X				X			X	X					
Double Dog	Michael B's	29g								X	X		X			
Tuesday																
Beef Maple Sausage BF Sandwich	Integrated	26.34g								X	X	X				
Southwest Queso Pull-Aparts	Pillsbury	33g	X								X					
Chicken & Cheese Chimichanga	El Monterey	38g	X								X		X			
Wednesday																
Bagel Pull-Aparts	Pillsbury	42g	X								X					
Galaxy Cheese Pizza	Schwans	26g	X							X	X					
Pepperoni Stuffed Sandwich	Big Daddy's	31g	X							X	X	X	X			
Thursday																
Egg & Cheese Wrap	Los Cabos	17.9g	X	X						X	X					
Cheese Calzone	Buena Vista	45g	X	?						X	X					
Chili Cheese Dog	Integrated	32.53g	X							X	X	X	X			
Friday																
Chocolate Chip Muffin	Buena Vista	41g	X	X						X	X					
Pizza Stick	Conagra	32g	X							X	X					
Spaghetti & Meat Sauce		56.77g	?	?	?	?	?	?	?	?	X	X				
Items in GREEN print are meatless			? = Manufactured on equipment or contains trace amounts of this allergen													

Week of Sep 30, 2024		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Grape Filled Crescent Roll	Pillsbury	35g	X								X					
French Bread Cheese Pizza	Nardone Bros.	28g	X							?	X					
Pepperoni Pizza Pie	Schwan's	28g	X							X	X	X	X			
Tuesday																
Bacon Scramble Breakfast Pizza	Schwan's	22g	X	X						X	X		X			
Bean & Cheese Burrito	Los Cabos	44.17g	X							X	X					
Beef & Cheese Burrito	Cabo Primo	42.43g	X							X	X	X				
Wednesday																
Mini Strawberry Filled Bagel	Pillsbury	42g	X								X					
Chile & Cheese Flauquito	Michael B's	31g	X							X	X					
Sweet & Sour Chicken & Fried Rice		64.2g	?	?	?	?	X	?	?	X	X		X			
Thursday																
Danimals Strawberry Banana Yogurt	Dannon	12g	X													
Granola	Bake Crafters	15g														
Vegan Patty	Don Lee Farms	7g								X						
Bun	Shannon's	26g		?			X		?	?	X					
Turkey & Cheese Sandwich	Tastybrands	28g	X							X	X		X			
Friday																
Sweet Potato Muffin	Buena Vista Foods	43g	X	X						X	X					
Mac & Cheese		47.74g	X	?	?	?	?	?	?	X	X					
Chicken Taquitos	Michael B's	17g											X			
Items in GREEN print are meatless			? = Manufactured on equipment or contains trace amounts of this allergen													

Milk and Juice Carb Count				
Item	Flavors	Brand	Size	Carbs (g)
Beverages				
Milk 1%	White Milk	Producers'	8 fl. oz.	16g
Milk Fat Free	Chocolate Milk	Producers'	8 fl. oz.	20g
100% Fruit Juice	Apple	Apple & Eve	4 fl. oz.	14g
100% Fruit Juice	Fruit Punch	Apple & Eve	4 fl. oz.	15g
100% Fruit Juice	Orange Tangerine	Apple & Eve	4 fl. oz.	12g