

Evergreen School District  
 Child Nutrition Services  
 K-8 Entrees Nov 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 Nov 4, 2024		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Beef Sausage Breakfast Sandwich	Integrated	23.04g								X	X	X				
Garlic Cheese Toast	Tony Robert's	28.3g	X							X	X					
Chicken Oven Roasted	Tyson	2g	?	?	?	?	?	?	?	?	?		X			
Aloha Roll	Shannon	8g					X			X	X					
Tuesday																
French Toast Sticks	Bake Crafters	37g	X	X						X	X					
Bean & Cheese Burrito	Los Cabos	44.08g	X							X	X					
Chicken & Cheese Tamale	Michael B's	45g	X										X			
Wednesday																
Snack n Waffle	Arlington's	37g	X	X							X					
Whole Grain Cheese Lasagna	Tasty Brand	29g	X								X					
Mandarin Mango Chicken & Rice	Chef's corner	45.8g								X	X		X			
Thursday																
Breakfast Pizza Bagel	Tony Robert's	23.16	X								X					
Vegan Patty	Don Lee Farms	16.3g	X	X						X	X					
Bun	Shannon's	29g					?			X	X					
Beef Fiestada Sandwich	Big Daddy's	31g	X	X						X	X	X				
Friday																
Cinnamon Swirl	Bake Crafter's	41g		X						X	X					
Penne Alfredo & Trees		45.5g	X	?	?	?	?	?	?	?	X					
Chicken 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 Nov 11, 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																
WG Strawberry Pop-Tart	Kellogg's	36g								X	X					
String Cheese	Land O Lakes	2g	X													GF
Italian Nada	Bell Tasty Foods	31g	X							X	X					
Mini Chicken Corn Dog	Tyson	26g								X	X		X			
Fries	USDA	17g														
Wednesday																
Mini Pancake	Kellogg's	36g	X	X						X	X					
Cheezy Bites	Wild Mike's	28g	X								X					
Chicken Tikka Masala & Rice		27.99g	X	?	?	?	?	?	?	?	?		X			
Thursday																
Beef Sausage Mini Bagel	Integrated	18.58g	X				X			X	X	X				
Veggie Chik' Nuggets	Rebellyous Foods	13g								X	X					
Fries	USDA	17g														
Chicken Double Dog	Michael B's	29g								X	X		X			
Friday																
Danimals Strawberry Banana Yogurt	Dannon	12g	X													
Granola	Bake Crafters	15g														
Ciabatta Cheese Melt	E.S Food	28g	X							X	X					
Penne Pasta w/ Meat sauce		58.5g	?	?	?	?	?	?	?	X	X	X				
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<b>Week of Nov 18, 2024</b>		<i>Carb Count</i>	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
<b>Monday</b>	<b>Manufacturer</b>															
Breakfast Bun	Super Bakery	40g	X	X						X	X					
Cheese Pinwheel	E.S. Foods	38g	X							X	X					
Meatball Hoagie	Michael B's	32g	X	X							X	X	X			
<b>Tuesday</b>																
Pull-apart Soft Mini Bagels	Pillsbury	42g	X								X					
Bean & Cheese Chalupa	Integrated	23.01g	X							X	X					
Korean BBQ Chicken & Rice		33.8g	?	?	?	?	?	?	?	X	?		X			
<b>Wednesday</b>																
<b>No School</b>																
<b>Thursday</b>																
Orange Concha	The Popcorn Man	30g	X	X						X	X					
Southwest Queso Pull Apart	Pillsbury	33g	X								X					
Chicken Nuggets	Tyson	16g								X	X		X			
Fries	USDA	17g														
<b>Friday</b>																
Pancake Maple Sweet Potato	EFG	34g	X	X			?			?	X					
Pizza Stick	Conagra	32g	X							X	X					
Turkey Mashed Potato & Gravy		21g	X		?		?			X	X		X			
Apple Pie Ice Cup	Rosati	25g														
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**Milk and Juice Carb Count**

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