

Evergreen School District
 Child Nutrition Services
 K-8 Entrees Oct 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 Oct 7, 2024		<i>Carb Count</i>	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
<i>Monday</i>	Manufacturer															
WG Strawberry Pop-Tart	Kellogg's	36g								X	X					
String Cheese	Land O Lakes	2g	X													
Nacho Pretzel Pocket	Buena Vista	38g	X	X						X	X					
Mini Chicken Corn Dog	Foster Farms	30g		X						X	X		X			
<i>Tuesday</i>																
Chorizo Cheese Bolillo	Ardella's	20.92g	X								X		X			
Cheese & Green Chile Tamale	Los Cabos	29.66g	X							X						
Chicken & Cheese Tamale	Michael B's	45g	X										X			
<i>Wednesday</i>																
Bagel Pull-Aparts	Pillsbury	42g	X								X					
Whole Grain Cheese Lasagna	Tasty Brand	29g	X								X					
Cherry Blossom Chicken & Rice		51.55g		X							X		X			
BBQ Rib Sandwich	Integrated	33g								X	X	X				
<i>Thursday</i>																
NO SCHOOL																
<i>Friday</i>																
French Toast Sticks	Bake Crafters	38g	X	X						X	X					
Pull Apart Italian Cheese Garlic	Pillsbury	32g	X								X					
Rotini Pasta & Meat Sauce		59g								X	X	X				

Items in GREEN print are meatless

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

Week of Oct 14, 2024

		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Beef Breakfast Pizza	Wild Mike's	18g	X							X	X	X				
Cheese Pinwheel	E.S. Foods	38g	X							X	X					
Turkey Pepperoni Pinwheel	E.S. Foods	40g	X								X		X			
Tuesday																
Mini Waffle	Kellogg's	36g	X	X						X	X					
Cheese Quesadilla	Integrated	30.68g	X							X	X					
Chicken & Cheese Quesadilla	Bell Tasty Foods	32g	X	X						X	X		X			
Wednesday																
Beef Sausage Mini Bagel	Integrated	26.27g	X							X	X	X				
Pizzaboli	Tastybrands	35g	X								X					
Chicken Stir Fry Rice Bowl		41.78g	?	?	?	?	?	?	?	X	X		X			
Thursday																
Mini Cinnamon Roll	Pillsbury	40g	X								X					
Cheese Calzone	Buena Vista	45g	X	?						X	X					
Beef Fiestada Sandwich	Big Daddy	31g	X	X						X	X	X				
Friday																
Danimals Strawberry Banana Yogurt	Dannon	12g	X													
Granola	Bake Crafters	15g														
Mac & Cheese		47.74g	X	?	?	?	?	?	?	X	X					
Chicken Empanada	Albie's	32g	X							X	X		X			
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Week of Oct 21, 2024		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Turkey Pancake Wrap	Kellogg's	17g		X						X	X		X			
Italian Nada	Tasty Nada	31g	X							X	X					
Chicken Double Dog	Michael B's	29g								X	X		X			
Tuesday																
Oat & Raisin Benefit Bar	J & J Snack Food	47g	X	X						X	X					
Southwest Queso Pull Apart	Pillsbury	33g	X								X					
Chicken Corn Dog	Foster Farms	30g		X						X	X		X			
Wednesday																
Egg & Cheese Wrap	Los Cabos	17.9g	X	X						X	X					
Vegetarian Dumpling w/ Stir Fry Rice	Schwans	60g					X			X	X					
Chicken Dumpling w/ Stir Fry Rice	Schwans	58g								X	X		X			
Thursday																
Pancake Maple Sweet Potato	EFG	34g	X	X			?			?	X		X			
Bean & Rice Burrito	Michael B's	44g									X					
Chicken Tikka Masala & Rice		29.436g	X										X			
Friday																
Chocolate Chip Muffin	Buena Vista Foods	41g	X	X						X	X					
Pizza Stick	Conagra	32g	X							X	X					
Spaghetti w/ Meatballs		52.21g	X	?	?	?	?	?	?	X	X	X				
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Week of Oct 28, 2024		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)	
Monday	Manufacturer																
Buttermilk Bar	Dave's	46g	X	X						X	X						
Vegan Patty	Don Lee Farms	7g								X							
Bun	GS Foods	29g									X						
Chicken Sandwich		29g									X		X				
Tuesday																	
French Toast w/ Cheesy Egg Bite	Michael Foods	27g	X	X						X	X						
Bean & Cheese Chalupa	Integrated	21.15g	X							X							
Beef & Cheese Chalupa	Integrated	11.18g	X							X	X	X					
Wednesday																	
Bagel	Western Bagel	33g									X						
Cream Cheese	Schreiber	2g	X														
Tikka Masala Chickpea & Rice		51.44g	X														
Mandarin Chicken & Rice		44.86g	?	X	?	?	?	?	?	X	X		X				
Thursday																	
Pumpkin Muffin	Elsa's Baking Co.	43g	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	Dannon	12g	X														
Granola	Bake Crafters	15g															
Longboard Cheese Pizza	Ardellas	30.26g	X							X	X						
Longboard Pepperoni Pizza	Ardellas	30.28g	X							X	X	X		X			
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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