

Nutritional Information 2025-2026

Updated 8/12/25

Grains	Reference #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Biscuit, Whole Grain	631902	2oz	220	10	410	27	2	4	wheat, milk
Bread, Mini Garlic	462346	1ea	70	2.5	95	12	1	2	wheat,milk,soy,egg
Breadstick, Whole Grain	406321	1	80	1	100	14	1	2	wheat, soy
Breakfast Bar, Double Chocolate & Oatmeal	262103	1.24oz	150	5	110	24	3	2	milk, egg, soy, wheat
Breakfast Bar, Oatmeal Chocolate Chip	240721	2.5oz	280	8	230	47	3	5	egg, milk, soy, wheat
Breakfast Kit, Cinnamon Toast Crunch	150471	1	270	6	220	55	4	2	wheat, egg, soy, milk
Breakfast Kit, Cocoa Krispies	676242	1	330	8	230	62	6	4	soy, milk
Breakfast Kit, Cocoa Puffs	533130	1	100	3.5	150	14	1	2	wheat, milk, soy
Breakfast Kit, Multi Grain Cheerios	585321	1	280	6	180	58	5	4	none
Bun, Hamburger	266546	1	150	2	240	25	3	5	wheat, sesame
Cereal Bowl, Rice Chex	268711	1	110	0.5	230	24	1	2	none
Cereal Cup, Cinnamon Toast Crunch	105931	2oz	240	5	320	44	6	3	wheat, soy
Cereal Cup, Lucky Charms	105840	2oz	210	2.5	360	46	4	5	none
Cookie, Triple Chocolate	864022	1.7oz	200	7	135	31	3	3	<small>egg,milk,wheat,soy, may contain peanuts, tree nuts</small>
Crackers, Goldfish Cheddar	745481	1	90	3.5	200	14	1	2	milk, wheat
Dinner Roll	233140	1	150	4	135	29	4	2	egg, wheat
Donut, Whole Grain	509942	1	150	5	190	23	1	4	egg, soy, milk, wheat
Donuts Mini, Chocolate	738181	3.3 oz	320	15	270	41	2	5	<small>egg,milk, wheat, soy</small>
French Toast Sticks	548732	2.65oz	170	4	290	25	2	8	see kitchen staff
Pizza Breakfast, Turkey Bacon	503660	1	210	9	340	22	2	10	milk, egg, wheat, soy
Pop Tarts (2 count)	123031	1	360	5	370	76	6	4	wheat, soy
Rice, Brown	516371	.25c	170	1.5	0	36	1	4	none
Scone, Apple Cinnamon	740331	1 each	270	8	190	49	3	4	wheat, milk,eggs
Yogurt Parfait, Diced Strawberries	621420	.50c	25	0	0	6.5	3	1	none

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Yogurt Parfait, Granola	649742	1	120	3.5	75	20	2	3	wheat, soy, tree nuts, milk
Yogurt Parfait, Yogurt	811500	.67c	150	1	80	31	0	5	milk
Meat/ Meat Alternates	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Bosco Sticks	235411	2 each	300	10	440	34	4	20	milk, wheat
Breadstick Bites, Cheese & Jalapenos	897177	4ea	280	2.5	115	7	0	5	see kitchen staff
Breadsticks Bites, Stuffed	116933	4	280	10	460	28	4	20	milk. Wheat
Burrito, Breakfast	187412	1	220	9	310	25	4	10	wheat,soy,milk,egg
Calzone, Pepperoni - Beef	135191	5oz	280	11	590	32	3	19	milk, soy, wheat
Cheese Sauce, Queso	722110	2oz	120	10	440	1	0	7	milk
Chicken Drumstick	603391	1	220	13	530	6	1	19	wheat
Chicken Nuggets	558040	5	240	14	470	16	3	13	wheat, soy
Chicken Patty, Plain	281622	1	270	15	400	16	3	16	wheat, soy
Chicken Patty, Spicy	327080	1	270	15	400	17	3	15	wheat, soy
Chicken Tenders	157491	3	220	13	380	14	1	13	egg, wheat, soy
Chicken, Bites	536790	5 ea	210	8	570	17	2	18	not available, check with kitchen
Chicken, Diced	110530	3oz	130	5	120	1	0	18	none
Chicken, Pasta Alfredo - Chicken	481858	3oz	100	2.5	530	3	0	17	soy
Chicken, Pasta Alfredo - Sauce	491074	3oz	150	6.5	355	15.5	0	8.5	egg, milk. Wheat
Corn Dog on Stick - Chicken	620220	4oz	240	9	470	30	2	9	wheat, soy, egg
Deli Meat, Turkey Sliced	244190	6 slices	110	4.5	370	0	0	17	none
Eggs, Hard Cooked	316574	2 eggs	120	8	125	1	0	11	egg
Fish Shapes, Breaded	523291	4 each	240	10	690	22	3	15	fish, milk,wheat,soy
Four Cheese Tortellini	276662	8-10 each	170	2	100	29	3	9	milk, wheat
Hamburger Patty	100650	2.5oz	170	13	220	2	1	12	soy
Lunch Kit, Turkey Ham & Cheese	588400	1 ea	380	18	760	39	4	19	see kitchen staff

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Lunch Kit,, Turkey, Cheese & Crackers	914994	1 ea	380	17	860	41	1	18	see kitchen staff
Macaroni & Cheese	527582	.72c	230	13	650	14	3	14	egg, milk, wheat, sesame
Nachos Chips, Scoops .88oz	696871	.88oz	110	2.5	125	19	1	na	none
Nachos Chips, Scoops 1.45oz	662512	1.45oz	200	7	160	29	3	na	not available, check with kitchen
Nachos, Cheese Sauce	563005	.25C	60	4	510	5	0	1	milk
Nachos, Taco Meat	175983	3oz	124	7	287	2	1	14	none
Pizza Cheese, Big Daddy's	667772	1	360	16	490	35	3	21	milk, wheat, soy
Pizza Pepperoni, Big Daddy's	667802	1	370	16	560	35	3	21	milk, wheat, soy
Pizza, Breakfast Egg & Bacon	503660	2.95oz	250	11	400	26	2	12	milk, eggs, wheat, soy
Pizza, Cheese Lunch Kit	555960	5.25oz	360	17	750	34	4	13	not available, check with kitchen
Pizza, Deep Dish	605911	4.98 oz	310	13	510	31	3	17	milk, wheat. Soy
Pizza, Pepperoni Breadstick, Stuffed	736652	4oz	280	12	550	27	3	16	milk, soy, wheat
Pizza, Stuffed Crust	134686	1 each	310	12	670	36	4	16	milk,soy,wheat
Pizza, The Max, 4x6	198931	4.68 oz	270	7	480	36	4	16	milk,wheat,soy
Pork, BBQ Western	498702	4oz	299	17	233	14	0	27	soybeans
Pork, Carnitas, Citrus	549412	2.5oz	149	8	57	1	0	16	soy
Sunflower Seeds	504180	1oz	170	15	115	6	2	na	check with kitchen
Turkey Burger	897690	1 each	150	9	240	3	1	14	wheat, soy, milk
Turkey, Bacon	834770	2	240	16	1240	0	0	20	none
Yogurt Cup	551770	4oz	80	1	65	15	0	4	milk