2025-26	Allergy & Carbs	D34 Lunch Menu		
Offer vs. Serve: 5 Components Offered; Students must take 1/2c Fruit or Vegetable				
Fruits= 1/2c	Vegetables= 1/2c	Proteins= 1-2oz		
Whole Grains= 1-2oz	Dairy= 1/2c	Low Fat/Skim Milk= 1c		
Main Entrée	**Carbs**	**Allergy**	**Calories**	**Sodium**
Honey BBQ Beef Rib Patty	13g, 1 ea	S	220	650
Hamburger, Flame Broiled	2g, 1ea	S	100	55
Hamburger, Steakburger	0g, 1 each		230	290
Meatballs	5g, 7 each	M,S,W	190	310
Chili w/Beans	15g, 1c	S	150	230
Sloppy Joe, Hot Honey	16g		180	330
Sloppy Joe	11g	S	160	460
Bun, Hamburger	26g, 1 ea	W	150	250
Hot Dog	1g, 1ea	W	170	460
Bun, Hot Dog	26g, 1 ea	W	150	260
Chicken Corn Dog	18g, 1 each	E, S, W	190	470
Mini Corn Dog	17g, 4ea	E,M,S,W	190	540
Beef Pretzel Dog	31g, 1 ea	S, W	260	540
Deli Turkey Ham	0g, 4sl		100	480
Deli Turkey	0g, 4sl		110	370
Diced Ham	0g, 3oz		90	590
Ham & Cheese on Hawaiian Roll	27g, 1 each	M, S, W	190	390
Bread	13g, 1 ea	S, W	70	130
Roll, Sub	29g, 1ea	W	160	190
Flatbread	24g, 1 ea	W	130	125
Dinner Roll	11g, 1ea	W	60	115
Cornbread	128g, 1 ea	W	180	90
Cocoa Chickpea Butter Sandwich	31g	S, W	260	220
Sun Butter & Jelly Sandwich	33g, 1 ea	S, W	310	300
Soy Butter & Jelly Sandwich	28g, 1ea	S,W	280	200
Pretzel, Baked, Rod	29g, 2 ea	W	140	550
Pretzel, Baked, Soft	30g, 1 ea	W	150	140
Super Pretzel, 5oz	74g, 1 ea	W	360	240
Super Pretzel, 3.5oz	51g, 1 ea	W	250	190
Meat Sauce	11g, 4oz	S	180	310
Marinara Sauce	3g, 1.2oz		15	130
Ravioli, Beef	30g, 1c	M,S,W	260	600
Italian Pull Apart Bread	32g, 1 ea	M, S, W	300	520
Breadstick, Garlic & Herb	12g, 1ea	W	60	80
Taco				
Beef Taco Meat	2g, 2oz		120	290
Chicken Taco Meat	4g, 2 oz	S	50	200
Beef, Bean, Cheese Burrito	40g, 1 ea	M, S, W	360	460
Beef & Cheese Burrito Taco	30g, 1 ea	M,S,W	320	630
Tortilla Chips	20g, 1oz		120	75
Corn Shells, Jumbo Crunchy	28g, 2ea		210	0

Tortilla, Flour, 8 or 6in.	30g/15g, 1ea	W	170/90	150/75
Potato: 1/2c				
French Fry, Crinkle Cut	16g		90	180
Waffle Cut	23g	W	150	500
Tater Tots	19g		170	230
Wedges, Seasoned	19g		120	120
Hash Brown Patty	15g, 1 ea		120	270
Potato Bites	17g	W	150	360
Potato Smiles	25g	S	160	230
Sweet Potato, Fry	17g		160	240
Sweet Potato, Wedge	25g		160	190
Mashed Potato	17g	M	90	370
Noodles, Chow Mein	30g	W, S	170	550
Pasta	41g	W	190	0
Veggie Fried Rice	32g	W	160	270
Rice, Brown	34g	W	160	0
Cheese:				
Cheese, Shredded	1g, 2oz	M	110	190
Cheese, Cup, Nacho	15g, 3oz	M	190	560
Cheese, Cup, Cheddar	14g, 3oz	M	190	570
Sauce, Cheddar or Jalapeno	3g, 3oz	M,S	100	290
Sauce, White Blend	2g, 3oz	M	100	290
String Cheese	2g, 1ea	M	80	200
Cheese, Cubed, Colby	1g, 1oz	M	90	180
Cottage Cheese	5g, 4oz	M	60	400
Cheese Sticks Mozzarella Brd	16g, 3ea	M, W	150	270
JTM Mac & Cheese	28g, 6oz	E, M, S, W	310	800
Mac & Cheese	28g, 6oz	E, M, W	290	550
Cheese Quesadilla	39g, 1ea	M,S,W	300	670
Mini Cheese Quesadilla	31g, 3 ea	M, S, W	250	520
Grilled Cheese	31g, 1ea	M,S,W	280	580
Breakfast Sandwich:				
Egg Patty	1g	E,M	60	110
Colby Omelette	1g	E,M	140	280
Chicken Sausage Link	og, 1 ea		40	135
Chicken Sausage Patty	0g, 1 ea		80	270
Turkey Bacon	0g, 1oz		120	620
Bagel, Plain	28g, 1ea	W	140	160
Bagel, Cinn. Raisin	34g, 1ea	W	160	160
Pillsbury Biscuit	29g	M,W	200	410
Croissant	25g, 1ea	M, S, W	190	200
Cheese, Sliced	2g, 2ea	M, S	70	420
Eggs, Hard Boiled	1g, 1ea	E	70	55
Breakfast:				
Mini Pancakes	35g, 1 pkg	E, M, S, W	200	210
Pancake & Turkey Sausage on Stick	17g, 1 ea	E, S, W	190	310

Pancake Bites	37g, 8 ea	E, M, S, W	250	290
Mini Waffle	35g, 1 pkg	E,M,S,W	190	200
Waffle	14g, 1 ea	E, M, S, W	90	135
Mini Cinni	40g, 1 pkg	M, W	240	270
Mini Bagels, Strawberry Crm Cheese	42g, 1 pkg	M,W	230	190
Cereal Cup, 2oz	46g, 1 ea		210	360
Donut, Glazed	29g, 1ea	E,M,S,W	230	260
Donut, Cake	23g, 1ea	E,M,S,W	150	190
Super Bakery Bread	45g, 1ea	E,M,S,W	270	250
Appleway Oatmeal Bars	23g, 1ea	M,W	140	90
Granola Bar, Maple Brown Sugar	28g, 1ea	M,S,W	100	70
Pop Tart, all flavors	38g, 1ea	S,W	170	115
Yogurt, Danimals	12g, 1/2c	M	70	70
Yogurt, Upstate Farms	19g, 1/2c	M	90	50
Yogurt, Tube	8g, 1 each	M	45	30
Yogurt, Pouch	31g, 2/3c	M	150	80
Muffins: 2oz				
Blueberry	30g	E,M,S,W	190	130
Double Chocolate Chip	33g	E,M,S,W	190	130
Banana	30g	E,M,S,W	190	130
Apple Cinnamon	31g	E,M,S,W	180	125
Juice, Orange or Apple	14g/13g, 1/2c		60	0
Granola, Nut Free	19g, 1/4c	S	120	95
French Toast Sticks	25g, 3ea	E,M,S,W	170	300
Mini French Toast	37g, 1 pkg	E, M, S, W	190	210
French Toast Bites	38g, 6 ea.	E, M, S, W	380	520
Egg & Cheese Pizza Bagel	23g, 1 ea	E, M, W	180	380
Egg, Turkey Sausage, Cheese Pizza Bagel	23g, 1ea	E, M, S, W	180	380
Egg, Cheese, & Sausage Burrito	20g, 1 each	E, M, S, W	210	300
Pancake, Chix Sausage, Sandwich	18g, 1 each	E, M, S, W	180	350
Chicken:				
Chicken Nugget	19.5g, 6ea;16g, 5ea	S,W	240	440
Chicken Tender	16g, 3ea	S,W	260	390
Popcorn Chicken	17g, 10 ea	S,W	260	550
Chicken Patty	16g, 1ea	S,W	240	440
Chicken Sticks	14g, 7ea	S, W	230	340
Chicken, Diced	1g. 3oz	S,W	130	120
Chicken Wing, boneless	10g, 4ea	S,W	160	270
Chicken Bites	17g, 5ea	M, W	210	570
Chicken Crispito	40g, 2 ea	M, W	340	650
Chicken Gyro Meat	2g, 3 slices	S	170	400
Chicken, Asian	24g, 4 ea	S, W	220	620
Chicken Smackers	20g, 8 each	M, W	270	640
Turkey Pepperoni	2g, 2oz		90	480
Pizza:				
Cheese Bosco: 6 or 7 inch	17g/27g, 1ea	M, W	150/210	220/270

Breaded Mozzarella Sticks	31g, 5 ea	M, S, W	400	610
Cheese Pizza, The Max	32g, 1sl	M,S,W	260	660
Cheese Pizza, Big Daddy	43g, 1sl	M,S,W	400	440
Cheese Pizza, Deep Dish	22g, 1ea	M, S, W	220	310
Cheese Pizza, French Bread	23g, 1 ea	M,S,W	210	310
Cheese Pizza, Round	22g, 1ea	M,S,W	220	330
Cheese Pizza, Stuffed Crust	35g, 1 sl	M,S,W	310	640
Pepperoni Pizza, Stuffed Crust	36g, I ea	M,S,W	320	700
Sausage Pizza	26g, 1 ea	M, S, W	230	350
Cheese Pizza Crunchers	42g, 4 ea	M, S, W	430	780
Cheese Stuffed Breadsticks	25g, 2ea	M,W	240	410
Calzone, Cheese	33g, 1ea	M, S, W	250	430
Cheese Pizza, Wedge	34g, 1 sl	M,W, S	360	510
Cheese Breadstick Bites	28g, 4ea	M,W	280	460
Fiestada Taco Pizza	28g, 1 ea	M, S, W	230	460
Mini Pizza Bagels	24g, 4 ea	M, S, W	260	560
Mini Cheese Calzone	40g, 3 ea	M,S, W	320	470
Stuffed Turkey Pepperoni Sandwich	25g, 1 each	E, M, S, W	240	470
Chips & Snacks: 1 Pkg.				
Chips, Baked	24g	W	140	180
Chips, Sun	19g	W	140	110
Chips, Kettle	27g		180	190
Chips, Dorito	18g	M	150	210
Fritos	16g		160	170
Lays, Assorted Flavors	15g		160	170
Tostitos, Baked Scoops	19g		110	125
Round Tortilla Chips	20g		120	75
Goldfish Crackers	14g	M,W	100	170
Pretzels, Heartzels	16g	W	80	200
Graham Crackers, Teddy	19g	W	120	95
Graham Crackers, Choc.	20g	W, S	120	125
Graham Cracker Bits	19g	M,S,W	110	80
Crackers, Animal	22g	W,S	120	115
Crackers, Cheez Its	14g	M,S,W	100	150
Popcorn, White Cheddar	9g	M	70	100
Cheetoh, Baked or Puffs	16/13g	M	120/90	200/140
Crackers, Oyster	9g	M, S, W	60	140
Crackers, Saltine	5g	S, W	25	90
Gardetto Snack Mix	34g	W	230	490
Chex Mix:				
Traditional	37g, 8ea	S,W	220	430
Cheddar	20g	M,S,W	110	130
Rice Krispie	30g	M,S	160	140
Low Fat Ice Cream Cup	19g	M	100	45
Low Fat Ice Cream Sandwich	26g	M	130	110
Slushie Sidekicks	22g		90	30

Jonny Pop	10g	M	50	25
Cool Tropics, Paradise Punch	16g, 4oz		60	15
Cool Tropics, Blue Raspberry	15g, 4oz		60	15
Pudding, Vanilla & Choc.	21g/24g	M	120	160
Fruit Snacks, Scooby Doo	21g		70	35
Fruit Snacks, Welch	20g		130	65
Fruit Roll Up	11g		50	55
Craisins	28g		110	0
Raisins	31g		130	10
Sour Raisins	25g		110	10
Gelatin Cup	25g		90	40
Smoothie Bowl, Dole	25g		120	0
IW Smart Cookie	31g	E,M,S,W	180	190
Strudel, Apple	36g, 1ea	M,W	210	250
Benefit Bar	47g, 1ea	E,M,S,W	280	200
Breakfast Bar	30g, 1ea	W	160	105
Zee Zee Trail Mix	36g		270	55
Zee Zee Bars	33g	S,W	200	40
Zee Zee Wheat Crackers	15g	W	90	125
Veggie Crackers	18g	M, S, W	110	140
Waffle Snaps	40g	M, S, W	230	180
Cinnamon Bug Bites	21g	S,W	120	115
Pickles:				
Bread & Butter	6g, 1oz		25	160
Spears	1g, 1ea		0	350
Chips	0g, 1oz		0	210
Relish	5g, 2T		20	300
Condiments:				
Croutons	9g	M,W	60	150
Bacon Bits	0g, 1T		25	110
Marinara Cup	4g, 2.5oz		50	240
Salsa Cup	5g, 3oz		25	200
Ranch Cup	3g	E,M	130	270
Honey Mustard Cup	6g	E	140	210
Sweet & Sour Cup	11g		45	120
Margarine Cup	0g		60	95
Grape Jelly Cup	9g		35	0
Cream Cheese Cup	2g	M	70	100
Syrup Cup	30g		120	20
Chicken Dippin Sauce	6g	E	130	135
Packets:				
Ketchup	2g		10	80
Mustard	0g		5	85
Mayo	0g	E	90	60
BBQ Sauce	10g		40	65
Taco Sauce	1g		5	70

Honey	7g		25	0
Sour Cream	1g	M	60	10
Sunflower Seed Butter	7g, 2T		200	130
Parmesean Cheese	0g	M	15	55
Italian Dressing	3g	M	10	55
French Dressing	3g		30	40
Ranch Dressing	2g	E,M	190	270
Hot Sauce	0g		0	40
Black Olives	1g, 2T		30	150
Jalapenos, Sliced	1g, 1oz		5	280
Gravy, Beef or Chicken	4g, 1oz	M,S,W	25	350/400
Tzatziki Sauce	3g, 1 oz	M	60	160
Hummus Cup, Chocolate	9g, 1.25oz		190	40
Hummus Cup, Classic	9g, 2oz		80	110
Hummus Cup, Roasted Red Pepper	18g, 1oz		110	100
Beans: 1/2c				
Baked Vegetarian	30g		150	550
Garbanzo	13g		80	140
Black	20g		110	130
Refried	23g		140	530
Canned Fruit: 1/2c				
Peaches, Sliced or Diced	14g		50	5
Pears, Sliced or Diced	17g		70	10
Mandarin Oranges	20g		90	10
Mixed Fruit	16g		60	0
Tropical Fruit	15g		60	0
Pineapple, Chunks or Tidbits	20g		80	0
Apple Slices	12g		50	10
Applesauce	13g		50	10
Applesauce Cups	14g		60	0
Peach Cup	18g		70	10
Pear Cup	19g		70	5
Mandarin Oranges Cup	13g		50	10
Mixed Fruit Cup	19g		80	0
Cranberry Sauce	28g		110	10
Frozen Fruit Cup: 1/2c	**GOVT.**			
Strawberry	21g		80	0
Mixed Berry	20g		90	0
Peach	21g		90	0
Canned Vegetables: 1/2c				
Corn	17g		80	140
Carrots	6g		30	130
Green Beans	3g		20	220
Mixed Veggies	7g		30	140
Salad Beets	5g		40	120
Frozen Vegetables: 1/2c				

California Medley	5g		25	30
Mixed Veggies	12g		60	20
Broccoli	5g		25	15
Corn	16g		80	0
Carrots	7g		30	45
Peas	12g		60	0
Green Beans	6g		30	0
Fresh Fruit: 1/2c or 1 each				
Clementines	9g		100	0
Oranges	21g		90	0
Watermelon	11g		45	0
Strawberries	10g		40	0
Kiwi	11g		45	0
Pineapple	20g		80	0
Pears	25g		90	0
Plums	8g		30	0
Grapes, Green or Red	22g/28g		80/110	0
Banana	27g		110	0
Apples: Green or Red	18g		70	0
Apples: Sliced	18g		70	0
Apples: Sliced, Bagged	8g		35	0
Honeydew Melon	16g		70	20
Cantaloupe Melon	16g		60	30
Blueberries	20g		80	0
Fresh Vegetables: 1/2c				
Potato	26g		120	10
Sweet Potato	21g		90	35
Snap Peas	21g		120	5
Zucchini	3g		15	0
Yellow Squash	4g		15	0
Mushrooms, Sliced	2g		15	0
Onions, Diced	3g		10	0
Red Onions, Diced	3g		10	0
Carrots, Baby	4g		15	35
Carrots, Sticks	12g		50	90
Celery, Sticks	3g		15	80
Cucumbers	2g		10	0
Cauliflower Florets	8g		40	45
Broccoli Florets	11g		50	65
Shredded Cabbage w/Carrots	6g		30	25
Shredded Cabbage, Red	5g		20	20
Tomato, Grape or Cherry	7g/6g		30/25	10 or 5
Tomato, Sliced or Diced	7g		30	10
Baby Spinach	1g		5	25
Kale	7g		50	30
Salad, Romaine Blend	3g		15	10

Salad, Spring Mix	3g		15	45
Romaine, Chopped or Shredded	2g/0g		10	0
Lettuce, Shredded	2g		10	5
Red Peppers	5g		20	0
Yellow Peppers	12g		50	0
Green Peppers	7g		30	0
Orange Peppers	12g		210	0
Mini Peppers	5g		20	0
Soup: 1c				
Campbell's Healthy Request:				
Tomato	20g	M, W	130	60
Chicken Noodle	14g, 1c	E, W	120	130