

May Waunakee Elementary Menu

Date	Cycle Week/Day	Menu	Portion Size	Total Carbs	Sodium	Allergen Milk	Allergen Egg	Allergen Peanut	Allergen Soy	Allergen Wheat	Allergen Tree Nut	Allergen Shellfish	Allergen Fish	Allergen Sesame
5/1/26	Week 1 Day 5	Personal Pan Pizza Cheese	1 each	30.0	500	Contains	May Contain	Free From	May Contain	Contains	Free From	Undeclared	Undeclared	Undeclared
		Personal Pan Pizza Pepperoni	1 each	30.0	650	Contains	May Contain	Free From	May Contain	Contains	Free From	Undeclared	Undeclared	Undeclared
		All Beef Hot Dog	5 each	20.0	320	Free From	X	Free From	X	X	Free From	Free From	Free From	Free From
		Tri Tator	1 each	11.0	250	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Cucumber Slices	1/4 cup	0.7	0	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Fruit Cocktail	1/4 cup	5.0	5	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	
5/4/2026	Week 2 Day 1	French Toast Sticks	3 each	26.0	280	X	X	Free From	X	X	Free From	Free From	Free From	Free From
		Scrambled Eggs	1/2 cup	3.0	450	X	X	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Syrup	1 each	29.0	20	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared
		Cheese Quesadilla	1 serving	46.0	400	X	Free From	Free From	Free From	X	Free From	Free From	Free From	Free From
		Tri Tator	1 each	11.0	250	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Cucumber Slices	1/4 cup	0.7	0	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Diced Pears	1/4 cup	18.0	0	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	
5/5/2026	Week 2 Day 2	Popcorn Chicken	13 each	13.0	590	Free From	Free From	Free From	X	X	Free From	Free From	Free From	Free From
		Hot Ham & Cheese Sandwich	1 serving	37.0	1567	X	Free From	Free From	X	X	Free From	Free From	Free From	X
		Mashed Potatoes	1/2 cup	17.0	740	X	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Celery Sticks	1/4 cup	1.0	32	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Orange Slices	1/4 cup	5.0	0	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared
5/6/2026	Week 2 Day 3	Pretzel Bites	6 each	29.0	900	Free From	Free From	Free From	Free From	X	Free From	Free From	Free From	Free From
		Homemade Cheese Sauce	1 serving	3.0	565	X	Not Tested	Not Tested	X	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested
		Cheeseburger	1 each	34.0	720	X	Not Tested	Not Tested	X	X	Not Tested	Not Tested	Not Tested	X
		French Fries	3 oz	20.0	390	Free From	Free From	Free From	Free From	X	Free From	Free From	Free From	Free From
		Baby Carrots	1/4 cup	2.0	43	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Banana	1 each	29.0	20.0	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared
5/7/2026	Week 2 Day 4	Beefy Nachos	1 serving	38.0	185	X	Undeclared	Undeclared	X	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared
		Homemade Cheese Sauce	1 serving	3.0	565	X	Not Tested	Not Tested	X	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested
		Chicken Patty Sandwich	1 each	12.0	360	X	X	Free From	X	X	Free From	Free From	Free From	Free From
		Hamburger Bun	1 each	28.0	210	Free From	Free From	Free From	Free From	X	Free From	Free From	Free From	X
		Steamed Corn	1/4 cup	5.0	0	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Cherry Tomato	1/4 cup	0.5	9	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Apple Slices	1/4 cup	17.0	0	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared
5/8/2026	Week 2 Day 5	Crispy Chicken Fries	5 each	14.0	9	Free From	Free From	Free From	X	X	Free From	Free From	Free From	Free From
		Corn Dog on a Stick	1 each	20.0	530	Free From	X	Free From	X	Free From	Free From	Free From	Free From	Free From
		Kettle Chips	1 ounce	17.0	95	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Broccoli	1/4 cup	2.0	55	Free From	Free From	Free From	Free From	Free From	Free From	Undeclared	Free From	Undeclared
		Apple Sauce	1/4 cup	12.0	8	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Rice Krispie Treat	1 each	9.0	45	X	Not Tested	Not Tested	X	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested
5/11/2026	Week 3 Day 1	Crispy Chicken Strips	3 each	10.0	590	Free From	Free From	Free From	X	X	Free From	Free From	Free From	Free From
		All Beef Hot Dog	1 each	1.0	590	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Hot Dog Bun	1 each	29.0	210	Free From	Free From	Free From	Free From	X	Free From	Free From	Free From	X
		Baked Beans	1/2 cup	23.0	424	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested
		Broccoli	1/4 cup	2.0	55	Free From	Free From	Free From	Free From	Free From	Free From	Undeclared	Free From	Undeclared
		Mandarin Oranges	1/4 cup	19.0	15	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	
5/12/2026	Week 3 Day 2	Waffle Sticks	4 each	36.0	320	X	X	Not Tested	X	X	Not Tested	Not Tested	Not Tested	Not Tested
		Sausage Patty	1 each	1.0	280	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Syrup	1 each	29.0	20	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared	Undeclared
		Turkey & Cheese Sandwich	1 serving	29.1	930	X	Free From	Free From	X	X	Free From	Free From	Undeclared	Undeclared
		Tri Tator	1 each	11.0	250	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Baby Carrots	1/4 cup	2.0	43	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Pineapple Tidbits	1/4 cup	11.0	0	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	
5/13/2026	Week 3 Day 3	Crispy Chicken Rings	5 each	13.0	590	Free From	Free From	Free From	X	X	Free From	Free From	Free From	Free From
		Sausage, Egg & Cheese Biscuit	1 serving	44.0	1400	X	X	Not Tested	X	X	Not Tested	Not Tested	Not Tested	Not Tested
		Potato Smiles	5 each	25.0	230	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Celery Sticks	1/4 cup	1.0	32	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Banana	1 each	23.0	1	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From	Free From
		Ice Cream Cup Chocolate	1 each	19.0	35	X	Not Tested	Not Tested	Not Tested	Not Tested	Not Derived	Not Derived	Not Derived	
5/14/2026	Week 3 Day 4	Mini Corn Dogs	5 each	20.0	320	Free From	X	Free From	X	X	Free From	Free From	Free From	Free From
		Lasagna Roll Up	1 serving	38.6	536	X	Free From	Free From	Free From	X	Free From	Free From	Free From	Free From
		Garlic Breadstick	1 each	24.0	250	Free From	May Contain	Free From	X	May Contain	Free From	Free From	Free From	May Contain

