

September Menu

BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Sausage & Cheese Stuffed Waffle	Mini Maple Pancakes	Sausage & Cheese Croissant	Mini Strawberry Pancakes
	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin	Croissant with Jelly	Yogurt & Honey Grahams
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal
French Toast Sticks	Sausage Pancake Sandwich	Egg & Cheese Burrito with Green Salsa	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Vanilla Concha	Banana Muffin	Bagel & Cream Cheese	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal
French Toast Sticks	Sausage & Cheese English Muffin Breakfast Sammie	Mini Strawberry Pancakes	Waffle	Egg & Cheese Burrito with Green Salsa
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Apple Hand Pie	Sausage & Cheese Stuffed Waffle	Mini Maple Pancakes	Sausage & Cheese Croissant	Mini Strawberry Pancakes
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 28	Sep 29	Sep 30		
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin		
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal		
French Toast Sticks	Sausage Pancake Sandwich	Egg & Cheese Burrito with Green Salsa		
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple		

Breakfast Includes:
 Choice of 1% or Fat Free Milk
 & Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change

September Menu

LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Pasta with Meat Sauce	Cheesy Mozz Bites with Marinara	BBQ Chicken with Baked Beans & Roll	Cheese Pizza
	Bean & Cheese Burrito with Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Turkey Nachos with Refried Beans & Tortilla Chips	Pepperoni Pizza
	Chicken Salad Sandwich with Baby Carrots	Chicken Dumplings with Mixed Veg	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Crispy Chicken Sandwich
	Wow Butter & Jelly Sandwich with Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Turkey & Cheese Sub
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
Cheeseburger & Fries	Mac & Cheese with Diced Carrots	Chicken Bites with Corn	Cheese Tamale with Black Beans	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Firecracker Chicken Dumplings Edamame & Peas	Bean & Cheese Pupusa with Pinto Beans	Pepperoni Pizza
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Grilled Cheese Sandwich with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Bean & Cheese Burrito
Turkey & Cheese Sub - Corn with Tajin	Italian Turkey Trio Sub with Baby Carrots	Asian Chicken Salad with Crispy Noodles	Southwest Chicken Salad & Roll	Wow Butter & Jelly Sandwich
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Crispy Chicken Sandwich & Fries	Cheesy Mozz Bites with Marinara	Hot Dog & Fries	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Burrito with Baby Carrots	Chicken Tamale with Pinto Beans	Pepperoni Pizza
Turkey & Cheese Sub - Corn with Tajin	Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Baby Carrots	Chicken Teriyaki with Rice & Diced Carrots	Grab 'N Go Chicken Salad, Crackers, & Fava Bean Crisps	Beef & Cheese Burrito
Wow Butter & Jelly Sandwich - Corn with Tajin	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Roll
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Chicken Bites & Fries	Pasta with Meat Sauce	Cheesy Mozz Bites with Marinara	BBQ Chicken with Baked Beans & Roll	Cheese Pizza
Bean Burrito Bowl with Corn	Bean & Cheese Burrito with Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Turkey Nachos with Refried Beans & Tortilla Chips	Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie - Corn with Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Dumplings with Mixed Veg	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese Sub - Corn with Tajin	Wow Butter & Jelly Sandwich with Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Turkey & Cheese Sub
Sep 28	Sep 29	Sep 30		
Cheeseburger & Fries	Mac & Cheese with Diced Carrots	Chicken Bites with Corn		
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Firecracker Chicken Dumplings Edamame & Peas		
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Grilled Cheese Sandwich with Baby Carrots		
Turkey & Cheese Sub - Corn with Tajin	Italian Turkey Trio Sub with Baby Carrots	Asian Chicken Salad with Crispy Noodles		
Extra 1/4 c Veg: Baby Carrots	Extra 1/4 c. Veg: Celery Sticks	Extra 1/4 c. Veg: Cucumber with Tajin	Extra 1/4 c. Veg: Jicama Cubes	Extra 1/4 c. Veg: Broccoli
Fruit: 100% Fruit Juice	Fruit: Apple	Fruit: Banana	Fruit: Nectarine	Fruit: Peach

Lunch Includes:
 Choice of 1% or Fat Free Milk,
 Fruit & Vegetable of the Day

Vegetarian Meals in Green
 All Grains Are Wholegrain Rich
 Menu is Subject to Change

Breakfast Allergen & Nutrition Report

September 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold Breakfast											
Bagel w/ Cream Cheese											
BreadBagelWholeGrainPlain 2oz	WHEAT	130	27	1	0	250	0	3	2	2	4
CheeseCream .75oz	MILK	53	2	5	3	86	11	1	0	0	2
Banana Muffin	MILK, EGG, SOY, WHEAT	230	39	7	1	200	20	16	13	2	4
Berry Apple Zee Zee Bar	SOY, WHEAT	250	41	8	2	80	0	14	10	3	4
Blueberry Muffin	MILK, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
Cheerios Cereal w/ Honey Grahams											
CerealCheerios-1ozCup		100	21	2	1	140	0	1	1	3	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Chocolate Chip Muffin Top	MILK, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
Cinnamon Chex Cereal w/ Honey Grahams											
CerealChexCinnamon-1ozCup		120	22	3	0	170	0	6	6	1	1
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Cinnamon Crumble	MILK, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
Cinnamon Roll	MILK, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
CinniPuffs (Maple Cinnamon Puffed Cereal)		250	39	9	1	80	0	11	10	2	3
Cocoa Orbits Bites (Chocolate Puffed Cereal)		260	34	13	1	220	1	4	3	4	4
Conchita w/ String Cheese											
BreadConchaMiniVanilla 1.5oz	EGG, MILK, SOY, WHEAT	143	18	7	4	76	24	5	3	1	3
StringCheese 1oz	MILK	80	0	6	4	200	15	0	0	0	7
Crossiant w/ Grape Jelly											
BRKFST CroissantTray	MILK, SOY, WHEAT	170	29	5	2	300	0	3	3	2	5
SpreadJamNaturalGrape 12g		35	9	0	0	0	0	9	8	0	0
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	MILK	130	36	0	0	70	0	20	0	1	5
Honey Bunches of Oats Cereal w/ Honey Grahams											
CerealOatsHoneyBunches 1oz	WHEAT	100	22	2	0	65	0	5	5	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Mantecada Muffin	MILK, EGG, SOY, WHEAT	280	42	9	1	300	35	13	12	0	5
Strawberry Yogurt Parfait w/ Cinnamon Granola	MILK	221	42	3	0	69	3	18	10	4	7
Vanilla Concha	EGG, MILK, SOY, WHEAT	321	40	16	9	172	55	10	10	3	6
Yogurt w/ Honey Grahams											
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Yogurt w/ String Cheese											
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
StringCheese 1oz	MILK	80	0	6	4	200	15	0	0	0	7
Hot Breakfast											
Apple Hand Pie	EGG, MILK, SOY, WHEAT	250	41	8	1	30	0	10	7	3	5
Beef Sausage & Cheese Croissant Sandwich	MILK, SOY, WHEAT	303	30	16	7	827	39	3	3	2	15
Beef Sausage & Cheese English Muffin Sandwich	SOY, WHEAT, MILK	263	25	13	5	767	39	1	1	3	16
Egg, Cheese & Green Salsa Breakfast Burrito	MILK, EGG, WHEAT	246	30	10	4	322	70	1	0	4	10
French Toast Sticks	MILK, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
Maple Beef Sausage & Pancake Sandwich	MILK, EGG, SOY, WHEAT	145	16	5	2	328	18	4	4	2	9
Mini Maple Pancakes	MILK, EGG, SOY, WHEAT	200	38	4	0	300	5	13	13	2	3

Breakfast Allergen & Nutrition Report

September 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Mini Strawberry Pancakes	EGG, MILK, SOY, WHEAT	200	38	4	1	260	5	13	0	2	3
Oatmeal w/ Blueberries	MILK	207	40	3	1	34	4	17	0	4	7
Sausage & Cheese Stuffed Waffle	MILK, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
Waffle	MILK, EGG, SOY, WHEAT	310	36	17	5	260	20	12	12	2	5
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Nectarine (1/2 C)		44	11	0	0	0	0	8	0	2	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
Plum (1/2 C)		46	11	0	0	0	0	10	0	1	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold Lunch											
Cheese Pizza Kit	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans	EGG, MILK, SOY, WHEAT	606	52	30	10	827	58	5	3	14	34
Chicken Salad Sandwich w/ Baby Carrots											
SandwichChickenTiptopSalad	EGG, SESAME, SOY, WHEAT	314	25	12	2	380	37	4	2	2	26
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	MILK, EGG, SOY, WHEAT	455	60	15	5	625	55	25	17	2	16
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	MILK, EGG, SOY, WHEAT	500	69	15	5	690	55	24	17	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	MILK, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Turkey & Cheese Sandwich w/ Roasted Fava Beans											
LMR SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Tajin Corn											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter & Jelly Sandwich w/ Baby Carrots											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Wowbutter & Jelly Sandwich w/ Tajin Corn											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter (Soybutter) & Jelly Sandwich	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Wowbutter Jelly Sandwich w/ Roasted Fava Beans											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Yogurt w/ String Cheese, Granola & Baby Carrots	MILK	295	39	9	4	325	20	18	5	4	14
Lunch Salad											
Asian Chicken Salad w/ WG Crispy Noodles											
SaladChickenTiptopAsian		98	6	1	0	41	26	3	0	2	17
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenTiptopCaesar	MILK	126	4	4	2	97	36	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
CroutonsGarlicCheese 0.5oz	MILK, WHEAT	60	9	2	0	150	0	1	0	1	2
DRESSING Caesar 1.5oz	MILK, EGG	162	3	16	3	448	15	2	1	0	2
Southwest Chicken Salad w/ WG Dinner Roll											

Lunch K-8 Allergen & Nutrition Report

September 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
SaladChickenTiptopSouthwest		255	36	2	0	262	26	3	1	9	28
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChefVeg-Garbanzo	MILK, EGG	225	22	9	3	283	165	6	0	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Hot Lunch											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		428	66	1	0	814	32	26	1	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseChileLosCabos 5.4oz	MILK, SOY, WHEAT	310	44	7	3	470	10	2	0	8	16
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Pupusa w/ Pinto Beans	MILK	444	62	11	4	779	15	2	1	10	22
Bean Burrito Bowl w/ Rice & Corn		287	79	2	0	391	NA	10	1	22	13
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef, Bean & Cheese Burrito	MILK, SOY, WHEAT	290	35	10	4	380	25	1	0	6	17
Cheese Pizza	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	MILK, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Bites w/ Corn	MILK, SOY, WHEAT	243	27	9	1	417	35	2	0	3	17
Chicken Bites w/ Oven Bakes Fries	MILK, SOY, WHEAT	270	27	12	1	588	35	0	0	2	16
Chicken Dumplings w/ Mixed Veggies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Pinto Beans	MILK, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Crispy Chicken Sandwich	MILK, SOY, WHEAT, SESAME	330	36	11	1	710	35	4	2	3	20
Crispy Chicken Sandwich w/ Oven Baked Fries	MILK, SOY, WHEAT, SESAME	431	52	14	2	880	35	4	2	4	21
Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	SOY, SESAME, WHEAT	398	67	7	1	809	24	19	12	8	33
Grilled Cheese Sandwich w/ Baby Carrots											
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Grilled Cheese Sandwich w/ Roasted Fava Beans											
SandwichGrilledCheese	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Hot Dog w/ Oven Baked Fries	SESAME, SOY, WHEAT	411	42	20	6	880	35	5	3	4	13
Mac & Cheese w/ Diced Carrots	MILK, EGG, WHEAT	356	34	17	9	661	48	7	0	5	17
Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams											
ChickenOrangeYangs-Rice-Peas	EGG, SOY, WHEAT	357	58	4	1	489	50	17	0	5	21
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Papa John's Cheese Pizza Slice	MILK, WHEAT	310	37	10	4	640	20	5	0	3	20

Lunch K-8 Allergen & Nutrition Report

September 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Papa John's Pepperoni Pizza Slice	MILK, WHEAT	350	37	14	5	770	30	5	0	3	20
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	1	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	1	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	SOY	289	45	2	0	349	32	20	14	4	23
Sesame Beef Bowl w/ Broccoli	SESAME, SOY	368	49	10	3	667	28	5	0	4	22
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	MILK	344	21	19	6	717	51	2	0	5	20
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
Vegetable											
Baby Carrots (1/4 C)		12	3	0	0	28	0	2	0	1	0
Carrots & Celery (3/4 C)											
VEG Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
VEG Celery Sticks 1/4C (1.25oz)		5	1	0	0	28	0	0	0	1	0
Celery Sticks (1/4 C)		5	1	0	0	28	0	0	0	1	0
Corn & Carrots (3/4 C)											
VEG Carrot Baby 1/4C (1.25oz)		12	3	0	0	28	0	2	0	1	0
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Cucumber Slices (1/4 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Jicama Slices (1/4 C)		15	3	0	0	0	0	1	0	2	0
Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)											
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (.75cp)		15	3	0	0	12	0	2	0	1	1
Fruit											
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Nectarine (1/2 C)		44	11	0	0	0	0	8	0	2	1
Peach (1/2 C)		39	10	0	0	0	0	8	0	2	1
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8