

COMBINATION LUNCH MENU ITEMS

(See next section for nutrition information on individual meal items)

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
68 g	Bagel and Cheese Lunch 2 mini bagels, 2 string cheeses, 3 jelly cups, 1 cream cheese packet	Milk, Soy, Wheat	Vegetarian
45g + Chips	BBQ Pork Sandwich BBQ sauced shredded pork (1/2 cup), hamburger bun	Soy, Wheat, Sesame	Contains pork
32g	Beef Rib BBQ Hoagie Sandwich (SECONDARY) 1 Beef Rib BBQ Patty + Hoagie Roll	Soy, Wheat, Sesame	
54g CAV/HS 43g MS 29g ELEM	Beef Teriyaki Dippers with Rice Brown Rice, Teriyaki Beef Dippers	Soy	
27.5 g	Beef Soft Taco w/ Shredded Cheese & Cinnamon Churro (ELEMENTARY) Tortilla Flour 6", beef taco meat, cheese (cheddar shred), 2 small churro bites	Milk, Wheat	
26.5 g	Chicken Soft Taco w/ Shredded Cheese & Cinnamon Churro (ELEMENTARY) Tortilla Flour 6", Chicken taco meat, cheese (cheddar shred), 2 small churro bites	Milk, Wheat, Soy & Egg	
58g CAV 68g HS	Cheeseburger or Bacon Cheeseburger with Fries Beef patty, American cheese slice, hamburger bun, fries (3/4c CAV, 1c HS)	Milk, Soy, Wheat, Sesame	Bacon contains Pork
28g	Cheeseburger Beef patty, American cheese slice, hamburger bun	Milk, Soy, Wheat, Sesame	
49g	Cheesy Pull Apart & Tomato Bisque Soup 1 Cheesy Pull Apart, Tomato Bisque Soup (1 cup)	Milk, Soy, Wheat	Vegetarian
51g	Cheesy Pull Apart & Chicken Enchilada Soup 1 Cheesy Pull Apart, Chicken Enchilada/Tortilla Soup (1 cup)	Milk, Soy, Wheat	
47g	Cheese Filled Breadsticks & Tomato Bisque Soup 1 Cheesy breadstick, Tomato Bisque Soup (1 cup)	Egg, Milk, Soy, Wheat	Vegetarian
49g	Cheese Filled Breadsticks & Chicken Enchilada Soup 1 Cheesy breadstick, Chicken Enchilada/Tortilla Soup (1 cup)	Egg, Milk, Soy, Wheat	
34g	Cheese Quesadilla 1 10in Tortilla, 2 Slices of Cheddar Cheese	Wheat, Milk	Vegetarian
32g	Chicken Caesar Wrap Diced chicken, cheese (parmesan), Caesar dressing, Tortilla	Eggs, Fish, Milk, Soy	
33g	Chicken (Patty) n' Waffles (CAV & LSHS) Chicken patty (Secondary), waffles (2)	Egg, Milk, Soy, Wheat	
32g	Chicken (Tenders) n' Waffles (MIDDLE) Chicken tenders (2), waffles (2)	Egg, Milk, Soy, Wheat	
43g	Chicken Burger (ELEMENTARY) Chicken patty breaded (Elementary), hamburger bun	Soy, Wheat, Sesame	
76g HS 66g CAV 56g MS	Chicken Burger (SECONDARY) with Fries Chicken patty breaded (Secondary), hamburger bun, fries (3/4c CAV, 1c HS)	Soy, Wheat, Sesame	
83g HS 73g CAV	Chicken Burger, Spicy (SECONDARY) with Fries Chicken patty breaded spicy (Secondary), hamburger bun, fries(3/4c CAV, 1cHS)	Soy, Wheat, Sesame	
75g CAV/HS 64g MS 53g ELEM	Chicken Orange with Rice & Fortune Cookie Brown Rice, Chicken Orange Breaded, Fortune Cookie	Egg, Soy, Wheat	
69g CAV/HS 58g MS	Chicken Sweet n Sour with Rice Brown Rice, Chicken Sweet n Sour Breaded	Egg, Soy, Wheat	
47g	Chicken Teriyaki with Chow Mein/Ramen Noodles (CAV & LSHS) Noodles (1 cup), Chicken Teriyaki (1/2 cup)	Soy, Wheat, Sesame	
58g CAV/HS 47g MS	Chicken Teriyaki with Rice Brown Rice, Chicken Teriyaki	Soy	
33g	Chili Dog Chili (1/4 cup) + Hot Dog & Bun + Cheese sprinkle	Milk, Soy, Wheat, Sesame	
57g	Chili with Cornbread Chili (1 cup) + Cornbread	Egg, Milk, Soy, Wheat	
28g	Deli Sandwich, Turkey (ELEMENTARY) Hamburger bun, deli meat (turkey), cheese (American) (2 slices)	Milk, Soy, Wheat, Sesame	
30g	Deli Sandwich, Turkey, Turkey-Ham (SECONDARY) Hoagie roll, deli meat (Turkey or Turkey-Ham), Cheese (cheddar or swiss) or Egg Salad	Milk, Soy, Wheat, Sesame	Pork Free
36g	Deli Sandwich GLUTEN FREE, Turkey & Cheese GF Hamburger bun, deli meat (turkey), cheese (American) (2 slices)	Egg, Milk, Soy	
46g	Garlic Toasted Cheese Sandwich Garlic toast x2 and cheddar cheese x2	Egg, Milk, Soy, Wheat	Vegetarian

Allergen and Carb Info ELC, Elementary, and Secondary

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30g	Gyro, Chicken Diced chicken (1/2 cup), Feta Cheese (1oz), Tzatziki sauce, Flatbread (1)	Milk, Soy, Wheat	
38g	Italian Meatball Sub (SECONDARY) Hoagie Roll, Chicken meatballs (6) with spaghetti sauce, mozzarella cheese	Milk, Soy, Wheat, Sesame	
41g	Chicken Meatballs w/ Garlic Toast (ELEMENTARY) Garlic(2oz), Chicken meatballs (5) with marinara sauce , mozzarella cheese	Milk, Soy, Egg, Wheat	
34g	Nachos, Beef w/ Cheese Sauce Cup (ELEMENTARY) Corn tortilla chips 1oz, beef taco meat, cheese sauce cup	Milk	
20g	Nachos, Beef w/ Shredded Cheese (ELEMENTARY) Corn tortilla chips 1oz, beef taco meat, cheese (cheddar shred)	Milk	
39g	Nachos, Beans w/ Cheese Sauce (ELEMENTARY) Corn tortilla chips, refried beans (1/4 cup), cheese sauce	Milk	Vegetarian
33g	Nachos, Chicken w/ Cheese Sauce Cup (ELEMENTARY) Corn tortilla chips 1oz, chicken taco meat, cheese sauce cup	Milk	
47g	Nachos, Cheese, Beef (SECONDARY) Corn tortilla chips 2oz, beef taco meat, cheese sauce	Milk	
52g	Nachos, Cheese, Beef AND Refried Bean (SECONDARY) Corn tortilla chips 2oz, refried beans (1/4 cup), beef taco meat, cheese sauce	Milk	Beans contain pork
44g	Nachos, Cheesy Beans & Chips (HS/CAV) Corn tortilla chips 2oz, refried beans (1/2 cup), cheddar cheese	Milk	Beans contain pork
46g	Nachos, Chicken w/ Cheese Sauce Cup (SECONDARY) Corn tortilla chips 2oz, chicken taco meat, cheese sauce cup	Milk	
50g + garlic toast(s)	Pasta with Chicken Alfredo Sauce (SECONDARY) Penne Pasta (1c), Alfredo Sauce with Chicken (1/2 cup)	Milk, Wheat	
32g + 1 garlic toast	Pasta with Marinara Meat Sauce (ELEMENTARY) Penne Pasta (1/2c), marinara meat sauce (1/2c), parmesan sprinkle	Milk, Soy, Wheat	
63g + garlic toast(s)	Pasta with Red Sauce & Chicken Meatballs (SECONDARY) Penne Pasta (1c), Chicken meatballs (6) with spaghetti sauce, mozzarella cheese	Milk, Soy, Wheat	
62g + 2oz roll	Popcorn Chicken & Mashed Potato Bowl Popcorn Chicken (12 pcs), Potatoes (1c), Gravy (1/4c), Corn & Cheese (2Tb)	Milk, Soy, Wheat	
68g + fruit	Protein Pack (Traditional) Benefit bar, cheese (string or cubes), yogurt + fruit variety	Eggs, Milk, Soy, Wheat	Vegetarian, Some Yogurts Contain Gelatin (Beef/Pork)
31g + fruit	Protein Pack (Alternate) 2 Goldfish pkg, cheese (string or cubes), hard boiled egg, pepperoni + fruit	Eggs, Milk, Soy, Wheat	Contains Pork
62g	Rice with General Tso Sauce & Chicken Meatballs Brown rice, Chicken meatballs with general Tso sauce	Soy, Wheat	
4g + cornbread loaf	Salad- Chicken Caesar Lettuce (2 cups), Diced chicken, cheese (parmesan), Caesar packet	Eggs, Fish, Milk, Soy	
16g + cornbread loaf	Salad- Garden Lettuce (2 cups), Sunflower seeds, cheese (cheddar), ranch packet	Eggs, Milk, Soy	Vegetarian
4g + cornbread loaf	Salad- Chef's Lettuce (2 cups), Lunchmeat, Egg, Cheddar Cheese, ranch packet	Eggs, Milk, Soy	
4g + cornbread loaf	Salad- Chicken, Bacon Lettuce (2 cups), Chicken, Bacon, ranch packet	Eggs, Milk, Soy	
20g + cornbread loaf	Salad- Crispy Chicken, Bacon Lettuce (2 cups), Breaded Chicken, Bacon, ranch packet	Eggs, Milk, Soy, Wheat	
31g	Sloppy Joes on Bun 4 oz Sloppy Joe Mix and Hamburger Bun	Soy, Wheat, Sesame	
33g	Soft Taco, Beef (MIDDLE) Flour tortilla, beef taco meat, cheese (cheddar)	Milk, Wheat	
39g	Soft Taco, Beef AND Bean (MIDDLE) Flour tortilla, refried beans (1/4 cup), beef taco meat, cheese (cheddar)	Milk, Wheat	Beans contain pork
15g	Turkey & Cheese Tortilla Roll Up (ELC & ELEMENTARY) 6" Flour Tortilla, deli meat (turkey), shredded cheese (1oz)	Milk, Wheat	
36g	Vegan Burger with hamburger bun	Soy, Wheat, Sesame	Vegan
43g	Black Bean Burger with hamburger bun	Soy, Wheat, Sesame, Milk	Vegetarian

ALPHABETICAL INDIVIDUAL LUNCH MENU ITEMS

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
3g	Alfredo Sauce with Chicken	Milk	
19g	Bagel, Mini	Soy, Wheat	Vegetarian, Vegan
33g	Bagel, Regular size	Soy, Wheat	Vegetarian, Vegan

Allergen and Carb Info ELC, Elementary, and Secondary
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18g	BBQ Shredded Pork (1/2 cup pork + 2 Tb BBQ Sauce)	X	Contains Pork
12g	Beans, Refried (1/2 cup)	X	Contains Pork
38g	Bean & Cheese Burrito SECONDARY	Milk, Wheat	Vegetarian
38g	Beef & Cheese Burrito SECONDARY	Milk, Wheat	
43g	Chicken Meatballs (6) w/ BBQ Sauce (1/4 cup)	Soy, Wheat	
39g	Chicken Meatballs (6) w/ General Tso Sauce (1/4 cup)	Soy, Wheat	
21g	Chicken Meatballs (6) w/ Marinara Sauce (1/2 cup) SECONDARY	Soy, Wheat	
18g	Chicken Meatballs (5) w/ Marinara Sauce (1/2 cup) ELEM	Soy, Wheat	
7g	Chicken Meatballs (6) (Unsauced) SECONDARY	Soy, Wheat	
6g	Chicken Meatballs (5) (Unsauced) ELEM	Soy, Wheat	
0g	Beef Patty	X	
3g	Beef Rib BBQ Patty	X	
1g	Beef Taco Meat (1/3 cup)	X	
9g	Beef Teriyaki Dippers (6) SECONDARY	Soy	
6g	Beef Teriyaki Dippers (4) ELEMENTARY	Soy	
47g	Benefit Bar: Oatmeal Choc or Ban Choc	Eggs, Milk, Soy, Wheat	Vegetarian
16g	Black Bean Veggie Patty	Egg, Soy, Wheat, Milk	Vegetarian
27g	Blueberry Loaf, Mini	Egg, Milk, Soy, Wheat	Vegetarian
22g	Bread, Garlic Toast (1) SECONDARY & ELEMENTARY	Egg, Milk, Soy, Wheat	Vegetarian
29g	Bread, Hoagie Whole Wheat	Soy, Wheat, Sesame	Vegetarian, Vegan
30g	Bread, Sliced Whole Wheat (2 slices)	Soy, Wheat	Vegetarian, Vegan
25g	Cereal: Granola 4oz cup	Soy, Wheat	Vegetarian
30g	Cheese Filled Breadsticks (2 sticks)	Egg, Milk, Soy, Wheat	Vegetarian
2g	Cheese, Shredded (2oz cup)	Milk	Vegetarian
1g	Cheese, American (2 slices- 1oz)	Milk, Soy	Vegetarian
1g	Cheese, Cheddar, Mozzarella, Swiss, Parmesan 1oz	Milk	Vegetarian
15g	Cheese Sauce 3oz (Cheddar or Jalapeno) (1)	Milk	Vegetarian
1g	Cheese, String 1oz	Milk	Vegetarian
32g	Cheesy Pillsbury Pull-Apart	Milk, Soy, Wheat	Vegetarian
0g	Chicken Diced, 1/2 cup (Includes Chicken Taco Meat and Gyro Meat)	X	
32g	Chicken Enchilada Empanada	Milk, Soy, Wheat	
12g	Chicken Nugget/Chunk (6) CAV & LSHS	Soy, Wheat	
15g	Chicken Nuggets (5) ELEM	Soy, Wheat	
18g	Chicken Nuggets (6) MIDDLE	Soy, Wheat	
23g	Chicken Nuggets Meatless (6) SECONDARY		
19g	Chicken Orange Breaded (3oz) ELEM	Egg, Soy, Wheat	
25g	Chicken Orange Breaded (4oz) SECONDARY	Egg, Soy, Wheat	
16g	Chicken Patty, Breaded ELEM	Soy, Wheat	
9g	Chicken Patty, Breaded SECONDARY	Soy, Wheat	
16g	Chicken Patty, Breaded Spicy SECONDARY	Soy, Wheat	
17g	Chicken, Popcorn (10 pcs) ELEM	Milk, Soy, Wheat	
20g	Chicken, Popcorn (12 pcs) LSHS	Milk, Soy, Wheat	
24g	Chicken Sweet n Sour Breaded (4oz) SECONDARY	Egg, Soy, Wheat	
11g	Chicken Tenders (4)	Soy, Wheat	
15g	Chicken Tenders Meatless (4) SECONDARY	Soy, Wheat	Vegetarian, Vegan
13g	Chicken Teriyaki (4oz) SECONDARY	Soy	
31g	Chips, Corn Tortilla Penny's 2oz bag	X	Vegetarian, Vegan
18g	Chips, Corn Tortilla Tostitos 1oz bag	Soy	Vegetarian, Vegan
19g	Chips, SunChips, Cheddar	Milk, Wheat	Vegetarian
17g	Chocolatey Chickpea Spread "The Amazing Chickpea" 1.12oz	X	Vegetarian, Vegan
25g	Chili, Beef & Bean (1 cup)	Soy	
44g	Cinnamon Oatmeal Round	Eggs, Milk, Soy, Wheat	Vegetarian
30g	Corn Dog (Chicken)	Egg, Soy, Wheat	
30g	Corn Dogs, Mini (6)	Egg, Soy, Wheat	
32g	Cornbread Loaf, Mini	Egg, Milk, Soy, Wheat	Vegetarian
21g	Cracker, Scooby	Milk, Soy, Wheat	Vegetarian

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14g	Cracker, Goldfish	Milk, Soy, Wheat	Vegetarian
14g	Cracker, Cheez-It	Milk, Soy, Wheat	Vegetarian
21g	Cracker, Chocolate Gram	Soy, Wheat	Vegetarian
1g	Cream Cheese Cup, Plain	Milk	Vegetarian
3g	Cream Cheese Cup, Strawberry	Milk	Vegetarian
42g	Cream Cheese Mini Bageler, Strawberry or Cinnamon	Milk, Soy, Wheat	Vegetarian
0g	Deli Meat Roll-Up (Turkey or Turkey-Ham)	X	Pork Free
0g	Deli Meat, Turkey-Ham, PRE-SLICED	X	Pork Free
0g	Deli Meat, Turkey, PRE-SLICED	X	
0g	Egg (hard boiled)	Egg	Vegetarian
1g	Egg Patty	Egg, Milk, Soy	Vegetarian
22g	English Muffin	Soy, Wheat, Sesame	Vegetarian, Vegan
28g	Flatbread, 2.2oz Whole Grain	Milk, Soy, What	Vegetarian
5g	Fortune Cookie	Egg, Soy, Wheat	Vegetarian
37g	French Toast, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
38g	French Toast Sticks (2 large sticks or 4 small)	Egg, Milk, Soy, Wheat	Vegetarian
20g	Fries: Tater Tots or Potato Seasoned Wedges (1/2 cup) ELEM & MIDDLE	Soy	Vegetarian, Vegan
30g	Fries: Tater Tots or Potato Seasoned Wedges (3/4 cup) CAV	Soy	Vegetarian, Vegan
40g	Fries: Tater Tots or Potato Seasoned Wedges (1 cup) LSHS	Soy	Vegetarian, Vegan
3g	Gravy, Chicken (1/4 cup)	Milk, Wheat	
0g	Ham, Diced	X	Contains Pork
27g	Hamburger Bun	Soy, Wheat, Sesame	Vegetarian, Vegan
35g	Hamburger Bun or Bagel, GLUTEN FREE	Egg	Vegetarian
29g	Hoagie 6" Bun	Soy, Wheat, Sesame	Vegetarian, Vegan
35g	Hoagie, Gluten Free Hot Dog Bun	Egg	Vegetarian
27g	Hot Dog with Bun	Soy, Wheat, Sesame	Vegetarian, Vegan
27g	Jelly Cups (3 cups, 0.5 oz each)	X	Vegetarian, Vegan
43g	Mac n' Cheese 1 (8oz serving) cup	Egg, Milk, Wheat	Vegetarian
34g	Noodles PLAIN (Ramen Style/Chow Mein) 1 cup (CAV & LSHS)	Wheat	Vegetarian, Vegan
34g	Noodles Chow Mein/with Sauce 1 cup (CAV & LSHS)	Soy, Wheat, Sesame	Vegetarian, Vegan
47g	Pasta Penne (Whole Wheat, Pre Cooked) 1 cup	Wheat	Vegetarian, Vegan
10 g	Peanut Free Spread Packet	X	Vegetarian, Vegan
40g	Pizza Bagel (Cheese or Pepperoni) ELEM	Milk, Wheat	
33g	Pizza, Calzone Large (Cheese or Pepperoni) SECONDARY	Milk, Soy, Wheat	Pepperoni contains pork
35g	Pizza French Bread (Cheese or Pepperoni)	Milk, Soy, Wheat	Pepperoni contains Pork & Beef
27g	Pizza Personal (Cheese or Pepperoni) ELEM (GW, SKY, HC, SUN)	Milk, Soy, Wheat	
34g	Pizza Slice Cheese ELEM (ELC, MTP, STC, HLD)	Milk, Soy, Wheat	Vegetarian
43g	Pizza Slice Cheese or Pepperoni SECONDARY	Milk, Soy, Wheat	Pepperoni contains pork
45g	Pizza Slice Hawaiian SECONDARY	Milk, Soy, Wheat	Ham contains pork
45g	Pizza Slice (Cheese or Pepperoni) Housemade	Milk, Soy, Wheat	Pepperoni contains pork
27g	Pizza Square Rippers Pepperoni	Milk, Soy, Wheat	Pepperoni contains pork
17g	Potatoes, Mashed 1/2 cup ELEM	Milk	Vegetarian
34g	Potatoes, Mashed 1 cup LSHS	Milk	Vegetarian
30g	Pretzel, Soft	Soy, Wheat	Vegetarian, Vegan
45g	Rice (Brown) (1 cup) CAV/HS	X	Vegetarian
34g	Rice (Brown) (3/4 cup) MIDDLE	X	Vegetarian
23g	Rice (Brown) (1/2 cup) ELEMENTARY	X	Vegetarian
47g	Rice, Fried (1 cup)	Egg, Milk, Soy, Wheat	Vegetarian
13g	Roll, 1oz ELEM	Soy, Wheat, Sesame	Vegetarian, Vegan
13g	Garlic Herb Roll, 1oz ELEM Franz whole grain dinner roll, Garlic Herb Seasoning, Canned Butter Spray (Allergen Free)	Soy, Wheat, Sesame	Vegetarian, Vegan
28g	Roll 2oz (pre-packaged) SECONDARY	Soy, Wheat	Vegetarian, Vegan
0g	Sausage Links (2)	X	Contains Pork
5g	Sloppy Joe Meat/Sauce (1/2 cup) ELEMENTARY	Soy	
33g	Sunbutter Grape Jelly Sandwich	Soy, Wheat	Vegetarian, Vegan
11g	Sunflower Seeds (Honey Roasted)	X	Vegetarian

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19g	Soup, Chicken Enchilada/Tortilla (1 cup)	Milk, Soy	
40g	Soup, Baked Potato Bacon	Milk, Soy, Wheat	Contains Pork
17g	Soup, Tomato Bisque (1 cup)	Milk	Vegetarian
31g	Tortilla Flour 10"	Wheat	Vegetarian, Vegan
14g	Tortilla Flour 6"	Wheat	Vegetarian, Vegan
2g	Tzatziki Sauce (1oz)	Milk	Vegetarian
9g	Vegan Burger Patty	Soy, Wheat	Vegetarian, Vegan
37g	Waffles, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
24g	Waffles, Round Flat (2) (for Chicken n' Waffles)	Egg, Milk, Soy, Wheat	Vegetarian
53g	Wowbutter Grape Jelly Sandwich	Milk, Soy, Wheat, Sesame	Vegetarian
20g	Yogurt (Variety of Flavors) 4oz	Milk	Some Yogurts Contain Gelatin (Pork/Beef)
15g	Yourt Trix (Variety of Flavors) 4oz	Milk	Vegetarian

MILK & CONDIMENTS

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
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MILK

22g	Milk, Fat Free Chocolate	Milk	Vegetarian
13g	Milk, Fat Free or 1% White	Milk	Vegetarian
12g	Soy Milk (offered as substitute)	Soy	Vegetarian, Vegan

CONDIMENTS

5g	Crouton Packet	Milk, Wheat	Vegetarian
16g	Housemade Crouton	Wheat, Milk, Soy, Egg, Sesame	Vegetarian
18g	BBQ Sauce 2 Tb	x	Vegetarian, Vegan
0 g	Buffalo Red Hot Wings Sauce	x	Vegetarian, Vegan
22g	Black Bean & Corn Mix 1/2 cup	x	Vegetarian, Vegan
22g	Mexican Street Corn 2/3 cup	Soy, Milk, Egg	Vegetarian
1g	Caesar Dressing Packet 1.5oz	Egg, Fish, Milk, Soy	Vegetarian
16g	General Tso Sauce (Minor's Brand)	Soy, Wheat	Vegetarian
6g	Honey Mustard Cup 1oz	Egg, Soy	Vegetarian
10g	Ketchup 2 Tb	x	Vegetarian, Vegan
3g	Italian Dressing Packet 1.5oz	Soy	Vegetarian
5g	Marinara 1/4 cup	X	Vegetarian, Vegan
1g	Mayonnaise Packet	Eggs, Soy	Vegetarian
0g	Mustard Packet	x	Vegetarian, Vegan
1g	Olives 2Tb	x	Vegetarian, Vegan
18g	Orange Sauce 2Tb (Minor's Brand)	Soy, Wheat, Sesame	Vegetarian, Vegan
1g	Pickles 1/4 cup	x	Vegetarian, Vegan
2g	Ranch or Spicy Ranch Dressing 1.5oz	Egg, Milk, Soy	Vegetarian
2g	Salsa 2Tb	X	Vegetarian, Vegan
1g	Sour Cream 2Tb	Milk	Vegetarian
1g	Sriracha Sauce 1tsp	X	Vegetarian
17g	Sweet Chili Sauce 2Tb (Frank's Brand)	X	Vegetarian, Vegan
7g	Sweet n' Sour Sauce 2Tb (Minor's Brand)	Soy	Vegetarian, Vegan
31g	Syrup Maple 1.5oz	X	Vegetarian, Vegan
5g	Syrup, Sugar Free 1 oz	X	Vegetarian, Vegan
8g	Teriyaki Sauce 2Tb (Kikkoman Brand)	Soy, Wheat	Vegetarian, Vegan

FRUITS & VEGETABLES

5g	1/2 cup Non-starchy Veggies (carrot, cucumber, cauliflower, broccoli, celery, tomato, bell pepper)	x	Vegetarian, Vegan
15g	1/2 cup starchy veggies (peas, corn)	x	Vegetarian, Vegan
1g	1 cup lettuce/salad mix	x	Vegetarian, Vegan
14g	Juice, 4oz	x	Vegetarian, Vegan
14g	1/2 cup canned fruit or applesauce cup	x	Vegetarian, Vegan
27g	1/4 cup dried fruit	x	Vegetarian, Vegan

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8g	1/2 cup fresh fruit (sliced apples or oranges, grapes, strawberries, or melon (cantaloupe, honeydew))	x	Vegetarian, Vegan
23g	1 small whole banana, apple, or pear	x	Vegetarian, Vegan
16g	1 medium plum	x	
10g	1 kiwi or small tangerine/mandarin orange	x	Vegetarian, Vegan
BREAKFAST		TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	Other Nutrition Info
42g	Bageler Mini (Pillsbury), Strawberry or Cinnamon	Milk, Soy, Wheat	Vegetarian
28g	Bagel, Plain - Individually Wrapped - Elementary	Soy, Wheat	Vegetarian
20g	Bagel, Mini w/ Plain Cream Cheese	Milk, Soy, Wheat	Vegetarian
22g	Bagel, Mini w/ Strawberry Cream Cheese	Milk, Soy, Wheat	Vegetarian
34g	Bagel, Regular w/ Plain Cream Cheese	Milk, Soy, Wheat	Vegetarian
36g	Bagel, Regular w/ Strawberry Cream Cheese	Milk, Soy, Wheat	Vegetarian
45g	Banana Bread or Pumpkin Bread Slice	Eggs, Milk, Soy, Wheat	Vegetarian
47g	Benefit Bar: Oatmeal Choc or Ban Choc	Eggs, Milk, Soy, Wheat	Vegetarian
39g	Breakfast Oat Round, Apple Cinn or Ban Choc	Eggs, Milk, Soy, Wheat	Vegetarian
24g	Breakfast Sandwich English muffin, egg patty, American cheese, Sausage Patty	Egg, Milk, Soy, Wheat	Contains Pork
35g	Breakfast Bagel Sandwich Bagel, egg patty, American cheese, Sausage Patty	Egg, Milk, Soy, Wheat	Contains Pork
1g	Cheese, String	Milk	Vegetarian
30g	Cereal Bar: Cinn Toast Crunch, Cocoa Puffs, or Trix	Soy, Wheat	Vegetarian, Vegan
22g	Cereal: Apple Cinnamon Cheerios ELC & ELEM	X	Vegetarian, Vegan
23g	Cereal: Cinnamon Chex Bowl ELC & ELEM	X	Vegetarian, Vegan
22g	Cereal: Cinnamon Toast Crunch Bowl ELC & ELEM	Soy, Wheat	Vegetarian, Vegan
25g	Cereal: Cocoa Puffs ELC & ELEM	May Contain Wheat	Vegetarian, Vegan
24g	Cereal: Trix Bowl ELC & ELEM	May Contain Wheat	Vegetarian, Vegan
46g	Cereal: Cinnamon Chex Cup LSHS, CAV, LSMS, NLMS	X	Vegetarian, Vegan
44g	Cereal: Cinnamon Toast Crunch Cup LSHS, CAV, LSMS, NLMS	Soy, Wheat	Vegetarian, Vegan
47g	Cereal: Cocoa Puffs Cup LSHS, CAV, LSMS, NLMS	May Contain Wheat	Vegetarian, Vegan
44g	Cereal: Honey Cheerios Cup LSHS, CAV, LSMS, NLMS	X	
47g	Cereal: Trix Bowl Cup LSHS, CAV, LSMS, NLMS	May Contain Wheat	Vegetarian, Vegan
47g	Cereal: Granola Package 2oz	Soy, Wheat	Vegetarian, Vegan
40g	Cinnamon Bun	Eggs, Milk, Soy, Wheat	Vegetarian
52g	Cinnamon Crumble Square (aka Cinnamon Coffee Cake)	Eggs, Milk, Soy, Wheat	Vegetarian
44g	Cinnamon Oatmeal Round	Eggs, Milk, Soy, Wheat	Vegetarian
40g	Cinni Mini (Pillsbury)	Milk, Soy, Wheat	Vegetarian
30g	Donut Bar w/ Cinnamon Sugar or Icing	Egg, Milk, Soy, Wheat	Vegetarian
43g	Donut Buttermilk Glazed Dunkers (twin-pack)	Egg, Milk, Soy, Wheat	Vegetarian
39g	Donut Buttermilk Glazed Bar (one-pack)	Egg, Milk, Soy, Wheat	Vegetarian
45g	Dutch Waffle w/ Powdered Sugar (aka Funnel Cake)	Egg, Milk, Soy, Wheat	Vegetarian
37g	French Toast, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
19g	French Toast Sticks (1 large stick or 2 small)	Egg, Milk, Soy, Wheat	Vegetarian
36g	Fruidel, Cherry or Apple (Pillsbury)	Milk, Soy, Wheat	Vegetarian
27g	Mini Loaf (Blueberry, Banana, or Apple)	Egg, Milk, Soy, Wheat	Vegetarian
30g	Muffin, Blueberry 2oz ELEM & ELC	Egg, Soy, Wheat	Vegetarian
39g	Muffin, Blueberry 3oz LSHS, CAV, LSMS, NLMS	Egg, Milk, Soy, Wheat	Vegetarian
40g	Muffin, Chocolate Chip 3oz LSHS, CAV, LSMS, NLMS	Egg, Milk, Soy, Wheat	Vegetarian
50g	Muffin, Fruity Trix	Egg, Milk, Soy, Wheat	Vegetarian
50g	Muffin, Cinnamon Toast Crunch	Egg, Milk, Soy, Wheat	Vegetarian
16g	Pancake Wrapped Sausage (Turkey) on a Stick	Egg, Milk, Soy, Wheat	
10g	Peanut Free Spread Packet	X	Vegetarian, Vegan
37g	Poptart, Strawberry or Cinnamon	Soy, Wheat	Vegetarian, Vegan
0g	Sausage Links (2 links)	X	Contains Pork
31g	Syrup Maple 1.5oz	X	Vegetarian, Vegan
34g	Waffle, Belgian (Blueberry, Maple, or Straw)	Egg, Milk, Soy, Wheat	Vegetarian
37g	Waffles, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian

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36g	Waffle Sticks, Belgian (4 sticks)	Egg, Milk, Soy, Wheat	Vegetarian
20g	Yogurt (Variety of Flavors) 4oz	Milk	Some Yogurts Contain Gelatin (Pork/Beef)
78g	Yogurt Parfait 1 Yogurt, 1/2 cup frozen strawberries, 1 pkg Granola 2oz	Milk, Soy, Wheat	May Contain Gelatin (Pork/Beef)

A LA CARTE ITEMS

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
0g	Drink, ICE, Sparkling Black Raspberry 17oz bottles	x	Vegetarian
0g	Drink, ICE, Sparkling Lemonade 17oz bottles	x	Vegetarian
24g	Drink, Juice 100%, Izze Apple 8oz cans	x	Vegetarian
21g	Drink, Juice 100%, Izze Clementine 8oz cans	x	Vegetarian
22g	Drink, Juice 100%, Izze Blackberry 8oz cans	x	Vegetarian
38g	Drink, Juice 100%, Naked Berry Blast 10oz bottle	x	Vegetarian
50g	Drink, Juice 100%, Naked Blue Machine 10oz bottle	x	Vegetarian
39g	Drink, Juice 100%, Naked Green Machine 10oz bottle	x	Vegetarian
43g	Drink, Juice 100%, Naked Mighty Mango 10oz bottle	x	Vegetarian
38g	Drink, Juice 100%, Naked Strawberry Ban 10oz bottle	x	Vegetarian
17g	Chip, Cheetos Hot Crunchy Baked .88oz	Milk	Vegetarian
16g	Chip, Cheetos Original Baked .88oz	Milk	Vegetarian
17g	Chip, Potato Sour Cream & Cheddar .8oz	Milk, Soy	Vegetarian
15g	Chip, Potato Plain 1oz	Soy	Vegetarian
20g	Chip, Doritos Cheese Red Fat 1oz	Milk	Vegetarian
20g	Chip, Doritos Cool Ranch Red Fat 1oz	Milk	Vegetarian
20g	Chip, Doritos Flame Red Fat 1oz	Milk	Vegetarian
31g	Brownie 2oz	Egg, Milk, Soy, Wheat	Vegetarian
27g	Cookie, Sugar Iced Pink 1.5 OZ	Egg, Milk, Soy, Wheat	Vegetarian
31g	Cookie, Triple Chocolate Fudge Filled 1.7oz	Egg, Milk, Soy, Wheat	Vegetarian
32g	Cookie, Red Velvet 1.9oz	Egg, Milk, Soy, Wheat	Vegetarian
6g	Jerky, Beef Original .85oz	x	
6g	Jerky, Beef Teriyaki .85oz	Soy, Wheat	
34g	Rice Crispy Choc Chip 1.59oz	Milk, Soy	Vegetarian
30g	Rice Crispy Regular 1.59oz	Milk, Soy	Vegetarian
20g	Snack Mix Chex Cheddar .92oz	Milk, Soy, Wheat	Vegetarian

Early Learning Center

ELC BREAKFAST		TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	
20g	Bagel, Mini w/ Cream Cheese	Milk, Soy, Wheat	Vegetarian
45g	Banana Bread or Pumpkin Bread Slice	Eggs, Milk, Soy, Wheat	Vegetarian
23g	Cereal: Cinnamon Chex Bowl	x	Vegetarian, Vegan
22g	Cereal: Cinnamon Toast Crunch Bowl	Soy, Wheat	Vegetarian, Vegan
13g	Cereal: Granola 2oz cup	Soy, Wheat	Vegetarian
1g	Cheese, String 1oz	Milk	Vegetarian
20g	Crackers (variety-precise carbs listed on each package)	Milk, Soy, Wheat	Vegetarian
30g	Muffin, Blueberry 2oz	Egg, Soy, Wheat	Vegetarian
35g	Mini-Pancakes (Maple)	Egg, Milk, Soy, Wheat	Vegetarian
10 g	Peanut Free Spread Packet	x	Vegetarian, Vegan
16g	Yogurt (Variety of Flavors) 4oz	Milk	Vegetarian, Gelatin-Free
ELC LUNCH		TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	
30g	Cheese Filled Breadsticks (2 sticks)	Egg, Milk, Soy, Wheat	Vegetarian

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32g	Cheesy Pillsbury Pull-Apart (1)	Milk, Soy, Wheat	Vegetarian
27g	Cheese Personal Pizza	Milk, Soy, Wheat	Vegetarian
5g	Marinara Sauce (2oz cup)	X	Vegetarian, Vegan
12g	Chicken Nuggets (4 pcs)	Soy, Wheat	
13g	Popcorn Chicken (3/4 cup)	Milk, Soy, Wheat	
44g	Chicken Burger (1) - [27g Bun + 16g Patty + 1g Cheese]	Soy, Wheat, Sesame	
28g	Cheeseburger/Hamburger (1) [27g Bun + 0g Patty + 1g Cheese]	Soy, Wheat, Sesame	
20g	Potato Wedges (1/2 cup)	Soy	Vegetarian, Vegan
1g	Mayonnaise (1 pkt)	Eggs, Soy	Vegetarian
20g	Ketchup (2oz portion cup)	X	Vegetarian, Vegan
36g	BBQ Sauce (2oz portion cup)	X	Vegetarian, Vegan
38g	French Toast Sticks (2 large sticks or 4 small)	Egg, Milk, Soy, Wheat	Vegetarian
37g	Waffles, Mini (Pillsbury 1 pkg)	Egg, Milk, Soy, Wheat	Vegetarian
16g	Yogurt (Variety of Flavors) 4oz	Milk	Vegetarian, Gelatin-Free
1g	Cheese, String 1oz	Milk	Vegetarian
27g	Mac n' Cheese (5oz scoop) 2/3 cup	Egg, Milk, Wheat	Vegetarian
18g	Nacho Tortilla Chips (1pkg)	X	Vegetarian, Vegan
14g	Tortilla Flour 6"	Wheat	Vegetarian, Vegan
2g	Cheese, Shredded (2oz cup)	Milk	Vegetarian
15g	Cheese Sauce (3oz)	Milk	Vegetarian
6g	Beans, Refried (1/4 cup)	X	
1g	Taco Beef (1/4 cup)	X	
0g	Taco Chicken (1/4 cup)	X	
2g	Sour Cream (2oz portion cup)	Milk	Vegetarian
4g	Salsa (2oz portion cup)	X	Vegetarian, Vegan
2g	Olives (2oz portion cup)	X	Vegetarian, Vegan
9g	Orange Chicken (1/4 cup) without sauce	Egg, Soy, Wheat	
4g	Teriyaki Beef Dippers (3 pcs)	Soy	
15g	Rice (1/3 cup)	X	
16g	Teriyaki Sauce (2oz cup) (Kikkoman brand)	Soy, Wheat	Vegetarian, Vegan
36g	Orange Sauce (2oz cup)	Soy, Wheat, Sesame	Vegetarian, Vegan
28g	Sandwich, Turkey & Cheese	Milk, Soy, Wheat, Sesame	
15g	Turkey & Cheese Tortilla Roll Up	Milk, Wheat	
0g	Mustard pkt	X	Vegetarian, Vegan
ELC Misc. Condiments, Fruits, Veg, & Milk			
13g	Milk, Fat Free or 1% White	Milk	Vegetarian
3g	Ranch Dressing (2oz portion cup)	Egg, Milk, Soy	Vegetarian
4g	Fruit, Fresh (1/4 cup)	X	Vegetarian, Vegan
7g	Fruit, Canned (1/4 cup)	X	Vegetarian, Vegan
2g	Veggies, Fresh Non-Starchy (1/4 cup)	X	Vegetarian, Vegan
8g	Veggies, Corn & Peas (1/4 cup)	X	Vegetarian, Vegan
14g	1/2 cup canned fruit or applesauce cup	x	Vegetarian, Vegan
23g	1 small whole banana, apple, or pear	x	Vegetarian, Vegan