Lake Stevens School District Allergen and Carb Info Updated 10/29/26

MILK & CONDIMENTS

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
	MILK		
23g	Milk, Fat Free Chocolate	Milk	Vegetarian
13g	Milk, Fat Free White	Milk	Vegetarian
13g	Milk, 1% White	Milk	Vegetarian
8g	Soy Milk (offered as substitute)	Soy	Vegetarian, Vegan
	CONDIMENTS		
5g	Crouton Packet	Milk, Wheat	Vegetarian
16g	Crouton, Housemade	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, 1.5oz Packet or 2Tb	Soy	Vegetarian
6g	Marinara Cup	X	Vegetarian, Vegan
1g	Mayonnaise Packet	Eggs, Soy	Vegetarian
0g	Mustard Packet	X	Vegetarian, Vegan
1g	Olives 2Tb	X	Vegetarian, Vegan
17g	Orange Sauce 2Tb (Minor's Brand)	Soy, Wheat, Sesame	Vegetarian, Vegan
1g	Pickles, Dill, Crinkle Cut 1/4 cup	X	Vegetarian, Vegan
2g	Pickles, Dill, Spears (2 Spears)	X	Vegetarian, Vegan
2g	Ranch or Spicy Ranch Dressing 1.5oz	Egg, Milk, Soy	Vegetarian
1g	Ranch, Cup, 1.5 oz	Egg, Milk, Soy	Vegetarian
2g	Salsa 2Tb	X	Vegetarian, Vegan
2g	Salsa, Cup	X	Vegetarian, Vegan
2g	Sour Cream 2Tb	Milk	Vegetarian
1g	Soy Sauce, Packet	Soy, Wheat	Vegetarian, Vegan
1g	Soy Sauce, 1Tb	Soy, Wheat	Vegetarian, Vegan
1g	Sriracha Sauce 1tsp	X	Vegetarian
16g	Sweet Chili Sauce 2Tb	X	Vegetarian, Vegan
8g	Sweet n' Sour Sauce 2Tb	Soy	Vegetarian, Vegan
30g	Syrup, Maple, Cup, 1.5oz	X	Vegetarian, Vegan
24g	Syrup, Maple, 2Tb	X	Vegetarian, Vegan
5g	Syrup, Sugar Free 1 oz	X	Vegetarian, Vegan
12g	Teriyaki Sauce 2Tb (Kikkoman Brand)	Soy, Wheat	Vegetarian, Vegan

FRUITS & VEGETABLES

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	Other Nutrition Info

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
15g	**Juice, 4oz**	x	Vegetarian, Vegan
15g	**1/2 cup canned fruit or applesauce cup**	x	Vegetarian, Vegan
30g	**1/4 cup dried fruit**	x	Vegetarian, Vegan
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	Vegetarian, Vegan
10g	**1 kiwi or small tangerine/mandarin orange**	x	Vegetarian, Vegan

A LA CARTE ITEMS

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
31g	Brownie 2oz	Egg, Milk, Soy, Wheat	Vegetarian
18g	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
19g	Chip, Doritos Cheese Red Fat 1oz	Milk, Soy	Vegetarian
20g	Chip, Doritos Cool Ranch Red Fat 1oz	Milk, Soy	Vegetarian
20g	Chip, Doritos Flame Red Fat 1oz	Milk, Soy	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
42g	Cookie, Red Velvet 1.9oz	Egg, Milk, Soy, Wheat	Vegetarian
0g	Drink, ICE, Sparkling Black Raspberry 17oz bottles	X	Vegetarian
0g	Drink ICE Sparkling Strawberry Kiwi 17 oz	X	Vegetarian
0g	Drink, ICE Sparkling Strawberry Watermelon 17oz	X	Vegetarian
0g	Drink, ICE, Sparkling Lemonade 17oz bottles	X	Vegetarian
15g	Drink, Juice 100%, Izze Apple 8oz cans	X	Vegetarian
16g	Drink, Juice 100%, Izze Clementine 8oz cans	X	Vegetarian
15g	Drink, Juice 100%, Izze Blackberry 8oz cans	X	Vegetarian
38g	Drink, Juice 100%, Naked Berry Blast 10oz bottle	X	Vegetarian
42g	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
34g	Drink, Juice 100%, Naked Strawberry Ban 10oz bottle	X	Vegetarian
0g	Drink, La Croix, Cran-Raspberry	X	Vegetarian
5g	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

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

ELC BREAKFAST

22g	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
17g	Yogurt, Vanilla, Parfait, 4oz (No Granola or Fruit)	Milk	Vegetarian, Gelatin Free
ELC LUNCH			
30g	Cheese Filled Breadsticks (2 sticks)	Egg, Milk, Soy, Wheat	Vegetarian
32g	Cheesy 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 Packet	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
ALPHABETICAL MENU ITEMS			
CARBS	**MENU ITEM**	**TOP 9 ALLERGENS** Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	**OTHER NUTRITION INFO**
20g	Bagel, Mini	Soy, Wheat	Vegetarian, Vegan
22g	Bagel, Mini w/ Plain Cream Cheese	Milk, Soy, Wheat	Vegetarian
29g	Bagel, Plain - Individuallly Wrapped **(ELEM)**	Soy, Wheat	Vegetarian
34g	Bagel, Regular size, Franz	Soy, Wheat	Vegetarian, Vegan
29g	Bagel, Regular size, Lender's	Soy, Wheat	Vegetarian, Vegan
35g	Bagel, Regular w/ Plain Cream Cheese	Milk, Soy, Wheat	Vegetarian
42g	Bageler, Cinnamon Cream Cheese	Milk, Wheat, Soy	Vegetarian
42g	Bageler, Strawberry Cream Cheese	Milk, Wheat, Soy	Vegetarian
20g	BBQ Shredded Pork (1/2 cup pork + 2 Tb BBQ Sauce)	X	Contains Pork
2g	BBQ Shredded Pork (1/2 cup pork + No BBQ Sauce)	X	Contains Pork
23g	Beans, Black (1/2 cup)	X	Vegetarian, Vegan
24g	Beans, Kidney (1/2 cup)	X	Vegetarian, Vegan
23g	Beans, Refried (1/2 cup)	X	Contains Pork
23g	Beans, Refried, Vegetarian (1/2 cup)	X	Vegetarian
0g	Beef Patty	X	
3g	Beef Rib BBQ Patty	X	
1g	Beef Taco Meat (1/3 cup)	X	
48g	Benefit Bar: Apple Cinnamon	Eggs, Milk, Soy, Wheat	Vegetarian
47g	Benefit Bar: Banana Chocolate or Oatmeal Raisin	Eggs, Milk, Soy, Wheat	Vegetarian
46g	Benefit Bar: French Toast or Oatmeal Chocolate	Eggs, Milk, Soy, Wheat	Vegetarian
22g	Black Bean & Corn Mix 1/2 cup	X	Vegetarian, Vegan
16g	Black Bean Burger Patty	Soy, Wheat, Milk, Egg	Vegetarian, Vegan
16g	Black Bean Veggie Patty	Egg, Soy, Wheat, Milk	Vegetarian
44g	Bread, Banana, Slice	Eggs, Milk, Soy, Wheat	Vegetarian
13g	Bread, Dinner/Tea Roll 2oz	Soy, Wheat, Sesame	Vegetarian, Vegan
21g	Bread, English Muffin	Soy, Wheat	Vegetarian, Vegan
28g	Bread, Flatbread, Whole Grain	Milk, Soy, Wheat	Vegetarian
16g	Bread, Garlic Toast (1) **ELEMENTARY & MIDDLE**	Soy, Wheat	Vegetarian
22g	Bread, Garlic Toast (1) **SECONDARY**	Egg, Milk, Soy, Wheat	Vegetarian
35g	Bread, **Gluten Free**, Hamburger Bun	Egg	Vegetarian
35g	Bread, **Gluten Free**, Hoagie	Egg	Vegetarian
32g	Bread, **Gluten Free**, Sliced (2 Slices)	Egg	Vegetarian

27g	Bread, Hamburger Bun	Soy, Wheat, Sesame	Vegetarian, Vegan
29g	Bread, Hoagie Bun	Soy, Wheat, Sesame	Vegetarian, Vegan
28g	Bread, Hotdog Bun	Soy, Wheat, Sesame	Vegetarian, Vegan
43g	Bread, Pumpkin, Slice	Eggs, Milk, Soy, Wheat	Vegetarian
30g	Bread, Sliced Whole Wheat (2 slices)	Soy, Wheat	Vegetarian, Vegan
38g	Burrito, Bean & Cheese **SECONDARY**	Milk, Wheat	Vegetarian
38g	Burrito, Beef & Cheese **SECONDARY**	Milk, Wheat	
30g	Cereal, Bar, Cinnamon Toast Crunch	Soy, Wheat	Vegetarian, Vegan
29g	Cereal, Bar, Cocoa Puffs	Soy, Wheat	Vegetarian, Vegan
29g	Cereal, Bar, Trix	Soy, Wheat	Vegetarian, Vegan
22g	Cereal, Cheerios, Apple Cinnamon **ELC & ELEM**	X	Vegetarian, Vegan
22g	Cereal, Cheerios, Honey, Bowl **ELC & ELEM**	X	Vegetarian, Vegan
44g	Cereal, Cheerios, Honey, Cup **LSHS, CAV, LSMS, NLMS**	X	Vegetarian, Vegan
23g	Cereal, Cinnamon Chex, Bowl **ELC & ELEM**	X	Vegetarian, Vegan
46g	Cereal, Cinnamon Chex, Cup **LSHS, CAV, LSMS, NLMS**	X	Vegetarian, Vegan
22g	Cereal, Cinnamon Toast Crunch, Bowl **ELC & ELEM**	Soy, Wheat	Vegetarian, Vegan
43g	Cereal, Cinnamon Toast Crunch, Cup **LSHS, CAV, LSMS, NLMS**	Soy, Wheat	Vegetarian, Vegan
47g	Cereal, Cocoa Puffs, Cup **LSHS, CAV, LSMS, NLMS**	X	Vegetarian, Vegan
23g	Cereal, Golden Grahams, Bowl	Wheat	Vegetarian, Vegan
47g	Cereal, Granola, Package 2oz	Soy, Wheat	Vegetarian, Vegan
45g	Cereal, Lucky Charms, Cup **LSHS, CAV, LSMS, NLMS**	X	Vegetarian, Vegan
23g	Cereal, Trix, Bowl **ELC & ELEM**	X	Vegetarian, Vegan
47g	Cereal, Trix, Cup **LSHS, CAV, LSMS, NLMS**	X	Vegetarian, Vegan
28g	Cheese Filled Breadsticks (2 sticks)	Egg, Milk, Soy, Wheat	Vegetarian
3g	Cheese Sauce 2oz (Cheddar or Jalapeno)	Milk	Vegetarian
2g	Cheese, American, Sliced (2 slices- 1oz)	Milk, Soy	Vegetarian
0g	Cheese, Cheddar, Swiss, 1oz	Milk	Vegetarian
0g	Cheese, Stick, Colby Jack	Milk	Vegetarian
1g	Cheese, Stick, Mozzarella	Milk	Vegetarian
33g	Cheesy Pillsbury Pull-Apart	Milk, Soy, Wheat	Vegetarian
6g	Chicken Meatballs (5) (Unsauced) **ELEM**	Soy, Wheat	
18g	Chicken Meatballs (5) w/ Marinara Sauce (1/2 cup) **ELEM**	Soy, Wheat	
30g	Chicken Meatballs (5) w/ Teriyaki Sauce (1/2 cup) **ELEM**	Soy, Wheat	
7g	Chicken Meatballs (6) (Unsauced) **SECONDARY**	Soy, Wheat	
43g	Chicken Meatballs (6) w/ BBQ Sauce (1/4 cup)	Soy, Wheat	
39g	Chicken Meatballs (6) w/ General Tsao Sauce (1/4 cup)	Soy, Wheat	
21g	Chicken Meatballs (6) w/ Marinara Sauce (1/2 cup) **SECONDARY**	Soy, Wheat	
10g	Chicken Nugget/Chunk (6) **CAV & LSHS**	Soy, Wheat	
11g	Chicken Nugget/Chunk Spicy (6) **CAV & LSHS**	Soy, Wheat	
15g	Chicken Nuggets (5) **ELEM**	Soy, Wheat	
18g	Chicken Nuggets (6) **MIDDLE**	Soy, Wheat	
27g	Chicken Nuggets Meatless (6) **SECONDARY**	Soy, Wheat	
20g	Chicken Orange Breaded (3oz) **ELEM**	Egg, Soy, Wheat	
27g	Chicken Orange Breaded (4oz) **SECONDARY**	Egg, Soy, Wheat	
15g	Chicken Patty, Breaded **ELEM**	Soy, Wheat	
16g	Chicken Patty, Breaded **SECONDARY**	Soy, Wheat	

15g	Chicken Patty, Breaded Spicy **SECONDARY**	Soy, Wheat	
18g	Chicken Tenders (3) **ELEM**	Soy, Wheat	
24g	Chicken Tenders (4) **SECONDARY**	Soy, Wheat	
13g	Chicken Teriyaki (4oz) **SECONDARY**	Soy	
0g	Chicken, Diced	X	
0g	Chicken, Diced 1/2 cup	X	
0g	Chicken, Diced, Taco Meat	X	
17g	Chicken, Popcorn (10 pcs) **ELEM**	Milk, Soy, Wheat	
20g	Chicken, Popcorn (12 pcs) **LSHS**	Milk, Soy, Wheat	
15g	Chickpea Chocolate Cup	X	Vegetarian, Vegan
31g	Chips, Corn Tortilla Penny's **2oz bag**	X	Vegetarian, Vegan
19g	Chips, Corn Tortilla Tostitos (bulk bag) 1oz Serving	X	Vegetarian, Vegan
18g	Chips, Corn Tortilla Tostitos **1oz bag**	Soy	Vegetarian, Vegan
18g	Chips, SunChips, Cheddar	Milk, Wheat	Vegetarian
19g	Chips, SunChips, Original	Wheat	Vegetarian
19g	Chips, SunChips, Salsa	Milk, Wheat	Vegetarian
15g	Chocolatey Chickpea Spread "The Amazing Chickpea" 1.12oz	X	Vegetarian, Vegan
40g	Cinnamon Bun	Eggs, Milk, Soy, Wheat	Vegetarian
44g	Cinnamon Crumble Square (aka Cinnamon Coffee Cake)	Eggs, Milk, Soy, Wheat	Vegetarian
44g	Cinnamon Oatmeal Round (Ubr)	Eggs, Milk, Soy, Wheat	Vegetarian
37g	Cinni Mini	Milk, Soy, Wheat	Vegetarian
30g	Corn Dog (Chicken)	Egg, Soy, Wheat	
30g	Corn Dogs, Mini (6)	Egg, Soy, Wheat	
37g	Cornbread Loaf, Mini	Egg, Milk, Soy, Wheat	Vegetarian
14g	Cracker, Cheez-It	Milk, Soy, Wheat	Vegetarian
21g	Cracker, Chocolate Gram	Soy, Wheat	Vegetarian
14g	Cracker, Goldfish	Milk, Soy, Wheat	Vegetarian
21g	Cracker, Scooby	Soy, Wheat	Vegetarian
2g	Cream Cheese Cup, Plain	Milk	Vegetarian
42g	Cream Cheese Mini Bageler, Strawberry or Cinnamon	Milk, Soy, Wheat	Vegetarian
2g	Cream Cheese Packet, Plain	Milk	Vegetarian
0g	Deli Meat Roll-Up (Turkey or Turkey-Ham)	X	Pork Free
3g	Deli Meat, Turkey Pepperoni	X	Pork Free
2g	Deli Meat, Turkey Salami	X	Pork Free
1g	Deli Meat, Turkey-Ham, PRE-SLICED	X	Pork Free
0g	Deli Meat, Turkey, PRE-SLICED	X	Pork Free
30g	Donut Bar w/ Cinnamon Sugar or Icing	Egg, Milk, Soy, Wheat	Vegetarian
50g	Donut Buttermilk Glazed Bar (one-pack)	Egg, Milk, Soy, Wheat	Vegetarian
38g	Donut Buttermilk Glazed Dunkers (twin-pack)	Egg, Milk, Soy, Wheat	Vegetarian
45g	Dutch Waffle w/ Powdered Sugar (aka Funnel Cake)	Egg, Milk, Soy, Wheat	Vegetarian
0g	Egg (hard boiled)	Egg	Vegetarian
1g	Egg Patty	Egg, Milk, Soy	Vegetarian
26g	English Muffin	Soy, Wheat, Sesame	Vegetarian, Vegan
5g	Fortune Cookie	Soy, Wheat	Vegetarian
19g	French Toast Sticks (1 large stick or 2 small)	Egg, Milk, Soy, Wheat	Vegetarian
38g	French Toast Sticks (2 large sticks or 4 small)	Egg, Milk, Soy, Wheat	Vegetarian

37g	French Toast, Cinni Mini (Pullapart)	Milk, Soy, Wheat	Vegetarian
37g	French Toast, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
40g	Fries, Potato Seasoned Wedges (1 cup) **LSHS**	Soy	Vegetarian, Vegan
20g	Fries, Potato Seasoned Wedges (1/2 cup) **ELEM & MIDDLE**	Soy	Vegetarian, Vegan
40g	Fries, Tater Tots (1 cup) LSHS	Soy	Vegetarian, Vegan
20g	Fries, Tater Tots (1/2 cup) ELEM & MIDDLE	Soy	Vegetarian, Vegan
30g	Fries, Tater Tots (3/4 cup) CAV	Soy	Vegetarian, Vegan
30g	Fries,Potato Seasoned Wedges (3/4 cup) **CAV**	Soy	Vegetarian, Vegan
34g	Frudel, Apple (Pillsbury)	Milk, Soy, Wheat	Vegetarian
38g	Frudel, Cherry (Pillsbury)	Milk, Soy, Wheat	Vegetarian
13g	Garlic Herb Roll, 2oz **ELEM** Franz whole grain tea roll, Garlic Herb Seasoning, Canned Butter Spray (Allergen Free)	Soy, Wheat, Sesame	Vegetarian, Vegan
3g	Gravy, Chicken (1/4 cup)	Milk, Wheat	
0g	Ham, Diced	X	Contains Pork
27g	Hot Dog with Bun	Soy, Wheat, Sesame	Vegetarian, Vegan
48g	Mac n' Cheese (1 Cup)	Egg, Milk, Wheat	Vegetarian
22g	Mexican Street Corn 2/3 cup	Soy, Milk, Egg	Vegetarian
10g	Mini Cinnamon Churros (2)	Soy, Wheat, Egg	Vegetarian
35g	Mini-Pancakes (Maple)	Egg, Milk, Soy, Wheat	Vegetarian
36g	Mini-Pancakes (Vanilla/Confetti)	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, Cinnamon Toast Crunch	Egg, Milk, Soy, Wheat	Vegetarian
50g	Muffin, Fruity Trix	Egg, Milk, Soy, Wheat	Vegetarian
34g	Noodles Chow Mein/with Sauce 1 cup **(CAV & LSHS)**	Soy, Wheat, Sesame	Vegetarian, Vegan
41g	Noodles PLAIN (Ramen Style/Chow Mein) 1 cup **(CAV & LSHS)**	Wheat	Vegetarian, Vegan
18g	Pancake Wrapped Sausage (Turkey) on a Stick	Egg, Milk, Soy, Wheat	
47g	Pasta Penne (Whole Wheat, Pre Cooked) 1 cup	Wheat	Vegetarian, Vegan
31g	Pizza, Calzone Large (Cheese or Pepperoni) **SECONDARY**	Milk, Soy, Wheat	Pepperoni contains Pork & Beef
35g	Pizza, French Bread (Cheese or Pepperoni)	Milk, Soy, Wheat	Pepperoni contains Pork & Beef
28g	Pizza, Personal (Cheese or Pepperoni) **ELEM (GW, SKY, HC, SUN)**	Milk, Soy, Wheat	
60g	Pizza, Slice, BBQ Chicken **SECONDARY**	Milk, Soy, Wheat	
40g	Pizza, Slice, Black Olive & Pepperoni **SECONDARY**	Milk, Soy, Wheat	Pepperoni contains Pork & Beef
45g	Pizza, Slice, Buffalo Chicken **SECONDARY**	Milk, Soy, Wheat	
37g	Pizza, Slice, Cheese **ELEM (ELC, MTP, STC, HLD)**	Milk, Soy, Wheat	Vegetarian
43g	Pizza, Slice, Cheese **SECONDARY**	Milk, Soy, Wheat	Vegetarian
47g	Pizza, Slice, Chicken Bacon Ranch **SECONDARY**	Milk, Soy, Wheat	Contains Pork
45g	Pizza, Slice, Hawaiian **SECONDARY**	Milk, Soy, Wheat	Ham contains pork
65g	Pizza, Slice, Hawaiian w/ Pulled Pork **SECONDARY**	Milk, Soy, Wheat	Contains Pork
44g	Pizza, Slice, Jalapeno & Cheese **SECONDARY**	Milk, Soy, Wheat	Vegetarian
46g	Pizza, Slice, Meat Lovers **SECONDARY**	Milk, Soy, Wheat	Contains Pork
39g	Pizza, Slice, Pepperoni **SECONDARY**	Milk, Soy, Wheat	Pepperoni contains Pork & Beef
36g	Poptart, Cinnamon	Soy, Wheat	Vegetarian, Vegan
36g	Poptart, Strawberry	Soy, Wheat	Contains Gelatin
40g	Potatoes, Mashed 1 cup **LSHS**	Milk	Vegetarian

20g	Potatoes, Mashed 1/2 cup **ELEM**	Milk	Vegetarian
30g	Pretzel, Soft	Soy, Wheat	Vegetarian, Vegan
34g	Rice (Brown) (1 cup cooked) **CAV/HS**	X	Vegetarian
17g	Rice (Brown) (1/2 cup cooked) **ELEMENTARY**	X	Vegetarian
26g	Rice (Brown) (3/4 cup) **MIDDLE**	X	Vegetarian
47g	Rice, Fried (1 cup)	Egg, Milk, Soy, Wheat	Vegetarian
0g	Sausage Links (2 links)	X	Contains Pork
0g	Sausage Links (2)	X	Contains Pork
40g	Soup, Baked Potato Bacon	Milk, Soy, Wheat	Contains Pork
19g	Soup, Chicken Enchilada/Tortilla (1 cup)	Milk, Soy	
17g	Soup, Tomato Bisque (1 cup) **SECONDARY**	Milk	Vegetarian
9g	Soup, Tomato Bisque (1/2 cup) **Elementary & ELC**	Milk	Vegetarian
7g	Sunbutter Cup	X	Vegetarian, Vegan
33g	Sunbutter Grape Jelly Sandwich	Soy, Wheat	Vegetarian, Vegan
11g	Sunflower Seeds (Honey Roasted)	X	Vegetarian
31g	Syrup Maple 1.5oz	X	Vegetarian, Vegan
34g	Tortilla Flour 10"	Wheat	Vegetarian, Vegan
14g	Tortilla Flour 6"	Wheat	Vegetarian, Vegan
36g	Waffle Sticks, Belgian (4 sticks)	Egg, Milk, Soy, Wheat	Vegetarian
37g	Waffle, Belgian (Blueberry, Maple, or Straw)	Egg, Milk, Soy, Wheat	Vegetarian
37g	Waffles, Mini (Maple or Blueberry)	Egg, Milk, Soy, Wheat	Vegetarian
24g	Waffles, Round Flat (2) (for Chicken n' Waffles)	Egg, Milk, Soy, Wheat	Vegetarian
55g	Wowbutter Grape Jelly Sandwich	Milk, Soy, Wheat	Vegetarian
20g	Yogurt (Variety of Flavors) 4oz	Milk	Some Yogurts Contain Gelatin (Pork/Beef)
15g	Yogurt, Trix, Raspberry, 4oz	Milk	Vegetarian
15g	Yogurt, Trix, Strawberry Banana, 4oz	Milk	Vegetarian
33g	Yogurt, Vanilla, Parfait, 8oz (No Granola or Fruit)	Milk	Vegetarian, Gelatin Free
16g	Yogurt, Yami, Raspberry, 4oz	Milk	Vegetarian, Gelatin Free
18g	Yogurt, Yami, Strawberry Banana, 4oz	Milk	Vegetarian, Gelatin Free

ALPHABETICAL COMBINATION 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** Diced Chicken, Alfredo Sauce, Parmesean	Milk, Soy, Wheat	
44g	**Bagel and Cheese Lunch** 2 mini bagels, 2 string cheeses, 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	
28 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, Soy & Egg	
54g CAV/HS 43g MS 29g ELEM	**Beef Teriyaki Dippers with Rice** Brown Rice, Teriyaki Beef Dippers	Soy	
22g	**Black Bean & Corn Mix 1/2 cup**	X	Vegetarian, Vegan
43g	**Black Bean Burger** On Hamburger Bun	Soy, Wheat, Sesame, Milk, Egg	Vegetarian

35g	**Breakfast Bagel Sandwich** Bagel, egg patty, American cheese, Sausage Patty	Egg, Milk, Soy, Wheat	Contains Pork
19g	**Breakfast Burrito** Egg, Turkey Sausage, Potato & Cheese wrapped in Tortilla	Milk, Wheat, Soy & Egg	
24g	**Breakfast Sandwich** English muffin, egg patty, American cheese, Sausage Patty	Egg, Milk, Soy, Wheat	Contains Pork
49g	**Cheese Filled Breadsticks & Chicken Enchilada Soup (SECONDARY)** 1 Cheesy breadstick, Chicken Enchilada/Tortilla Soup (1 cup)	Egg, Milk, Soy, Wheat	
37g	**Cheese Filled Breadsticks & Tomato Bisque Soup (ELC & ELEM)** 1 Cheesy breadstick, Tomato Bisque Soup (1/2 cup)	Egg, Milk, Soy, Wheat	
45g	**Cheese Filled Breadsticks & Tomato Bisque Soup (SECONDARY)** 1 Cheesy breadstick, Tomato Bisque Soup (1 cup)	Egg, Milk, Soy, Wheat	Vegetarian
34g	**Cheese Quesadilla** 1 10in Tortilla, 2 Slices of Cheddar Cheese	Wheat, Milk	Vegetarian
28g	**Cheeseburger** Beef patty, American cheese slice, hamburger bun	Milk, Soy, Wheat, Sesame	
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
51g	**Cheesy Pull Apart & Chicken Enchilada Soup (SECONDARY)** 1 Cheesy Pull Apart, Chicken Enchilada/Tortilla Soup (1 cup)	Milk, Soy, Wheat	
42g	**Cheesy Pull Apart & Tomato Bisque Soup (ELC & ELEM)** 1 Cheesy Pull Apart, Tomato Bisque Soup (1/2 cup)	Milk, Soy, Wheat	Vegetarian
50g	**Cheesy Pull Apart & Tomato Bisque Soup (SECONDARY)** 1 Cheesy Pull Apart, Tomato Bisque Soup (1 cup)	Milk, Soy, Wheat	Vegetarian
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	
32g	**Chicken Caesar Wrap** Diced chicken, cheese (parmesan), Caesar dressing, Tortilla	Eggs, Fish, Milk, Soy	
41g	**Chicken Meatballs w/ Garlic Toast (ELEMENTARY)** Garlic(2oz), Chicken meatballs (5) with marinara sauce , mozzarella cheese	Milk, Soy, Egg, Wheat	
27 g	**Chicken Soft Taco w/ Shredded Cheese & Cinnamon Churro (ELEMENTAI** Tortilla Flour 6", Chicken taco meat, cheese (cheddar shred), 2 small churro bites	Milk, Wheat, Soy & Egg	
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	
36g	**Deli Sandwich GLUTEN FREE, Turkey & Cheese** GF Hamburger bun, deli meat (turkey), cheese (American) (2 slices)	Egg, Milk, Soy	
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
46g	**Garlic Toasted Cheese Sandwich** Garlic toast x2 and cheddar cheese x2	Egg, Milk, Soy, Wheat	Vegetarian
34g	**Grilled Cheese Sandwich** 2 Slices of Sliced bread, 4 Slices of American Cheese	Milk, Wheat, Soy	Vegetarian

43g	**Grilled Cheese Sandwich w/ Tomato Bisque Soup (ELEMENTARY)** 2 Slices of Sliced bread, 4 Slices of American Cheese, 1/2 cup Tomato Bisque Soup	Milk, Wheat, Soy	Vegetarian
51g	**Grilled Cheese Sandwich w/ Tomato Bisque Soup (SECONDARY)** 2 Slices of Sliced bread, 4 Slices of American Cheese, 1 cup Tomato Bisque Soup	Milk, Wheat, Soy	Vegetarian
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	
22g	**Mexican Street Corn 2/3 cup**	Soy, Milk, Egg	Vegetarian
38g	**Mini Confetti Pancakes & String Cheese Lunch** Mini Confetti Pancakes w/ 2 String Cheeses (**ELEM)**	Egg, Milk, Soy, Wheat	Vegetarian
39g	**Nachos, Beans w/ Cheese Sauce (ELEMENTARY)** Corn tortilla chips, refried beans (1/4 cup), cheese sauce	Milk	Vegetarian
34g	**Nachos, Beef w/ Cheese Sauce (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	
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
33g	**Nachos, Chicken w/ Cheese Sauce (ELEMENTARY)** Corn tortilla chips 1oz, chicken taco meat, cheese sauce	Milk	
46g	**Nachos, Chicken w/ Cheese Sauce (SECONDARY)** Corn tortilla chips 2oz, chicken taco meat, cheese sauce	Milk	
75g CAV/HS 64g MS 53g ELEM	**Orange Chicken with Rice & Fortune Cookie** Brown Rice, Chicken Orange Breaded, Fortune Cookie	Egg, Soy, Wheat	
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	
45g	**Pasta, Alfredo Sauce with Chicken** Penne, Diced Chicken, Alfredo Sauce, Parmesean	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	
31g + fruit	**Protein Pack (Alternate)** 2 Goldfish pkg, cheese (string or cubes), hard boiled egg, pepperoni + fruit	Eggs, Milk, Soy, Wheat	Contains Pork
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)
62g	**Rice with General Tso Sauce & Chicken Meatballs** Brown rice, Chicken meatballs with general Tso sauce	Soy, Wheat	
4g	**Salad, Chef's** Lettuce (2 cups), Lunchmeat, Egg, Cheddar Cheese, ranch packet	Eggs, Milk, Soy	
4g	**Salad, Chicken Caesar** Lettuce (2 cups), Diced chicken, cheese (parmesan), Caesar packet	Eggs, Fish, Milk, Soy	
4g	**Salad, Chicken, Bacon** Lettuce (2 cups), Chicken, Bacon, ranch packet	Eggs, Milk, Soy	
20g	**Salad, Crispy Chicken, Bacon** Lettuce (2 cups), Breaded Chicken, Bacon, ranch packet	Eggs, Milk, Soy, Wheat	
16g	**Salad, Garden** Lettuce (2 cups), Sunflower seeds, cheese (cheddar), ranch packet	Eggs, Milk, Soy	Vegetarian
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
47g	**Teriyaki Chicken Meatballs W/ Brown Rice** Chicken Meatballs (5) w/ Teriyaki Sauce (1/2 cup), Brown Rice (1/2 Cup **ELEM)**	Soy, Wheat	
15g	**Turkey & Cheese Tortilla Roll Up (ELC & ELEMENTARY)** 6" Flour Tortilla, deli meat (turkey), shredded cheese (1oz)	Milk, Wheat	
78g	**Yogurt Parfait** 1 Yogurt, 1/2 cup frozen strawberries, 1 pkg Granola 2oz	Milk, Soy, Wheat	May Contain Gelatin (Pork/Beef)