# Lake Stevens School District Allergen and Carb Info Updated 11/6/26

| CARBS | MENU ITEM | TOP 9 ALLERGENS<br>Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut | OTHER NUTRITION INFO |
|---|---|---|---|
| | **MILK & CONDIMENTS** | | |
| | **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 | Dairy free, 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, 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** | | |
| **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 |

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| **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 |
| **10g** | 1 kiwi or small tangerine/mandarin orange | x | Vegetarian, Vegan |
| | **A LA CARTE ITEMS** | | |
| **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 |
| **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 |
| **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 |
| **42g** | Cookie, Red Velvet 1.9oz | Egg, Milk, Soy, Wheat | 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 |
| **20g** | Snack Mix Chex Cheddar .92oz | Milk, Soy, Wheat | Vegetarian |

| **CARBS** | **MENU ITEM** | **TOP 9 ALLERGENS** Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut | **OTHER NUTRITION INFO** |
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## Early Learning Center
## ALPHABETICAL MENU ITEMS

| | | | |
|---|---|---|---|
| **0g** | Beef Patty | X | |

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|---|---|---|---|
| **1g** | Beef Taco Meat (1/3 cup) | X | |
| **44g** | Bread, Banana, Slice | Eggs, Milk, Soy, Wheat | Vegetarian |
| **13g** | Bread, Dinner/Tea Roll 2oz | Soy, Wheat, Sesame | Vegetarian, Vegan |
| **13g** | Bread, Garlic Herb, Roll 2oz | Soy, Wheat, Sesame | Vegetarian, Vegan |
| **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 |
| **43g** | Bread, Pumpkin, Slice | Eggs, Milk, Soy, Wheat | Vegetarian |
| **30g** | Bread, Sliced Whole Wheat (2 slices) | Soy, Wheat | Vegetarian, Vegan |
| **22g** | Cereal, Cheerios, Apple Cinnamon | X | Vegetarian, Vegan |
| **22g** | Cereal, Cheerios, Honey, Bowl | X | Vegetarian, Vegan |
| **23g** | Cereal, Cinnamon Chex, Bowl | X | Vegetarian, Vegan |
| **22g** | Cereal, Cinnamon Toast Crunch, Bowl | Soy, Wheat | Vegetarian, Vegan |
| **47g** | Cereal, Granola, Package 2oz | Soy, Wheat | Vegetarian, Vegan |
| **23g** | Cereal, Trix, Bowl | 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 |
| **15g** | Chicken Nuggets (5) | Soy, Wheat | |
| **20g** | Chicken Orange Breaded (3oz) | Egg, Soy, Wheat | |
| **15g** | Chicken Patty, Breaded | Soy, Wheat | |
| **18g** | Chicken Tenders (3) | Soy, Wheat | |
| **0g** | Chicken, Diced | X | |
| **0g** | Chicken, Diced, Taco Meat | X | |
| **15g** | Chickpea Chocolate Cup | X | Vegetarian, Vegan |
| **19g** | Chips, Corn Tortilla Tostitos (bulk bag) 1oz Serving | X | Vegetarian, Vegan |
| **21g** | Cracker, Chocolate Gram | Soy, Wheat | Vegetarian |
| **21g** | Cracker, Scooby | Soy, Wheat | Vegetarian |
| **0g** | Deli Meat Roll-Up (Turkey or Turkey-Ham) | X | Pork Free |
| **48g** | Mac n' Cheese (1 Cup) | Egg, Milk, Wheat | Vegetarian |
| **35g** | Mini-Pancakes (Maple) | Egg, Milk, Soy, Wheat | Vegetarian |
| **36g** | Mini-Pancakes (Vanilla/Confetti) | Egg, Milk, Soy, Wheat | Vegetarian |
| **30g** | Muffin, Blueberry 2oz | Egg, Soy, Wheat | Vegetarian |
| **47g** | Pasta Penne (Whole Wheat, Pre Cooked) 1 cup | Wheat | Vegetarian, Vegan |
| **37g** | Pizza, Slice, Cheese | Milk, Soy, Wheat | Vegetarian |
| **17g** | Rice (Brown) (1/2 cup cooked) | X | Vegetarian |
| **9g** | Soup, Tomato Bisque (1/2 cup) | Milk | Vegetarian |
| **7g** | Sunbutter Cup | X | Vegetarian, Vegan |
| **14g** | Tortilla Flour 6" | Wheat | Vegetarian, Vegan |
| **37g** | Waffles, Mini (Maple or Blueberry) | Egg, Milk, Soy, Wheat | Vegetarian |

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|---|---|---|---|
| **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** | | |
| **18 g** | **Beef Soft Taco w/ Shredded Cheese**<br>Tortilla Flour 6", beef taco meat, cheese (cheddar shred) | Milk & Wheat | |
| **43g** | **Black Bean Burger**<br>On Hamburger Bun | Soy, Wheat, Sesame, Milk, Egg | Vegetarian |
| **37g** | **Cheese Filled Breadsticks & Tomato Bisque Soup**<br>1 Cheesy breadstick, Tomato Bisque Soup (1/2 cup) | Egg, Milk, Soy, Wheat | |
| **37g** | **GLUTEN FREE, Cheeseburger**<br>Beef patty, American cheese slice, GF hamburger bun | Milk, Soy, Egg | Gluten Free |
| **28g** | **Cheeseburger**<br>Beef patty, American cheese slice, hamburger bun | Milk, Soy, Wheat, Sesame | |
| **42g** | **Cheesy Pull Apart & Tomato Bisque Soup**<br>1 Cheesy Pull Apart, Tomato Bisque Soup (1/2 cup) | Milk, Soy, Wheat | Vegetarian |
| **43g** | **Chicken Burger**<br>Chicken patty breaded (Elementary), hamburger bun | Soy, Wheat, Sesame | |
| **17 g** | **Chicken Soft Taco w/ Shredded Cheese**<br>Tortilla Flour 6", Chicken taco meat, cheese (cheddar shred) | Milk & Wheat | |
| **28g** | **Deli Sandwich, Turkey**<br>Hamburger bun, deli meat (turkey), cheese (American) (2 slices) | Milk, Soy, Wheat, Sesame | |
| **36g** | **GLUTEN FREE, Deli Sandwich, Turkey**<br>GF Hamburger bun, deli meat (turkey), cheese (American) (2 slices) | Milk, Soy, Egg | Gluten Free |
| **34g** | **Grilled Cheese Sandwich**<br>2 Slices of Sliced bread, 4 Slices of American Cheese | Milk, Wheat, Soy | Vegetarian |
| **43g** | **Grilled Cheese Sandwich w/ Tomato Bisque Soup**<br>2 Slices of Sliced bread, 4 Slices of American Cheese, 1/2 cup Tomato Bisque Soup | Milk, Wheat, Soy | Vegetarian |
| **48g** | **Orange Chicken with Rice**<br>Brown Rice, Chicken Orange Breaded | Egg, Soy, Wheat | |
| **32g** | **Pasta with Marinara Meat Sauce**<br>Penne Pasta (1/2c), marinara meat sauce (1/2c), parmesan sprinkle | Milk, Soy, Wheat | |
| **15g** | **Turkey & Cheese Tortilla Roll Up**<br>6" Flour Tortilla, deli meat (turkey), shredded cheese (1oz) | Milk, Wheat | |
| **78g** | **Yogurt Parfait**<br>1 Yogurt, 1/2 cup frozen strawberries, 1 pkg Granola 2oz | Milk, Soy, Wheat | May Contain Gelatin (Pork/Beef) |
| | **ELC PORTION FRUITS & VEGETABLES** | | |
| **3g** | 1/4 cup Non-starchy Veggies (carrot, cucumber, cauliflower, broccoli, celery, tomato, bell pepper) | x | Vegetarian, Vegan |
| **8g** | 1/4 cup starchy veggies (peas, corn) | x | Vegetarian, Vegan |
| **1g** | 1/2 cup lettuce/salad mix | x | Vegetarian, Vegan |
| **15g** | Juice, 4oz | x | Vegetarian, Vegan |
| **8g** | 1/4 cup canned fruit or applesauce cup | x | Vegetarian, Vegan |
| **30g** | 1/4 cup dried fruit | x | Vegetarian, Vegan |
| **4g** | 1/4 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 |
| | **ELC MILK & CONDIMENTS**<br>**MILK** | | |

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| **13g** | Milk, Fat Free or 1% White | Milk | Vegetarian |
| **8g** | Soy Milk (offered as substitute) | Soy | Vegetarian, Vegan |
| | **CONDIMENTS** | | |
| **18g** | BBQ Sauce 2 Tb | X | Vegetarian, Vegan |
| **10g** | Ketchup 2 Tb | X | Vegetarian, Vegan |
| **6g** | Marinara Cup | X | Vegetarian, Vegan |
| **0g** | Mustard Packet | X | Vegetarian, Vegan |
| **17g** | Orange Sauce 2Tb (Minor's Brand) | Soy, Wheat, Sesame | Vegetarian, Vegan |
| **1g** | Ranch, Cup, 1.5 oz | Egg, Milk, Soy | Vegetarian |
| **2g** | Salsa, Cup | X | Vegetarian, Vegan |
| **2g** | Sour Cream 2Tb | Milk | Vegetarian |
| **30g** | Syrup, Maple, Cup, 1.5oz | X | Vegetarian, Vegan |
| **5g** | Syrup, Sugar Free 1 oz | X | Vegetarian, Vegan |
| **CARBS** | **MENU ITEM** | **TOP 9 ALLERGENS** Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut | **OTHER NUTRITION INFO** |
| | **ALPHABETICAL MENU ITEMS** | | |
| **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 |
| **44g** | Bread, Banana, Slice | Eggs, Milk, Soy, Wheat | Vegetarian |
| **13g** | Bread, Dinner/Tea Roll 2oz | Soy, Wheat, Sesame | Vegetarian, Vegan |
| **13g** | Bread, Garlic Herb, 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 |

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| **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 | |

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| **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 |
| **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 |

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| **38g** | French Toast Sticks (2 large sticks or 4 small) | 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 |
| **3g** | Gravy, Chicken (1/4 cup) | Milk, Wheat | |
| **0g** | Ham, Diced | X | Contains Pork |
| **29g** | 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 |
| **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 |

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| **26g** | Rice (Brown) (3/4 cup) **MIDDLE** | X | Vegetarian |
| **48g** | Rice, Fried (1 cup) | Egg, Milk, Soy, Wheat | Vegetarian |
| **0g** | Sausage Links (2) | X | Contains Pork |
| **12g** | Soup, Chicken Noodle (1 cup) | Egg, Milk, Soy, Wheat | |
| **19g** | Soup, Chicken Enchilada (1 cup) | Milk, Soy | |
| **14g** | Soup, Chicken 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 |
| **30g** | 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<br>Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut | OTHER NUTRITION INFO |
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| **3g** | **Alfredo Sauce with Chicken**<br>Diced Chicken, Alfredo Sauce, Parmesean | Milk, Soy, Wheat | |
| **44g** | **Bagel and Cheese Lunch**<br>2 mini bagels, 2 string cheeses, 1 cream cheese packet | Milk, Soy, Wheat | Vegetarian |
| **45g** | **BBQ Pork Sandwich**<br>BBQ sauced shredded pork (1/2 cup), hamburger bun | Soy, Wheat, Sesame | Contains pork |
| **32g** | **Beef Rib BBQ Hoagie Sandwich (SECONDARY)**<br>1 Beef Rib BBQ Patty + Hoagie Roll | Soy, Wheat, Sesame | |
| **28 g** | **Beef Soft Taco w/ Shredded Cheese & Cinnamon Churro (ELEMENTARY**<br>Tortilla Flour 6", beef taco meat, cheese (cheddar shred), 2 small churro bites | Milk, Wheat, Soy & Egg | |
| **43g** | **Black Bean Burger**<br>On Hamburger Bun | Soy, Wheat, Sesame, Milk, Egg | Vegetarian |
| **35g** | **Breakfast Bagel Sandwich**<br>Bagel, egg patty, American cheese, Sausage Patty | Egg, Milk, Soy, Wheat | Contains Pork |
| **19g** | **Breakfast Burrito**<br>Egg, Turkey Sausage, Potato & Cheese wrapped in Tortilla | Milk, Wheat, Soy & Egg | |
| **24g** | **Breakfast Sandwich**<br>English muffin, egg patty, American cheese, Sausage Patty | Egg, Milk, Soy, Wheat | Contains Pork |
| **49g** | **Cheese Filled Breadsticks & Chicken Enchilada Soup (SECONDARY)**<br>1 Cheesy breadstick, Chicken Enchilada/Tortilla Soup (1 cup) | Egg, Milk, Soy, Wheat | |
| **37g** | **Cheese Filled Breadsticks & Tomato Bisque Soup (ELC & ELEM)**<br>1 Cheesy breadstick, Tomato Bisque Soup (1/2 cup) | Egg, Milk, Soy, Wheat | |
| **45g** | **Cheese Filled Breadsticks & Tomato Bisque Soup (SECONDARY)**<br>1 Cheesy breadstick, Tomato Bisque Soup (1 cup) | Egg, Milk, Soy, Wheat | Vegetarian |

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| **37g** | **GLUTEN FREE, Cheeseburger**<br>Beef patty, American cheese slice, GF hamburger bun | Milk, Soy, Egg | Gluten Free |
| **28g** | **Cheeseburger**<br>Beef patty, American cheese slice, hamburger bun | Milk, Soy, Wheat, Sesame | |
| **58g CAV**<br>**68g HS** | **Cheeseburger with Fries**<br>Beef patty, American cheese slice, hamburger bun, fries (3/4c CAV, 1c HS) | Milk, Soy, Wheat, Sesame | |
| **58g CAV**<br>**68g HS** | **Bacon Cheeseburger with Fries**<br>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)**<br>1 Cheesy Pull Apart, Chicken Enchilada/Tortilla Soup (1 cup) | Milk, Soy, Wheat | |
| **42g** | **Cheesy Pull Apart & Tomato Bisque Soup (ELC & ELEM)**<br>1 Cheesy Pull Apart, Tomato Bisque Soup (1/2 cup) | Milk, Soy, Wheat | Vegetarian |
| **50g** | **Cheesy Pull Apart & Tomato Bisque Soup (SECONDARY)**<br>1 Cheesy Pull Apart, Tomato Bisque Soup (1 cup) | Milk, Soy, Wheat | Vegetarian |
| **33g** | **Chicken (Patty) n' Waffles (CAV & LSHS)**<br>Chicken patty (Secondary), waffles (2) | Egg, Milk, Soy, Wheat | |
| **32g** | **Chicken (Tenders) n' Waffles (MIDDLE)**<br>Chicken tenders (2), waffles (2) | Egg, Milk, Soy, Wheat | |
| **43g** | **Chicken Burger (ELEMENTARY)**<br>Chicken patty breaded (Elementary), hamburger bun | Soy, Wheat, Sesame | |
| **76g HS**<br>**66g CAV**<br>**56g MS** | **Chicken Burger (SECONDARY) with Fries**<br>Chicken patty breaded (Secondary), hamburger bun, fries (3/4c CAV, 1c HS) | Soy, Wheat, Sesame | |
| **83g HS**<br>**73g CAV** | **Chicken Burger, Spicy (SECONDARY) with Fries**<br>Chicken patty breaded spicy (Secondary), hamburger bun, fries(3/4c CAV, 1cHS) | Soy, Wheat, Sesame | |
| **32g** | **Chicken Caesar Wrap**<br>Diced chicken, cheese (parmesan), Caesar dressing, Tortilla | Eggs, Fish, Milk, Soy | |
| **37g** | **Chicken Meatballs w/ Garlic Toast (ELEMENTARY)**<br>Garlic(2oz), Chicken meatballs (5) with marinara sauce , mozzarella cheese | Milk, Soy, Egg, Wheat | |
| **43g** | **Chicken Meatballs w/ Garlic Toast (SECONDARY)**<br>Garlic(2oz), Chicken meatballs (6) with marinara sauce , mozzarella cheese | Milk, Wheat, Soy & Egg | |
| **27 g** | **Chicken Soft Taco w/ Shredded Cheese & Cinnamon Churro (ELEMENT**<br>Tortilla Flour 6", Chicken taco meat, cheese (cheddar shred), 2 small churro bites | Milk, Wheat, Soy & Egg | |
| **69g CAV/HS**<br>**58g MS** | **Chicken Sweet n Sour with Rice**<br>Brown Rice, Chicken Sweet n Sour Breaded | Egg, Soy, Wheat | |
| **47g** | **Chicken Teriyaki with Chow Mein/Ramen Noodles (CAV & LSHS)**<br>Noodles (1 cup), Chicken Teriyaki (1/2 cup) | Soy, Wheat, Sesame | |
| **58g CAV/HS**<br>**47g MS** | **Chicken Teriyaki with Rice**<br>Brown Rice, Chicken Teriyaki | Soy | |
| **33g** | **Chili Dog**<br>Chili (1/4 cup) + Hot Dog & Bun + Cheese sprinkle | Milk, Soy, Wheat, Sesame | |
| **57g** | **Chili with Cornbread**<br>Chili (1 cup) + Cornbread | Egg, Milk, Soy, Wheat | |
| **36g** | **GLUTEN FREE, Deli Sandwich, Turkey & Cheese**<br>GF Hamburger bun, deli meat (turkey), cheese (American) (2 slices) | Egg, Milk, Soy | Gluten Free |
| **28g** | **Deli Sandwich, Turkey (ELEMENTARY)**<br>Hamburger bun, deli meat (turkey), cheese (American) (2 slices) | Milk, Soy, Wheat, Sesame | |
| **36g** | **GLUTEN FREE, Deli Sandwich, Turkey (ELEMENTARY)**<br>GF Hamburger bun, deli meat (turkey), cheese (American) (2 slices) | Egg, Milk, Soy | Gluten Free |
| **30g** | **Deli Sandwich, Turkey, Turkey-Ham (SECONDARY)**<br>Hoagie roll, deli meat (Turkey or Turkey-Ham), Cheese (cheddar or swiss) or Egg Salad | Milk, Soy, Wheat, Sesame | Pork Free |
| **36g** | **GLUTEN FREE, Deli Sandwich, Turkey, Turkey-Ham (SECONDARY)**<br>Hoagie roll, deli meat (Turkey or Turkey-Ham), Cheese (cheddar or swiss) or Egg Salad | Egg, Milk, Soy | Gluten Free, Pork Free |
| **34g** | **Grilled Cheese Sandwich**<br>2 Slices of Sliced bread, 4 Slices of American Cheese | Milk, Wheat, Soy | Vegetarian |
| **43g** | **Grilled Cheese Sandwich w/ Tomato Bisque Soup (ELEMENTARY)**<br>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)**<br>2 Slices of Sliced bread, 4 Slices of American Cheese, 1 cup Tomato Bisque Soup | Milk, Wheat, Soy | Vegetarian |
| **30g** | **Gyro, Chicken**<br>Diced chicken (1/2 cup), Feta Cheese (1oz), Tzatziki sauce, Flatbread (1) | Milk, Soy, Wheat | |

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| **38g** | **Italian Meatball Sub (SECONDARY)**<br>Hoagie Roll, Chicken meatballs (6) with spaghetti sauce, mozzarella cheese | Milk, Soy, Wheat, Sesame | |
| **38g** | **Mini Confetti Pancakes & String Cheese Lunch**<br>Mini Confetti Pancakes w/ 2 String Cheeses (**ELEM)** | Egg, Milk, Soy, Wheat | Vegetarian |
| **39g** | **Nachos, Beans, Cheese Sauce (ELEMENTARY)**<br>Corn tortilla chips, refried beans (1/4 cup), cheese sauce | Milk | Vegetarian |
| **34g** | **Nachos, Beef, Cheese Sauce (ELEMENTARY)**<br>Corn tortilla chips 1oz, beef taco meat, cheese sauce cup | Milk | |
| **20g** | **Nachos, Beef, Shredded Cheese (ELEMENTARY)**<br>Corn tortilla chips 1oz, beef taco meat, cheese (cheddar shred) | Milk | |
| **47g** | **Nachos, Beef, Cheese Sauce (SECONDARY)**<br>Corn tortilla chips 2oz, beef taco meat, cheese sauce | Milk | |
| **52g** | **Nachos, Beef, Bean, Cheese (SECONDARY)**<br>Corn tortilla chips 2oz, refried beans (1/4 cup), beef taco meat, cheese sauce | Milk | Beans contain pork |
| **44g** | **Nachos, Beans, Shredded Cheese (HS/CAV)**<br>Corn tortilla chips 2oz, refried beans (1/2 cup), cheddar cheese | Milk | Beans contain pork |
| **33g** | **Nachos, Chicken w/ Cheese Sauce (ELEMENTARY)**<br>Corn tortilla chips 1oz, chicken taco meat, cheese sauce | Milk | |
| **46g** | **Nachos, Chicken w/ Cheese Sauce (SECONDARY)**<br>Corn tortilla chips 2oz, chicken taco meat, cheese sauce | Milk | |
| **48g** | **Orange Chicken with Rice (ELC)**<br>Brown Rice, Chicken Orange Breaded | Egg, Soy, Wheat | |
| **75g CAV/HS<br>64g MS<br>53g ELEM** | **Orange Chicken with Rice & Fortune Cookie**<br>Brown Rice, Chicken Orange Breaded, Fortune Cookie | Egg, Soy, Wheat | |
| **89g** | **Orange Chicken with Fried Rice & Fortune Cookie**<br>**Fried Rice, Chicken Orange Breaded, Fortune Cookie** | Egg, Milk, Soy, Wheat | |
| **75g** | **Orange Chicken with Chow Mein & Fortune Cookie**<br>**Chow Mein, Chicken Orange Breaded, Fortune Cookie** | Egg, Soy, Wheat, Sesame | |
| **50g** | **Pasta with Chicken Alfredo Sauce (SECONDARY)**<br>Penne Pasta (1c), Alfredo Sauce with Chicken (1/2 cup) | Milk, Wheat | |
| **32g** | **Pasta with Marinara Meat Sauce (ELEMENTARY)**<br>Penne Pasta (1/2c), marinara meat sauce (1/2c), parmesan sprinkle | Milk, Soy, Wheat | |
| **63g** | **Pasta with Red Sauce & Chicken Meatballs (SECONDARY)**<br>Penne Pasta (1c), Chicken meatballs (6) with spaghetti sauce, mozzarella cheese | Milk, Soy, Wheat | |
| **45g** | **Pasta, Alfredo Sauce with Chicken**<br>Penne, Diced Chicken, Alfredo Sauce, Parmesean | Milk, Soy, Wheat | |
| **62g** | **Popcorn Chicken & Mashed Potato Bowl**<br>Popcorn Chicken (12 pcs), Potatoes (1c), Gravy (1/4c), Corn & Cheese (2Tb) | Milk, Soy, Wheat | |
| **31g** | **Protein Pack (Alternate)**<br>2 Goldfish pkg, cheese (string or cubes), hard boiled egg, pepperoni + fruit | Eggs, Milk, Soy, Wheat | Contains Pork |
| **68g** | **Protein Pack (Traditional)**<br>Benefit bar, cheese (string or cubes), yogurt + fruit variety | Eggs, Milk, Soy, Wheat | Vegetarian,<br>Some Yogurts Contain Gelatin (Beef/Pork) |
| **62g** | **Rice with General Tso Sauce & Chicken Meatballs**<br>Brown rice, Chicken meatballs with general Tso sauce | Soy, Wheat | |
| **4g** | **Salad, Chef's**<br>Lettuce (2 cups), Lunchmeat, Egg, Cheddar Cheese, ranch packet | Eggs, Milk, Soy | |
| **4g** | **Salad, Chicken Caesar**<br>Lettuce (2 cups), Diced chicken, cheese (parmesan), Caesar packet | Eggs, Fish, Milk, Soy | |
| **4g** | **Salad, Chicken, Bacon**<br>Lettuce (2 cups), Chicken, Bacon, ranch packet | Eggs, Milk, Soy | |
| **20g** | **Salad, Crispy Chicken, Bacon**<br>Lettuce (2 cups), Breaded Chicken, Bacon, ranch packet | Eggs, Milk, Soy, Wheat | |
| **16g** | **Salad, Garden**<br>Lettuce (2 cups), Sunflower seeds, cheese (cheddar), ranch packet | Eggs, Milk, Soy | Vegetarian |
| **31g** | **Sloppy Joes on Bun**<br>4 oz Sloppy Joe Mix and Hamburger Bun | Soy, Wheat, Sesame | |
| **33g** | **Soft Taco, Beef (MIDDLE)**<br>Flour tortilla, beef taco meat, cheese (cheddar) | Milk, Wheat | |
| **39g** | **Soft Taco, Beef AND Bean (MIDDLE)**<br>Flour tortilla, refried beans (1/4 cup), beef taco meat, cheese (cheddar) | Milk, Wheat | Beans contain pork |

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| **47g** | **Teriyaki Chicken Meatballs W/ Brown Rice**<br>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)**<br>6" Flour Tortilla, deli meat (turkey), shredded cheese (1oz) | Milk, Wheat | |
| **78g** | **Yogurt Parfait**<br>1 Yogurt, 1/2 cup frozen strawberries, 1 pkg Granola 2oz | Milk, Soy, Wheat | May Contain Gelatin (Pork/Beef) |