

### Grab & Go Meal Delivery

X = Allergen present  
 ! = May contain allergen  
 GF=Gluten Free

The FDA does not consider Highly refined Soybean Oil as a Allergen. Therefor products that contain these highly refined oils are not listed in the Soy allergen column. If you are allergic to highly refined oils in soybeans or peanuts, please discuss with CCSD Nutrition Services Registered Dietitian.

**Please Note: Food ingredient substitutions & nutrition label changes can occur without warning. If there is a question on a specific product please ask the Nutrition Service manager, Registered Dietitian or email Nutrition\_Services@charleston.k12.sc.us with any questions.**

Recipe Name (Breakfast)	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name (Breakfast)	serving Size	Calories	Total Fat	Total Carbohydrate	Sodium	Protein	
<b>Monday Cereal Kit</b>											Monday Cereal Kit							
Honey Nut Cheerios	GF						X(Almonds)				Honey Nut Cheerios	1 box	210	3g	45g	320mg	5g	
100% Fruit Punch Juice	GF									No top 8 allergens	Fruit Punch	1 box	60	0	15	5	0	
Whole Fruit	GF									No top 8 allergens	Assorted Fruit	1 fruit	Varies					
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8	
<b>Tuesday Pop Tart Kit (1 type)</b>											Tuesday Pop Tart Kit (1 type)							
Blueberry Poptart	X	X			X						Blueberry Poptart	1 poptart	180	2.5	38	180	2	
Strawberry Poptart	X	X			X						Strawberry Poptart	1 poptart	180	2.5	38	180	2	
Bear Graham	x	x									Bear Grahams	1 pack	120	3.5	21	100	1	
100% Apple Juice	GF									No top 8 allergens	Apple Juice	1 box	60	0	14	5	0	
Whole Fruit	GF									No top 8 allergens	Assorted Fruit	1 fruit	Varies					
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8	
<b>Wednesday Cereal Kit</b>											Wednesday Cereal Kit							
Cinnamon Toast Crunch	X	X			X						Cinnamon Toast Crunch	1box	230	6g	44g	320mg	3g	
100% Fruit Punch Juice	GF									No top 8 allergens	Fruit Punch	1 box	60	0	15	5	0	
Whole Fruit	GF									No top 8 allergens	Assorted Fruit	1 fruit	Varies					
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8	
<b>Thursday Pop Tart Kit (1 type)</b>											Thursday Pop Tart Kit (1 type)							
Blueberry Poptart	X	X			X						Blueberry Poptart	1 poptart	180	2.5	38	180	2	
Strawberry Poptart	X	X			X						Strawberry Poptart	1 poptart	180	2.5	38	180	2	
Goldfish	x	x		x							Goldfish	1 pack	100	4	14	170	2	
100% Apple Juice	GF									No top 8 allergens	Apple Juice	1 box	60	0	14	5	0	
Whole Fruit	GF									No top 8 allergens	Assorted Fruit	1 fruit	Varies					
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8	
<b>Friday Bread Loaf Kit</b>											Friday Bread Loaf Kit							
Blueberry Bread Loaf	x	x	x	x	x						Blueberry Bread Loaf	1 mini loaf	150	4.5	26	105	3	
Banana bread loaf	x	x	x	x	x						Banana Bread Loaf	1 slice	160	4.5	26	105	3	
Bear Graham	x	x									Bear Grahams	1 pack	120	3.5	21	100	1	

100% Fruit Punch Juice	GF									No top 8 allergens	Fruit Punch	1 box	60	0	15	5	0
Whole Fruit	GF									No top 8 allergens	Assorted Fruit	1 fruit	Varies				
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
Saturday & Sunday: ES Breakfast Kit Variety											Saturday & Sunday: ES Lunch & Breakfast Kit Variety						
Cinnamon Toast Crunch (25% Less Sugar) (WG) Breakfast Breaks	x	x	x	x	x						Cinnamon Toast Crunch (25% Less Sugar) (WG) Breakfast Breaks	1 kit	270	6	55	215	2
Golden Grahams (WG) Breakfast Breaks	x	x	x	x	x						Golden Grahams (WG) Breakfast Breaks	1 kit	290	5.5	59	285	3
Frosted Flakes (WG) Breakfast Breaks	x	x		x	x						Frosted Flakes (WG) Breakfast Breaks	1 kit	260	3.5	53	320	5
Monday																	
Charleston Chicken Sandwich on Brioche Bun	x	x		x	x					PEA PROTEIN	Chicken Sandwich on Brioche Bun	Chicken Sandwich	380	10.50	45	760	27
Cheeseburger on Brioche Bun	x	x		x						PEA PROTEIN	Cheeseburger on Brioche Bun	1 Cheeseburger	570	20.50	31	635	29
Chicken Tenders	x	x			x						Chicken Tenders	3 tenders	250	8	22	600	22
Popcorn Chicken	x	x		x	x						Popcorn Chicken	10 nuggets	200	11	13	350	12
Corn Dog	x	x	x		x						Corn Dog	1 corndog	240	8g	30g	390	9
Hot Dog W/ BUN	x	x									Hot Dog W/ BUN	1 hot dog	300	17.00	28	540	12
Italian Herbed Wings	GF									No Top 8 allergens	Italian Herbed Wings	4 wings	154	9.60	1	549	15
Sun Chip Variety	x	x		x							Sun Chip Variety	1 bag	140	6	19	200*	2
Baby Carrots	GF									No Top 8 allergens	Baby Carrots	2 oz	28	0	6	68	0
Whole Fruit	GF									No top 8 allergens	Assorted Fruit	1 fruit	Varies				
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
Tuesday: Beef Taco Stick or All American Cheeseburger											Tuesday: Beef Taco Stick or All American Cheeseburger						
Beef Taco Stick	x	x		x	x						Taco Stick	Taco Stick	345	13	32	630	20
All American Cheeseburger	x	x		x	x						All American Cheeseburger	1 burger	300	10	30	512	22
Goldfish	x	x		x							Goldfish	1 pack		4	14	170	2
Chili Cheese Dog	x	x		x	x						Chili Cheese Dog	1 Hotdog	298	11	32.5	628	16.8
Anytimers Cheese & Turkey Pepperoni pizza lunchable	x	x		x	x						Anytimers Cheese & Pepperoni Pizza	1 kit	350	15	35	880	15
Anytimers cheese pizza lunchable	x	x		x							Anytimers Cheese pizza	1 kit	360	17	34	750	13
Grape Tomatoes	GF									No top 8 allergens	Grape Tomatoes	1/2 cup	15	0	3	4	1
Zee Zee's Dried Fruit								!		May contain coconut flakes	Zee Zee's Dried Fruit	1 box	120	0	30	25	1
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8

<b>Wednesday: School Choice: Corn Dog/Herbed Wings/ Or Hot Dog</b>											<b>Wednesday: School Choice: Corn Dog/Herbed Wings/ Or Hot Dog</b>						
Corn Dog	x	x	x		x						Corn Dog	1 corndog	240	8g	30g	390	9
Hot Dog W/ BUN	x	x									Hot Dog W/ BUN	1 hot dog	300	17.00	28	540	12
Italian Herbed Wings	GF								No Top 8 allergens		Italian Herbed Wings	4 wings	154	9.60	1	549	15
Grape Tomatoes	GF								No top 8 allergens		Grape Tomatoes	1/2 cup	15	0	3	4	1
Doritos, Nacho	!			x							Nacho Doritos	1 bag	130	5	20	200	2
Whole Fruit	GF								No top 8 allergens		Assorted Fruit	1 fruit	Varies				
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
<b>Thursday: ES kit or Frozen meal (school choice)</b>											<b>Thursday: ES kit or Frozen meal (school choice)</b>						
Butterball Turkey Stick & Mini Cinnamon Crackers Meal	x	x	x	x	x						Butterball Turkey Stick & Mini Cinnamon Crackers Meal	1 kit	480	22.5	62	510	14
Cheese Stick With Marinara Sauce Meal Break	x	x		x							Cheese Stick With Marinara Sauce Meal Break	1 kit	410	20.5	43	1167	15
Cheese Stick with Beef Stick Meal Breaks	x	x		x	x						Cheese Stick with Beef Stick Meal Breaks	1 kit	455	23	47	1010	16
Skippy Peanut Butter & Jelly Meal Breaks	x	x		x		x					Skippy Peanut Butter & Jelly Meal Breaks	1 kit	610	34.5	66	495	16
Beef Taco Stick	x	x		x	x						Taco Stick	Taco Stick	345	13	32	630	20
All American Cheeseburger	x	x		x	x						All American Cheeseburger	1 burger	300	10	30	512	22
Chili Cheese Dog	x	x		x	x						Chili Cheese Dog	1 Hotdog	298	11	32.5	628	16.8
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
<b>Friday: School Choice</b>											<b>Friday: School Choice</b>						
Charleston Chicken Sandwich on Brioche Bun	x	x		x	x				PEA PROTEIN		Chicken Sandwich on Brioche Bun	Chicken Sandwich	380	10.50	45	760	27
Cheeseburger on Brioche Bun	x	x		x					PEA PROTEIN		Cheeseburger on Brioche Bun	1 Cheeseburger	570	20.50	31	635	29
Chicken Tenders	x	x			x						Chicken Tenders	3 tenders	250	8	22	600	22
Popcorn Chicken	x	x		x	x						Popcorn Chicken	10 nuggets	200	11	13	350	12
Corn Dog	x	x	x		x						Corn Dog	1 corndog	240	8g	30g	390	9
Hot Dog W/ BUN	x	x									Hot Dog W/ BUN	1 hot dog	300	17.00	28	540	12
Italian Herbed Wings	GF								No Top 8 allergens		Italian Herbed Wings	4 wings	154	9.60	1	549	15
Baked Cheetos	GF			x							Baked Cheetos	1 bag	120	4.5	16	200	0
Baby Carrots	GF								No Top 8 allergens		Baby Carrots	2 oz	28	0	6	68	0
Whole Fruit	GF								No top 8 allergens		Assorted Fruit	1 fruit	Varies				

Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
Saturday & Sunday: ES Lunch Kit Variety											Saturday & Sunday: ES Lunch & Breakfast Kit Variety						
Butterball Turkey Stick & Mini Cinnamon Crackers Meal	x	x	x	x	x						Butterball Turkey Stick & Mini Cinnamon Crackers Meal	1 kit	480	22.5	62	510	14
Cheese Stick With Marinara Sauce Meal Break	x	x		x							Cheese Stick With Marinara Sauce Meal Break	1 kit	410	20.5	43	1167	15
Cheese Stick with Beef Stick Meal Breaks	x	x		x	x						Cheese Stick with Beef Stick Meal Breaks	1 kit	455	23	47	1010	16
Skippy Peanut Butter & Jelly Meal Breaks	x	x		x		x					Skippy Peanut Butter & Jelly Meal Breaks	1 kit	610	34.5	66	495	16
Condiments											Condiments						
Honey Mustard Packets	!									No top 8 Allergens	Honey Mustard	1 packet	15	0	4	65	0
Light Mayo	!		X		x						mayo	1 packet	40	4	1	90	0
Mustard										No top 8 allergens	Mustard	1 packet	5	0	0.5	50	0
Ranch packet	!		x	x	x						Ranch	1 packet	70	7	1	95	0