

**Grab & Go Meal Delivery**

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

The FDA does not consider Highly refined Soybean Oil as an Allergen. Therefore 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
Monday-Sunday: ES Breakfast Kit Variety											Monday-Sunday: ES 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
Cinnamon Toast Crunch Cereal	x	x			x						cinnamon Toast Crunch Cereal	1 container	110	3	22	160	1
Grahams mini cinnamon	x	x	x	x	x						Grahams mini cinnamon	1 package	100	3	18	45	1
100% Apple Juice											No top 8 allergens	1 juice	60	0	15	10	0
Golden Grahams (WG) Breakfast Breaks	x	x	x	x	x						Golden Grahams (WG) Breakfast Breaks	1 kit	290	5.5	59	285	3
Golden Grahams	x	x									golden graham	1 package	110	1	24	220	1
Animal Crackers	x	x	x	x	x						Animal Crackers	1 package	120	4.5	20	55	2
100% Apple Juice											No top 8 allergens	1 juice	60	0	15	10	0
Frosted Flakes (WG) Breakfast Breaks	x	x		x	x						Frosted Flakes (WG) Breakfast Breaks	1 kit	260	3.5	53	320	5
Frosted Flakes Cereal	x	x									Frosted Flakes Cereal	1 container	100	0	24	160	2
Cheeze-It Crackers	x	x		x	x						Cheeze-It Crackers	1 package	100	3.5	14	150	2
100% Apple Juice											No top 8 allergens	1 juice	60	0	15	10	0
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
Recipe Name Lunch	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name (Breakfast)	serving Size	Calories	Total Fat	Total Carbohydrate	Sodium	Protein
Monday Popcorn Chicken Smackers											Monday Popcorn Chicken Smackers						
Popcorn Chicken	X	X		X	X						Popcorn Chicken	10 nuggets	200	11	13	350	12
Baby Carrots	GF									No Top 8 allergens	Baby Carrots	2 oz	28	0	6	68	0
Chip Variety:																	
Doritos, Nacho	!			x							Nacho Doritos	1 bag	130	5	20	200	2
Cool Ranch Doritos	!			x							Cool Ranch Doritos	1 bag	130	5	20	150	2
Sweet & Spicy Nachos	x	x			x						Sweet & Spicy Doritos	1 bag	130	5	20	200	2
Baked Cheetos	GF			x							Baked Cheetos	1 bag	120	4.5	16	200	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: ES Lunch Kit Variety											Tuesday: ES Lunch 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
Butterball Turkey Stick											Butterball Turkey Stick	1 stick	80	4.5	3	370	7
Sunflower Seeds										No top 8 allergens	Sunflower Seeds	1 packet	190	15	11	65	6
Grahams mini cinnamon	x	x	x	x	x						Grahams mini cinnamon	1 package	100	3	18	45	1
Apple Sauce										No top 8 allergens	Apple Sauce	1 container	50	0	14	0	0
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Cheese Stick With Marinara Sauce Meal Break	x	x		x	x						Cheese Stick With Marinara Sauce Meal Break	1 kit	410	20.5	43	1167	15
Cheese Stick				x							Cheese Stick	1 stick	200	16	2	720	12
Wheat Cracker	x	x		x	x						Wheat Cracker	1.25 oz grain	110	3.5	19	230	2
Marinara Sauce					x						Marinara Sauce	2.5 oz	40	1	7	200	1
Apple Sauce Strawberry										No top 8 allergens	Apple Sauce Strawberry	1 container	60	0	15	17	0
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
Cheese Stick				x							Cheese Stick	1 stick	200	16	2	720	12
Beef Stick											Beef Stick	1 stick	35	3.5	0	110	1
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Apple Sauce Strawberry										No top 8 allergens	Apple Sauce Strawberry	1 container	60	0	15	17	0
Cheeze-It Crackers	x	x		x	x						Cheeze-It Crackers	1 package	100	3.5	14	150	2
Skippy Peanut Butter & Jelly Meal Breaks	x	x		x	x	x					Skippy Peanut Butter & Jelly Meal Breaks	1 kit	610	34.5	84	495	16
skippy Peanut Butter Pack					x	x					Skippy Peanut Butter Packet	1 packet	200	16	6	160	8
Sunflower Seeds										No top 8 allergens	Sunflower Seeds	1 packet	190	15	11	65	6
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Apple Sauce										No top 8 allergens	Apple Sauce	1 container	50	0	14	0	0
Wheat Cracker	x	x		x	x						Wheat Cracker	1.25 oz grain	110	3.5	19	230	2
Grape Jelly										No top 8 allergens	Grape Jelly Packet	1 packet	70	0	18	0	0
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
Wednesday:Cheeseburger											Wednesday: Cheeseburger						
Cheeseburger on Brioche Bun	X	X		X						PEA PROTEIN	eseburger on Brioche	Cheeseburge	436	21.00	30	671	26
Burger Patty										No top 8 allergens	Burger Patty	1 Patty	196	11.50	0	266	21
Brioche Bun	x	x								pea protein	Brioche Bun	brioche bun	160	2.50	30	270	0
Cheddar Cheese				x							Cheddar Cheese	Slice Cheddar	80	7.00	0	135	5

Broccoli Package	GF									No top 8 allergens	Broccoli Package	2 oz	16	0.00	3	15	0
Chip Variety:											Chip Variety:						
Doritos, Nacho	!			x							Nacho Doritos	1 bag	130	5	20	200	2
Cool Ranch Doritos	!			x							Cool Ranch Doritos	1 bag	130	5	20	150	2
Sweet & Spicy Nachos	x	x			x						Sweet & Spicy Doritos	1 bag	130	5	20	200	2
Baked Cheetos	GF			x							Baked Cheetos	1 bag	120	4.5	16	200	0
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
Thursday: ES Lunch Kit Variety											Thursday: ES Lunch 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
Butterball Turkey Stick											Butterball Turkey Stick	1 stick	80	4.5	3	370	7
Sunflower Seeds										No top 8 allergens	Sunflower Seeds	1 packet	190	15	11	65	6
Grahams mini cinnamon	x	x	x	x	x						Grahams mini cinnamon	1 package	100	3	18	45	1
Apple Sauce										No top 8 allergens	Apple Sauce	1 container	50	0	14	0	0
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Cheese Stick With Marinara Sauce Meal Break	x	x		x	x						Cheese Stick With Marinara Sauce Meal Break	1 kit	410	20.5	43	1167	15
Cheese Stick				x							Cheese Stick	1 stick	200	16	2	720	12
Wheat Cracker	x	x		x	x						Wheat Cracker	1.25 oz grain	110	3.5	19	230	2
Marinara Sauce					x						Marinara Sauce	2.5 oz	40	1	7	200	1
Apple Sauce Strawberry										No top 8 allergens	Apple Sauce Strawberry	1 container	60	0	15	17	0
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
Cheese Stick				x							Cheese Stick	1 stick	200	16	2	720	12
Beef Stick											Beef Stick	1 stick	35	3.5	0	110	1
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Apple Sauce Strawberry										No top 8 allergens	Apple Sauce Strawberry	1 container	60	0	15	17	0
Cheeze-It Crackers	x	x		x	x						Cheeze-It Crackers	1 package	100	3.5	14	150	2
Skippy Peanut Butter & Jelly Meal Breaks	x	x		x	x	x					Skippy Peanut Butter & Jelly Meal Breaks	1 kit	610	34.5	84	495	16
skippy Peanut Butter Pack					x	x					Skippy Peanut Butter Packet	1 packet	200	16	6	160	8
Sunflower Seeds										No top 8 allergens	Sunflower Seeds	1 packet	190	15	11	65	6
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Apple Sauce										No top 8 allergens	Apple Sauce	1 container	50	0	14	0	0

Wheat Cracker	x	x		x	x						Wheat Cracker	1.25 oz grain	110	3.5	19	230	2
Grape Jelly										No top 8 allergens	Grape Jelly Packet	1 packet	70	0	18	0	0
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
Friday: Corndog											Friday: Corndog						
Corn Dog	x	x	x		x						Corn Dog	1 corndog	240	8g	30g	390	9
Chip Variety:																	
Doritos, Nacho	!			x							Nacho Doritos	1 bag	130	5	20	200	2
Cool Ranch Doritos	!			x							Cool Ranch Doritos	1 bag	130	5	20	150	2
Sweet & Spicy Nachos	x	x			x						Sweet & Spicy Doritos	1 bag	130	5	20	200	2
Baked Cheetos	GF			x							Baked Cheetos	1 bag	120	4.5	16	200	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 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
Butterball Turkey Stick										No top 8 allergens	Butterball Turkey Stick	1 stick	80	4.5	3	370	7
Sunflower Seeds										No top 8 allergens	Sunflower Seeds	1 packet	190	15	11	65	6
Grahams mini cinnamon	x	x	x	x	x						Grahams mini cinnamon	1 package	100	3	18	45	1
Apple Sauce										No top 8 allergens	Apple Sauce	1 container	50	0	14	0	0
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Cheese Stick With Marinara Sauce Meal Break	x	x		x	x						Cheese Stick With Marinara Sauce Meal Break	1 kit	410	20.5	43	1167	15
Cheese Stick				x							Cheese Stick	1 stick	200	16	2	720	12
Wheat Cracker	x	x		x	x						Wheat Cracker	1.25 oz grain	110	3.5	19	230	2
Marinara Sauce					x						Marinara Sauce	2.5 oz	40	1	7	200	1
Apple Sauce Strawberry										No top 8 allergens	Apple Sauce Strawberry	1 container	60	0	15	17	0
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
Cheese Stick				x							Cheese Stick	1 stick	200	16	2	720	12
Beef Stick											Beef Stick	1 stick	35	3.5	0	110	1
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Apple Sauce Strawberry										No top 8 allergens	Apple Sauce Strawberry	1 container	60	0	15	17	0
Cheeze-It Crackers	x	x		x	x						Cheeze-It Crackers	1 package	100	3.5	14	150	2
Skippy Peanut Butter & Jelly Meal Breaks	x	x		x	x	x					Skippy Peanut Butter & Jelly Meal Breaks	1 kit	610	34.5	84	495	16

skippy Peanut Butter Pack					x	x					Skippy Peanut Butter Packet	1 packet	200	16	6	160	8
Sunflower Seeds										No top 8 allergens	Sunflower Seeds	1 packet	190	15	11	65	6
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Apple Sauce										No top 8 allergens	Apple Sauce	1 container	50	0	14	0	0
Wheat Cracker	x	x		x	x						Wheat Cracker	1.25 oz grain	110	3.5	19	230	2
Grape Jelly										No top 8 allergens	Grape Jelly Packet	1 packet	70	0	18	0	0
Milk	GF			x							Milk: white/chocolate	8 oz	80/110	0/0	12/19	125/180	8/8
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