

### 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
Monday Cereal Kit											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
Tuesday Pop Tart Kit (1 type)											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 Grahamas	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
Wednesday Cereal Kit											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
Thursday Pop Tart Kit (1 type)											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
Friday Bread Loaf Kit											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
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: Cheeseburger Meal											Cheeseburger Meal						
Brioche Bun	x	x								pea protein	Brioche Bun	brioche bun	160	2.5	30	270	6
Cheddar Cheese				x							Cheddar Cheese	1 Slice Cheddar	80	7	0	135	5
Burger Patty	GF									No Top 8 Allergens	Burger Patty	1 patty	330	11	1	230	18
Sun Chip Variety	x	x		x							Sun Chip Variety	1 bag	140	6	19	200*	2
Baked Beans	GF										Baked Beans	1/2 cup	130	0	29	550	7
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: PB&J Kit *Sunbutter if Allergy											Tuesday: PB&J Kit *Sunbutter if Allergy						
PB&J	x	x	!	!	x	x	!			!Manufacturer makes no free from claims	PB&J	1 pb&j	300	16	34	300	10
Sunbutter *allergy only alternative*	x	x			x					packaged in a peanut & nut free facility	Sunbutter	1 sandwich	310	15	33	300	
Cheese Stick	GF			x							Cheese Stick	1 cheese stick	110	9	0	180	7
Goldfish	x	x		x							Goldfish	1 pack	100	4	14	170	2
Veggie Juice	GF									No Top 8 allergens	Veggie Juice	1 carton	60	0	15	10	0
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
Wednesday: Corn Dog Meal											Wednesday: Corn Dog Meal						
Corn Dog	x	x	x		x						Corn Dog	1 corndog	240	8g	30g	390	9

Steamed Corn w/ Margarine					X(margarine)						Steamed Corn	1/2 cup	74	1.00	15	40	2
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
Thursday: PB&J Kit *Sunbutter if Allergy											Thursday: PB&J Kit *Sunbutter if Allergy						
PB&J	x	x	!	!	x	x	!			!Manufacturer makes no free from claims	PB&J	1 pb&j	300	16	34	300	10
Sunbutter *allergy only alternative*	x	x			x					packaged in a peanut & nut free facility	Sunbutter	1 sandwich	310	15	33	300	
Cheese Stick	GF			x							Cheese Stick	1 cheese stick	110	9	0	180	7
Bear Graham	x	x									Bear Grahamas	1 pack	120	3.5	21	100	1
Veggie Juice	GF									No Top 8 allergens	Veggie Juice	1 carton	60	0	15	10	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
Friday: Popcorn Chicken Meal											Friday: Popcorn Chicken Meal						
Popcorn Chicken	x	x		x	x						popcorn chicken	10 pieces	269	13	20	590	18
Baked Cheetos	GF			x							Baked Cheetos	1 bag	120	4.5	16	200	0
Baby Carrots	GF										Baby Carrots	1/2 cup	24	0	5	45	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
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