

5 Day Frozen Meal Bundle SY 20-21

KEY

X = Allergen present
! = May contain allergen

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Recipe Name	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name (Lunch)	serving Size	Calories	Total Fat	Total Carbohydrate	Sodium	Protein
Grilled Cheese Sandwich	x	x		x	x						Grilled Cheese	1 Sandwich	209	5.6	29.5	386	11.5
Corn Dog	x	x	x		x						Corn Dog	1 Corn Dog	240	8	30	390	9
Hamburger	x	x									Hamburger	1 Hamburger	356	14	30	536	27
Burger Patty										No Top 8 allergens	Burger Patty	1 Patty	196	11.5	0	266	21
Bun	x	x								Pea Protein	Bun	1 Bun	160	2.5	30	270	6
Popcorn Chickien	x	x		x	x						Popcorn Chickier	10 Nuggets	269	13	20	590	18
Sunchlips	x	x		x							Sun Chipes	1 Bag	140	6	29	170	1
Cheesy Bread Pizza	x	x		x	x						Cheesy Bread Pizza	1 Slice	356	21	28	473	20
Apple Cinnamon Breakfast Bread	x	x	x	x	x						Apple Cinn. Bread Loaf	1 Slice	160	5	27	110	3
Banana Breakfast Bread	x	x	x	x	x						Banana Breadloaf	1 Slice	160	4.5	26	105	3
Blueberry Breakfast Bread	x	x	x	x	x						Blueberry Breadloaf	1 Slice	150	4.5	26	105	3
Cinnamon Toast Crunch	x	x			x						Cinnamon Toast Crunch	1 oz container	110	3	22	160	1
Cinnamon Chex										No Top 8 allergens	Cinnamon Chex	1 oz container	120	2.5	22	170	1
Apple Cinnamon Cheerios										No Top 8 allergens	Apple Cinnamon Cheerios	1 oz container	110	1.5	22	110	2
Cheerios										No Top 8 allergens	Cheerios	1 oz container	100	2	20	140	3
Honey Nut Cheerios							x			Almond Flavoring	Honey Nut Cheerios	1 oz container	110	1.5	22	160	2
Frosted Mini Wheats	x	x									Frosted Mini Wheats	1 oz container	100	0.5	24	NA	2
Rice Krispies Cereal										No Top 8 allergens	Rice Krispies Cereal	1 oz container	110	1	23	160	2
Breakfast Kits May be substituted																	
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	100% Apple Juice	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	100% Apple Juice	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
Cheese-It Crackers	x	x		x	x						Cheese-It Crackers	1 package	100	3.5	14	150	2
100% Apple Juice										No top 8 allergens	100% Apple Juice	1 juice	60	0	15	10	0
Apple Cinnamon Cheerios Breakfast Breaks	x	x	x	x	x						Apple Cinnamon Cheerios Breakfast Breaks	1 kit	270	4.5	55	165	3
Apple Cinnamon Cheerios											Apple Cinnamon Cheerios	1 cereal	110	1.5	22	110	2
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	100% Apple Juice	1 juice	60	0	15	10	0

Express Breakfast, K-12 Breakfast, & Curbside SY 20-21

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Recipe Name	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name	servingsize	Calories	Total Fat	Total Carbohydrate	Sodium	Protein	
Cereal Options:	GF										Apple Cinnamon Cheerios	1 oz	110	1.5g	22	110	2	
Cinnamon Toast Crunch	x	x			x						Cinnamon Toast Crunch	1 oz container	110	3	22	160	1	
Cinnamon Chee										No Top 8 allergens	Cinnamon Chee	1 oz container	120	2.5	22	170	1	
Apple Cinnamon Cheerios										No Top 8 allergens	Apple Cinnamon Cheerios	1 oz container	110	1.5	22	110	2	
Cheerios										No Top 8 allergens	Cheerios	1 oz container	100	2	20	140	3	
Honey Nut Cheerios										Almond Flavoring	Honey Nut Cheerios	1 oz container	110	1.5	22	160	2	
Frosted Mini Wheats	x	x									Frosted Mini Wheats	1 oz container	100	0.5	24	NA	2	
Rice Krispies Cereal										No Top 8 allergens	Rice Krispies Cereal	1 oz container	110	1	23	160	2	
Bread Loaf Options:	x	x	x	x	x													
Apple Cinnamon Breakfast Bread	x	x	x	x	x						Apple Cinn. Bread Loaf	1 Slice	160	5	27	110	3	
Banana Breakfast Bread	x	x	x	x	x						Banana Breadloaf	1 Slice	160	4.5	26	105	3	
Blueberry Breakfast Bread	x	x	x	x	x						Blueberry Breadloaf	1 Slice	150	4.5	26	105	3	
Pop-Tart Options:	x	x			x						Pop-Tart Variety:	Poptart						
Blueberry Pop-Tart	x	x			x						Blueberry Pop-Tart	1 poptart	180	2.5	38	180	2	
Strawberry Pop-Tart	X	X			X						Strawberry Poptart	1 poptart	180	2.5	38	180	2	
Pancake Options:	x	x	x	x	x						Pancake Options:							
Cinnamon Pancakes	x	x	x	x	x						Cinnamon Pancakes	2 pancakes	220	7	35	260	4	
Blueberry Pancakes	x	x	x	x	x						Blueberry Pancakes	2 pancakes	190	3.5	37	270	5	
French Toast	X	X	X	X	X						French Toast	3 sticks	240	7	38	260	6	
Grilled Cheese Sandwich	x	x		x	x						Grilled Cheese	1 Sandwich	209	5.6	29.5	386	11.5	
Blueberry or Strawberry Parfait	x	x		x	x		x				Blueberry/Strawberry Parfait				67.6/64.4			
Vanilla Yogurt	GF			x							Vanilla Yogurt	4 oz	86	18	17.6	228	4	
Blueberries/Strawberries	GF										Blueberries/Strawberries	.5 cup	40/28	0	10/6.8	5/0	0.5/5	
Granola Packet	x	x		x	x		x				Granola Packet	1 packet	120	3.5	20	80	3	
Danimal Yogurt Variety:											Danimal Yogurt Variety:							
Vanilla Danimal Yogurt	GF			x							Vanilla Danimal Yogurt	1 container	70	0	14	55	4	
Strawberry Danimal Yogurt	GF			x							Strawberry Danimal Yogurt	1 container	80	0	16	65	4	
Strawberry/Banana Danimal Yogurt	GF			x							Strawberry/Banana Danimal Yogurt	1 container	70	0	14	55	4	
Sausage Egg & Cheese Biscuit	X	X	!	X	X						Sausage Egg & Cheese Biscuit		350	21	25	740	10	
Sausage	!				x						Sausage	1 Patty	130	11	1	250	5	
Biscuit	X	X	!	X	x						Biscuit	1 Biscuit	190	9	23	660	3	
Egg Patty			X	X							Egg Patty	1 Patty	45	3.5	1	90	3	
Cheddar Cheese				X							Cheddar Cheese	1 Slice	80	7	0	135	5	
Chicken Biscuit											Chicken Biscuit					31		
Biscuit	X	X	!	X	x						Biscuit	1 Biscuit	190	9	23	660	3	
Chicken Patty	x	x		x	x						Chicken Patty	1 Patty	110	4	8	270	10	
Granola Packet	x	x		x	x		x				Granola Packet	1 packet	120	3.5	20	80	3	
Fat Free Chocolate Milk	GF			X							Fat Free Chocolate Milk	8 oz	110	0	19	180	8	
Fat Free white milk	GF			X							Fat Free white milk	8 oz	80	0	12	125	8	
Suncup 100% fruit juice Variety	GF										Suncup 100% fruit juice Variety	4 oz juice	~60	0	14-18g	5-10g	0	
Breakfast Kits May be substituted																		
Cinnamon Toast Crunch (25% Less Sugar) (WG)											Cinnamon Toast Crunch (25% Less Sugar) (WG)							
Breakfast Breaks	x	x	x	x	x						Breakfast Breaks	1 kit	270	6	55	215	2	
Cinnamon Toast Crunch Cereal	x	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	89	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	
Cheese-It Crackers	x	x		x	x						Cheese-It Crackers	1 package	100	3.5	14	150	2	
100% Apple Juice											No top 8 allergens	1 juice	60	0	15	10	0	
Apple Cinnamon Cheerios Breakfast Breaks	x	x	x	x	x						Apple Cinnamon Cheerios Breakfast Breaks	1 kit	270	4.5	55	165	3	
Apple Cinnamon Cheerios											Apple Cinnamon Cheerios	1 cereal	110	1.5	22	110	2	
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	

ELEMENTARY LUNCH & Curbside MENU SY 20-21

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Recipe Name	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Treenuts	Fish	Shellfish	Notes	Recipe Name (Lunch)	Serving Size	Calories	Total Fat	Carbohydrate	Sodium	Protein	
Cheeseburger on Brioche Bun	X	X		X						PEA PROTEIN Pea Protein	Cheeseburger on Brioche Bun	1 Cheeseburger	436	21	30	671	32	
Brioche Bun	X	X									Bun	1 Bun	160	2.5	30	270	6	
Cheddar Cheese				X							Cheddar Cheese	1 Slice Cheddar	80	7	0	135	5	
Burger Patty										No top 8 allergens	Burger Patty	1 Patty	196	11.5	0	266	21	
Baked Beans	GF										Baked Beans	1/2 cup	139	0	29	550	7	
Turkey & Cheese Kit	X	X		X	X						Ham & Cheese Kit	1 kit						
Turkey/Ham Coins	GF									no top 8 allergens	Turkey/Ham Coins	8 Coins	96	4.8	1.6	288	11	
Cheese				X							Cheese	8 Cheese Squares	220	18	2	400	14	
Crackers	X	X		X	X						Crackers	8 Crackers	128	7	16	168	2	
Rice Krispy				X						No Gluten Containing Ingredients	Rice Krispy	1 mini treat	50	1	9	45	0	
Prepackaged Apple Slices	GF									no top 8 allergens	Prepackaged Apple Slices	2 oz bag	35	0	8	0	0	
Popcorn Chicken	X	X		X	X						Popcorn Chicken	10 nuggets	269	13	20	590	18	
Mashed Potatoes	GF			X							Mashed Potatoes	1/2 cup	70	1	13.9	342	2	
Corn w/ Margarine	GF									Margarine has soy	Corn	1/2 cup	95	3	15.9	15	2	
Chicken Entree Salad											Chicken Entree Salad	3 cups	221	4.8	17.8	839	24	
Lettuce, cucumber, tomato Mix	GF									no top 8 allergens	Lettuce, cucumber, tomato Mix	3 cups	37.8	0	7.5	23.4	2	
Parmesan Chicken				X						No Gluten Containing Ingredients	Parmesan Chicken	3 oz	108	1.8	4.8	624	18	
Cheese				X							Cheese	1 oz	51	3	0.5	102	4	
Saltine Crackers	X	X		X							Saltine Crackers	1 packet	25	0	5	90	0	
Corndog	X	X	X		X						Corndog	1 Corn Dog	240	8	30	390	9	
Steamed Broccoli w/ margarine										Margarine Contains Soy	Steamed Broccoli w/ Margarine	1/2 cup	75	5	5.2	76	3	
Mac & Cheese	X	X		X	X						Mac & Cheese	1/2 cup	200	8	21.6	163	9	
Pizza Kit	I	X		X	X						Pizza Kit	1 kit	593	28	56.2	1388	23	
Pepperoni	I									lactic Acid Starter per manufacturer does not contain any milk ingredients	Pepperoni	pepperoni	160	13	0	490	5	
Mozzarella Cheese				X						*See product statement	Mozzarella Cheese	mozzarella cheese	102	7	1.1	203	8	
Rice Krispy Treat				X	X					No Gluten Containing Ingredients	Rice Krispy Treat	1 mini treat	50	1	9	45	0	
Flatbread Rounds	X	X		X	X						Flatbread Rounds	flatbread	240	6	39	450	9	
Marinara Cup										No Top 8 Allergens	Marinara Cup	1 pack	40	1	7	200	1	
Charleston Chicken Sandwich on Brioche Bun	X	X		X	X					PEA PROTEIN Pea Protein	Chicken Sandwich on Brioche Bun	Chicken Sandwich	380	10.50	45	760	27	
Brioche Bun	X	X									Brioche Bun	1 Bun	160	2.5	30	270	6	
Chicken Patty	X	X		X	X						Chicken Patty	1 chicken patty	220	8.00	15	490	21	
Cheese Pizza	X	X		X	I					Made in a peanut/nut free facility	Cheese Pizza	1 slice	336	16	27	436	20	
Pepperoni Pizza	X	X		X	I					Made in a peanut/nut free facility	Pepperoni Pizza	1 slice	367	19	28	687	19	
PB&J Kit	X	X		X	X	X					PB&J Kit	1 kit	510	30	46	630	18	
PB&J	X	X		I		X					PB&J	1 pb&j	300	17	32	280	9	
Cheese Stick	GF										Cheese Stick	1 cheese stick	110	9	0	180	7	
Goldfish	X	X		X							Goldfish	1 pack	100	4	14	170	2	
Orange Chicken	X	X	X		X						Orange Chicken Bowl	Orange Chicken	3.7 oz	151	3	19.1	282	11
Orange Chicken	X	X	X		X						Orange Chicken	3.7 oz	151	3	19.1	282	11	
Brown Rice	GF									No Top 8 Allergens	Brown Rice	1/2 Cup	89	0	17.9	2	2	
Carrots w/ margarine	GF									Margarine Contains Soy	Carrots	1/2 Cup	44	2	4.4	44	1	
Salisbury Steak	X	X	I	X	X						Salisbury Steak	1 salisbury steak patty w/gravy						
Burger Patty										No Top 8 allergens	Burger Patty	1 Patty	196	11.5	0	266	21	
Gravy	X	X	I	X	X						Gravy	gravy	24	0.6	3.8	288	0	
Texas Toast	X	X		X	X						Texas Toast	1 Slice	100	3.5	14	120	3	
Mashed Potatoes	GF										Mashed Potatoes	1/2 cup	70	1	13.9	342	2	
Chicken & Waffles	X	X	X	X	X						Chicken & Waffles	2 waffles + 2 tenders						
Waffles	X	X	X	X	X						Waffles	2 waffles	160	6	24	210	4	
Chicken Tenders	X	X		X							Chicken Tenders	2 tenders	166	5.3	14.8	400	15	
Crinkle Fries				X							Crinkle Fries	3 oz	142	4	21.2	241	1.4	
Nachos (beef, queso, tortilla chips)				X	I						Nachos (beef, queso, tortilla chips)	1 oz chips w/ meat & queso	461	26.5	22.2	682	18.5	
Tortilla Chips				I							Chips	1 cup	140	7	17	150	2	
Beef										no top 8 allergens	Beef	143	10.5	1.9	49	9.5		
Queso				X							Queso	118	9	2	433	7		
Jalapeno	I									Canned in vinegar waiting on manufacturers response						1.3		
Black Bean & Corn Salsa										no top 8 allergens	Black Bean & Corn Salsa	3/4 cup Salsa	255	14	28	361	8	
Cheesy Bread Pizza	X	X		X	I						Cheesy Bread Pizza	1 slice	356	21	28	473	20	
Pepperoni Cheesy Bread Pizza	X	X		X	I						Pepperoni Cheesy Bread Pizza	1 slice	350	16	33	620	22	
Marinara Cup										No Top 8 Allergens	Marinara Cup	1 pack	40	1	7	200	1	
ES Lunch Kit Subs											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	910	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	16	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	42	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	

Middle/High Lunch & Curbside MENU SY 20-21

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Recipe Name	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name (Lunch)	serving Size	Calories	Total Fat	Carbohy	Sodium	Protein
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
Brioche Bun	x	x								Pea Protein	Brioche Bun	1 Bun	160	2.5	30	270	6
Chicken Patty	x	x		x	x						Chicken Patty	1 chicken patty	220	8.00	15	490	21
BBQ Plate w/Mac & Cheese	X	X			X						BBQ Plate						
BBQ w/ sauce	x	x			x						BBQ w/ sauce	4 oz	317	17	16.8	744	23
Collards					X						Collards	1/2 cup	81	3	10.5	599	2
Mac & Cheese	X	X		X	X						Mac & Cheese	1 cup	399	17	43	326	17
Teriyaki Wings	X	X			X						Teriyaki Wings	10 mini wings	255	13	12.5	924	22
Hot Wings				X	X						Hot Wings	10 mini wings	229	15	2	868	22
Bacon Cheeseburger	X	X		X						PEA PROTEIN	Bacon Cheeseburger	Bacon Cheeseburg	471	24	30	796	34.5
Burger Patty										No Top 8 allergens	Burger Patty	1 Patty	196	11.5	0	266	21
Bacon										No Top 8 allergens	Bacon	2 pieces bacon	35	3	0	125	2.5
Cheddar Cheese				x							Cheddar Cheese	1 Slice Cheddar	80	7	0	135	5
Brioche Bun	x	x								Pea Protein	Bun	1 Bun	160	2.5	30	270	6
Baked Beans	GF										Baked Beans	1/2 cup	130	0	29	550	7
Popcorn Chicken	X	X		X	X						Popcorn Chicken	10 nuggets	269	13	20	590	18
Steak Fries					x						Steak Fries	1/2 cup	103	2.7	18	105	2
Texas Toast	X	X		X	X					*Produced in a nut free facility	Texas Toast	1 slice	140	4.5	21	150	5
Corn dog	X	X	x		x						Corn Dog	1 Corn Dog	240	8	30	390	9
Crinkle Fries					x						Crinkle Fries	3 oz	142	4	21.2	241	1.4
Orange Chicken or General Tso	x	x	x		x						Orange Chicken Bowl						
General Tso	x	x	x		x						General Tso		173	3	23.4	368	11
Orange Chicken	x	x	x		x						Orange Chicken	3.7 oz	151	3	19	282	11
Brown Rice	GF									No Top 8 Allergens	Brown Rice	1 cup	170	1.4	35.9	2	3.9
Steamed Broccoli w/margarine					x					Margarine Contains Soy	Steamed Broccoli w/ Margarine	1/2 cup	75	5	5.2	76	3
Nachos(Beef, queso, chips)	!			x							Nachos(Beef, queso, chips)	Nacho Plate	727	47	41.5	1004	31
Beef	GF									no top 8 allergens	Beef	3 oz Beef	284	20	4.2	126	19.8
Queso	!			x							Queso	2 oz Queso	118	9	2	433	7
Tortilla Chips	GF									Manufacturer states GF	Tortilla Chips	2 oz Chips	280	14	34	300	4
Jelepeno	!									Canned in vinegar waiting on manufacturers response	Jelepeno				1.3		
Black Bean & Corn Salsa											no top 8 allergens	3/4 cup Salsa	255	14	25	361	8
Pizza Variety											Pizza Variety						
4 meat Pizza	X	X		X	X						4 meat Pizza	1 slice	480	22	47	830	26
Cheese Pizza	X	X		X	X						Cheese Pizza	1 slice	480	21	45	653	28
Pepperoni Pizza	X	X		X	X						Pepperoni Pizza	1 slice	490	22	45	770	28
Buffalo Chicken Pizza	X	X		X	X						Buffalo Chicken Pizza	1 slice	500	25	45	980	26
Chicken Entree Salad											Chicken Entree Salad		221	4.8	17.8	839	24
Lettuce, cucumber, tomato Mix	GF									no top 8 allergens	Lettuce, cucumber, tomato Mix	3 cups	37.8	0	7.5	23.4	2
Parmesan Chicken				x						No Gluten Containing Ingredients	Parmesan Chicken	3 oz	108	1.8	4.8	624	18
Cheese				x							Cheese	1 oz	51	3	0.5	102	4
Saltine Crackers	x	x			x						Saltine Crackers	1 packet	25	0	5	90	0
Chicken Salad Wrap	x	x	x		x						Chicken Salad Wrap	1 Wrap	516	18	58	1545	29
Ham Club Wrap	x	x	x	x	x						Ham Club Wrap	1 Wrap	672	29	69	2382	30
Turkey Club Wrap	x	x	x	x	x						Turkey Club Wrap	1 Wrap	687	48	65.7	1810	42
Side Salad	GF									no top 8 allergens	Side Salad	1 salad	14	0	3	19	0
Fat Free Chocolate Milk				x							Fat Free Chocolate Milk	8 oz	110	0	19	180	8
Fat Free White Milk				x							Fat Free White Milk	8 oz	80	0	12	125	8

Early Learning (Early Head Start & Head Start) Lunch & Curbside SY 20-21

KEY

X = Allergen present

! = May contain allergen

Please note the allergies listed is for the entire meal. Please contact the Registered Dietitian for specific ingredients or Special Diets

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Recipe Name (Lunch Head Start/EHS)	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name (Lunch)	serving Size	Calories	Total Fat	Total Carbohydrate	Sodium	Protein
Cheeseburger HS	x	x		x							Cheeseburger HS	1 Cheeseburger	436	21	30	671	32
Cheeseburger EHS	x	x		x							Cheeseburger EHS	1/2 sandwich	218	10	15	336	
Popcorn Chicken HS	x	x		x	x						Popcorn Chicken HS	8 Nuggets	215	10	16	472	14
Popcorn Chicken EHS	x	x		x	x						Popcorn Chicken EHS	5 Nuggets	134	6	9	294	9
Mac & Cheese	X	X		X	X						Mac & Cheese	1 cup	399	17	43	326	17
Mac & Cheese EHS	X	X		X	X						Mac & Cheese EHS	1/2 cup	200	8	22	163	9
Grilled Chicken Sandwich HS	x	x			x						Grilled Chicken Sandwich HS	1 Sandwich	310	7.5	33	700	25
Grilled Chicken Sandwich EHS	x	x			x						Grilled Chicken Sandwich EHS	1/2 Sandwich	155	3.7	16.5	350	12.5
Lasagna Roll HS	x	x	x	x	x						Lasagna Roll HS	1 Roll Up	291	11	30	549	19
Lasagna Roll EHS	x	x	x	x	x						Lasagna Roll EHS	1/2 Roll Up	171	7.00	15	325	11
Orange Chicken HS	x	x	x		x						Orange Chicken Bowl	3.7 oz	151	3	19	282	11
Orange Chicken EHS	x	x	x		x						Orange Chicken EHS		76	1.5	9	140	5
Brown Rice	GF									No Top 8 Allergens	Brown Rice	1/2 Cup	89	0	18	2	2
Brown Rice EHS	GF									No Top 8 Allergens	Brown Rice EHS	1/4	42	0	8	0	0
Steamed Carrots w/margarine HS	GF				x					Margarine Contains Soy	Carrots w/margarine	1/2 Cup	44	2	6	44	1
Steamed Carrots w/ Margarine EHS	GF				x					Margarine Contains Soy	Steamed Carrots w/ Margarine EHS	1/4 cup	15	0	1	15	0
Salisbury Steak HS	X	X	!	X	X						Salisbury Steak HS	1 salisbury steak patty	220	12	3.8	555	21
Salisbury Steak EHS	x	x	!	x	x						Salisbury Steak EHS		122	6	3	421	10
Mashed Potatos EHS	GF			x							Mashed Potatos EHS	1/4 cup	35	0	6	170	0
Mashed Potatoes HS	GF			X							Mashed Potatoes	1/2 cup	70	1	14	342	2
Texas Toast HS	x	x		x	x						Texas Toast HS	1 Slice	100	3.5	14	120	3
Texas Toast EHS	x	x		x	x						Texas Toast EHS	1/2 slice	50	1.7	7	60	1.5
Chicken & Waffles HS	X	X	X	X	X						Chicken & Waffles	X	X	X	X	X	
Chicken & Waffles EHS	x	x	x	x	x						Chicken & Waffles EHS		247	8	26.6	505	16
Nachos (beef,queso, tortilla chips) HS				x	!						Nachos (beef,queso, tortilla chips)	1 oz chips w/ meat & queso	401	26.5	20.8	632	18.5
Beef & Queso EHS (Beef, queso, Soft Tortilla) EHS	x	x		x							Beef & Queso EHS (Beef, queso, Soft Tortilla)		206	11	14	348	10
Cheesy Bread Pizza HS	x	x		x	!						Cheesy Bread Pizza HS	1 Slice	356	21	28	473	20
Cheesy French Bread Pizza EHS	x	x		x	!						Cheesy French Bread Pizza EHS		178	10.5	14	236.5	10

Midmorning Snack & SUPPER Program SY 20-21

KEY

X = Allergen present
! = May contain allergen

* Please see Notes column for more information

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Recipe Name (Midmorning Snack)	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name (Lunch)	serving Size	Calories	Total Fat	Total Carbohydrate	Sodium	Protein
Dole Cup Options:										No top 8 Allergens	Dole Cup Options:						
Pineapple Tidbits										No top 8 Allergens	Pineapple Tidbits	1/2	60	0	15	0	0
Mandarin Oranges										No top 8 Allergens	Mandarin Oranges	1/2	90	0	22	5	0
Diced Peaches										No top 8 Allergens	Diced Peaches	1/2	80	0	19	5	0
Mixed Fruit										No top 8 Allergens	Mixed Fruit	1/2	80	0	19	5	0
Tropical Fruit										No top 8 Allergens	Tropical Fruit	1/2	80	0	19	10	0
Turkey/Ham Coins										No top 8 Allergens	Turkey/Ham Coins	5 Coins	60	3	1	180	7
Goldfish Pretzels	x	x		x							Goldfish Pretzels	1 package	90	1.5	16	200	2
Cheese Stick				x							Cheese Stick	1 stick	110	9	0	180	7
Cracker Cut Cheese				x							Cracker Cut Cheese	4 cheese squares	110	9	1	200	7
Ritz Crackers	x	x			x						Ritz Crackers	4 crackers	64	3.6	8	84	0
Cinnamon Chex	GF									No top 8 Allergens	Cinnamon Chex	1 bowl	120	2.5	22	170	1
Vanilla Danimal Yogurt	GF			x							Vanilla Danimal Yogurt	1 container	70	0	14	55	4
Strawberry Danimal Yogurt	GF			x							Strawberry Danimal Yogurt	1 container	80	0	16	65	4
Bear Graham	x	x			x						Bear Graham	1 package	120	3.5	21	100	1
Cheddar Goldfish	x	x		x							Cheddar Goldfish	1 package	100	4	14	170	2
Recipe Name (Supper Program)																	
Cheesy Bread Pizza	x	x		x	!						Cheesy Bread Pizza	1 Slice	356	21	28	473	20
Pepperoni Cheesy Bread Pizza	X	X		X	!						Pepperoni Cheesy Bread Pizza	1 slice	350	16	33	620	22
Steamed Broccoli w/margarine	GF				x					Margarine Contains Soy	Steamed Broccoli w/margarine	1/2 cup	75	5	5	76	3
Orange Chicken Bowl	x	x	x		x						Orange Chicken Bowl	3.7 oz	151	3	19	282	11
Brown Rice	GF									No Top 8 Allergens	Brown Rice	1/2 Cup	89	0	18	2	2
Carrots w/margarine	GF				x					Margarine Contains Soy	Carrots w/margarine	1/2 Cup	44	2	6	44	1
Chicken Tenders	x	x			x						Chicken Tenders	2 tenders	166	5.3	15	400	15
Grilled Chicken Sandwich	x	x			x						Grilled Chicken Sandwich	1 Sandwich	310	7.5	33	700	25
Lasagna Roll	x	x	x	x	x						Lasagna Roll	1 Roll Up	291	11	30	549	19
Grilled Cheese Sandwich	x	x		x	x						Grilled Cheese Sandwich	1 Sandwich	209	5.6	2.8	386	11.5
Cheeseburger	x	x		x							Cheeseburger	1 Cneeseburger	436	21	30	671	32
Turkey & Cheese Sandwich on Brioche											Turkey & Cheese Sandwich on Brioche	1 Sandwich	320	24.00	30	805	28
Turkey										No Top 8 Allergens	Turkey	2 Slices	80	15.00	0	400	17
Brioche Bun	x	x								Pea Protein	Brioche Bun	1 Bun	160	2.5	30	270	6
Cheddar Cheese				x							Cheddar Cheese	1 Slice Cheddar	80	7	0	135	5
BBQ Sandwich on Brioche	x	x			x					Pea Protein	BBQ Sandwich on Brioche	1 Sandwich	453	18	45.5	957	27
Green Beans W/ Margarine					x					Margarine has soy	Green Beans W/ Margarine	1/2 cup	41	1	5	10	1.7
Corn w/ Margarine	GF				x						Corn w/ Margarine	1/2 cup	95	3	16	15	2
Baked Beans	GF										Baked Beans	1/2 cup	130	0	29	550	7
Baby Carrots	GF										Baby Carrots	1 package	28.5	0	6	69	0

Condiments & Dressings K-12 SY 20-21

KEY

X = Allergen present

! = May contain allergen or Processed in a facility with allergen

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Condiments	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name	serving Size	Calories	Total Fat	al Carbohydr	Sodium	Protein
Assorted Jelly										no top 8 allergens	jelly	1 packet	35	0	9	0	0
PPN BBQ Sauce		!									bbq sauce	1 packet	15	0	4	85	0
Kens Caesar Dressing	x			x				x			Caesar	1 packet	210	23	2	390	1
Briteharbor Lite Italian Dressing	GF										lite Italian	1 packet	80	6	5	490	0
Heinz Honey Mustard										No top 8 allergens	HM	1 packet	15	0	4	65	0
Kens Honey Mustard Dressing	GF		x								HM	1 packet	230	23	7	150	0
Hot Sauce	GF				!					No top 8 allergens	hot sauce	1 packet	1.6	0	0	120	0
Red Gold Ketchup	GF									No top 8 allergens	ketchup	1 packet	10	0	2	85	0
Dukes Light Mayo	!		X		!						mayo	1 packet	40	4	1	90	0
Margarine Packets					x						margarine	1 packet	25	2.5	0	40	0
Heinz Mustard										No top 8 allergens	Mustard	1 packet	5	0	0.5	50	0
Heinz Ranch packet			x	x							Ranch	1 cup	70	7	1	95	0
Kens Ranch Dressing	GF		x	x	x					Kosher	ranch	1 packet	110	11	8	410	1
Kens Raspberry Vinaigrette	GF									no top 8 allergens	Rasp. Vinaigrette	1 packet	50	0	12	115	0
SF Syrup										No top 8 allergens	Syrup	1 cup	25	0	10	75	0
Sweet & Sour Sauce	!				x						S&S sauce	1 cup	45	0	11	120	0
Red Gold Sriracha Ketchup										No top 8 allergens	Gold Sriracha Ketch	1 packet	10	0	2	75	0