

5 Day Frozen Meal Bundle SY 20-21

KEY

X = Allergen present
! = May contain allergen

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Substitutions & nutrition label changes can occur without warning. If there is a question on a specific product please ask kitchen manager or the Registered Dietitian. *always check ingredient labels before consuming.

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											Popcorn Chicker	10 Nuggets	269	13	20	590	18
Chicken	x	x		x	x						Sun Chips	1 Bag	140	6	29	170	1
Sunchips	x	x		x							Cheesy Bread Pizza	1 Slice	356	21	28	473	20
Cheesy Bread Pizza	x	x		x	x						Apple Cinn. Bread Loaf	1 Slice	160	5	27	110	3
Apple Cinnamon Breakfast Bread	x	x	x	x	x						Banana Breadloaf	1 Slice	160	4.5	26	105	3
Banana Breakfast Bread	x	x	x	x	x						Blueberry Breadloaf	1 Slice	150	4.5	26	105	3
Blueberry Breakfast Bread	x	x	x	x	x						Cinnamon Toast Crunch	1 oz container	110	3	22	160	1
Cinnamon Toast Crunch	x	x			x						Cinnamon Chex	1 oz container	120	2.5	22	170	1
Cinnamon Chex										No Top 8 allergens	Apple Cinnamon Cheerios	1 oz container	110	1.5	22	110	2
Apple Cinnamon Cheerios										No Top 8 allergens	Cheerios	1 oz container	100	2	20	140	3
Cheerios										No Top 8 allergens	Honey Nut Cheerios	1 oz container	110	1.5	22	160	2
Honey Nut Cheerios										Almond Flavoring	Frosted Mini Wheats	1 oz container	100	0.5	24	NA	2
Frosted Mini Wheats	x	x									Rice Krispies Cereal	1 oz container	110	1	23	160	2
Rice Krispies Cereal										No Top 8 allergens							
Breakfast Kits May be substituted																	
Cinnamon Toast Crunch (25% Less Sugar) (WG) Breakfast Breaks	x	x	x	x	x						Cinnamon Toast Crunch 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
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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*Always check ingredient labels before consuming

Recipe Name	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nuts	Fish	Shellfish	Notes	Recipe Name (Lunch)	Serving Size	Calories	Total Fat	Carbohydrate	Sodium	Protein
Cheeseburger on Brioche Bun	X	X		X						PEA PROTEIN	Cheeseburger on Brioche Bun	1 Cheeseburger	436	21	30	671	32
Brioche Bun	X	X		X						Pea Protein	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	130	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						Crackers	8 Crackers	128	7	16	168	2
Rice Krispy				X	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				X					Margarine has soy	Corn	1/2 cup	95	3	15.9	15	2
Chicken Entree Salad											Chicken Entree Salad	1/2 cup	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
Corn Dog	X	X	X			X					Corn Dog	1 Corn Dog	240	8	30	390	9
Steamed Broccoli w/ margarine					X					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	X	X					Pizza Kit	1 kit	593	28	36.2	1388	23
Pepperoni	I									(lactic Acid Starter-per manufacturer does not contain any milk ingredients)	Pepperoni	pepperoni	160	13	0	490	5
Mozarella Cheese				X						*See product statement	Mozarella 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	Chicken Sandwich on Brioche Bun	Chicken Sandwich	380	10.50	45	760	27
Brioche Bun	X	X		X						Pea Protein	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	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				X					Margarine Contains Soy	Carrots	1/2 Cup	44	2	6.4	44	1
Salisbury Steak	X	X	I	X	X						Salisbury Steak	1 Salisbury Steak patty w/gravy	196	11.5	0	266	21
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			X							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	401	26.5	22.2	632	18.5
Tortilla Chips					I						Chips		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	3/4 cup Salsa		255	14	25	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	510	14
Butterball Turkey Stick										No top 8 allergens	Butterball Turkey Stick	1 stick	80	4.5	3	370	7
Sunflower Seeds											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
Cheese-It Crackers	X	X		X	X						Cheese-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 Pack	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
Corndog	X	X	x		x						Corndog	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
Jelegeno	!									Canned in vinegar waiting on manufacturers response	Jelegeno					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	1645	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
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 ! = 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	8 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

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! = May contain allergen

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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						Green Beans W/ Margarine	1/2 cup	41	1	5	10	1.7
Corn w/ Margarine	GF				x					Margarine has soy	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

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.

Substitutions & nutrition label changes can occur without warning. If there is a question on a specific product please ask kitchen manager or the Registered Dietitian. *always check ingredient labels before consuming.

Condiments	Gluten	Wheat	Eggs	Milk	Soy	Peanut	Tree Nut	Fish	Shellfish	Notes	Recipe Name	Serving Size	Calories	Total Fat	Total Carb/lyde	Sodium	Protein
Assorted Jelly										No top 8 allergens	Jelly	1 packet	25	0	9	0	0
PFJ BBQ Sauce		!									BBQ sauce	1 packet	15	0	4	85	0
Kerr's Caesar Dressing	X			X							Caesar	1 packet	210	23	2	390	1
Britt Harbor Lite Italian Dressing	GF									No top 8 allergens	Lite Italian	1 packet	80	6	5	490	0
Heinz Honey Mustard										No top 8 allergens	Honey	1 packet	15	0	4	65	0
Kerr's Honey Mustard Dressing	GF		X								Honey	1 packet	230	23	7	150	0
Hot Sauce	GF				!					No top 8 allergens	Hot sauce	1 packet	1.6	0	0	130	0
Red Gold Ketchup	GF									No top 8 allergens	Ketchup	1 packet	10	0	2	85	0
Onion Light Mayo			X		!						mayo	1 packet	40	4	1	50	0
Margarita 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	65	0
Kerr's Ranch Dressing	GF		X	X	X						Ranch	1 packet	110	11	8	410	1
Kerr's 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						SSS sauce	1 cup	45	0	11	120	0
Red Gold Sriracha Ketchup										No top 8 allergens	Gold Sriracha Ketchup	1 packet	10	0	2	78	0