

5 Day Frozen Meal Bundle SY 20-21

KEY
 X = Allergen present
 ! = May contain 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

| 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 Chicken | 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 | x | x | | x | x | | | | | | Apple Cinn. Bread Loaf | 1 Slice | 160 | 5 | 27 | 110 | 3 | |
| Pizza | x | x | | x | x | | | | | | Banana Breadloaf | 1 Slice | 160 | 4.5 | 26 | 105 | 3 | |
| Apple Cinnamon Breakfast Bread | x | x | x | x | x | | | | | | Blueberry Breadloaf | 1 Slice | 150 | 4.5 | 26 | 105 | 3 | |
| Banana Breakfast Bread | x | x | x | x | x | | | | | | Cinnamon Toast Crunch | 1 oz container | 110 | 3 | 22 | 160 | 1 | |
| Blueberry Breakfast Bread | x | x | x | x | x | | | | | | No Top 8 allergens | Cinnamon Chex | 1 oz container | 120 | 2.5 | 22 | 170 | 1 |
| Cinnamon Toast Crunch | x | x | | | x | | | | | | No Top 8 allergens | Apple Cinnamon Cheerios | 1 oz container | 110 | 1.5 | 22 | 110 | 2 |
| Cinnamon Chex | | | | | | | | | | | No Top 8 allergens | Cheerios | 1 oz container | 100 | 2 | 20 | 140 | 3 |
| Apple Cinnamon Cheerios | | | | | | | | | | | No Top 8 allergens | Honey Nut Cheerios | 1 oz container | 110 | 1.5 | 22 | 160 | 2 |
| Cheerios | | | | | | | | | | | Almond Flavoring | Frosted Mini Wheats | 1 oz container | 100 | 0.5 | 24 | NA | 2 |
| Honey Nut Cheerios | | | | | | | | | | | No Top 8 allergens | Rice Krispies Cereal | 1 oz container | 110 | 1 | 23 | 160 | 2 |
| Frosted Mini Wheats | x | x | | | | | | | | | | | | | | | | |
| Rice Krispies Cereal | | | | | | | | | | | | | | | | | | |
| *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 | |
| 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 | 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

KEY

X = Allergen present

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

The FDA does not consider Highly refined Soybean Oil as a 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

| Recipe Name | Gluten | Wheat | Eggs | Milk | Soy | Peanut | Tree Nuts | Fish | Shellfish | Notes | Recipe Name | serving Size | 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 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 | | | | | | | | | | Almond Flavoring | Honey Nut Cheerios | 1 oz container | 110 | 1.5 | 22 | 160 | 2 |
| Frosted Mini Wheats | x | 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 | | | | | | Pop-Tart Variety: | Poptart | | | | | |
| Apple Cinnamon Breakfast Bread | x | x | x | x | x | | | | | | Blueberry Pop-Tart | 1 poptart | 180 | 2.5 | 38 | 180 | 2 |
| Banana Breakfast Bread | x | x | x | x | x | | | | | | Strawberry Pop-Tart | 1 poptart | 180 | 2.5 | 38 | 180 | 2 |
| Blueberry Breakfast Bread | x | x | x | x | x | | | | | | Pancake Options: | | | | | | |
| Pop-Tart Options: | x | x | | | x | | | | | | Cinnamon Pancakes | 2 pancakes | 220 | 7 | 35 | 260 | 4 |
| Blueberry Pop-Tart | x | x | | | x | | | | | | Blueberry Pancakes | 2 pancakes | 190 | 3.5 | 37 | 270 | 5 |
| Strawberry Pop-Tart | X | X | | | X | | | | | | French Toast | 3 sticks | 240 | 7 | 38 | 260 | 6 |
| Pancake Options: | x | x | x | x | x | | | | | | Grilled Cheese | 1 Sandwich | 209 | 5.6 | 29.5 | 386 | 11.5 |
| Cinnamon Pancakes | x | x | x | x | x | | | | | | Blueberry or Strawberry Parfait | | | | | | |
| Blueberry Pancakes | x | x | x | x | x | | | | | | Vanilla Yogurt | 4 oz | 86 | 18 | 17.6 | 228 | 4 |
| French Toast | X | X | X | X | X | | | | | | Blueberries/Strawberries | .5 cup | 40/28 | 0 | 10/6.8 | 5/0 | 0.5/5 |
| Grilled Cheese Sandwich | x | x | | x | x | | | | | | Granola Packet | 1 packet | 120 | 3.5 | 20 | 80 | 3 |
| Blueberry or Strawberry Parfait | x | x | | x | x | | x | | | | Danial Yogurt Variety: | | | | | | |
| Vanilla Yogurt | GF | | | x | | | | | | | Vanilla Danimal Yogurt | 1 container | 70 | 0 | 14 | 55 | 4 |
| Blueberries/Strawberries | GF | | | | | | | | | | Strawberry Danimal Yogurt | 1 container | 80 | 0 | 16 | 65 | 4 |
| Granola Packet | x | x | | x | x | | x | | | | Strawberry/Banana Danimal Yogurt | 1 container | 70 | 0 | 14 | 55 | 4 |
| Danial Yogurt Variety: | | | | | | | | | | | Sausage Egg & Cheese Biscuit | | | | | | |
| Vanilla Danimal Yogurt | GF | | | x | | | | | | | Sausage | 1 Patty | 130 | 11 | 1 | 250 | 5 |
| Strawberry Danimal Yogurt | GF | | | x | | | | | | | Biscuit | 1 Biscuit | 190 | 9 | 23 | 660 | 3 |
| Strawberry/Banana Danimal Yogurt | GF | | | x | | | | | | | Egg Patty | 1 Patty | 45 | 3.5 | 1 | 90 | 3 |
| Sausage Egg & Cheese Biscuit | X | X | ! | X | X | | | | | | Cheddar Cheese | 1 Slice | 80 | 7 | 0 | 135 | 5 |
| Sausage | ! | | | | x | | | | | | Chicken Biscuit | | | | | | |
| Biscuit | X | X | ! | X | x | | | | | | Biscuit | 1 Biscuit | 190 | 9 | 23 | 660 | 3 |
| Egg Patty | X | | X | X | | | | | | | Chicken Patty | 1 Patty | 110 | 4 | 8 | 270 | 10 |
| Cheddar Cheese | | | | X | | | | | | | Granola Packet | 1 packet | 120 | 3.5 | 20 | 80 | 3 |
| Chicken Biscuit | | | | | | | x | | | | Fat Free Chocolate Milk | 8 oz | 110 | 0 | 19 | 180 | 8 |
| Biscuit | X | X | ! | X | x | | | | | | Fat Free white milk | 8 oz | 80 | 0 | 12 | 125 | 8 |
| Chicken Patty | x | x | | x | x | | | | | | Suncup 100% fruit Juice Variety | 4 oz juice | ~60 | 0 | 14-18g | 5-10g | 0 |
| Granola Packet | x | x | | x | x | | x | | | | *Breakfast Kits May be substituted* | | | | | | |
| Fat Free Chocolate Milk | GF | | | X | | | | | | | Cinnamon Toast Crunch (25% Less Sugar) (WG) | | | | | | |
| Fat Free white milk | GF | | | X | | | | | | | Breakfast Breaks | x | x | x | x | x | |
| Suncup 100% fruit Juice Variety | GF | | | | | | | | | | Cinnamon Toast Crunch Cereal | x | x | | | | |
| | | | | | | | | | | | Grahams mini cinnamon | x | x | x | x | x | |
| | | | | | | | | | | | 100% Apple Juice | | | | | | |
| | | | | | | | | | | | Golden Grahams (WG) Breakfast Breaks | x | x | x | x | x | |
| | | | | | | | | | | | Golden Grahams | x | x | | | | |
| | | | | | | | | | | | Animal Crackers | x | x | x | x | x | |
| | | | | | | | | | | | 100% Apple Juice | | | | | | |
| | | | | | | | | | | | Frosted Flakes (WG) Breakfast Breaks | x | x | x | x | | |
| | | | | | | | | | | | Frosted Flakes Cereal | x | x | | | | |
| | | | | | | | | | | | Cheeze-It Crackers | x | x | x | x | | |
| | | | | | | | | | | | 100% Apple Juice | | | | | | |
| | | | | | | | | | | | Apple Cinnamon Cheerios Breakfast Breaks | x | x | x | x | x | |
| | | | | | | | | | | | Apple Cinnamon Cheerios | x | x | x | x | x | |
| | | | | | | | | | | | Grahams mini cinnamon | x | x | x | x | x | |
| | | | | | | | | | | | 100% Apple Juice | | | | | | |
| | | | | | | | | | | | Cinnamon Toast Crunch (25% Less Sugar) (WG) | | | | | | |
| | | | | | | | | | | | Breakfast Breaks | 1 kit | 270 | 6 | 55 | 215 | 2 |
| | | | | | | | | | | | Cinnamon Toast Crunch Cereal | 1 container | 110 | 3 | 22 | 160 | 1 |
| | | | | | | | | | | | Grahams mini cinnamon | 1 package | 100 | 3 | 18 | 45 | 1 |
| | | | | | | | | | | | 100% Apple Juice | 1 juice | 60 | 0 | 15 | 10 | 0 |
| | | | | | | | | | | | Golden Grahams (WG) Breakfast Breaks | 1 kit | 290 | 5.5 | 59 | 285 | 3 |
| | | | | | | | | | | | golden graham | 1 package | 110 | 1 | 24 | 220 | 1 |
| | | | | | | | | | | | Animal Crackers | 1 package | 120 | 4.5 | 20 | 55 | 2 |
| | | | | | | | | | | | No top 8 allergens | 1 juice | 60 | 0 | 15 | 10 | 0 |
| | | | | | | | | | | | Frosted Flakes (WG) Breakfast Breaks | 1 kit | 260 | 3.5 | 53 | 320 | 5 |
| | | | | | | | | | | | Frosted Flakes Cereal | 1 container | 100 | 0 | 24 | 160 | 2 |
| | | | | | | | | | | | Cheeze-It Crackers | 1 package | 100 | 3.5 | 14 | 150 | 2 |
| | | | | | | | | | | | 100% Apple Juice | 1 juice | 60 | 0 | 15 | 10 | 0 |
| | | | | | | | | | | | Apple Cinnamon Cheerios Breakfast Breaks | 1 kit | 270 | 4.5 | 55 | 165 | 3 |
| | | | | | | | | | | | Apple Cinnamon Cheerios | 1 cereal | 110 | 1.5 | 22 | 110 | 2 |
| | | | | | | | | | | | Grahams mini cinnamon | 1 package | 100 | 3 | 18 | 45 | 1 |
| | | | | | | | | | | | 100% Apple Juice | 1 juice | 60 | 0 | 15 | 10 | 0 |

ELEMENTARY LUNCH & Curbside MENU SY 20-21

KEY
 X = Allergen present
 ! = May contain 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 CSD 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.

| Recipe Name | Gluten | Wheat | Eggs | Milk | Soy | Peanut | Tree Nuts | Fish | Shellfish | Notes | Recipe Name (Lunch) | Serving Size | Calories | Total Fat | Carbohydrate | Sodium | Protein |
|------------------------------------------------------------------|--------|-------|------|------|-----|--------|-----------|------|-----------|------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------|------------|--------------|--------------|-------------|-------------|
| Cheesburger on Brioche Bun | X | X | | | | | | | | PEA PROTEIN | Cheesburger | 1 Cheesburger | 436 | 21 | 30 | 671 | 32 |
| Brioche Bun | 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 | | | | X | | | | | | 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 | | | | 36.6 | |
| 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 | 35 | 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 | GF | | | | | | | | | | Chicken Entree Salad | 1 pack | 221 | 4.8 | 17.8 | 839 | 24 |
| Lettuce, cucumber, tomato Mix | | | | | | | | | | 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 | X | | | | | | Corn Dog | 1 Corn Dog | 240 | 8 | 80 | 390 | 9 |
| Steamed Broccoli w/ margarine | | | | X | | | | | | Margarine Contains Soy | Steamed Broccoli w/ Margarine | 1/2 cup | 75 | 5 | 5.2 | 26 | 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 | | | | | | 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 | 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 |
| 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 | 387 | 19 | 28 | 687 | 19 |
| PB&J | X | X | | X | X | X | | | | | PB&J Kit | 1 kit | 510 | 30 | 44 | 630 | 18 |
| PB&J | X | X | | I | | X | | | | I | PB&J | 1 pb&j | 300 | 17 | 32 | 280 | 9 |
| 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 |
| Orange Chicken Bowl | | | | | | | | | | | Orange Chicken Bowl | | | | | | |
| Orange Chicken | X | X | X | | X | | | | | No Top 8 Allergens | Orange Chicken | 3.7 oz | 151 | 3 | 19.1 | 282 | 11 |
| Brown Rice | GF | | | | | | | | | Margarine Contains Soy | Brown Rice | 1/2 Cup | 89 | 0 | 17.9 | 2 | 2 |
| Carrots w/margarine | GF | | | | X | | | | | | Carrots | 1/2 Cup | 44 | 2 | 6.4 | 44 | 1 |
| Salisbury Steak | X | X | I | X | X | | | | | No Top 8 allergens | Salisbury Steak | 1 salisbury steak patty w/gravy | | | | | |
| Burger Patty | | | | | | | | | | | Burger Patty | 1 Patty | 196 | 11.5 | 0 | 266 | 21 |
| Gravy | X | X | I | X | X | | | | | | Gravy | 1 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 |
| Childe Fries | | | | X | | | | | | | Childe Fries | 3 oz | 142 | 4 | 21.2 | 241 | 14 |
| 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 | | | | | | Canned in vinegar waiting on manufacturers response | Queso | 118 | 9 | 2 | 433 | 7 | |
| Jalapeno | I | | | | | | | | | | | | | | | 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 | X | | 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 | | | | | | | | | | no top 8 allergens | 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 | 66 | 495 | 16 |
| skippy Peanut Butter Pack | | | | | | | | | | no top 8 allergens | 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

KEY

X = Allergen present
! = May contain allergen

The FDA does not consider Highly refined Soybean or peanut 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.

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 | 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 | | | | | | 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 Bowl | x | x | x | | x | | | | | | Orange Chicken Bowl | | | | | | |
| 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 | | | | | | | | 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

The FDA does not consider Highly refined Soybean Oil as a 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

| 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 Cneeseburger | 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 | 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

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.

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 (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 Sandiwch | 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 Nuts | Fish | Shellfish | Notes | Recipe Name | serving Size | Calories | Total Fat | Carbohydrate | Sodium | Protein |
|-----------------------------------|--------|-------|------|------|-----|--------|-----------|------|-----------|--------------------|-------------------------|--------------|----------|-----------|--------------|--------|---------|
| Assorted Jelly | | | | | | | | | | no top 8 allergens | jelly | 1 packet | 35 | 0 | 9 | 0 | 0 |
| PPI 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 | 2 | 370 | 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 | Red Gold Sriracha Ketch | 1 packet | 10 | 0 | 2 | 75 | 0 |