

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	
Chicken Patty	x	x		x	x						Chicken Patty	1 chicken patty	220	8.00	15	490	21	
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 Chicken	x	x		x	x						Popcorn Chicker	10 Nuggets	269	13	20	590	18	
Sunchips	x	x		x							Sun Chips	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	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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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								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
BBQ Sandwich	X	X			X						BBQ Sandwich	1 Sandwich	453	17.7	45.5	957	26.9
BBQ w/ sauce	x	x			x						BBQ w/ sauce	4 oz	293	15.2	15.5	687	20.9
Brioche Bun	x	x								Pea Protein	Bun	1 Bun	160	2.5	30	270	6
Baked Beans											Baked Beans	1/2 cup	130	0	29	550	7
Black Bean & Corn Salsa											no top 8 allergens	3/4 cup Salsa	255	14	25	361	8
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	!					Made in a peanut/nut free facility	Cheese Pizza	1 slice	336	16	27	436	20
Cheesy Bread Pizza	x	x		x	!						Cheesy Bread Pizza	1 Slice	356	21	28	473	20
Chicken Entree Salad											Chicken Entree Salad		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						Corn Dog	1 Corn Dog	240	8	30	390	9
Crinkle Fries					x						Crinkle Fries	3 oz	142	4	21.2	241	1.4
Italian Pasta	x	x		x	x						Italian Pasta	1 cup	490	19.5	52	335	25.4
Rotini Pasta w/ marinara Sauce	x	x			x						Rotini Pasta w/ marinara	1 cup	400	13.5	51	155	18.4
Mozzarella Cheese				x							Mozzarella Cheese	1 oz	90	6	1	180	7
Mac & Cheese	X	X		X	X						Mac & Cheese	1/2 cup	200	8	21.6	163	9
Nachos (beef, queso, tortilla chips)	!			x	!						Nachos (beef, queso, tortilla chips)	1 oz chips w/ meat & queso	401	26.5	22.2	632	18.5
Tortilla Chips					!						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
Jelepeno	!									Canned in vinegar waiting on manufacturers response					1.3		
Orange Chicken	x	x	x		x						Orange Chicken Bowl						
Orange Chicken	x	x	x		x						Orange Chicken	3.7 oz	151	3	19.1	282	11
Brown Rice										No Top 8 Allergens	Brown Rice	1/2 Cup	89	0	17.9	2	2
Carrots w/margarine					x					Margarine Contains Soy	Carrots	1/2 Cup	44	2	6.4	44	1
Pepperoni Pizza	X	X		X	!					Made in a peanut/nut free facility	Pepperoni Pizza	1 slice	367	19	28	687	19
Pepperoni Cheesy Bread Pizza	X	X		X	!						Pepperoni Cheesy Bread Pizza	1 slice	350	16	33	620	22
Marinara Cup										No Top 8 Allergens		1 pack	40	1	7	200	1
PB&J Kit	X	X		X	X	X					PB&J Kit	1 kit	510	30	46	630	18
PB&J	x	x		!		x	!				PB&J	1 pb&j	300	17	32	280	9
Cheese Stick				x							Cheese Stick	1 cheese stick	110	9	0	180	7
Goldfish	x	x		x							Goldfish	1 pack	100	4	14	170	2
Pizza Kit	!	X		X	X						Pizza Kit	1 kit	593	28	56.2	1388	23
Pepperoni	!									(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		1 pack	40	1	7	200	1
Popcorn Chicken	X	X		X	X						Popcorn Chicken	10 nuggets	269	13	20	590	18
Mashed Potatoes				X							Mashed Potatoes	1/2 cup	70	1	13.9	342	2
Corn w/ Margarine					x					Margarine has soy	Corn	1/2 cup	95	3	15.9	15	2
Steamed Broccoli w/margarine					x					Margarine Contains Soy	Steamed Broccoli w/ Margarine	1/2 cup	75	5	5.2	76	3

Texas Toast	X	X		X	X						Texas Toast	1 piece	100	3.5	14	120	3
Turkey & Cheese Kit	X	X		X	X						Ham & Cheese Kit	1 kit				36.6	
Turkey/Ham Coins										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										no top 8 allergens	Prepackaged Apple Slices	2 oz bag	35	0	8	0	0
*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											Butterball Turkey Stick	1 stick	80	4.5	3	370	7
Sunflower Seeds										No top 8 allergens	Sunflower Seeds	1 packet	190	15	11	65	6
Grahams mini cinnamon	x	x	x	x	x						Grahams mini cinnamon	1 package	100	3	18	45	1
Apple Sauce										No top 8 allergens	Apple Sauce	1 container	50	0	14	0	0
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Cheese Stick With Marinara Sauce Meal Break	x	x		x	x						Cheese Stick With Marinara Sauce Meal Break	1 kit	410	20.5	43	1167	15
Cheese Stick					x						Cheese Stick	1 stick	200	16	2	720	12
Wheat Cracker	x	x			x	x					Wheat Cracker	1.25 oz grain	110	3.5	19	230	2
Marinara Sauce						x					Marinara Sauce	2.5 oz	40	1	7	200	1
Apple Sauce Strawberry										No top 8 allergens	Apple Sauce Strawberry	1 container	60	0	15	17	0
Cheese Stick with Beef Stick Meal Breaks	x	x		x	x						Cheese Stick with Beef Stick Meal Breaks	1 kit	455	23	47	1010	16
Cheese Stick					x						Cheese Stick	1 stick	200	16	2	720	12
Beef Stick											Beef Stick	1 stick	35	3.5	0	110	1
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Apple Sauce Strawberry										No top 8 allergens	Apple Sauce Strawberry	1 container	60	0	15	17	0
Cheeze-It Crackers	x	x			x	x					Cheeze-It Crackers	1 package	100	3.5	14	150	2
Skippy Peanut Butter & Jelly Meal Breaks	x	x			x	x	x				Skippy Peanut Butter & Jelly Meal Breaks	1 kit	610	34.5	84	495	16
skippy Peanut Butter Pack						x	x				skippy Peanut Butter Packet	1 packet	200	16	6	160	8
Sunflower Seeds										No top 8 allergens	Sunflower Seeds	1 packet	190	15	11	65	6
Vegetable Juice Punch										No top 8 allergens	Vegetable Juice Punch	1 container	60	0	16	65	0
Apple Sauce										No top 8 allergens	Apple Sauce	1 container	50	0	14	0	0
Wheat Cracker	x	x			x	x					Wheat Cracker	1.25 oz grain	110	3.5	19	230	2
Grape Jelly										No top 8 allergens	Grape Jelly Packet	1 packet	70	0	18	0	0
Milk					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
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											Baked Beans	1/2 cup	130	0	29	550	7
BBQ Plate w/Mac & Cheese	X	X			X						BBQ Plate	4 oz					
BBQ w/ sauce	X	X			X						BBQ w/ sauce	4 oz	317	17	16.8	744	23
Black Bean & Corn Salsa											no top 8 allergens	3/4 cup Salsa	255	14	25	361	8
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
Spicy Chicken Sandwich	X	X	X	X	X					PEA PROTEIN	Chicken Sandwich on Brioche Bun	Chicken Sandwich	380	10.50	46	760	27
Brioche Bun	X	X								Pea Protein	Brioche Bun	1 Bun	160	2.5	30	270	6
Spicy Chicken Patty	X	X	X	X	X						Chicken Patty	1 chicken patty	220	8.00	16	490	21
Chicken Fajitas											Chicken Fajitas	Chicken Fajitas	354.9	15.6	32	841	21.6
Chicken/sauce/veggies					X						Chicken/sauce/veggies	4 oz	80.9	3.4	2.4	155	12
Queso				X							Queso	2 oz	94	7.2	1.6	346	5.6
Flour Tortillas	X	X									Flour Tortillas	2 wraps	180	5	28	340	4
Chicken Entree Salad											Chicken Entree Salad	3 cups	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
Collards					X						Collards	1/2 cup	81	3	10.5	599	2
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
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
Hot Wings				X	X						Hot Wings	10 mini wings	229	15	2	868	22
Mac & Cheese	X	X		X	X						Mac & Cheese	1 cup	399	17	43	326	17
Nachos(Beef, queso, chips)	!			X							Nachos(Beef, queso, chips)	Nacho Plate	727	47	41.5	1004	31
Beef										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										Manufacturer states GF	Tortilla Chips	2 oz Chips	280	14	34	300	4
Jelepeno	!									Canned in vinegar waiting on manufacturers response	Jelepeno					1.3	
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										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
Popcorn Chicken	X	X		X	X						Popcorn Chicken	10 nuggets	269	13	20	590	18
Pizza Variety											Pizza Variety						
4 meat Pizza	X	X		X	X						4 meat Pizza	1 slice	480	22	47	830	26
Buffalo Chicken Pizza	X	X		X	X						Buffalo Chicken Pizza	1 slice	500	25	45	980	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
Taco Pizza	X	X		X	X						Taco Pizza	1 slice	652	34	49	879	38.5

Side Salad										no top 8 allergens	Side Salad	1 salad	14	0	3	19	0
Steak Fries					x						Steak Fries	1/2 cup	103	2.7	18	105	2
Teriyaki Wings	X	X			X						Teriyaki Wings	10 mini wings	255	13	12.5	924	22
Texas Toast	X	X		X	X					*Produced in a nut free facility	Texas Toast	1 slice	140	4.5	21	150	5
Wrap Variety																	
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

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

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
Baked Beans	GF										Baked Beans	1/2 cup	130	0	29	550	7
Baked Beans EHS	GF										Baked Beans EHS	1/4 cup	65	0	14.5	275	3.5
Beef & Queso EHS (Beef, queso, Soft Tortilla) EHS	x	x		x							Beef & Queso EHS (Beef, queso, Soft Tortilla)	1 oz	206	11	14	348	10
Black Bean & Corn Salsa HS											no top 8 allergens	3/4 cup Salsa	255	14	25	361	8
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
Cheeseburger EHS	x	x		x							Cheeseburger EHS	1/2 sandwich	218	10	15	336	
Cheeseburger HS	x	x		x							Cheeseburger HS	1 Cheeseburger	436	21	30	671	32
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	1/2 slice	178	10.5	14	236.5	10
Chicken & Waffles EHS	x	x	x	x	x						Chicken & Waffles EHS	2 tenders 1 waffle	247	8	26.6	505	16
Chicken & Waffles HS	X	X	X	X	X						Chicken & Waffles HS	3 tenders 1 waffle					
Grilled Chicken Sandwich EHS	x	x			x						Grilled Chicken Sandwich EHS	1/2 Sandwich	155	3.7	16.5	350	12.5
Grilled Chicken Sandwich HS	x	x			x						Grilled Chicken Sandwich HS	1 Sandwich	310	7.5	33	700	25
Italian Pasta EHS	x	x		x	x						Italian Pasta EHS	1/2 cup	245	9.7	26	167	12.7
Italian Pasta HS	x	x		x	x						Italian Pasta HS	1 cup	490	19.5	52	335	25.4
Lasagna Roll EHS	x	x	x	x	x						Lasagna Roll EHS	1/2 Roll Up	171	7.00	15.4	325	11.8
Lasagna Roll HS	x	x	x	x	x						Lasagna Roll HS	1 Roll Up	342	14	30.8	651	23.6
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
Mashed Potatoes HS	GF			X							Mashed Potatoes	1/2 cup	70	1	14	342	2
Mashed Potatos EHS	GF			x							Mashed Potatos EHS	1/4 cup	35	0	6	170	0
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
Orange Chicken EHS	x	x	x		x						Orange Chicken EHS		76	1.5	9	140	5
Orange Chicken HS	x	x	x		x						Orange Chicken Bowl	3.7 oz	151	3	19	282	11
Popcorn Chicken EHS	x	x		x	x						Popcorn Chicken EHS	5 Nuggets	134	6	9	294	9
Popcorn Chicken HS	x	x		x	x						Popcorn Chicken HS	8 Nuggets	215	10	16	472	14
Steamed Broccoli w/margarine EHS					x					Margarine Contains Soy	Steamed Broccoli w/margarine EHS						
Steamed Broccoli w/margarine HS					x					Margarine Contains Soy	Steamed Broccoli w/margarine HS						
Steamed Carrots w/ Margarine EHS					x					Margarine Contains Soy	Steamed Carrots w/ Margarine EHS	1/4 cup	15	0	1	15	0
Steamed Carrots w/margarine					x					Margarine Contains Soy	Carrots w/margarine	1/2 Cup	44	2	6	44	1
Steamed Corn EHS					x					Margarine Contains Soy	Steamed Corn EHS						
Steamed Corn HS					x					Margarine Contains Soy	Steamed Corn HS						
Steamed Green Beans EHS					x					Margarine Contains Soy	Steamed Green Beans EHS						
Steamed Green Beans HS					x					Margarine Contains Soy	Steamed Green Beans HS						
Texas Toast EHS	x	x		x	x						Texas Toast EHS	1/2 slice	50	1.7	7	60	1.5
Texas Toast HS	x	x		x	x						Texas Toast HS	1 Slice	100	3.5	14	120	3

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.

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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					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	342	14	30.8	651	23.6
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			x								HM	1 packet	230	23	7	150	0
Hot Sauce					!					No top 8 allergens	hot sauce	1 packet	1.6	0	0	120	0
Red Gold Ketchup										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