

Nutrient Information September 2021 Menu

Breakfast Items	Calories	Carbohydrates	Allergens
Apple Bites	280	41	Egg, Soy, Wheat
Banana Bread	280	44	Egg, Soy, Wheat
Benefit Bar	289	47	Dairy, Egg, Soy, Wheat
Blueberry Muffin	223	38	Dairy, Egg, Soy, Wheat
Cinnamon Roll	270	45	Dairy, Egg, Soy, Wheat
Concha	200	34	Dairy, Egg, Soy, Wheat
French Toast Sticks	140	38	Dairy, Egg, Soy, Wheat
Mini Bagels	230	41	Dairy, Soy, Wheat
Mini Pancakes	220	39	Dairy, Egg, Soy, Wheat
Mini Waffles	200	35	Dairy, Egg, Soy, Wheat
UBR	280	44	Dairy, Egg, Soy, Wheat
Lunch Items	Calories	Carbohydrates	Allergens
Bean & Cheese Burrito (AZ Gold)	380	47	Dairy, Soy, Wheat
Cheesy Pull Apart Bread	300	32	Dairy, Wheat
Chicken Bites (5 each)	210	17	Dairy, Wheat
Chicken Caesar Salad	600	38	Dairy, Egg, Fish, Wheat
Chicken Taco Salad (7th & 8th)	647	40	Dairy, Egg
Chicken Tamale	270	19	None
Chicken Sandwich	390	42	Dairy, Soy, Wheat
Chicken Taco Bowl w/Chips	322	29	Dairy
Cookie, Choc. Chip	147	24	Dairy, Egg, Wheat
Corndog, Chicken	238	28	Dairy, Egg, Soy, Wheat
French Bread Pepperoni Pizza	350	35	Dairy, Wheat (NO pork)
Granola, 2 oz	250	42	Soy, Wheat
Ham & Cheese 6" Sub	335	35	Dairy, Wheat (NO pork)
Ham & Cheese Sandwich	325	32	Dairy, Wheat (NO pork)
Hamburger	307	29	Soy, Wheat
Macaroni & Cheese (2/3 cup)	290	31	Dairy, Egg, Wheat
Mini Cheeseburger Sliders	227	31	Dairy, Wheat
Mini Corndogs (6 each)	270	30	Egg, Soy, Wheat
Pizza Pocket Big Daddy's	300	31	Dairy, Egg, Soy (NO pork)
Pizza Wild Mike's 5"	360	34	Dairy, Wheat (NO pork)
Pork Carnitas Nachos	566	31	Pork
Sunbutter Sandwich, 2.8 oz	310	32	Soy, Wheat
Sunbutter Sandwich, 5.5 oz	610	56	Soy, Wheat
Turkey & Cheese 6" Sub	320	32	Dairy, Wheat

Turkey & Cheese Sandwich	310	29	Dairy, Wheat
Turkey Pizza Nada	250	32	Dairy, Soy, Wheat
Yogurt 8 oz	215	43	Dairy
Super Snack Items	Calories	Carbohydrates	Allergens
Cheese Dip Cup	190	15	Dairy
Chicken Salad (4 oz cup)	216	2	Egg, Soy
Cinnamon Chex bowlpak (1 oz)	110	23	none
Colby Jack Cheese Stick	110	0	Dairy
Go' Bonzos, Ranch (1.5 oz)	160	24	Dairy
Honey Nut Cheerios bowlpak (2 oz)	210	45	Almonds
Hummus Cup	130	13	none
PB&J, small	300	32	Peanuts, Soy, Wheat
PB&J, large	600	64	Peanuts, Soy, Wheat
Peanut butter, 1 oz cup	180	8	Peanuts
Scooby Snacks	120	21	Soy, Wheat
String Cheese	60	1	Dairy
Sunflower Seeds, Honey Roasted	170	5	none
Tortilla Chips (1.5 oz bag)	210	23	none
Tuna Salad Croissant	240	28	Fish, Egg, Soy, Wheat
Turkey Stick Jennie O	40	0	none
Yogurt 8 oz	215	43	Dairy
Additional Items	Calories	Carbohydrates	Allergens
Apple, fresh	95	25	none
Applesauce cup	60	14	none
Baby carrots (1 bag)	26	6	none
Banana	90	23	none
Baked Beans (1/2 cup)	120	24	none
BBQ Sauce (1 oz cup)	34	0.5	none
Celery sticks (1/2 cup)	10	2	none
Craisins	110	28	none
Cucumbers (1/2 cup)	8	1	none
Frozen Fruit Cup	90	22	none
Garbanzo beans (1/2 cup)	108	15	none
Jalapenos (1/4 cup)	10	2	none
Jicama Sticks (1/2 cup)	23	5	none
Juice, Apple (4 oz)	55	15	none
Juice, Appleberry (4 oz)	60	15	none

Juice, Orange (4 oz)	55	14	none
Ketchup packet	10	2	none
Marinara cup (2.5 oz)	40	7	none
Mayo packet	60	0	Egg
Milk, 1% White (8 oz)	120	16	Dairy
Milk, Nonfat Chocolate (8 oz)	110	20	Dairy
Mixed Green Side Salad (1 cup)	15	3	none
Mustard packet	4	0	none
Orange, fresh	62	15	none
Peach, fresh	60	14	none
Pickles (1/4 cup)	3	0.5	none
Plum, fresh	41	10	none
Potatoes, Seasoned Fries (1/2 cup)	120	18	Wheat
Raisins	80	21	none
Ranch dressing, 1 oz cup	130	1	Dairy, Egg
Romaine, chopped (1 cup)	8	2	none
Salsa (1/4 cup)	10	2	none
Spinach (1 cup)	7	1	none
Tajin packet	2	0	none
Tangerine, fresh	47	12	none
Tapatio packet	5	0	none
Tomatoes, cherry (1/2 cup)	13	2.8	none
Tomatoes, sliced (1/2 cup)	7	1.5	none