

MAY- Allergen and Carb Info Elementary & Secondary <i>Updated 4.27.22</i>			
CARBS	MENU ITEM	TOP 8 ALLERGENS	OTHER NUTRITION INFO
COMBO LUNCH MENU ITEMS (see previous section for nutrition information on individual meal items)			
28g	Cheeseburger Beef patty, American cheese slice, hamburger bun	Milk, Soy, Wheat	
33g	Chicken (Patty) n' Waffles (CAV & LSHS) Chicken patty (Secondary), waffles (2)	Egg, Milk, Soy, Wheat	
32g	Chicken (Tenders) n' Waffles (NLMS & LSMS) Chicken tenders (2), waffles (2)	Egg, Milk, Soy, Wheat	
43g	Chicken Burger (ELEMENTARY) Chicken patty breaded (Elementary), hamburger bun	Soy, Wheat	
36g	Chicken Burger (SECONDARY) Chicken patty breaded (Secondary), hamburger bun	Soy, Wheat	
43g	Chicken Burger, Spicy (SECONDARY) Chicken patty breaded spicy (Secondary), hamburger bun	Soy, Wheat	
28g	Deli Sandwich, Turkey (ELEMENTARY) Hamburger bun, deli meat (turkey), cheese (American) (2 slices)	Milk, Soy, Wheat	
30g	Deli Sandwich, Turkey or Ham Sub (SECONDARY) Hoagie roll, deli meat (turkey or ham), Cheese (cheddar or swiss) (1 slice)	Milk, Soy, Wheat	Ham contains pork
39g	Nachos, Beef & Bean (MS) Corn tortilla chips 2oz, refried beans (1/4 cup), beef taco meat, cheese sauce cup	Milk	Beans contain pork
34g	Nachos, Beef w/ Cheese Sauce Cup (ELEMENTARY) Corn tortilla chips 1oz, beef taco meat, cheese sauce cup	Milk	
20g	Nachos, Beef w/ Shredded Cheese (ELEMENTARY) Corn tortilla chips 1oz, beef taco meat, cheese (cheddar shred)	Milk	
61g	Nachos, Cheese & Chips (HS/CAV) Corn tortilla chips 2oz, jalapeno cheese sauce cups (2)	Milk	Vegetarian
44g	Nachos, Cheesy Beans & Chips (HS/CAV) Corn tortilla chips 2oz, refried beans (1/2 cup), cheddar cheese	Milk	Beans contain pork
63g	Pasta with Red Sauce & Beef Penne Pasta (1c), beef meatballs (6) with spaghetti sauce, mozzarella cheese	Milk, Soy, Wheat	
68g + fruit	Protein Pack Benefit bar, cheese (string or cubes), yogurt + fruit variety	Eggs, Milk, Soy, Wheat	Vegetarian
60g	Rice with General Tso Sauce & Beef Brown rice, beef meatballs with general Tso sauce	Milk, Soy, Wheat	
4g	Salad- Chicken Caesar Lettuce (2 cups), Diced chicken, cheese (parmesan), Caesar packet	Eggs, Fish, Milk, Soy	
16g	Salad- Garden Lettuce (2 cups), Sunflower seeds, cheese (cheddar), ranch packet	Eggs, Milk, Soy	Vegetarian
41g	Soft Taco, Beef & Bean (MS) Flour tortilla, refried beans (1/4 cup), beef taco meat, cheese (cheddar)	Milk, Soy, Wheat	Beans contain pork
54g	Teriyaki Beef Dippers with Rice Brown Rice, Teriyaki Beef Dippers	Soy, Wheat	
55g	Teriyaki Chicken with Rice Brown Rice, Teriyaki Chicken	Soy, Wheat	
43g	Veggie Burger Black bean veggie patty, hamburger bun	Egg, Soy, Wheat	Vegetarian

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MILK			
22g	Milk, Fat Free Chocolate	Milk	
13g	Milk, Fat Free or 1% White	Milk	
12g	Soy Milk (offered as substitute)	Soy	
CONDIMENTS			
18g	BBQ Sauce 2 Tb	x	
1g	Caesar Dressing Packet	Egg, Fish, Milk, Soy	
6g	Honey Mustard Cup	Egg, Soy	
10g	Ketchup 2 Tb	x	
3g	Italian Dressing Packet - Special Diet Request	Soy	
1g	Mayo Packet	Eggs, Soy	
0g	Mustard Packet	x	
1g	Pickles	x	
2g	Ranch Dressing Packets- shelf stable	Egg, Milk, Soy	
31g	Syrup Maple 1.5oz	X	
FRUITS & VEGETABLES			
5g	1/2 cup Non-starchy Veggies (carrot, cucumber, cauliflower, broccoli, celery, tomato, bell pepper)	x	
15g	1/2 cup starchy veggies (peas, corn)	x	
1g	1 cup lettuce/salad mix	x	
14g	Juice, 4oz	x	
14g	1/2 cup canned fruit/applesauce	x	
27g	1/2 cup dried fruit	x	
8g	1/2 cup fresh fruit (apple, orange, grapes, strawberries)	x	
23g	1 small banana	x	
10g	1 kiwi	x	

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CARBS	MENU ITEM	TOP 8 ALLERGENS	OTHER NUTRITION INFO
ALPHABETICAL INDIVIDUAL LUNCH MENU ITEMS			
19g	Bagel, Mini	Soy, Wheat	Vegetarian
33g	Bagel, Regular size	Soy, Wheat	Vegetarian
42g	Bar, Zee Zee brand variety of flavors	Milk, Soy, Wheat	Vegetarian
38g	Beef & Cheese Burrito (Secondary)	Milk, Soy, Wheat	
40g	Beef Meatballs (6) w/ BBQ Sauce (1/4 cup)	Milk, Soy, Wheat	
36g	Beef Meatballs (6) w/ General Tso Sauce (1/4 cup)	Milk, Soy, Wheat	
15g	Beef Meatballs (6) w/ Spaghetti Sauce (1/2 cup)	Milk, Soy, Wheat	
4g	Beef Meatballs (6) (Unsauced)	Milk, Soy, Wheat	
0g	Beef Patty	Soy	
1g	Beef Taco Meat (1/3 cup)	X	
47g	Benefit Bar: Oatmeal Choc or Ban Choc	Eggs, Milk, Soy, Wheat	Vegetarian
16g	Black Bean Veggie Patty	Egg, Soy, Wheat	Vegetarian
27g	Blueberry Loaf, Mini	Egg, Milk, Soy, Wheat	Vegetarian
15g	Cheese Sauce Cup (Cheddar or Jalapeno) (1)	Milk	Vegetarian
29g	Cheese Stuffed Sandwich	Milk, Soy, Wheat	Vegetarian
1g	Cheese, American (2 slices- 1oz)	Milk, Soy	Vegetarian
1g	Cheese, Cheddar, Mozzarella, Swiss, Parmesan 1oz	Milk	Vegetarian
32g	Cheesy Pillsbury Pull-Apart	Milk, Soy, Wheat	Vegetarian
12g	Chicken Nugget/Chunk (6) (CAV & LSHS)	Soy, Wheat	
15g	Chicken Nuggets (5) (Elementary)	Soy, Wheat	
18g	Chicken Nuggets (6) (Middle)	Soy, Wheat	
16g	Chicken Patty, Breaded (Elementary)	Soy, Wheat	
9g	Chicken Patty, Breaded (Secondary)	Soy, Wheat	
16g	Chicken Patty, Breaded Spicy (Secondary)	Soy, Wheat	
12g	Chicken Tenders (3)	Soy, Wheat	
30g	Corn Dog	Egg, Soy, Wheat	
30g	Corn Dogs, Mini (6)	Egg, Soy, Wheat	
31g	Corn Tortilla Chips Sabroso 2oz bag	X	Vegetarian
18g	Corn Tortilla Chips Tostitos 1oz bag	X	Vegetarian
32g	Cornbread Loaf, Mini	Egg, Milk, Soy, Wheat	Vegetarian
20g	Crackers (variety-precise carbs listed on each package)	Milk, Soy, Wheat	Vegetarian
3g	Cream Cheese Cup, Strawberry	Milk	Vegetarian
42g	Cream Cheese Mini Bageler, Strawberry or Cinnamon	Milk, Soy, Wheat	Vegetarian

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ALPHABETICAL INDIVIDUAL LUNCH MENU ITEMS			
0g	Deli Meat Roll-Up (Turkey or Ham)	X	
0g	Deli Meat, Ham, PRE-SLICED	X	Contains Pork
0g	Deli Meat, Turkey, PRE-SLICED	X	
0g	Diced Chicken	X	
0g	Diced Ham Cups	X	Contains Pork
0g	Egg (hard boiled)	Egg	Vegetarian
1g	Egg Patty	Egg, Milk, Soy	Vegetarian
22g	English Muffin	Soy, Wheat	Vegetarian
5g	Fortune Cookie	Egg, Soy, Wheat	Vegetarian
33g	Flour Tortilla	Soy, Wheat	Vegetarian
37g	French Toast, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
27g	Hamburger Bun	Soy, Wheat	Vegetarian
29g	Hoagie Roll	Soy, Wheat	Vegetarian
18g	Hummus Cup	X	Vegetarian
25g	Nutrigrain Bar, Apple, Strawberry, or Raspberry	Milk, Soy, Wheat	Vegetarian
47g	Penne Pasta (Whole Wheat, Pre Cooked) 1 cup	Wheat	Vegetarian
34g	Pizza Slice Cheese (ELEMENTARY)	Milk, Soy, Wheat	Vegetarian
43g	Pizza Slice Cheese or Pepperoni (SECONDARY)	Milk, Soy, Wheat	Pepperoni contains pork
27g	Pizza Square Rippers Pepperoni (ELEMENTARY)	Milk, Soy, Wheat	Pepperoni contains pork
12g	Refried Beans 1/2 cup	X	Contains Pork
45g	Rice (Brown) (1 cup)	X	Vegetarian
45g	Sausage Links (2)	X	Contains Pork
0g	Sausage Links (2)	X	Contains Pork
2g	Shredded Cheese Cup (2oz cup)	Milk	Vegetarian
33g	Sunbutter Grape Jelly Sandwich	Soy, Wheat	Vegetarian
19g	SunChips	Milk, Wheat	Vegetarian
11g	Sunflower Seeds (Honey Roasted)	X	Vegetarian
10g	Teriyaki Chicken (3oz)	Soy, Wheat	
9g	Teriyaki Beef Dippers (6)	Soy, Wheat	
37g	Waffles, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
24g	Waffles, Round Flat (2) (for Chicken n' Waffles)	Egg, Milk, Soy, Wheat	Vegetarian
53g	Wowbutter Grape Jelly Sandwich	Milk, Soy, Wheat	Vegetarian
20g	Yogurt (Variety of Flavors) 4oz	Milk	Vegetarian

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BREAKFAST

*see lunch list at top	Cream Cheese Mini Bageler, Strawberry or Cinnamon	*see lunch list at top	*see lunch list at top
45g	Banana Bread or Pumpkin Bread Slice	Eggs, Milk, Soy, Wheat	Vegetarian
23g	Bar, Strawberry (Appleway brand)	Eggs, Milk, Soy, Wheat	Vegetarian
*see lunch list at top	Bar, Zee Zee brand variety of flavors	*see lunch list at top	*see lunch list at top
*see lunch list at top	Benefit Bar: Oatmeal Choc or Ban Choc	*see lunch list at top	*see lunch list at top
39g	Breakfast Oat Round, Apple Cinn or Ban Choc	Eggs, Milk, Soy, Wheat	Vegetarian
24g	Breakfast Sandwich English muffin, egg patty, American cheese, deli meat ham	Egg, Milk, Soy, Wheat	Contains Pork
23g	Cereal: Cinnamon Chex Bowl	X	Vegetarian
22g	Cereal: Cinnamon Toast Crunch Bowl	Soy, Wheat	Vegetarian
47g	Cereal: Granola Package 2oz	Soy, Wheat	Vegetarian
43g	Cherry Apple Oat Crunch Breakfast Bar	Milk, Soy, Wheat	Vegetarian
40g	Cinnamon Bun	Eggs, Milk, Soy, Wheat	Vegetarian
52g	Cinnamon Crumble Square	Eggs, Milk, Soy, Wheat	Vegetarian
40g	Cinni Mini (Pillsbury)	Milk, Soy, Wheat	Vegetarian
30g	Donut Bar w/ Cinnamon Sugar or Icing	Egg, Milk, Soy, Wheat	Vegetarian
43g	Donut Buttermilk Sticks (twin-pack)	Egg, Milk, Soy, Wheat	Vegetarian
*see lunch list at top	French Toast, Mini (Pillsbury)	*see lunch list at top	*see lunch list at top
19g	French Toast Sticks (2 sticks)	Egg, Milk, Soy, Wheat	Vegetarian
45g	French Toast, Apple Cinnamon Texas Style	Milk, Soy, Wheat	Vegetarian
36g	Fruidel, Cherry or Apple (Pillsbury)	Milk, Soy, Wheat	Vegetarian
39g	Muffin, Blueberry	Egg, Milk, Soy, Wheat	Vegetarian
40g	Muffin, Chocolate Chip	Egg, Milk, Soy, Wheat	Vegetarian
*see lunch list at top	Nutrigrain Bar, Apple, Strawberry, or Raspberry	*see lunch list at top	*see lunch list at top
37g	Poptart, Strawberry or Cinnamon	Soy, Wheat	Vegetarian
*see lunch list at top	Sausage Links (2 links)	*see lunch list at top	*see lunch list at top
*see lunch list at top	String Cheese	*see lunch list at top	*see lunch list at top
*see lunch list at top	Syrup Maple 1.5oz	*see lunch list at top	*see lunch list at top
29g	Trix Cereal Bar	Wheat	Vegetarian
34g	Waffle, Belgian (Blueberry, Maple, or Straw)	Egg, Milk, Soy, Wheat	Vegetarian
*see lunch list at top	Waffles, Mini (Pillsbury)	*see lunch list at top	*see lunch list at top
*see lunch list at top	Yogurt, Yami Variety of Flavors 4oz	*see lunch list at top	*see lunch list at top
78g	Yogurt Parfait 1 Yogurt, 1/2 cup frozen strawberries, 1 pkg Granola 2oz	Milk, Soy, Wheat	Vegetarian