



Base Menu Recipe List



Description	SVG SZ	CARBS (g)	Serving size (carbs) if different by grade level		ALLERGENS						
			ES - MS	HS	DAIRY	EGG	WHEAT	FISH	NUT / TREENUT	SOY	PORK
APPLE CINNAMON TEXAS TOAST	1 pouch	45			X		X			X	
APPLE CRISP W/GRANOLA TOPPING	1/2 c	29									
APPLE SLICES	1/2 c	16									
APPLESAUCE	1/2 c	15									
APPLESAUCE AND GRANOLA	1/2 c	29									
ASIAN CHICKEN FLATBREAD	2 fltbrd	42			X		X			X	
ASIAN MEATBALL BOWL	1 bowl	56			X		X			X	
ASIAN PULLED PORK SALAD	1 bowl	21					X			X	X
BACON	5 slices	0									
BACON & EGG ENGLISH MUFFIN	1 sndwch	25			X	X	X			X	
BACON BBQ CHICKEN SANDWICH	1 sndwch	32					X				
BAKED BEANS	1/2 c	33									
BANANA	1/2 c	27									
BANANA MUFFIN	1 muffin	62				X	X				
BBQ BACON BURGER	1 sndwch	32					X				
BBQ CHICKEN PIZZA	1 slice	42	SS=37g/svg		X		X			X	
BBQ CHICKEN WINGS	1 wing	5	3 ea (15g)	4 ea (20g)							
BEEF FINGERS	4 sticks	20					X			X	
BEEF NACHO BOWL	1 bowl	38			X						
BEEF STREET TACO	2 tacos	41			X						
BEEF TACO SALAD	1 bowl	37			X						
BREAKFAST HAM	1 slice	1									
BROCCOLI CHEESE SOUP	1 bowl	14			X						
BUFFALO CHICKEN WINGS	1 wing	5	3 ea (15g)	4 ea (20g)							
CARROT DIPPERS	1/2 c	6									
CELERY AND TOMATOES	1/2 c	5									
CHEESE BREADSTICKS w/MARINARA	1 stick	25	2 ea (50g)	3 ea (75g)	X		X				
CHEESE NACHO BOWL	1 bowl	34			X						
CHEESE PIZZA	1 slice	35	SS=30g/svg		X		X			X	
CHEESEBURGER	1 sndwch	25			X		X				
CHEF SALAD	1 bowl	12				X					
CHERRY TOMATO BOWL	1/2 c	17									

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CHICKEN & WAFFLES	1 each	41			X	X	X			X	
CHICKEN ALFREDO	1 svg	50			X		X				
CHICKEN DRUMSTICK	1 pc	5	1 ea (5g)	2 ea (10g)	X						
CHICKEN NACHO BOWL	1 bowl	38			X						
CHICKEN PARMESAN WITH ALFREDO	1 bowl	50			X		X			X	
CHICKEN SALAD CROISSANT P.U.B.	1 box	42			X	X	X			X	
CHICKEN TACO SALAD	1 bowl	34			X						
CHIPOTLE-STYLE BEEF RICE	1 bowl	47			X						
CHIPOTLE-STYLE CHICKEN RICE	1 bowl	46			X						
CHIPOTLE-STYLE PORK RICE	1 bowl	45			X						X
COLESLAW, ZESTY	1/2 c	6									
CORNBREAD	1 pc	27			X	X	X				
COUNTRY GRAVY	1/4 c	7			X	X	X			X	
CUCUMBER SALAD	1/2 c	2									
CUCUMBER/TOMATO SALAD	1/2 c	2									
DINNER ROLL	1 roll	13			X		X			X	
DONUT	1 donut	38			X	X	X			X	
EGG & CHEESE CROISSANT	1 sndwch	32			X	X	X			X	
FISH STICK TACOS	4 sticks	54	4 ea (54g)	6 ea (65g)			X	X			
FISH STICKS W/ MAC & CHEESE	1 svg	23			X		X	X			
FLAKY CROISSANT	1 pc	30			X	X	X			X	
FRENCH FRIES	1/2 c	12									
FRENCH TOAST BITES (LUNCH)	6 bites	57			X	X	X			X	
FRENCH TOAST BITES (BFAST)	4 bites	38			X	X	X			X	
FRUIT JUICE	1/2 c	WILL VARY BASED ON AVAILABILITY									
GARLIC BAGUETTE	1 stick	12			X		X			X	
GRAPE CUP	1/2 c	14									
GREEN APPLE SLAW	1/2 c	7									
GREENS AND TOMATO SALAD	1/2 c	6									
GRILLED CHEESE SANDWICH	1 sndwch	24			X		X			X	
GRILLED CHICKEN SALAD	1 bowl	10			X						
GRILLED HAMBURGER	1 sndwch	24					X			X	
HAM & CHEESE P.U.B.	1 box	35			X		X			X	
HAMBURGER PIZZA	1 slice	37	SS=32g/svg		X		X			X	
HAWAIIAN PIZZA	1 slice	37	SS=32g/svg		X		X			X	
HONEY GLAZED CARROTS	1/2 c	13									

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			ES - MS	HS	DAIRY	EGG	WHEAT	FISH	NUT / TREENUT	SOY	PORK
HOT HAM AND CHEESE SANDWICH	1 sndwch	29			X		X			X	
HUNAN CHICKEN RICE BOWL	1 bowl	53					X			X	
ITALIAN GREEN BEANS	1/2 c	3									
ITALIAN MEATBALL SUB	1 sndwch	33			X		X			X	
MACARONI & CHEESE	1/2 c	30			X		X				
MANDARIN ORANGES	1/2 c	17									
MARKET SALAD	1 bowl	23									
MASHED POTATOES	1/2 c	15			X		X			X	
MINI BLUEBERRY PANCAKES	1 pouch	35			X	X	X			X	
MINI CHICKEN CORN DOGS	6 dogs	26	6 ea (26g)	8 ea (35g)			X			X	
ORANGE SMILES	1/2 c	12									
ORANGE SMILES	1/2 c	7									
PARMESAN BROCCOLI	1/2 c	5			X						
PEACH SLICES	1/2 c	14									
PEPPERONI PIZZA	1 slice	35	SS=30g/svg		X		X			X	
PEPPERONI PIZZA P.U.B.	1 box	36			X		X			X	
PIGS IN A BLANKET	4 piggies	17					X			X	
PINEAPPLE HAM & CHEESE PUB	1 box	36			X		X			X	
PINEAPPLE TIDBITS	1/2 c	12									
POPCORN CHICKEN	1 svg	17					X			X	
POPCORN CHICKEN SALAD	1 bowl	20					X			X	
PORK STREET TACO	1 taco	41					X				X
RAINBOW FRUIT CUP	1/2 c	20									
RANCHERO BEANS	1/2 c	27									
SALAD FOR BURGERS	1 svg	2									
SAUSAGE	1 pc	1									
SAUSAGE & CHEESE SLIDER (LUNCH)	1 sndwch	26	1 ea (26g)	2 ea (52g)	X		X				
SAUSAGE & CHEESE SLIDER (BFAST)	1 sndwch	26			X		X				
SAUSAGE PATTY	1 patty	1									
SEASONED BROCCOLI FLORETS	1/2 c	5									
SEASONED CARROTS	1/2 c	8									
SEASONED CORN	1/2 c	20									
SEASONED GREEN BEANS	1/2 c	3									
SEASONED GREEN PEAS	1/2 c	11									
SEASONED PEAS & CARROTS	1/2 c	9									
SOUTHWEST CHICKEN SALAD	1 bowl	62			X		X			X	

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			ES - MS	HS	DAIRY	EGG	WHEAT	FISH	NUT / TREENUT	SOY	PORK
SPAGHETTI & MEATBALLS	1 svg	49			X		X			X	
SPINACH MANDARIN SALAD	1/2 c	13									
STREET CORN	1/2 c	20				X				X	
STRING CHEESE	1 pc	1			X						
SWEET POTATO FRIES	1/2 c	21									
TOMATO SIDE SALAD	1/2 c	2									
TORTILLA CHIPS	1/2 c	34									
WAFFLES	2 waffles	29			X	X	X			X	
YOGURT	WILL VARY BASED ON AVAILABILITY				X						
ASST. MILK	WILL VARY BASED ON AVAILABILITY				X						
SEASONAL FRUIT	WILL VARY BASED ON AVAILABILITY										
RANCH DRESSING (CONDIMENT)	1 svg	11			X						
HUNAN SAUCE (SIDE/EXTRA)	1 svg	11					X			X	
KETCHUP PKT (CONDIMENT)	1 svg	2									