X=Contains Allergen

		Calories					Carbs (g)					Allergens					
Menu Item	Comments	Breakfast	Elementary	Middle	High	Sure Start	Breakfast	Elementary	Middle	High	Sure Start	Dairy	Eggs	Soy	Wheat	Fish	Pork
5 cheese panini						332					28	x		x	x		
apple slaw, green			82	82	99	32		10	10	11	4		x	x			
apple, fresh	1 small		78		78			21									
applesauce no granola		40					10										
applesauce w/granola		165					29										
bacon (extra)	2 slices	40	40	40	40	40	0	0	0	0	0						
banana	1 med	105	105				27	27									
BBQ sauce	2 Tbsp		60	60	60			15	15	15							
beans, baked			155	155	207	52		28	28	38	9						
beans, ranchero			180	180	225	60		33	33	44	11						
beans, seasoned green			49	49	65	16		5	5	7	2						
beef fingers	4 fingers		280					20						x	x		
BLT Sandwich	SS/EL=1/2 sand	226	113	226	226	113	27	13	27	27	13	x		x	x		
breadsticks, cheesy	2 sticks			440	440				50	50					x		
broccoli parm			47	47	64	17		5	5	7	2	x					
burger w/o cheese			329	329	329	329		30	30	30	30				x		
carrots, baby			44	44	58	15		10	10	13	4						
carrots, honey glazed			72	72	88	28		16	16	20	7						
cauliflower & carrots			33	33	42	10		7	7	9	2						
chicken alfredo			529	529	529	529		71	71	71	71	x			x		
chicken and waffles			407	445	445	350		40	42	42	27	x	x	x	x		
chicken drumstick			190	190	380			5	5	10					x		
chicken nuggets (popcorn)	4-4.5 oz svg		230	230	275	230		14	14	16	14			x	x		
chicken tenders	1 tender		80	80	80	80		4	4	4	4						
chicken wings, bbq			310	387	465			9	11	13							
chicken, crispy sliders			261	261	522			23	23	45			x	x	x		
chicken, grilled sandwich			311	311	311	311		34	34	34	34		x	x	x		
chicken, pulled, rice bowl (no sauce)			393	393	393	393		55	55	55	55			x	x		
Choc Chip Cookie			160	160	160	160		27	27	27	27				x		
corn dogs, mini	6 ea (HS 9ea)	310	310	310	465	310	26	26	26	39	26	x	x	x	x		
corn, seasoned			83	83	110	28		18	18	24	6						
cornbread	1 ea		200	200	200	200		27	27	27	27						
croissant, buttery	1 ea		220	220	220	220		30	30	30	30				x		
croissant, egg and cheese		315					28					x	x	x	x		
croissant, ham and egg		345					33					x	x	x	x		
cucumbers & tomatoes			30	30	41	11		7	7	9	2.5						
donut, WG, cinn & sugar		280					30					x	x	x	x		
English Muffin Ham and Egg		245					24					x	x	x	x		
fish sandwich			645	640	640	640		74	74	74	74				x	x	
flatbread (served 1 & 2 flats)	1 flat		80	80	80	80		13	13	13	13	x		x	x		
French Toast Bites	6 bites	380					38					x	x	x	x		
fries, oven			100	100	130	33		18	20	26	7						
fries, ranch			100	100	130	33		18	20	26	7						
fries, sweet potatoes		130	199	199	233	65	21	32	32	38	10						
fruit, seasonal			~60					~15									
granola	1/4 c svg	90					17										
grape cup					104					27							
hamburger with cheese			380	380	380	380		31	31	31	31	x			x		
hunan sauce	1 oz		46	46	46			11	11	11				x	x		
juice, 100% fruit, variety	1/2 cup	~60					~14										
ketchup	pc		10	10	10	10		2	2	2	2						
mac & cheese			384	384	384	384		39	39	39	39	x		x	x		
mandarin oranges					72					18							
meatball sub			367	367	367	367		29	29	29	29	x		x	x		
milk, 8 oz, chocolate, Fat free		130	130	130	130	130	25	25	25	25	25						
milk, 8 oz, white 1%		100	100	100	100	100	12	12	12	12	12						
muffin, banana	4 oz	400					62						x		x		
orange smiles	1 med		62					15									
pancakes, blueberry	1 pkg	210	210	210	210	210	35	35	35	35	35	x	x	x	x		
peach cup		65			136		17			36							
peas, green			111	111	148	37		20	20	26	7						
Pigs in a Blanket	6 ea (HS 9ea)	310	310	310	465	310	26	26	26	39	26	x	x	x	x		
pineapple tidbits					80					20							
pizza, cheese			360	360	360	290		35	35	35	28	x		x	x		
pizza, pepperoni			431	431	431			36	36	36	28	x		x	x		x
pork and rice bowl (no sauce)			460	460	460	460		55	55	55	55			x	x		x
potatoes, mashed			209	209	278	70		33	33	44	11				x		
ranch 1.5 oz	1.5 oz pc		40	40	40	40	11	11	11	11	11	x					
roll, dinner	1 roll		81	81	81	81		13	13	13	13			x	x		
salad, dark green side			30	30	31	8		7	7	7	2						
sausage, bf	1 patty	100					1										
soup, broccoli cheese			204	204	204	204		14	14	14	14	x					
spaghetti and meatsauce			530	530	530	530		75	75	75	75				x		
syrup	pc	120					31										
Toast, Cinnamon Apple	1 pkg	260					45					x		x	x		
tomatoes, cherry			21	21	28	7.5		4	4	6	2						
waffles, BF	1 pkg	190					29					x	x	x	x		