

Recipe Guide																	
Recipe	Allergens					Calories					Carbs (g)					Comments	
	Dairy	Eggs	Soy	Wheat	Pork	Breakfast	Elementar	Middle	High	Sure Star	Breakfast	Elementar	Middle	High	Sure Star		
alfredo spaghetti & meatballs	Dairy		Soy	Wheat			531	531	531	531			70	70	70	70	
apple slaw, green		Eggs	Soy				82	82	99	32			10	10	11	4	
apple, fresh							78	78	78				21				1 small
arroz con pollo			Soy				192	192	209				12	12	24		
B.E.S.T. Sandwich (BLT)	Dairy	Eggs	Soy	Wheat		226	113	226	226	113	27	13	27	27	13	55/EL-1/2 sand	
bacon egg on toast	Dairy	Eggs		Wheat											27		
bacon egg slider	Dairy	Eggs		Wheat													
bacon, turkey						40	40	40	40	40	0	0	0	0	0	0	2 slices
baguette, garlic	Dairy			Wheat													
banana						105	105				27	27					1 med
beans, baked					Pork		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 tenders			Soy	Wheat			280						20				4 fingers
biscuit	Dairy	Eggs	Soy	Wheat		210	210	210	210	210	28	28	28	28	28		
broccoli parm	Dairy						47	47	64	17			5	5	7	2	
broccoli, seasoned																	
burger w/o cheese			Soy	Wheat			329	329	329	329			30	30	30	30	
burger, bacon ranch	Dairy		Soy	Wheat			344	344	344				21	21	21	21	
burrito, breakfast	Dairy	Eggs		Wheat			343	343	343				31	31	31	31	
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	
cheesy breadsticks	Dairy		Soy	Wheat			440	440	630				50	50	75		
chicken alfredo (grilled spag)	Dairy		Soy	Wheat			317	525	525	317			35	70	70	35	
chicken alfredo (pulled, spag)	Dairy			Wheat			529	529	529	529			71	71	71	71	
chicken and waffles	Dairy	Eggs	Soy	Wheat			407	445	445	350			40	42	42	27	
chicken curry	Dairy		Soy				261	261	261				24	24	24		
chicken drumstick			Soy	Wheat			190	190	380				5	5	10		
chicken Mega Minis		Eggs	Soy	Wheat			424	424	424	424			41	41	41		
chicken pot pie	Dairy	Eggs	Soy	Wheat			495	495	495	495			44	44	44	44	
chicken sandwich w/bacon		Eggs	Soy	Wheat			400	400	400				46	46	46		
chicken sandwich, bbq				Wheat			131	131	131	131			18	18	18	18	
chicken tender wrap	Dairy		Soy	Wheat			526	526	526				58	58	58		
chicken tenders			Soy	Wheat			255	255	340				13	13	17		
chicken wings, bbq				Wheat			310	387	465				9	11	13		
chicken wings, honey lime				Wheat			548	608	721				16	19	22		
chicken, grilled sandwich		Eggs	Soy	Wheat			311	311	311	311			34	34	34	34	
chicken, grid tryki nprpl brgr			Soy	Wheat			296	296	296				38	38	38		
cookie, Choc Chip				Wheat			160	160	160	160			27	27	27	27	
corn dogs, mini	Dairy	Eggs	Soy	Wheat		310	310	310	465	310	26	26	26	39	26	26	
corn, seasoned							83	83	110	28			18	18	24	6	
Corn, street (elote)		Eggs	Soy				229	229	301				48	48	63		
cornbread	Dairy	Eggs		Wheat			200	200	200	200			27	27	27	27	1 ea
croissant, buttery				Wheat			220	220	220	220			30	30	30	30	1 ea
croissant, egg and cheese	Dairy	Eggs	Soy	Wheat		315					28						
croissant, ham and cheese	Dairy	Eggs	Soy	Wheat		400					32						
croissant, ham and egg	Dairy	Eggs	Soy	Wheat		345					33						
cubano, pork, sandwich	Dairy		Soy	Wheat	Pork		663	663	663				45	45	45		
cucumber salad							14	14	19				3	3	4		
cucumbers & tomatoes							30	30	41	11			7	7	9	2.5	
donut, WG	Dairy	Eggs	Soy	Wheat		280					30						
egg patty		Eggs															
eggs, scrambled	Dairy	Eggs				82					1.5						
French Toast Bites	Dairy	Eggs	Soy	Wheat		380					38						6 bites
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, asstd							~60						~15				
grape cup									104						27		
gravy, country style cream	Dairy	Eggs	Soy	Wheat													
Grilled Cheese Sandwich	Dairy		Soy	Wheat			333	333	333	333			28	28	28	28	
grilled cheese, gourmet	Dairy			Wheat			327	327	327	327			29	29	29	29	
Ham, Breakfast Roll-Up	Dairy					90					1						
hamburger - see burger w/o cheese																	
hamburger with cheese	Dairy		Soy	Wheat			380	380	380	380			31	31	31	31	
juice, 100% fruit, variety						~60					~14						1/2 cup
mac & cheese	Dairy		Soy	Wheat			384	384	384	384			39	39	39	39	
mandarin oranges									72						18		
meatball bahn mi	Dairy	Eggs	Soy	Wheat			415	415	415				39	39	39		
meatball sub	Dairy		Soy	Wheat			367	367	367	367			29	29	29	29	
Mixed fruit																	
muffin, banana (large)		Eggs		Wheat		400					62						4 oz
muffin, choice of	Dairy	Eggs		Wheat		190					30						
noodles of noodles				Wheat			227	227	227	227			40	40	40	40	
orange smiles							62						15				1 med
pancakes, mini blueberry	Dairy	Eggs	Soy	Wheat		210	210	210	210	210	35	35	35	35	35	35	1 pkg
pasta, italian pepperoni	Dairy			Wheat	Pork		408	408	408				42	42	42		
patty melt	Dairy		Soy	Wheat			556	556	556				39	39	39		
peach cup									136		17				36		
peaches, roasted cinnamon							86	86	173				30	30	58		
peas and carrots							106	106	145				20	20	27		
peas, green							111	111	148	37			20	20	26	7	
peas, ranch																	
Pigs in a Blanket	Dairy	Eggs	Soy	Wheat		310	310	310	465	310	26	26	26	39	26	6 ea (HS 9ea)	
pineapple tidbits									80						20		
pizza, cheese	Dairy		Soy	Wheat			360	360	360	290			35	35	35	28	
pizza, pepperoni	Dairy		Soy	Wheat	Pork		431	431	431				36	36	36	28	
pizza, veggie	Dairy		Soy	Wheat			368	368	368				37	37	37		
pretzels (2 oz eq)				Wheat			124	124	124	124			25	25	25	25	4 bites
pretzels, chezy	Dairy		Soy	Wheat			366	366	366	366			31	31	31	31	
quesadilla, cheese	Dairy			Wheat	Pork		588	588	588	588			61	61	61	61	
Quesadilla, italian chicken	Dairy		Soy	Wheat			570	570	570	570			61	61	61	61	
rice bowl, chicken, pulled			Soy	Wheat			393	393	393	393			55	55	55	55	
rice bowl, pork	Dairy		Soy	Wheat	Pork		460	460	460	460			55	55	55	55	
rice bowl, veggie	Dairy		Soy				654	654	654				108	108	108		
rice, confetti							61	61					11	11			
rice, pork "fried"			Soy	Wheat	Pork		442	442	442				58	58	58		
rice, spanish							68	68	85	68			11	11	11	11	
roll, dinner	Dairy		Soy	Wheat			81	81	81	81			13	13	13	13	1 roll
rolls, cinnamon	Dairy	Eggs	Soy	Wheat		195					42						
salad entree, caprese (v)	Dairy						243	243	243				11	11	11		
salad, caprese (v)	Dairy																
salad, chef (v)	Dairy	Eggs		Wheat			248	248	248				11	11	11		
salad, dark green side	Dairy						30	30	31	8			7	7	7	2	
salad, greek (v)	Dairy		Soy	Wheat			375	375	375				26	26	26		
salad, market (v)	Dairy						289	289	289				22	22	22		
salad, market chicken	Dairy		Soy				316	316	316				21	21	21		
salad, southwest (v)	Dairy		Soy	Wheat			525	525	525				73	73	73		
sausage croissant		Eggs	Soy	Wheat		319					31						
sausage gravy on biscuit				Wheat	Pork												
sausage, bf						100					1						1 patty
soup, broccoli cheese	Dairy						204	204	204	204			14	14	14	14	
soup, chicken noodle	Dairy		Soy	Wheat													