

Recipe Guide		Allergens					Calories					Carbs (g)					Comments	
Recipe	Dairy	Eggs	Sesame	Soy	Wheat	Fish	Pork	Breakfast	Elementary	Middle	High	Sure Start	Breakfast	Elementary	Middle	High		Sure Start
alfredo spaghetti & meatballs	Dairy			Soy	Wheat				531	531	531	531		70	70	70	70	
all american breakfast bacon	Dairy	Eggs		Soy	Wheat			206					19					
all american breakfast sausage	Dairy	Eggs		Soy	Wheat			266					20					
apple, fresh									78	78	78			21				1 small
arroz con pollo				Soy					192	192	209			12	12	24		
bacon egg on toast	Dairy	Eggs			Wheat			121					12					
bacon egg slider	Dairy	Eggs			Wheat			195					25					
bacon, turkey								40	40	40	40	40	0	0	0	0	0	2 slices
bagel, ham & cheese	Dairy				Wheat				386	386	386			50	50	50		
bagel, toasted					Wheat				276					50				
baguette, garlic	Dairy				Wheat				146	146	146	146		20	20	20	20	
beans, baked									155	155	207	52		28	28	38	9	
beans, ranchero									180	180	225	60		33	33	44	11	
beef tenders				Soy	Wheat				280					20				4 fingers
beefy alfredo over rice	Dairy			Soy	Wheat				470	470	470	470		58	58	58	58	
bell pepper strips									9	9	14	3		2	2	3	1	
biscuit	Dairy	Eggs		Soy	Wheat			210	210	210	210	210	28	28	28	28	28	
biscuit, sausage	Dairy	Eggs		Soy	Wheat			310					29					
blueberries, frozen									22	22	44	11		5	5	10	2	
broccoli, parm	Dairy								47	47	64	17		5	5	7	2	
broccoli, roasted									47	47	64			9	9	12		
broccoli, seasoned									28	28	37			5	5	7		
burger w/o cheese					Wheat				329	329	329	329		30	30	30	30	
burger with cheese	Dairy				Wheat				380	380	380	380		31	31	31	31	
burger, bacon ranch	Dairy				Wheat				344	344	344			21	21	21	21	
burrito, breakfast	Dairy	Eggs			Wheat				343	343	343			31	31	31	31	
carrots, baby (dippers)									44	44	58	15		10	10	13	4	
carrots, honey glazed									72	72	88	28		16	16	20	7	
carrots, seasoned									63	63	84	21		13	13	18	4	
cauliflower & carrots									33	33	42	10		7	7	9	2	
cauliflower, buffalo									51	51	68			6	6	9		
celery sticks									28	28	36	10		6	6	8	2	
celery/carrot sticks	Dairy								74	74	74			18	18	18		
cereal, honey bunches van					Wheat			220					47					
cereal, marshmallow					Wheat	Pork		210					47					
cereal, variety																		
cheeseburger mac JTM	Dairy	Eggs		Soy	Wheat				443	443	443			46	46	46		
cheesy breadsticks	Dairy				Wheat				440	440	630			50	50	75		
chicken (mini) swt/sour fried rice				Soy	Wheat				429	429	474			60	60	65		
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 over rice, grilled	Dairy			Soy					261	261	261			24	24	24		
chicken drumstick, BBQ									250	250	470			20	20	33		
chicken drumstick, picnic					Wheat				190	190	380			5	5	10		
chicken drumstick, teriyaki	Dairy	Eggs	Sesame	Soy	Wheat				216	216	432			11	11	22		
chicken grld teriyaki over rice	Dairy	Eggs	Sesame	Soy	Wheat				556	556	556			96	96	96		
chicken grld tryki nnapl brgr	Dairy	Eggs	Sesame	Soy	Wheat				296	296	296			38	38	38		
chicken mega Cheesy Rice bowl	Dairy				Wheat				492	492	492			64	64	64		
chicken Mega Minis					Wheat				424	424	424	424		41	41	41		
chicken po'boy		Eggs			Wheat				430	430	430	430		35	35	35	35	
chicken pot pie w/biscuit	Dairy	Eggs		Soy	Wheat				495	495	495	495		44	44	44	44	
chicken santa fe	Dairy			Soy					180	180	180	180		3	3	3	3	
chicken tenders				Soy	Wheat				255	255	340			13	13	17		
chicken veggie dumplings				Soy	Wheat				236	236	236	236		23	23	23	23	

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Recipe	Dairy	Eggs	Sesame	Soy	Wheat	Fish	Pork	Breakfast	Elementary	Middle	High	Sure Start	Breakfast	Elementary	Middle	High	Sure Start	
chicken wings, bbq									310	387	465			9	11	13		
chicken wings, honey lime									548	608	721			16	19	22		
chicken wings, spicy BBQ									310	388	465			9	11	13		
chicken wings, swt/sour				Soy					323	308	463			12	8	1		
chicken wings, teriyaki	Dairy	Eggs	Sesame	Soy	Wheat				301	301	301			6	6	6		
chips, tortilla 1 oz									160	160	160	160		13	13	13	13	
chips, tortilla 2 oz									320	320	320	320		26	26	26	6	
christmas veggies									39	39				8	8			
cookie, Choc Chip					Wheat				160	160	160	160		27	27	27	27	
corn dogs, mini				Soy	Wheat			310	310	310	465	310	26	26	26	39	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
cubano, pork, sandwich	Dairy			Soy	Wheat		Pork		663	663	663			45	45	45		
cucumber coins									14	14	19			3	3	4		
cucumbers & tomatoes salad									30	30	41	11		7	7	9	2.5	
donut, WG	Dairy	Eggs		Soy	Wheat			280					30					
egg and waffle sandwich	Dairy	Eggs		Soy	Wheat			411					43					
egg patty		Eggs						147					1					
egg scrambled	Dairy	Eggs						82					1.5					
fiesta rice bowl, beef	Dairy			Soy					515	515	515	515		63	63	63	63	
fiesta rice bowl, chicken pulled	Dairy								393	393	393	393		55	55	55	55	
fiesta rice bowl, pork	Dairy						Pork		460	460	460	460		55	55	55	55	
fiesta rice bowl, veggie	Dairy								654	654	654			108	108	108		
freedom fruit																		
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
frittata, breakfast	Dairy	Eggs						290					18					
fruit, asstd								~60						~15				
grape cup											104						27	
gravy, country style cream	Dairy	Eggs		Soy	Wheat			45	45	45	45	45	7	7	7	7	7	1/4 c prepared
green beans w.bacon									40	40	53			7	7	9		
green beans, italian									35	35	48	12		7	7	9	2	
green beans, seasoned									49	49	65	16		5	5	7	2	
Ham, Breakfast Roll-Up	Dairy							90					1					
juice, 100% fruit, variety								~60					~14					1/2 cup
mac & cheese, alfredo V	Dairy				Wheat				338	338	338	338		39	39	39	39	
mac & cheese, cheddar V	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	
meatballs, swt sour	Dairy			Soy	Wheat				309	309	309	309		31	31	31	31	
meatballs, taj mahal w/rice	Dairy			Soy	Wheat				441	441	441	441		58	58	58	58	
Mixed fruit																		
muffin, banana (large)		Eggs			Wheat			400					62					4 oz
muffin, choice of	Dairy	Eggs			Wheat			190					30					
nachos, bean and cheese	Dairy								607	607	607	607		62	62	62	62	
nachos, beef	Dairy			Soy					400	400	400	400		35	35	35	35	
nachos, cheese V	Dairy								389	389	389	389		30	30	30	30	
nachos, chicken	Dairy			Soy					484	484	484	484		31	31	31	31	
oodles 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	1 pkg

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pasta, italian pepperoni	Dairy				Wheat		Pork		408	408	408			42	42	42		
patty melt	Dairy				Wheat				556	556	556			39	39	39		
pea, sweet salad																		
peach cup								65			136		17			36		
peaches, roasted cinnamon									86	86	173			30	30	58		
peas and carrots									106	106	145			20	20	27		
peas, green savory									111	111	148	37		20	20	26	7	
peas, ranch									180	180	180			34	34	34		
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		
pork sausage gravy & biscuit	Dairy	Eggs		Soy	Wheat		Pork	386					36					
pretzels (2 oz eq)					Wheat				124	124	124	124		25	25	25	25	4 bites
pretzels, cheezy	Dairy			Soy	Wheat				366	366	366	366		31	31	31	31	
quesadilla, cheese	Dairy			Soy	Wheat				588	588	588	588		61	61	61	61	
Quesadilla, italian chicken	Dairy			Soy	Wheat				570	570	570	570		61	61	61	61	
rice & beans, "cajun"					Wheat													
rice, "fried"			Sesame	Soy	Wheat				264	264	264	264		57	57	57	57	
rice, chicken "fried"			Sesame	Soy	Wheat				368	368	368	368		58	58	58	58	
rice, cilantro lime									233	233	233	233		52	52	52	52	1 cup
rice, confetti									140	140	279			26	26	53		
rice, pork "fried"			Sesame	Soy	Wheat		Pork		442	442	442			58	58	58		
rice, spanish									140	140	140			25	25	25		
rice, teriyaki			Sesame	Soy	Wheat				158	158	158			32	32	32		1/2 cup
roll, dinner	Dairy			Soy	Wheat				81	81	81	81		13	13	13	13	1 roll
rolls, cinnamon (Cinnaroll Slider)	Dairy	Eggs	Sesame	Soy	Wheat			195					42					
salad entree, caprese (v)	Dairy								243	243	243			11	11	11		
salad, caprese side (v)	Dairy								119	119	155			7	7	9		
salad, chef									230	230	230	230		11	11	11	11	
salad, chef (v)	Dairy	Eggs							248	248	248			11	11	11		
salad, chicken tender	Dairy			Soy	Wheat				464	464	464	464		33	33	33	33	
salad, dark green side	Dairy								30	30	31	8		7	7	7	2	
salad, fajita chicken	Dairy			Soy					562	562	562	562		47	47	47	47	
salad, greek (v)	Dairy			Soy	Wheat				375	375	375			26	26	26		
salad, hummus bowl V			Sesame															
salad, market (v)	Dairy								289	289	289			22	22	22		
salad, market chicken	Dairy			Soy					316	316	316			21	21	21		
salad, southwest w.beans & chips	Dairy			Soy	Wheat				525	525	525			73	73	73		
salisbury steak w.brown gravy									198	198	198	198		3	3	3	3	
sandwich, BBQ joe				Soy	Wheat				196	196	196	196		20	20	20	20	
sandwich, beef tenders				Soy	Wheat				330	330	330	330		29	29	29	29	
sandwich, chicken bbq					Wheat				131	131	131	131		18	18	18	18	
sandwich, chicken, grilled		Eggs		Soy	Wheat				311	311	311	311		34	34	34	34	
sandwich, cold cut							Pork		293	293	293			18	18	18		
sandwich, grilled cheese	Dairy			Soy	Wheat				333	333	333	333		28	28	28	28	
sandwich, grilled cheese, gourmet	Dairy				Wheat				327	327	327	327		29	29	29	29	
sandwich, grilled chicken w/bacon		Eggs		Soy	Wheat				400	400	400			46	46	46		
sandwich, hot ham cheese	Dairy				Wheat				161	161	161	161		13	13	13	13	
sandwich, hot honey sloppy joe					Wheat				343	343	343	343		45	45	45	45	
sandwich, monte cristo	Dairy	Eggs			Wheat			207					17					
sandwich, toasted egg & cheese	Dairy	Eggs			Wheat			546					86					
sandwich, toasted italian	Dairy				Wheat				286	286	286			15	15	15		
sausage slider					Wheat			270					32					

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sausage, bf								100					1					1 patty
sausage/egg biscuit	Dairy	Eggs		Soy	Wheat			393					30					
slaw, green apple		Eggs		Soy					82	82	99	32		10	10	11	4	
slaw, zesty									109	109	137			15	15	19		
soup, broccoli cheese	Dairy								204	204	204	204		14	14	14	14	
soup, chicken noodle	Dairy			Soy	Wheat				620	620	620			91	91	91		
spaghetti & meatballs	Dairy			Soy	Wheat				579	579	579			73	73	73		
spaghetti & meatballs, rose	Dairy			Soy	Wheat				558	558	558	558		20	20	20	20	
spaghetti (v), baked	Dairy	Eggs			Wheat				360	360	360	360		41	41	41	41	
spaghetti and meat sc									529	529	529	529		75	75	75	75	
spaghetti marinara V	Dairy				Wheat				584	584	584			83	83	83	83	
spaghetti, rose V	Dairy				Wheat				576	576	576	576		83	83	83	83	
strawberry cup, frozen																		
taco, breakfast								348					34					
tacos, beef	Dairy			Soy	Wheat				384	384	568	384		36	36	53	36	
tacos, chicken	Dairy				Wheat				263	263	263			32	32	32		
tacos, pork	Dairy				Wheat	Pork			263	263	263			32	32	32		
teriyaki sauce	Dairy	Eggs	Sesame	Soy	Wheat				35	35	35			8	8	8		2 Tbsp
tomatoes, cherry									21	21	28	7.5		4	4	6	2	
waffles, BF	Dairy	Eggs		Soy	Wheat			250					36					1 pkg
wrap, chicken pulled, spicy	Dairy				Wheat				307	307	307	307		31	31	31	31	
wrap, chicken tender	Dairy			Soy	Wheat				526	526	526			58	58	58		
wrap, hawaiian chicken pulled		Eggs		Soy	Wheat				369	369	369			48	48	48		
wrap, hummus mediterranean V					Wheat				416	416	416			43	43	43		
wrap, veggie	Dairy				Wheat				306	306	306	153		39	39	39	19	
yogurt smoothies	Dairy							125					38					
Condiments																		
R-Ranch 2835338	Dairy								40	40	40	40		11	11	11	11	per PP
I - Italian dressing 2972541									60	60	60	60		3	3	3	3	per PP
Sy-Syrup 6357065								120	120	120	120	120	31	31	31	31	31	per PP
K-Ketchup 2810679									10	10	10	10		2	2	2	2	per PP
B-BBQ Sauce 7238321									60	60	60	60		15	15	15	15	2 Tbsp
T-Balsamic Vinaigrette S10																		
Ma Mayo RF 5278759									40	40	40	40		1	1	1	1	1 Tbsp
C Chili Flakes																		
S - Pico Salsa i38									9	9	9	9	2	2	2	2	2	1/4 cup
Sp - Special Sauce S31		egg		soy					89	89	89	89		14	14	14	14	1 oz
O - Rooster Sauce S15		egg		soy					73	73	73	73		4	4	4	4	1 oz
Mu - Mustard 2610153									5					0				per PP
J - Jelly grape 2382318																		