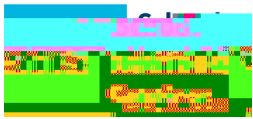


K-8 Lunch Carbohydrates and Allergens 2024-2025

ALLERGEN LEGEND	
D - DAIRY	E - EGG
S - SOY	F - FISH
W - WHEAT	T - TREE NUTS*
SE - SESAME	

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
ENTRÉES									
Alfredo Sauce w/ Penne	312	32g	D		D				
Chicken Carnitas	140	2g	D	S					
Chicken Drumsticks	210	12g		S	W				
Chicken Filet Sandwich	340	41g	D	S	W				
Chicken Nuggets	280	13g		S	W				
Chicken, Popcorn	250	16g		S	W				
Corn Dog	240	30g							
Gourmet Sandwich Box	377	56g	D	S	W				
Spiced Chicken & Mozz. Sand.	280	31g	D	S	W				
Apple	78	20g							
Carrot Sticks (Fosters) I									
Gourmet Mac & Cheese	329	28g	D		W	E			
Grilled Cheese, Spicy IW	345	31g	D	S	W				
Grilled Cheese, Emergency IW	280	30g	D	S	W				
Hamburger	380	27g		S	W				
Hot Dog	245	23g		S	W				
Hot Dog w/Chili	263	23g	D	S	W				
Power Up! Lunch Box Smoothie	595	95g	D	S	W				
Chocolate Sweet Bread	250	43g	D	S	W	E			
Smoothie (Strawberry, Banana)	130	36g							
Carrot Sticks (Fosters) IW	15	3g							
Mac & Cheese	299	33g	D		W	E			
Meatballs									
Meatball w/ Teriyaki (Beef)	201	14g		S	W				
Meatballs w/Brown Gravy (Beef)	176	7g	D	S	W	E			
Meatball w/ BBQ (Beef)	285	33g							
Meatball w/ BBQ (Turkey)	150	14g	D	S	W	E			
Meatball w/ Korean BBQ (Pork)	170	7.8g	D	S	W				
Nachos, Beef	381	37g							

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
ENTRÉES CONTINUED									
B4L: Egg Sauce									
Sausage & Cheese Waffle Sandwich	381	29g	D	S	W	E			
Sloppy Joe	330	24g	D	S	W	E			
Southwestern Spud	254	26g	D	S	W				
Stuffed Shells w/ Mariana	428	49g	D						
Sweet & Sour Popcorn chicken	242	10g	D	S					
Tangerine Chicken	210	26g		S	W	E			
Turkey, Ham, & Cheese Croissant	320	31g	D	S	W	E			
Walking Taco (Beef & Cheese) Doritos	444	35g	D						
Walking Taco (Beef & Cheese) Fritos	494	31g	D						
Ziti w/Meat Sauce	279	19g	D		W				



K-8 Lunch Carbohydrates and Allergens 2024-2025

ALLERGEN LEGEND	
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SE - SESAME	

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
VEGETABLES									
Beans, Brown Baked	140	30g							
Beans, Fiesta Black	101	18g							
Beans, Seasoned Pinto	101	19g							
Carrots w/Ranch Dip	97	11g	D	S		E			
Carrots, Glazed Coin	33	7g		S					
Carrot Snack Pack	20	5g							
Celery Stick, Snack Pack	15	3g	D	S		E			
Cucumber w/ Ranch Dip	147	3 g	D						
Cucumber w/ Tajin	12	3g							
Collard Greens, Steamed	30	5g	D						
Green Beans, Seasoned	28	5g							
Marinara Dipping Sauce	29	5g							
Potato, Wedges	123	20g							
Potatoes, Crinkle Cut	116	20g		S					
Potatoes, Mashed	85	17g	D						
Potato, Stright cut	100	15g		S					
Refried Beans	200	24g							
Salad, Caesar Side	195	6g	D	S	W		F		
Seasoned Mixed Vegetables	74	15g							
Seasoned Potato Roasters	123	17g		S					
Steamed Broccoli	32	4g							

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
FRUITS CONT.									
Applesauce, Watermelon Indv Cup	50	14g							
Banana, Fresh	110	30g							
Cantaloupe, Fresh Cubed	28	7g							
Craisins, Original	110	28g							
Craisins, Strawberry	110	28g							
Craisins, Raspberry Lemonade	110	27g							
Cherry Fruit Gel	90	22g							
Fruit Cocktail	73	19g							
Fruited Gelatin	113	29g							
Grapes, Fresh	64	16g							
Mandarin Oranges	76	20g							
Mango, diced Cup	70	17g							
Mango Pineapple Smoothie	130	36g						D	
Mixed Fruit Cup, Del Monte	50	13g							
Mixed Wild Berry Cup	90	20g							
Orange, Fresh wedge	83	20g							
Orange Fruit Gel	70	18g							
Papaya Mango Cup	60	15g							
Plum, Whole	30	8g							
Peaches, Diced	75	19g							
Peach Smoothie	125	35g							D

