

## K-8 Lunch Carbohydrates and Allergens 2024-2025

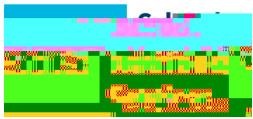
ALLERGEN LEGEND	
D - DAIRY	E - EGG
S - SOY	F - FISH
W - WHEAT	T - TREE NUTS*
SE - SESAME	

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
<b>ENTRÉES</b>									
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) IW									
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							

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<b>ENTRÉES CONTINUED</b>									
B4L: Egg Sauce									
Sausage & Cheese Waffle Sandwich	381	29g	D	S	W	E			
Sloppy Joe	330	24g	D	S	W	E			
Sloppy Joe	254	26g	D	S	W				
Southwestern Spud	428	49g	D						
Stuffed Shells w/ Mariana	242	10g	D	S					
Sweet & Sour Popcorn chicken	266	24g	D	S	W				
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				

E





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<b>VEGETABLES</b>										<b>FRUITS CONT.</b>									
Beans, Brown Baked	140	30g								Applesauce, Watermelon Indv Cup	50	14g							
Beans, Fiesta Black	101	18g								Banana, Fresh	110	30g							
Beans, Seasoned Pinto	101	19g								Cantaloupe, Fresh Cubed	28	7g							
Carrots w/Ranch Dip	97	11g	D	S			E			Craisins, Original	110	28g							
Carrots, Glazed Coin	33	7g		S						Craisins, Strawberry	110	28g							
Carrot Snack Pack	20	5g								Craisins, Raspberry Lemonade	110	27g							
Celery Stick, Snack Pack	15	3g	D	S			E			Cherry Fruit Gel	90	22g							
Cucumber w/ Ranch Dip	147	3g	D							Fruit Cocktail	73	19g							
Cucumber w/ Tajin	12	3g								Fruited Gelatin	113	29g							
Collard Greens, Steamed	30	5g	D							Grapes, Fresh	64	16g							
Green Beans, Seasoned	28	5g								Mandarin Oranges	76	20g							
Marinara Dipping Sauce	29	5g								Mango, diced Cup	70	17g							
Potato, Wedges	123	20g								Mango Pineapple Smoothie	130	36g	D						
Potatoes, Crinkle Cut	116	20g		S						Mixed Fruit Cup, Del Monte	50	13g							
Potatoes, Mashed	85	17g	D							Mixed Wild Berry Cup	90	20g							
Potato, Stright cut	100	15g		S						Orange, Fresh wedge	83	20g							
Refried Beans	200	24g								Orange Fruit Gel	70	18g							
Salad, Caesar Side	195	6g	D	S	W		F			Papaya Mango Cup	60	15g							
Seasoned Mixed Vegetables	74	15g								Plum, Whole	30	8g							
Seasoned Potato Roasters	123	17g		S						Peaches, Diced	75	19g							
Steamed Broccoli	32	4g								Peach Smoothie	125	35g	D						

