



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

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



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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	--	--	--	--	--	--
Ca-0.0 482.98 Tm0 g0 G -0.0307 Tc(-)]TJETQ EMC /P 4MCID 825BDC q5504.12 691.44 10.68 reW* nBT/F3 9.12 Tf1 0 0 1 220.82 506.28 Tm0 g0t28																			

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Apple Juice Cup (4 oz)	60	14g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Punch Juice Cup (4 oz)	60	14g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Grape Juice Cup (4 oz)	80	19g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Orange Medley Juice Cup (4 oz)	50	13g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Brownie	189	34g	-	S	W	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cookie, Chocolate Candy, Small	100	18g	-	S	W	E	-	-	-	-	-	-	-	-	-	-	-	-	-
Cookie, Chocolate Candy, Large	190	32g	-	S	W	E	-	-	-	-	-	-	-	-	-	-	-	-	-
*BDC q51.48 480.82 680.52 10.68 reW* nB/MCID 92 *BDC q51.48 469.18 680.52 10.68 reW* nBT/F																			

