

SCHOOL YEAR 2020-2021

10/27/20 - VC

Meal Items	Recipe Number	Serving Size	Calories	Carbs	ALLERGENS											
					Peanut	Milk	Dairy	Eggs	Tree Nuts	Fish	Legume	Soy	Wheat	Gluten		
Bagel, WW Blueberry		1 EACH	170	35										1	1	
Bagel, WW Cinnamon Raisin		1 EACH	170	35											1	1
Bagel, WW White		1 EACH	170	35											1	1
Beef Teriyaki Dippers		4 EACH	160	6										1	1	1
Benefit Bar, Oatmeal Chocolate Benefit Bar		1 EACH	289	47			1	1	1					1	1	1
Bread, Hamburger Bun, WG 4" Wheat		1 BUN	140	27											1	1
Bread, Hot Dog Bun, WG Wheat		1 BUN	140	27											1	1
Bread, Whole Wheat Roll, Fresh Baked		1 EACH	159	27			1	1							1	1
Bread Slice, Banana WG	CAR1338	1 EACH	280	44					1					1	1	1
Breakfast Pizza, Turkey Sausage	SR1167	1 SLICE	210	26			1	1						1	1	1
Breakfast Round, Ultimate Oatmeal Chocolate Chip		1 EACH	270	44			1	1	1					1	1	1
Breakfast Sandwich, Egg & Cheese	CAR1274	1 EACH	225	29			1	1	1					1	1	1
Breakfast Sandwich, (Turkey) Ham, Egg & Cheese	CAR1871	1 EACH	255	29			1	1	1					1	1	1
Brownie, Fresh Baked		1 EACH	146	25			1	1	1					1	1	1
Burger Veggie, Classic Garden Burger		1 EACH	217	34			1	1						1	1	1
Burger, 100% All Beef Cheeseburger on a Bun		1 EACH	420	28			1	1						1	1	1
Burger, Hamburger		1 EACH	370	27											1	1
Burger, Mini Cheeseburger		1 PACKAGE	320	35			1	1						1	1	1
Burger, Western Burger		1 EACH	515	42			1	1						1	1	1
Burrito Bowl, Bean Burrito Bowl, Brown Rice		1 BOWL	348	59			1	1					1			
Burrito Bowl, Bean Burrito Bowl, White Rice	CAR2172	1 BOWL	348	59			1	1					1			
Burrito Bowl, Chicken Burrito Bowl, Brown Rice		1 BOWL	429	61			1	1						1		
Burrito Bowl, Chicken Burrito Bowl, White Rice	CAR2171	1 BOWL	429	61			1	1						1		
Burrito, Bean & Cheese Burrito		1 EACH	291	41			1	1					1	1	1	1
Burrito, Breakfast Egg & Cheese, Purchased Product		1 EACH	160	17			1	1	1					1	1	1
Burrito, Breakfast Egg & Cheese, Handmade on Site	BF1	1 EACH	358	37			1	1	1					1	1	1
Burrito, Chicken & Brown Rice		1 EACH	482	61			1	1						1	1	1
Burrito, Chicken & White Rice		1 EACH	523	67			1	1						1	1	1
Cake, Chocolate Cake		1 SLICE	142	24			1	1						1	1	1
Cereal, Cheerios Cereal Bowl		1 BOWL	100	20												
Cereal, Cinnamon Toast Crunch Bowl		1 BOWL	110	22										1	1	1
Cereal, Cocoa Puffs Cereal Bowl		1 BOWL	110	25												
Cereal, Trix Cereal Bowl		1 BOWL	110	24												
Cheese, American Cheese, Yellow Skim Sliced		2 SLICES	100	1			1	1						1		
Cheese, Cheddar Cheese, Yellow Shredded		1 OZ	110	1			1	1								
Cheese, Nacho Cheese		1/4 CUP	130	4			1	1								
Cheese, Parmesan Cheese, Shredded		2 TSP	20	2			1	1								
Cheese, String Cheese		1 EACH	80	1			1	1								
Chicken, BBQ Chicken Fillet on a Bun		1 EACH	317	45											1	1
Chicken, BBQ Chicken Pieces JHS/HS		1 SERVING	339	4												
Chicken, BBQ Chicken Pieces w/Roll JHS/HS		1 SERVING	498	31												
Chicken, Drumstick		1 EACH	190	5											1	1
Chicken, Grilled Chicken Fillet on a Bun		1 EACH	290	28			1	1						1	1	1
Chicken, Grilled Chicken Fillet Only		1 EACH	100	1										1		
Chicken, Grilled Teriyaki Chicken Fillet on a Bun		1 EACH	265	33										1	1	1
Chicken, Grilled Teriyaki Chicken Fillet Only		1 EACH	125	6										1	1	1
Chicken, Nuggets	CAR1555	5 NUGGETS	258	16										1	1	1
Chicken, Orange Chicken		12 PIECES	320	34										1	1	1
Chicken, Orange Chicken and White Rice	CAR1104 & SR2109	1 SERVING	458	64			1							1	1	1

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					Peanut	Milk	Dairy	Eggs	Tree Nuts	Fish	Legume	Soy	Wheat	Gluten	
Quesadilla, Cheese Quesadilla, Mozzarella 6"		1 EACH	362	34		1	1							1	1
Quesadilla, Cheese Quesadilla, Mozzarella 10"		1 EACH	392	38		1	1							1	1
Quesadilla, Pre-Made		2 TRIANGLES	310	32		1	1	1					1	1	1
Rice, White	SR2109	1/2 CUP, COOKED	138	30											
Rice, Spanish White	CAR2169	1/2 CUP	118	24											
Roll, Dinner (pre-made)	CAR1021	1 EACH	160	34									1	1	1
Salad, Caesar Salad Elem Garden Bar:	CAR1585	1 CUP	76	5		1	1	1					1	1	1
Creamy Caesar Dressing	CAR1484	2 TBSP	155	2		1	1	1					1		
Homemade Croutons		1/4 CUP	44	4		1	1						1	1	1
Parmesan		2 TSP	20	2		1	1								
Romaine Lettuce		1 CUP	26	4											
Salad, Cheesy Caesar Salad	CAR2272	1 EACH	369	14		1	1	1					1	1	1
Salad, Cheesy Caesar Salad w/ Homemade Roll	CAR1853	1 EACH	528	41		1	1	1					1	1	1
Salad, Chicken Caesar Salad	CAR1446	1 EACH	359	14		1	1	1					1	1	1
Salad, Chicken Caesar Salad w/ Homemade Roll	CAR1324	1 EACH	518	41		1	1	1					1	1	1
Salad, Chopped Romaine Salad		1 CUP	26	4											
Salad, Garden Salad w/ Chicken	CAR2252	1 EACH	255	13		1	1						1		
Salad, Garden Salad w/ Garbanzo Beans	CAR2253	1 EACH	260	27		1	1						1		
Salad, Mixed Greens		1 CUP	8	2											
Sandwich Wrap, Chicken Caesar Wrap WG		1 EACH	498	45		1	1	1					1	1	1
Sandwich Wrap, Chicken Caesar Wrap White		1 EACH	528	52		1	1	1					1	1	1
Sandwich Wrap, Turkey & Cheese Wrap WG		1 EACH	335	33		1	1						1	1	1
Sandwich, Grilled Cheese Sandwich, Packaged		1 EACH	280	31		1	1						1	1	1
Sandwich, Grilled Cheese Sandwich Homemade		1 EACH	340	28		1	1						1	1	1
Sandwich, Sun Butter & Jelly Sandwich, IW (Field Trips)		1 EACH	310	33									1	1	1
Sandwich, Sunbutter and Jelly Sandwich		1 EACH	462	61										1	1
Sandwich, Sunbutter and Jelly Sandwich w/ String Cheese		1 EACH	542	62		1	1							1	1
Sandwich, Sunbutter and Jelly KIT (portion cups)	DL01	1 KIT EACH	640	65.346										1	1
Sandwich, Tuna Sandwich on Wheat Bread		1 EACH	386	27				1		1			1	1	1
Sandwich, Turkey & Cheese Sandwich	CAR1743	1 EACH	285	27		1	1						1	1	1
Sandwich, Turkey Ham & Cheese Sandwich		1 EACH	300	28		1	1						1	1	1
Sauce, Alfredo Sauce		1/4 CUP	90	5		1	1								
Sauce, Spaghetti Sauce		1/2 CUP	80	10											
Taco, Bean Soft Tacos, White		2 TACOS	410	48		1	1						1	1	1
Taco, Bean Soft Tacos, Whole Grain		2 TACOS	410	48		1	1						1	1	1
Taco, Beef Soft Tacos, White		2 TACOS	323	34		1	1						1	1	1
Taco, Beef Soft Tacos, Whole Grain		2 TACOS	323	30		1	1						1	1	1
Taco, Crunchy Bean Taco		2 TACOS	397	42		1	1						1		
Taco, Crunchy Beef Taco		2 TACOS	310	24		1	1								
Tortilla Chips, Triangle Unsalted		10 PIECES	140	17											
Tortillas, Wheat Flour 6"		1 EACH	86	15										1	1
Tortillas, Wheat Flour 10"		1 EACH	170	30										1	1
Tortillas, White Flour 6"	CAI100602	1 EACH	90	16										1	1
Tortillas, White Flour 10"	CAI100603	1 EACH	210	36										1	1
Veggie Nuggets	CAR1957	4 PIECES	200	20										1	1
Waffles, Homestyle	CAR2020	2 EACH	186	28		1	1	1					1	1	1
Wrap, BBQ Tuna	103019	1 EACH	329	36							1		1	1	1
Yogurt Parfait, Fruit & Yogurt Parfait		1 EACH	305	54		1	1						1	1	1
Yogurt Parfait, Fruit & Yogurt Parfait w/ String Cheese		1 EACH	386	55		1	1						1	1	1

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					ALLERGENS									
CONDIMENTS	Recipe Number	Serving Size	Calories	Carbs	Peanut	Milk	Dairy	Eggs	Tree Nuts	Fish	Legume	Soy	Wheat	Gluten
Condiment, BBQ Sauce		1 PACKET	15	4										
Condiment, Caesar Dressing, Homemade	CAR1484	2 TBSP	155	2		1	1	1				1		
Condiment, Ketchup		1 PACKET	10	3										
Condiment, Marinara Dunk Cup		1 PACKET	15	3										
Condiment, Mayonnaise		1 PACKET	60	0				1						
Condiment, Mustard		1 PACKET	0	0										
Condiment, Ranch Dressing		2 TBSP	103	0.4		1	1	1				1		
Condiment, Salsa		1/2 CUP	40	8										
Condiment, Tajin		1/4 TSP	2	0										

					ALLERGENS									
VEGAN ITEMS	Recipe Number	Serving Size	Calories	Carbs	Peanut	Milk	Dairy	Eggs	Tree Nuts	Fish	Legume	Soy	Wheat	Gluten
Burrito, Black Bean	V1	1 EACH	521	99								1	1	1
Burrito, Pinto Bean	V1	1 EACH	510	97								1	1	1
Chana Masala w/ 1 Cup Rice	CAR2260	1 BOWL	487	90								1		
Chili, Black Bean	CAR2140	1/2 CUP	136	23								1		
Hummus w/ Flatbread and Veggies	CAR1960	1 PLATE	482	55								1	1	1
Black Beans w/ 1 Cup Spanish Rice	V3	1 BOWL	344	68								1		
Pita Veggie Sandwich	V2	1 EACH	435	43								1		1