Nutritionals/Allergens/Dyes
SY 2026-2027
Updated:

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Sesame	Peanut/ Treenut	Dyes
BREAKFAST															
BREAKFAST BREAK-STRAWBERRY NUTRI-GRAIN BAR	310	63	205	7	3	4	33	yes	yes		yes	yes			
BREAKFAST BREAK - HONEY CHEERIOS	283	57	288	6	5	4	24	yes	yes		yes	yes			
BREAKFAST POCKET (SAUSAGE & EGG)	200	25	310	9	10	2	2	yes	yes		yes	yes			
CEREAL, BLUEBERRY CHEX (2 OZ)	240	46	320	5	3	1	11								
CEREAL, CINNAMON CHEX (2 OZ)	230	46	320	5	3	3	12								
CEREAL, HONEY CHERRIOS (2 OZ)	210	44	340	3	6	5	12								
FRENCH TOAST STICKS	240	38	260	7	6	2	12	yes	yes		yes	yes			
MINI CINNIS	230	41	280	7	5	3	13	yes				yes			
MUFFIN, BANANA (Sky Blue Bakery)	250	45	190	7	4	1	23	yes	yes		yes	yes			
MUFFIN, BLUEBERRY (Sky Blue Bakery)	250	43	180	7	4	2	21	yes	yes		yes	yes			
OATMEAL CHIP BAR	280	47	230	8	5	3	20	yes	yes		yes	yes			
PANCAKE & SAUSAGE SANDWICH	145	16	327	5	9	2	4	yes	yes		yes	yes			
PANCAKE WRAPPED SAUSAGE	180	22	439	7	8	7	7	yes	yes		yes	yes			
SAVORY BREAD, BANANA	262	45	242	8	5	2	24	yes	yes		yes	yes			
SAVORY BREAD, LEMON	232	44	252	8	5	2	15	yes	yes		yes	yes			
SAVORY BREAD, PUMPKIN	244	41	225	7	5	2	22	yes	yes		yes	yes			
WAFFLE, SAUSAGE & CHEESE SANDWICH	340	28	500	17	20	2	3	yes	yes		yes	yes			
WAFFLES, MINI	190	36	220	5	4	4	10	yes	yes		yes	yes			
LUNCH															
ANYTIMER, CHEESE PIZZA KIT	348	40	735	14	18	0	5	yes				yes			
ANYTIMER, HAM & CHEESE	380	39	760	18	19	4	11	yes	yes		yes	yes			
ANYTIMER, PEPPERONI PIZZA	350	41	840	13	20	4	5	yes			yes	yes			
ANYTIMER, TURKEY & CHEESE	380	41	860	17	18	1	13	yes	yes		yes	yes			
BEANS, BAKED	142	29	449	0.51	8	5	8								
BEANS, SEASONED BLACK	111	20	141	0	7	5	1								
BENTO BOX, CHEESE	253	17	400	15	16	4	11	yes							
BENTO BOX, CHEESE PINWHEEL	421	40	826	24	21	7	11	yes			yes	yes			
BENTO BOX, EGG	288	18	130	11	14	3	13		yes						
BENTO BOX, HAM & CHEESE PINWHEEL	339	40	942	13	26	7	9	yes			yes	yes			
BENTO BOX, HUMMUS	366	49	728	13	11	10	0						yes		
BENTO BOX, PEPPERONI & CHEESE	369	21	877	24	20	3	1	yes							
BENTO BOX, TUNA	198	20	282	7	17	4	7		yes	yes					
BENTO BOX, TURKEY & CHEESE PINWHEEL	324	40	718	11	22	7	12	yes			yes	yes			
BISCUIT	190	23	470	9	3	1	2	yes	yes		yes	yes			
BREAD STICK, GARLIC	160	24	150	5	4	2	1	yes	yes		yes	yes			
BUFFALO CHICKEN STUFFED SANDWICH	290	31	631	11	18	2	4	yes	yes		yes	yes			

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BURRITO BOWL	512	77	909	13	25	7	5		yes			yes					
CHEESEBURGER	350	27	550	17	21	4	3		yes			yes	yes				
CHEESEBURGER WITH BACON	392	27	760	20	25	4	3		yes			yes	yes				
CHICKEN BARBECUE SANDWICH	338	41	643	12	21	4	19					yes	yes				
CHICKEN BREAST, GRILLED (gf)	152	0	213	0	15	0	0										
CHICKEN CLUB SANDWICH	425	45	795	15	31	6	8		yes			yes	yes				
CHICKEN CLUB SANDWICH, GRILLED	361	26.5	680	18	26	4	3		yes			yes	yes				
CHICKEN CLUB SANDWICH, SPICY	432	35.5	900	19.5	32	5	4		yes			yes	yes				
CHICKEN DRUMSTICK	346	9	834	20	30	2	0						yes				
CHICKEN NUGGETS (4)	215	15	332	7	20	2	0						yes				
CHICKEN, ORANGE	289	32	516	12	16	2	17					yes	yes				
CHICKEN PARMESAN SANDWICH	452	51	815	15	30	7	3		yes			yes	yes				
Chicken Patty, Rich Chicks	214	12	330	7	20	3	0						yes				
Hamburger roll	140	29	240	7	6	3	3					yes	yes				
CHICKEN PATTY, SANDWICH	354	41	570	9	26	6	3					yes	yes				
Chicken Patty, Rich Chicks	214	12	330	7	20	3	0						yes				
Hamburger roll	140	29	240	7	6	3	3					yes	yes				
CHICKEN PATTY, SANDWICH SPICY	342	35	574	12	25	5	4					yes	yes				
Spicy Chicken Patty, Tyson	202	6	334	5	19	2	0					yes	yes				
Hamburger roll	140	29	240	7	6	3	3					yes	yes				
CHICKEN, TERIYAKI	295	23	1188	16	17	2	7					yes	yes				
CHICKEN TIKKA MASALA	180	20	369	4	16	0	17		yes			yes					
CHICKEN TINGA	124	4	393	5	18	1.5	0.5										
COOKIE, CHOCOLATE CHIP	200	33	160	7	2	2	17			yes		yes	yes				
COOKIE, HARVEST	128	23	81	4	2	1	12		yes	yes			yes				
COOKIE, SUGAR	200	33	115	7	3	2	16			yes		yes	yes				
CORN DOG	243	30	475	9	9	2	8			yes		yes	yes				
CORN, CANNED	64	11	103	1	2	1	6										
CRACKERS, SAVORY	191	30	202	6	4	4	5						yes				
CUCUMBERS & CHERRY TOMATOES	16	3	5	0.19	0.63	0.78	2										
FISH WITH CHEESE SANDWICH	410	50	879	17	19	6	9		yes		yes	yes	yes				
GRANOLA	220	47	95	2.5	5	4	16					yes	yes				
GRAVY, CHICKEN	20	3	142	0.5	1	0	0		yes	yes		yes	yes				
GREEN BEANS	23	5	79	0	1	2	2										
HAMBURGER	300	27	430	13	18	4	3					yes	yes				
Hamburger roll	140	29	240	7	6	3	3					yes	yes				
Hamburger	160	0	190	6	12	1	0										

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JALAPENO MOZZARELLA BITES	323	31	464	19	18	3	2		yes				yes				
LETTUCE & TOMATO	16	3	7	0.27	1	1	1										
MACARONI & CHEESE, SECONDARY	280	29	670	11	17	2	6		yes	yes			yes				
MACARONI & CHEESE, SIDE, ELEMENTARY	140	14	335	5	8	1	3		yes	yes			yes				
MEATBALLS & CHEESE	179	5	449	10	16	1	2		yes			yes	yes				
MINI BANANA CHIP BAR	142	24	106	4	2	2	12		yes	yes		yes	yes				
MINI OATMEAL CHIP BAR	130	23	105	4	2	3	9		yes	yes		yes	yes				
MOZZARELLA BITES	340	37	360	14	19	3	4		yes			yes	yes				
MUFFIN, CORNBREAD	130	21	75	4	3	1	11		yes	yes		yes	yes				
NAAN BREAD	70	12	100	1	2	2	0					yes	yes				
PASTA, ROTINI WITH MEAT SAUCE	317	24	626	16	18	2	8			yes			yes				
PEPPERONI & CHEESE CROISSANT	340	32	620	16	18	1	4		yes	yes			yes				
PINWHEEL, CHEESE	460	30	1070	31	25	4	0		yes			yes	yes				
PINWHEEL, HAM & CHEESE	351	30	1225	16	31	4	2		yes			yes	yes				
PINWHEEL, TURKEY & CHEESE	323	29	926	14	27	4	1		yes			yes	yes				
PIZZA, RANCHERO	320	29	550	15	18	4	4		yes			yes	yes				
PIZZA, ROUND, CHEESE	310	31	440	13	16	3	9		yes			yes	yes				
PIZZA, ROUND, BACON	327	31	527	14	17	3	9		yes			yes	yes				
PIZZA, ROUND, MEATBALL	392	32	657	17	25	3	9		yes			yes	yes				
PIZZA, ROUND, PEPPERONI	340	31	541	16	17	3	9		yes			yes	yes				
PIZZA, ROUND, VEGGIE	312	31	443	13	16	3	9		yes			yes	yes				
PIZZA, SAUSAGE & PEPPERONI	351	28	661	17	19	3	5		yes			yes	yes				
POTATOES, HASHBROWN, BABYCAKES	130	16	350	8	1	1	0										
POTATO, MASHED	90	17	161	1	2	1	0		yes								
POTATO, SEASONED CRINKLE FRIES	101	15	171	3	1	1	0										
POTATO WEDGES, SEASONED	110	18	200	3	2	2	0										
PRE-K HAM & CHEESE SANDWICH	181	18	560	7	17	2	2		yes			yes	yes				
PRE-K TURKEY & CHEESE SANDWICH	183	17	466	6	17	2	2		yes			yes	yes				
QUESADILLA, CHICKEN	353	35	600	16	21	5	0		yes			yes	yes				
RICE, BROWN	100	21	3	1	2	1	0										
RICE, CILANTRO LIME	140	27	211	2	3	1	1										
SALAD, CHEF	280	9	913	13	35	3	2		yes	yes							
SALAD, CHICKEN CAESAR	247	19	370	8	22	4	0		yes				yes				
SALAD, CRISPY CHICKEN	340	22	567	14	29	5	0		yes				yes				
SALAD, CRISPY CHICKEN SPICY	325	16	566	17	28	4	3		yes			yes	yes				
SALAD, HAM & CHEESE	194	9	706	9	25	3	2		yes								
SALAD, TACO	193	16	435	8	17	4	2		yes			yes					

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SALAD, TACO, VEGETARIAN	189	31	277	3	11	7	3		yes								
SALAD, TOSSED, SIDE	15	3	20	0.19	1	1	0										
SALAD, TURKEY & CHEESE	198	8	566	8	25	3	1		yes								
SAUSAGE PANCAKE BITES	318	32	970	19	17	0	10			yes			yes				
SLIDERS, HAM & CHEESE	367	36	1122	14	34	5	5		yes			yes	yes				
SLIDERS, TURKEY & CHEESE	372	36	935	13	35	5	5		yes			yes	yes				
SNACK BREAK, CHEEZ-IT	189	37	159	3	3	1	22		yes			yes	yes				
SNACK BREAK, CINNAMON GRAHAMS	190	41	55	3	1	1	30		yes	yes		yes	yes				
STRING CHEESE	80	2	200	6	6	0	1		yes								
STUFFING	133	17	228	6	3	1	0		yes			yes	yes				
TACO STICK, IW	326	29	752	15	18	3	1		yes			yes	yes				
TACO STICK, SPICY, IW	333	32	528	16	17	4	1		yes			yes	yes				
TORTILLA , CHIPS, TOSTITOS	190	30	150	7	3	3	0										
TORTILLA, SOFT, 6 INCH	80	14	70	1.5	2	2	0					yes	yes				
TUNA SALAD	122	2	259	6	14	0.41	0			yes	yes						
TURKEY, HOLIDAY SLICED ROAST	79	1	432	1	17	0	0										
VEGETABLES, ASST FRESH	14	3	17	0.12	1	1	1										
VEGETARIAN BURGER	286	35	638	10	22	7	9		yes	yes		yes	yes				
YOGURT, BACKPACK, STRAWBERRY	100	12	50	3	4	0	5		yes								
YOGURT, BACKPACK, SUMMER BERRIES	100	12	50	4	4	0	5		yes								
YOGURT, BLUEBERRY	150	31	150	0	7	0	24		yes								
YOGURT, STRAWBERRY	150	31	150	0	7	0	24		yes								
YOGURT, STRAWBERRY BANANA	150	30	150	0	7	0	24		yes								
FRUITS																	
APPLE, RAW WITH SKIN (5 oz)	72	19	1	0.23	0.3	3	14										
APPLE, JUICE	60	14	5	0	0	0	13										
APPLES, SLICED	29	6	1	0	0	1	0										

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APPLESAUCE CUP	60	17	0	0	0	1	0										
BANANA	105	27	0	0.39	1.29	3	14										
BLUEBERRIES, 1/2 CUP	41	11	1	0.24	0.54	7	0										
GRAPES	57	14.15	0	0.45	0.55	0.8	0										
GRAPE JUICE	70	17	0	0	0	0	0										
GRAPEFRUIT 1/2	52	13	0	0	1	0	0										
KIWI, 1 whole	46	11	2	0.4	0.8	2	6										
NECTARINE	62	15	0	0	0	0	0										
ORANGE	45	11.28	0	0.12	0.9	2.3	0										
ORANGE JUICE	60	14	0	0	0	0	13										
PEACH	51	12.4	0	0.33	1.18	1.95	0										
PEAR	95	25.28	2	0.23	0.6	5.15	0										
PLUM	30	8	0	0	1	0.9	0										
STRAWBERRIES, FRESH	27	6.37	1	0.25	0.56	1.66	0										
WATERMELON (1/2 C)	24	6	0	0	0.5	0.5	0										
VEGETABLES																	
BEANS, BAKED	143	29	143	0.5	8	5	8										
BEANS, SEASONED BLACK	111	20	141	0	7	5	1										
BROCCOLI, FRESH	26	4	1	0	1	2	0										
CARROTS & CHERRY TOMATOES	23	5.3	17	0.15	0.62	1.51	0										
CARROTS, BABY	22	5.26	50	0.08	0.41	1.85	0										
CELERY STICKS	12	2.71	65	0.1	0.56	1.26	0										
CORN	51	12	109	0.6	2	2	0										
CORN ON COB	60	14	3	0	2	3	0										
CUCUMBERS & CHERRY TOMATOES	8	1.8	2	0.1	0.32	0.4	0										
GREEN BEANS, CANNED	20	5	100	0	1	1	0										
GREEN BEANS, FRESH	37	5	115	0	1	2	0										
JICAMA	23	5	2	0	0	1	0										
MARINARA SAUCE	61	10.21	95	2.38	1.36	1.36	0										
PARADISE PUNCH VEGETABLE JUICE	60	15	10	0	0	0	0										
POTATOES, HASHBROWN, BABYCAKES	130	16	350	8	1	1	0										
POTATOES, MASHED	90	17	161	1	2	0	0		yes								
POTATOES, SEASONED CRINKLE	100	15	171	3	1	1	0										
POTATOES, SEASONED WEDGES	133	21	150	4	2	2	0										
RADISHES	9	2	23	0.1	0	1	0										

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SALAD, TOSSED, SIDE	15	3	20	1	1	1	0								
SALSA	30	5.92	207	0	0	2.96	0								
MILK															
MILK, WHOLE (Cloverland)	150	12	95	8	8	0	12	yes							
MILK, FAT FREE, CHOCOLATE (Cloverland)	130	23	230	0	8	0	22	yes							
MILK, FAT FREE, WHITE (Cloverland)	90	13	135	0	9	0	12	yes							
MILK, SHELF STABLE, 1%, WHITE (Dairy Pure)	110	13	130	2.5	8	0	12	yes							
MILK, SILK SOY	110	8	115	0.5	8	2	5				yes				
CONDIMENTS															
BBQ SAUCE (1 oz)	35	8	200	0	0	0	6								
CAESAR DRESSING (1 oz)	120	1	280	13	1	0	1	yes	yes						
HONEY MUSTARD (1 oz)	45	10	160	0	0	0	9								
KETCHUP (9 GM)	10	2	25	0	0	0	2								
MARINARA CUP 2.5 OZ	40	7	200	1	1	0	1								
MAYONNAISE (9 GM)	70	0	45	7	0	0	0		yes						
MUSTARD (5.5 GM)	5	0	65	0	0	0	0								
RANCH DRESSING (1 oz)	130	1	230	13	1	1	0	yes	yes						
SYRUP (1.5 OZ)	120	30	20	0	0	0	22								
TACO SAUCE (9 GM)	5	1	95	0	0	0	0								
A LA CARTE ITEMS															
HERSHEY'S															
CHOCOLATE SCOOTER BAR	170	26	85	6	2	0	13	yes			yes	yes			Red 40 Blue 1
STRAWBERRY SCOOTER CRUNCH	160	25	75	6	2	0	13	yes			yes	yes			Red 40
FUDJO BAR	90	20	40	0	3	0	14	yes							
MIGHTY MINI ICE CREAM SANDWICH	100	19	100	2	2	0	10	yes			yes	yes			
COTTON CANDY TWISTER CUP	90	19	40	0	2	0	14	yes							Red 40 Blue 1
CHOCOLATE SUNDAE CUP	100	18	35	1.5	3	0	13	yes							
STRAWBERRY SUNDAE CUP	100	18	35	1.5	2	0	14	yes					yes		
VANILLA CUP	100	16	35	1.5	3	0	12	yes							

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CHIPS															
BAKED LAYS BBQ	110	19	125	3	2	1	3	yes			yes				
BAKED LAYS ORIGINAL	110	18	120	3	2	1	2				yes				
BAKED RUFFLES CHED & SC	100	17	200	2.5	1	1	2	yes			yes				Yellow 6 Lake, Yellow 5 Lake, Yellow 5, Yellow 6
CHEETOS, FANTASTIX FLAMIN HOT	130	20	200	5	2	2	0	yes							Red 40 Lake, Yellow 6, Yellow 6 Lake
CHEETOS, FANTASTIX RANCH	120	18	115	4.5	2	1	1	yes							Blue 1 Red 40 Yellow 5
CHEETOS, BAKED CRUNCHY	120	16	200	4.5	2	1	0	yes							Yellow 6
CHEETOS, PUFF	90	13	140	3.5	2	0	0	yes							Yellow 6
DORITOS COOL RANCH	130	20	180	5	2	2	0	yes							Red 40, Yellow 5, Blue 1
DORITOS FLAMAS	130	20	150	5	2	2	0	yes							Red 40, Yellow 6
DORITOS NACHO CHEESE	130	20	190	5	2	1	0	yes							Red 40, Yellow 6, Yellow 5, Yellow 6 Lake, Yellow 5 Lake
DORITOS SPICY SWEET CHILI	130	20	200	5	2	2	0				yes	yes			
FUNYUNS	100	14	125	3.5	0	0	0	yes							
HEARTZELS PRETZELS	80	16	200	1	2	2	0					yes			
SUNCHIPS ORGINAL	140	19	110	6	2	2	2					yes			
POPCORN, SMARTFOOD WHITE CHEDDAR	70	9	100	2.5	2	2	0	yes							
TOSTITOS BAKED SCOOP CHIPS	110	19	95	3	2	2	0								
STACY'S MULTI-GRAIN PITA CHIPS	130	19	190	5	3	2	0					yes	yes		
CRACKERS/COOKIES/SNACKS															
LINDEN'S COOKIES, BUTTER CRUNCH 2PK	141	22	119	5.3	1.5	2	11		yes		yes	yes			

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LINDEN'S COOKIES, CHOC CHIP 2PK	140	22	70	5.2	1.5	2	11			yes		yes	yes				
LINDEN'S COOKIES, FUDGE 2PK	136	20	70	5.2	1.7	2	11			yes		yes	yes				
RICE KRISPIES TREAT WG REGULAR	160	30	140	4	2	0	11		yes			yes					
FRUIT ROLL-UPS	50	11	55	1	0	2	4										
DRINKS																	
JUICY JUICE 100% APPLE (6.75 oz)	100	24	15	0	0	0	23										
JUICY JUICE BERRY (6.75 oz)	100	24	15	0	0	0	23										
IZZE BLACKBERRY	70	15	10	0	0	0	14										
IZZY CLEMENTINE	70	16	10	0	0	0	15										
IZZY APPLE	70	15	10	0	0	0	15										
IZZY STRAWBERRY	70	16	10	0	0	0	14										
SNAPPLE GREEN APPLE	170	41	30	0	0	0	39										
SNAPPLE ORANGE MANGO	180	43	30	0	0	0	38										
SNAPPLE FRUIT PUNCH	170	42	20	0	0	0	40										
SNAPPLE GRAPE	170	42	30	0	0	0	40										
GATORADE ZERO FRUIT PUNCH 20 oz	5	2	270	0	0	0	0										Red 40
GATORADE ZERO GLACIER FREEZE 20oz.	5	2	270	0	0	0	0										Blue 1
GATORADE ZERO ORANGE 20oz	5	1	270	0	0	0	0										Yellow 6

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