

March 2024 Breakfast and Lunch Nutrition Information

Meal	Menu Item	Recipe Number	Allergens	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
B	Apple Frudel Stick	SR1747	M W	175	5	0.8	0	0	216	30	2	8.8	4
B	Bagel, Whole Wheat (add cream cheese)	SR1168	W S	170	1	0	0	0	310	35	4	3	6
B	Banana Muffin (add string cheese)	SR1591	E W S	190	6	2	0	40	130	30	2	17	3
B	Banana Ultra Bread Slice	SR2440		260	8	1.5	0	0	240	45	2	24	5
B	Benefit Bar, Banana Chocolate Chunk	SR1753	M E W S	280	8	3	0	15	220	48	3	23	5
B	Benefit Bar, Oatmeal Chocolate Chip	SR2093	M E W S	290	9	3	0	20	240	47	3	22	5
B	Cheerios (add grahams)	SR1160		100.52	2	0	0	0	136	21	3	1	4
B	Chocolate Chip Mini Muffin (add string cheese)	SR1592	M E W S	190.00	6	2	0	35	130	33	2	17	3
B	Cinnamon Bug Bites Crackers	SR3037	W S	120	4	1	0	0	115	21	1	8	2
B	Cinnamon Bun	SR2926	M E W S	240	7	3	0	5	280	40	3	16	5
B	Cinnamon Chex (add grahams)	SR2336		116.816	3	0	0	0	173	23	1	6	1
B	Cinnamon Frosted Pop Tart, 2 ct	SR1463x2	W S	340	6	2	0	0	240	74	6	30	4
B	Cinnamon Toast Crunch (add grahams)	SR1164	W S	157.52	3	0	0	0	122	30	3	8	2
B	Concha	CAR1403	E W M	200	6	2	0	5	90	34	2	8	5
B	Cream cheese cup	SR1169	M	45	4	2	0	13	80	2	0	1	2
B	Golden Grahams (add grahams)	SR2432	W	105	1	0	0	0	212	24	1	8	2
B	Graham Cracker	SR2366	S W	90	3	0	0	0	95	17	1	4	2
B	Maple Syrup cup	CAI100118		80	0	0.0	0	0	20	20	0	14	0
B	Mini Apple Cinnamon Muffin (add string cheese)	SR1165	M E W S	180	6	2.0	0	35	90	31	2	16	3
B	Mini Blueberry Muffin (add string cheese)	SR1454	E W S	190	6	2.0	0	30	130	30	2	16	3
B	Mini Powdered Donuts	CAR1456	M E W S	270	11	4.5	0	0	290	41	2	19	4
B	Strawberry Frosted Pop Tart, 2 ct	SR3403	W S	360	5	2	0	0	370	76	6	30	4
B	String Cheese Mozzarella	CAR1211	M	80	6	4	0	15	200	1	0	0	6
B	Sunflower Seeds Salted	CAR2015	W S	170	14	2	0	0	110	6	3	1	6
B	Ultimate Breakfast Round, Chocolate Chip	SR1173	M E W S	270	8	3	0	5	180	44	5	19	5
B	Ultimate Breakfast Round, Cinnamon	SR1976	M E W S	270	8	3	0	5	180	44	5	18	5
B	Whole Grain Biscuit	SR1598	M W	190	9	6	0	0	310	24	2	2	4

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B	Yogurt, Cup Danimals Strawberry (add grahams)	CAR1036	M	70	0	0.0	0	5	60	14	0	10	4
B	Cinnamon Bun	SR2926	E W	240	7	3.0	0	5	280	40	3	16	5
F	100% Apple Juice -(4fl oz cup)	SR4145		60	0	0	0	0	10	15	0	14	0
F	100% Orange/tangerine Juice (4oz)	SR4142		60	0	0	0	0	10	15	0	13	0
F	Apple extra small (2-1/2" dia)	SR1216		48	0	0	0	0	1	13	2	10	0
F	Banana	SR1166		105	0	0	0	0	1	27	3	14	1
F	Diced Peaches	SR3040		59	0	0	0	0	5	14	1	13	0
F	Fruit Mix	CAR2242		98	0	0	0	0	0	24	1	21	0
F	Orange Whole	SR1171		45	0	0	0	0	0	11	2	9	1
L	Bacon Cheeseburger	CAR2164	M W	376	22	9	0	55	556	27	3	4	20
L	BBQ Beef Rib on a Hoagie	CAR1042	M W S	400	14	5	0	40	1130	47	7	12	23
L	Bean & Cheese Burrito	CAR1378	M W S	321	9	4	0	15	475	44	8	2	17
L	Bean & Cheese Chimi Nada	CAR2313	M W S	350	6	1	0	0	470	43	7	2	17
L	Bean & Cheese Enchirito	CAR1059	M W S	336	11	5	0	20	827	47	9	3	17
L	Biscuit, WG 2 oz	SR1598	M W	190	9	6	0	0	310	24	2	2	4
L	Breaded Chicken Drumstick	SR3363	W	220	13	3	0	60	530	6	1	0	19
L	Brown Rice 1/2 cup	SR1098		117	1	0	0	0	2	25	1	0	3
L	Cheese Lasagna Roll up	SR3374	M W	295	8	3	0	5	373	40	3	11	16
L	Cheese Nachos	CAR1089	M	545	35	17	0	60	988	39	2	2	
L	Cheese Quesadilla, House Made	CAR2154	M W	420	24	15	0	60	780	36	1	1	
L	Cheeseburger, All Beef	CAR1080	M W	356	20	9	0	50	461	27	3	4	18
L	Cheesy Caesar Salad	CAR2323	M E W S	386	28	10	0	45	932	16	2	1	18
L	Cheesy French Bread Pizza	SR2459	M S W	290	11	4	0	20	440	33	0	4	17
L	Chicken & Waffle	CAR1798	M E W S	350	17.5	3	0	25	555	31	3.5	3	17
L	Chicken Corn Dog	CAR1452	E W S	240	8	2.5	0	40	390	30	5	5	9

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L	Chicken Nuggets 5 ea (add biscuit)	SR1367	W S	240	14	2.5	0	25	440	16	3	1	14
L	Chicken Quesadilla	CAR2153	M W S	373	18	10	0	69	750	36	1	1	21
L	Chicken Soft Tacos	CAR1160	W	273	9	3	0	1	368	29	4	2	16
L	Coyote Grill Quesadilla	SR2548	M E W S	309	12	6	0	45	559	32	3	3	19
L	Crispy Chicken Sandwich	CAR1082	W S	380	16.5	3	0	25	720	45	6	5	19
L	Dinner Roll	CAR1977	W	140	2.5	0.5	0	0	280	26	3	4	4
L	Galaxy Cheese Pizza	SR2537	M W S	280	12	6	0	30	410	26	3	8	15
L	Garlic Bread, Texas Toast		W S	100	4	1	0		120	14	1	1	3
L	Glazed Chicken Drumstick (add garlic bread)	SR2447		249	16	4	0	140	498	3	0	0	25
L	Grilled Cheese Sandwich (IW)	CAR2279	M W S	280	10	5	0	30	599	32	3	7	19
L	Hot Ham & Cheese on a Bun	CAR1034	M W	296	13	6	0	48	652	29	3	5	18
L	Italian Cheesy Pull Apart	CAR2298	M W	300	13	6	0	30	520	32	2	5	14
L	Mozzarella Stuffed Breadsticks	SR1625	M E W S	290	11	6	0	30	500	28	2	5	13
L	PB & J Uncrustable (add string cheese)	SR2840	P W	300	17	3	0	0	280	32	4	14	9
L	Protein Pack	CAR1159	M S W	540	24	6	0	15	595	66	7	29	17
L	Spaghetti, WG with Marinara, 2 Cheese	CAR1628	M W E	454	19	10	0	44	1181	53	8	8	26
L	String Cheese Mozzarella	CAR1211	M	80	6	4	0	15	200	1	0	0	6
L	Sunflower Seeds Salted	CAR2015	S W	170	14	2	0	0	110	6	3	1	6
L	Turkey & Cheese Sub Sandwich	CAR1993	M W	350	13	6	0	50	870	34	5	2	25
L	Turkey Hot Dog	CAR1101	W	261	12	3	0	61	553	28	28	3	13
L	Whole Grain Biscuit	SR1598	M W	190	9	6	0	0	310	24	2	2	4
M	1% Milk	CAR1587	M	120	3	2	0	15	160	15	0	15	10
M	Chocolate Milk	CAR1586	M	120	0	0	0	5	200	21	0	(M)	8
V	Baby Carrot	SR1016		24	0	0	0	0	57	6	2	3	0
V	Black Beans	SR2006		131	1	0	0	0	153	25	7	1	8
V	Broccoli	SR1027		11	0	0	0	0	11	2	1	1	

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V	Cauliflower	SR3388		21	0	0	0	0	25	4	2	2	2
V	Celery	SR1014		10	0	0	0	0	52	2	1	1	0
V	Cherry Tomato	SR3522		13	0	0	0	0	4	3	1	2	1
V	Corn	CAR1029		92	1	0	0	0	7	17	3	4	1
V	Cucumber Slices	SR1013		9	0	0	0	0	1	2	0	1	0
V	Garbanzo Beans	SR1048		138	2	0	0	0	149	22	4	4	7
V	Sweet Potato Fries	SR3936		169	7	1	0	0	259	25	1	8	1
V	Tater Tots	SR1450		110	6	1	0	0	312	14	1	1	1

Key-B=Breakfast, L=Lunch, F=Fruit, V=Vegetable, M=Milk

Allergen Key-M=Milk, E=Egg, W=Wheat/Gluten, S=Soy, P=Peanut, T=Tree Nut, F=Fish, C=Shellfish, SM=Sesame