

May 2024 Breakfast and Lunch Nutrition Information

Meal	Menu Item	Recipe Number	Allergens	Calorie s (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 Ultra Bread Slice	SR2440		260	8	1.5	0	0	240	45	2	24	5
B	Banana Muffin (add string cheese)	SR1591	E W S	190	6	2	0	40	130	30	2	17	3
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 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	Cinnamon Frosted Pop Tart, 2 ct	SR1463x2	W S	340	6	2	0	0	240	74	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, Cinnamon	SR1976	M E W S	270	8	3	0	5	180	44	5	18	5
B	Ultimate Breakfast Round, Chocolate Chip	SR1173	M E W S	270	8	3	0	5	180	44	5	19	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 granola)	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	Whole Grain Biscuit	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 Pizza, Galaxy	SR2537	M W S	280	12	6	0	30	410	26	3	8	15
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	Italian Cheesy Pull Apart	CAR2298	M W	300	13	6	0	30	520	32	2	5	14
L	Chicken & Waffle	CAR1798	M E W S	350	17.5	3	0	25	555	31	3.5	3	17
L	Chicken Corn Dog (add tater tots)	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	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	Cheesy French Bread Pizza	SR2459	M S W	290	11	4	0	20	440	33	0	4	17
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	Hot Ham & Cheese on a Bun	CAR1034	M W	296	13	6	0	48	652	29	3	5	18
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	Biscuit, WG 2 oz	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	
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

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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