| Breakfast & Lunch Nutrition Information  Summer 2023 | | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
| Entrees | **Calories** | **Fat (g)** | **Sodium(mg)** | **CHO (g)** | **PRO (g)** | **Allergens** |
| Cheeseburger | 356 | 19 |  | 28.5 | 19.5 | Wheat, soy, milk |
| Hamburger | 306 | 15 |  | 27 | 18 | Wheat |
| Corn Dog Nuggets | 271 | 12 |  | 30 | 10 | Wheat, soy, eggs |
| Chicken Smackers | 240 | 11 |  | 16 | 18 | Wheat, milk, soy |
| Chicken Sandwich | 410 | 19 |  | 38 | 24 | Wheat |
| All- Beef Hot Dog | 290 | 19 |  | 22 | 9 | Wheat |
| Bosco Sticks | 300 | 9 |  | 32 | 20 | Wheat, milk, soy |
| PB&J – Homemade \* | 624 | 34 |  | 68 | 22 | Wheat, soy, peanuts |
| PB&J- Uncrustable (2.6 oz) \* | 310 | 16 |  | 36 | 9 | Wheat, peanuts |
| PB&J- Uncrustable (5.3 oz) \* | 600 | 33 |  | 64 | 18 | Wheat, peanuts |
| Yogurt Lunchie Munchie | 495 | 18 |  | 68 | 17 | Wheat, soy, milk, egg |
| Yogurt Lunchie Munchie w/ Chat Snax | 515 | 18 |  | 75 | 17 | Wheat, soy, milk, egg |
| Bistro Box \* | 370 | 25 |  | 23 | 16 | Wheat, milk, peanuts |
| Turkey and Cheese Sub | 356 | 12 |  | 30 | 36 | Wheat, milk, soy |
|  |  |  |  |  |  |  |
| Side Items |  |  |  |  |  |  |
| Bagged Apples (½ cup) | 52 | 0 |  | 14 | 0 |  |
| Plum (whole fruit) | 30 | 0 |  | 8 | 0 |  |
| Banana (whole fruit) | 105 | 0 |  | 27 | 1 |  |
| Orange Slices (½ cup) | 54 | 0 |  | 13 | 1 |  |
| Applesauce Cup- Strawberry | 50 | 0 |  | 14 | 0 |  |
| Applesauce Cup- Blue Raspberry | 70 | 0 |  | 17 | 0 | Blue #1 |
| Applesauce Cup- Unsweetened | 50 | 0 |  | 12 | 0 |  |
| Canned Applesauce (cinnamon) | 53 | 0 |  | 14.5 | 0 |  |
| Canned Applesauce (plain) | 86 | 0 |  | 20 | 0 |  |
| Grapes (½ cup) | 55 | 0 |  | 15 | 0.5 |  |
| Watermelon (½ cup) | 23 | 0 |  | 6 | 0.5 |  |
| Cantaloupe (½ cup) | 27 | 0 |  | 6 | 1 |  |
| Clementines (2) | 70 | 0 |  | 18 | 1 |  |
| Canned Peaches | 64 | 0 |  | 16.5 | 0.5 |  |
| Canned Pears | 74 | 0 |  | 19.5 | 0.5 |  |
| Canned Pineapple Tidbits | 70 | 0 |  | 17 | 0 |  |
| Carrots & Dip | 87 | 1.5 |  | 17 | 2 | Milk |
| Craisins- Watermelon | 110 | 0 |  | 28 | 0 |  |
| Craisins- Strawberry | 110 | 0 |  | 28 | 0 |  |
| Craisins- Cherry | 110 | 0 |  | 28 | 0 |  |
| Carrots (½ cup) | 19 | 0 |  | 4 | 0 |  |
| Cucumbers & Tomatoes (½ cup) | 11 | 0 |  | 2 | 0 |  |
| Broccoli (½ cup) | 15 | 0 |  | 3 | 1 |  |
| Tomatoes (½ cup) | 13 | 0 |  | 3 | 0.5 |  |
| Cucumbers (½ cup) | 8 | 0 |  | 2 | 0 |  |
| Celery Sticks (½ cup) | 7 | 0 |  | 2 | 0 |  |
| Carrots & Broccoli (½ cup) | 15 | 0 |  | 3 | 1 |  |
| Carrots & Peppers (½ cup) | 16 | 0 |  | 2 | 0 |  |
| Carrots & Hummus | 131 | 6 |  | 17.5 | 2 |  |
| Salsa Cup (3 oz) | 10 | 0 |  | 0 | 0 |  |
| Celery & PB \* | 183 | 14.5 |  | 8.5 | 8 | PEANUTS |
| Veggies & Dip | 58 | 2 |  | 8 | 2 | Milk |
| Hummus- Taco | 120 | 3 |  | 18 | 6 |  |
| Mini Rice Krispie Treat (.39 oz) | 45 | 1 | 50 | 8 | 1 | Milk, soy |
|  |  |  |  |  |  |  |
| Condiments |  |  |  |  |  |  |
| Marinara Cup (1 oz) | 15 | 0 |  | 3 | 1 |  |
| BBQ Cup (1 oz) | 45 | 0 |  | 10 | 0 |  |
| Honey Mustard (1 oz) | 140 | 13 |  | 7 | 0 | Egg |
| Ketchup (9 gr) | 10 | 0 |  | 2 | 0 |  |
| Mustard | 5 | 0 |  | 0 | 0 |  |
| Mayonnaise | 80 | 8 |  | 1 | 0 | Egg |
| Ranch (1 oz) | 60 | 5 |  | 4 | 0 | Milk, Egg |
|  |  |  |  |  |  |  |
| Breakfast |  |  |  |  |  |  |
| Cini Mini | 240 | 7 |  | 40 | 4 | Wheat, milk |
| Cereal Bowl- Cinnamon Toast Crunch | 230 | 5 |  | 44 | 3 | Wheat, Soy |
| Cereal Bowl- Cocoa Puffs | 210 | 2.5 |  | 47 | 3 |  |
| Cereal Bowl- Lucky Charms | 210 | 2.5 |  | 46 | 5 | Red 40, Yellow 5,6, Blue 1 |
| Maple Snackin’ Waffle | 250 | 9 |  | 37 | 6 | Wheat, milk, egg |
| Blueberry Muffin- 2 oz | 190 | 7 |  | 30 | 2 | Wheat, eggs |
| Chocolate Muffin - 2 oz | 180 | 6 |  | 27 | 3 | Wheat, soy, milk, egg |
| J&J Bar – Oatmeal Chocolate Chip | 290 | 9 |  | 47 | 5 | Wheat, soy, milk, egg |
| J&J Bar- Chocolate Banana | 280 | 8 |  | 47 | 5 | Wheat, soy, milk, egg |
| Zee Zees Blueberry Lemon Bar | 260 | 8 | 75 | 41 | 4 | Wheat, soy |
|  |  |  |  |  |  |  |
| Snacks/Breakfast Substitutes |  |  |  |  |  |  |
| Chat Snax | 120 | 4 |  | 21 | 2 | Wheat, soy |
| Appleways Bar | 280 | 9 |  | 46 | 3 | Wheat, soy, milk, egg |
| Cereal Bar - Cocoa Puffs | 160 | 4 |  | 30 | 3 | Wheat, may contain soy |
| Cereal Bar- Golden Grahams | 160 | 4 |  | 30 | 2 | Wheat, may contain soy |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Miscellaneous |  |  |  |  |  |  |
| Orange Juice (4 oz) | 60 | 0 |  | 15 | 0 |  |
| 1% Shelf Stable Milk, White | 120 | 4.5 |  | 12 | 8 | Milk |
| 1% White Milk | 100 | 2.5 |  | 11 | 8 | Milk |
| 1% Chocolate Milk | 150 | 2.5 |  | 24 | 8 | Milk |
| Juice, Fruit Punch | 60 | 0 |  | 15 | 0 |  |
| Juice, Apple | 60 | 0 |  | 15 | 0 |  |
| Frozen Juice Cup, Mixed Berry Lemon | 70 | 0 |  | 18 | 0 |  |
| Frozen Juice Cup, Cherry | 70 | 0 |  | 20 | 0 |  |
|  |  |  |  |  |  |  |

\*Contains either Pork, Peanuts, or Tree nuts