

2024Oct-Dec Middle & High School Menu: List of Allergens & Total Carbohydrates



WEEK 1

Item/Recipe Name	Code	Allergens	CHO (g)
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MONDAY

BREAKFAST			
Egg & Cheese Tamale	190460	Dairy, Eggs	18
LUNCH			
Spicy Chicken Sandwich (using Tyson)	228802	Soy, Soybean Oil, Wheat	44
Pork Carnitas Burrito	226566	Dairy, Soybean Oil, Wheat	35
Chicken Caesar Salad w/ Whole Grain Option*		Dairy, Eggs, Fish, Soy, Wheat	15
Vegan Tamale	7140188	No Known Allergens	56

TUESDAY

BREAKFAST			
Chorizo & Egg Burrito	134536	Dairy, Eggs, Soybean Oil, Wheat	32
LUNCH			
Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38
Chicken Alfredo Bowl	209118	Dairy, Wheat	43
Nashville Hot Wrap	217029	Dairy, Eggs, Soy, Soybean Oil, Wheat	52
Vegan Falafel Pretzel Hummus Box	186035	Peanuts*, Treenuts*, Sesame, Soybean Oil, Wheat	76

WEDNESDAY

BREAKFAST			
Fruit & Yogurt Parfait w/ WG Granola		Dairy, Wheat	40
LUNCH			
Buffalo Chicken Wings w/ Garlic Knot		Dairy, Eggs, Sesame, Soy, Wheat	29
Ham & Cheese Sandwich	172880	Dairy, Soy, Soybean Oil, Wheat	27
Cheeseburger	254396	Dairy, Soy, Wheat, Soybean Oil	35
Vegan Tamale	7140188	No Known Allergens	56

THURSDAY

BREAKFAST			
Chorizo & Egg Burrito	134536	Dairy, Eggs, Soy, Wheat	32
LUNCH			
Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38
California Burrito	227134	Dairy, Wheat, Soybean Oil	48
All Beef Hot Dog	255018	Wheat, Soybean Oil, Soy	28
Vegan Fiesta Burrito Bowl	245196	No Known Allergens	56

FRIDAY

BREAKFAST			
Ham & Cheese Croissant	7262085	Dairy, Eggs, Soy, Wheat	27
LUNCH			
Bosco Breadsticks 7"	212046	Dairy, Wheat	50
Buffalo Smack n' Cheese	208555	Dairy, Eggs, Soy, Wheat	46
Fruit & Yogurt Parfait w/ Granola		Dairy, Wheat	76
Vegan Mexico Taco Salad w/ Tortilla Chips	214961	No Known Allergens	53

WEEK 2

Item/Recipe Name	Code	Allergens	CHO (g)
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MONDAY**BREAKFAST**

Sausage, Egg & Cheese on WG English Muffin	216542	Dairy, Eggs, Soy, Tree Nuts, Wheat	26
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LUNCH

Bean & Cheese Pupusa	3346691	Dairy	35
Nashville Tenders w/ Fries & WG Option*		Wheat, Soybean Oil	36+
Ham & Cheese Sandwich	172880	Dairy, Soy, Soybean Oil, Wheat	27
Vegan Falafel Wrap	201450	Wheat, Sesame, Soybean Oil	61

TUESDAY**BREAKFAST**

Chorizo & Egg Burrito	134536	Dairy, Egg, Soybean Oil, Wheat	32
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LUNCH

Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38
Spaghetti w/ Meat Sauce	237433	Dairy, Wheat	48
Crisp Burger Bliss Salad w/ WG Option*		Dairy, Sesame	10+
Vegan Fiesta Burrito	224008	Wheat, Soybean Oil	47

WEDNESDAY**BREAKFAST**

Fruit & Yogurt Parfait w/ WG Granola		Dairy, Wheat	40
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LUNCH

Buffalo Chicken Wings w/ Garlic Knot		Dairy, Eggs, Sesame, Soy, Wheat	29
Spicy Chicken Sandwich	228802	Soy, Soybean Oil, Wheat	44
Chicken Caesar Salad w/ WG Option*		Dairy, Eggs, Fish, Soy, Wheat	15
Vegan Falafel Bowl w/ Yellow Rice and Sauce Options*	245219	No Known Allergens	64

THURSDAY**BREAKFAST**

Chorizo & Egg Burrito	134536	Dairy, Eggs, Soybean Oil, Wheat	32
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LUNCH

Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38
Teriyaki Chicken Bowl	208980	Sesame, Soy, Wheat	57
Ham Chef Salad w/ WG Option*		Dairy, Soy, Eggs, Wheat, Soybean Oil	14+
Vegan Tofu Teriyaki Bowl	204454	Sesame, Soy, Wheat	61

FRIDAY**BREAKFAST**

Ham & Cheese Croissant	7262085	Dairy, Eggs, Soy, Wheat	27
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LUNCH

Cheeseburger	254396	Dairy, Soy, Soybean Oil, Wheat	31
Buffalo Chicken Garlic Bread	144745	Dairy, Soy, Wheat	29
Fruit & Yogurt Parfait w/ Granola		Dairy, Wheat	76
Vegan Tamale	7140188	No Known Allergens	56

Additional Breakfast Items

Item/Recipe Name	Code	Allergens	CHO
Bagel w/ Cream Cheese & Jelly		Dairy, Sesame, Soy, Soybean Oil	40
Conchas (Lupita's Bakery)	9613845	Eggs, Soybean Oil, Wheat	34
Muffin, Blueberry, Buena Vista	7030473	Dairy, Eggs, Wheat	39
Muffin, Chocolate Chip, Buena Vista	7061034	Dairy, Eggs, Wheat	41
Cereal, Rice Chex w/ Yogurt		Dairy	45
Cereal, Cinnamon Toast Crunch (Reduced Sugar) w/ Yogurt		Dairy, Soy, Wheat	43
100% Orange Juice	3770	No Known Allergens	14
Veggie Crumble Burrito	110221	Soy, Soybean Oil, Wheat	45
Waffle, Fun n' Fruity	7226658	Dairy, Eggs, Soy, Soybean Oil, Wheat	38
Waffle Belgian, Waffle Envoy	7115325	Dairy, Eggs, Soybean oil, Wheat	33

Side Items

Item/Recipe Name	Code	Allergens	CHO
Asian Broccoli	179735	Soy, Wheat, Sesame	6
Baby Carrots		No Known Allergens	8
Celery Sticks	24550	No Known Allergens	3
Cheesy Broccoli	201619	Dairy	2
Cool Tropics Slushie		No Known Allergens	15-16
Hummus	153081	Sesame, Soybean Oil	11
Mexican Street Corn	197556	Dairy	20
Seasoned Black Beans	16880	No Known Allergens	21-28
Side Salad w/ Ranch Packet	649	Dairy, Eggs, Soybean Oil	4
Spicy Lemon Cucumber Rounds	24436	No Known Allergens	2
1% White Milk	1322	Dairy	16
Nonfat Chocolate Milk	1400	Dairy	20

WG Options* (carbs from WG option not added to entrees above w/ *)

Item/Recipe Name	Code	Allergens	CHO
Pretzel (excluded on Nut Free Menu)	149310	Wheat, Soybean Oil, (product produced in a facility that may contain nuts)	34
Crackers	203356	Soybean Oil, Wheat	30
Chips	7182899	No Known Allergens	31
Roll (Sysco) x2=1 serving	1564440	Sesame, Soybean Oil, Wheat	28

Daily Condiments

Item/Recipe Name	Code	Allergens	CHO
Tapatio Packet	5032149	No Known Allergens	0
Ketchup Packet	1723630	No Known Allergens	2
Mustard Packet	4394417	No Known Allergens	0
Mayonnaise Packet	5202346	Eggs, Soybean Oil	0
Ranch Packet	5112735	Dairy, Eggs, Soybean Oil	1
Lettuce Pickle Cup	217215	No Known Allergens	4