

2025 Apr-Jun Middle & High School Menu: List of Allergens & Total Carbohydrates



WEEK 1

Item/Recipe Name	Code	Allergens	CHO (g)	Sugar	Calories
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MONDAY

BREAKFAST					
English Muffin Sausage, Egg & Cheese		Dairy, Eggs, Wheat	24	1.5 g	321
LUNCH					
Spicy Chicken Sandwich (using Tyson)	228802	Soy, Soybean Oil, Wheat	44	4	379.5
Chicken Alfredo Bowl	209118	Dairy, Wheat	43	0.6	387
Chicken Caesar Salad w/ Whole Grain Option*		Dairy, Eggs, Fish, Soy, Wheat	15	1.5+	566+
Vegan Tamale	7140188	No Known Allergens	56	0	347

TUESDAY

BREAKFAST					
Chorizo & Egg Burrito	134536	Dairy, Eggs, Soybean Oil, Wheat	32	2.5	368
LUNCH					
Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38	P=4, C=3	P=310, C=290
Pork Carnitas Burrito	226566	Dairy, Soybean Oil, Wheat	35	1.8	397
Turkey Cream Cheese Wrap	217029	Dairy, Eggs, Soybean Oil, Wheat	41	4.3	351
Vegan Falafel Pretzel Hummus Box	186035	Peanuts*, Tree Nuts*, Sesame, Soybean Oil, Wheat	76	14	695

WEDNESDAY

BREAKFAST					
Fruit & Yogurt Parfait w/ WG Granola		Dairy, Wheat	40	5	210
LUNCH					
Buffalo Chicken Wings w/ Garlic Knot		Dairy, Eggs, Sesame, Soy, Wheat	29	3	591
Turkey & Cheese Sandwich	271202	Dairy, Soy, Soybean Oil, Wheat	30	5	264
Cheeseburger	254396	Dairy, Soy, Wheat, Soybean Oil - Onion rings 1 serving: CHO 28, SUG 3, Cal 183 wheat	35	4	385
Vegan Tamale	7140188	No Known Allergens	56	0	347

THURSDAY

BREAKFAST					
Chorizo & Egg Burrito	134536	Dairy, Eggs, Soy, Wheat	32	2.5	368
LUNCH					
Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38	P=4, C=3	P=310, C=290
California Burrito w/chicken	269536	Dairy, Wheat, Soybean Oil	54	6	449
All Beef Hot Dog	255018	Wheat, Soybean Oil, Soy - Tater tots: 9 pieces: CHO 17, SUG <1, Cal 110	28	5	280
Vegan Fiesta Burrito Bowl	245196	No Known Allergens	56	4.5	252

FRIDAY

BREAKFAST					
Ham & Cheese Croissant	7262085	Dairy, Eggs, Soy, Wheat	27	4	300
LUNCH					
Bosco Breadsticks 7"	212046	Dairy, Wheat	50	2	490
Buffalo Smack n' Cheese	208555	Dairy, Eggs, Soy, Wheat	46	7	546
Fish Sticks with Tater Tots and Garlic Knot		Eggs, Dairy, Sesame, Soy, Wheat, Soybean Oil, Fish	71	3	555
Vegan Mexico Taco Salad w/ Tortilla Chips	214961	No Known Allergens	53	6	397

WEEK 2

Item/Recipe Name	Code	Allergens	CHO (g)	Sugar	Calories
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MONDAY

BREAKFAST					
Sausage, Egg & Cheese on WG English Muffin	216542	Dairy, Eggs, Soy, Tree Nuts, Wheat	24	1.5	321
LUNCH					
Breaded Chicken Drumstick w/ Sweet Crackers	279296	Wheat, Soybean Oil, Dairy, Egg, Soy	30	8	350
Nashville Tenders w/ Fries & WG Option*		Wheat, Soybean Oil	36+	3	341
Buffalo Chicken Garlic Bread	272823	Dairy, Soy, Wheat	29	4	429
Fruit & Yogurt Parfait w/ Granola		Dairy, Wheat	76	10	420
Vegan Falafel Wrap	201450	Wheat, Sesame, Soybean Oil	61	6	461

TUESDAY

BREAKFAST					
Chorizo & Egg Burrito	134536	Dairy, Egg, Soybean Oil, Wheat	32	2.5	368
LUNCH					
Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38	P=4, C=3	P=310, C=290
Pasta w/ Vegan Meat Sauce	277740	Dairy, Wheat, Soy, Soybean Oil	35	7	247
Turkey Chef Salad w/ WG Option*	267602	Dairy, Eggs, Wheat, Soybean Oil	19+	5+	364+
Vegan Fiesta Burrito	224008	Wheat, Soybean Oil	47	3.5	301

WEDNESDAY

BREAKFAST					
Fruit & Yogurt Parfait w/ WG Granola		Dairy, Wheat	40	5	210
LUNCH					
Korean BBQ Chicken Wings w/ Garlic Knot		Dairy, Eggs, Sesame, Soy, Wheat	35	8	622
Spicy Chicken Sandwich	228802	Soy, Soybean Oil, Wheat	44	4	379.5
Chicken Caesar Salad w/ WG Option*		Dairy, Eggs, Fish, Soy, Wheat	15	1.5+	566+
Vegan Falafel Bowl w/ Yellow Rice and Sauce Options*	245219	No Known Allergens	64	6+	277+

THURSDAY

BREAKFAST					
Chorizo & Egg Burrito	134536	Dairy, Eggs, Soybean Oil, Wheat	32	2.5	368
LUNCH					
Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38	P=4, C=3	P=310, C=290
Teriyaki Chicken Noodle Bowl	277767	Sesame, Soy, Wheat	59	15	446
Mashed Potato Bowl w/ WG Option*	238605	Dairy, Soy, Wheat	60	3	530
Vegan Tofu Teriyaki Noodle Bowl	204454	Sesame, Soy, Wheat	57	13	462

FRIDAY

BREAKFAST					
Ham & Cheese Croissant	7262085	Dairy, Eggs, Soy, Wheat	27	4	300
LUNCH					

Cheeseburger	254396	Dairy, Soy, Soybean Oil, Wheat - Onion rings 1 serving: CHO 28, SUG 3, Cal 183 <small>(wheat)</small>	31	4	385
Bean & Cheese Burrito	74802	Dairy, Wheat, Soy, Soybean Oil	68	2	662
Fruit & Yogurt Parfait w/ Granola		Dairy, Wheat	76	10	420
Vegan Tamale	7140188	No Known Allergens	56	0	347

Additional Breakfast Items

Item/Recipe Name	Code	Allergens	CHO		
Bagel w/ Cream Cheese & Jelly		Dairy, Sesame, Soy, Soybean Oil, Wheat	40	13	335
Conchas (Lupita's Bakery)	9613845	Eggs, Soybean Oil, Wheat	34	8	200
Muffin, Blueberry, Buena Vista	7030473	Dairy, Eggs, Wheat	39	17	230
Muffin, Chocolate Chip, Buena Vista	7061034	Dairy, Eggs, Wheat	41	19	250
Cereal, Rice Chex w/ Yogurt		Dairy	45	16	200
Cereal, Cinnamon Toast Crunch (Reduced Sugar) w/ Yogurt		Dairy, Soy, Wheat	43	20	210
100% Orange Juice	3770	No Known Allergens	14	12	60
Veggie Crumble Burrito	110221	Soy, Soybean Oil, Wheat	45	3	316
Waffle, Fun n' Fruity	7226558	Dairy, Eggs, Soy, Soybean Oil, Wheat	38	17	250
Waffle Belgian, Waffle Envy	7115325	Dairy, Eggs, Soybean oil, Wheat	33	12	240

Side Items

Item/Recipe Name	Code	Allergens	CHO		
Asian Broccoli	179735	Soy, Wheat, Sesame	6	3	29
Baby Carrots		No Known Allergens	8	2	35
Celery Sticks	24550	No Known Allergens	3	1	25
Cheesy Broccoli	201619	Dairy	7	0.5	50
Cool Tropics Slushie		No Known Allergens	15-16	12	60
Hummus	153081	Sesame, Soybean Oil	11	1.5	186
Mexican Street Corn	197556	Dairy	20	2	132
Seasoned Black Beans	16880	No Known Allergens	21-28	1	102
Side Salad w/ Ranch Packet	649	Dairy, Eggs, Soybean Oil	4	2	201
Spicy Lemon Cucumber Rounds	24436	No Known Allergens	2	1	7
1% White Milk	1322	Dairy	16	14	120
Nonfat Chocolate Milk	1400	Dairy	20	18	120

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	3	320
Crackers	203356	Soybean Oil, Wheat	30	4	180
Chips, Snak King	7182899	No Known Allergens	31	0	280
Chips, La Tapatia	2458570	Soybean Oil	19	0	140
Roll (Sysco) x2=1 serving	1564440	Sesame, Soybean Oil, Wheat	28	3	140
Roll (Galasso's)	72486	Soy, Wheat, Soybean oil	27	3	140

Daily Condiments

Item/Recipe Name	Code	Allergens	CHO		
Tapatio Packet	5032149	No Known Allergens	0	0	0
Ketchup Packet	1723630	No Known Allergens	2	2	10
Mustard Packet	4394417	No Known Allergens	0	0	0
Mayonnaise Packet	5202346	Eggs, Soybean Oil	0	0	70
Ranch Packet	5112735	Dairy, Eggs, Soybean Oil	1	0	50
Lettuce Pickle Cup	217215	No Known Allergens	4	1	5