

K-5	Item	Serving Size	Calories	Carbohydrates (g)	Saturated Fat (g)	Total Fat (g)	Sodium (mg)	Allergens
Main Entrees K-5	Ham Hoagie	1/2 Hoagie Sandwich	189	18	3.7	9	604	Wheat, Milk
	Turkey Hoagie	1/2 Hoagie Sandwich	247	20	5.5	11	614	Wheat, Milk
	Pepperoni Pizza Rippers	1 Pizza	290	27	5	13	550	Wheat, Milk, Soy, Egg
	Cheese Pizza Rippers	1 Pizza	240	32	4	13	300	Wheat, Milk, Soy, Egg
	Chef Salad	1 Salad	266	6	7.5	15	400	Milk, Egg
	Chicken Caesar Salad	1 Salad	266	6	7	15	430	Milk
	Taco Salad	1 Salad	329	20	9	16	455	Milk, Soy
	Italian Green Salad	1 Salad	270	8	7	16	422	Milk
	Muffins	1 Muffin	472	38	3	24	370	Wheat, Egg
	Mini Chicken Tacos	3 Tacos	320	31	5	14	480	Wheat, Milk, Soy
	Mini Corn Dogs	6 Corn Dogs	270	30	3.5	12	410	Wheat, Soy, Egg
	Chicken Nuggets	5 Nuggets	240	16	2.5	14	470	Wheat, Soy
	Southwest Pasta Salad	1 Cup	363	47	3.5	13	508	Wheat, Milk, Egg
	Macaroni Pasta Salad	1 Cup	378	45	4	13	488	Wheat, Milk, Egg
	Italian Pasta Salad	1 Cup	367	45	3.5	14	470	Wheat, Milk
	Macaroni & Marinara Pasta	1 Cup	225	30	3	8	138	Wheat, Milk
	Hummus & Pita							
Bosco Breadsticks	1 Breadstick	150	17	2.5	5	220	Wheat, Milk	
Fruits K-5	Apple Slices	2 oz	34	8	0	0	0	
	Banana	1 Banana	110	30	0	0	0	
	Orange Slices	1 Orange	47	12	0	0	0	
	Craisins	1.16 oz	110	27	0	0	0	
	Raisins	1.5 oz	130	31	0	0	10	
	Banana Chips	1 oz	140	19	7	9	0	Wheat, Soy, Milk, Egg, Nuts
	Fruit Cocktail	1/2 C	60	14	0	0	10	
	Diced Peaches	1/2 C	60	14	0	0	10	
	Diced Pears	1/2 C	60	14	0	0	10	
	Applesauce	1/2 C	60	15	0	0	10	
	Juice Box	4.23 oz	60	15	0	0	5	
Veggies K-5	Baby Carrots	1.6 oz	15	4	0	0	35	
	Celery Sticks	3/4 C	24	4.5	0	0	121	
	Tater Tots	3/4 C	160	19	2	8	330	
	3 Bean Salad	1/2 C	96	5	0	2	307	
	Corn	1/2 C	80	12	0	1	300	
	Peas	1/2 C	42	7	0	0	4	
	Broccoli	3/4 C	31	6	0	0	30	
	Seasoned Black Beans	12/ C	109	16	0	0	490	

<b>Extras K-5</b>	Sun Chips	1 oz	140	19	0.5	6	140	Wheat, Milk
	Goldfish	0.75 oz	100	14	0.5	3.5	170	Wheat, Milk
	Bug Bites	1 oz	120	21	1	3.5	115	Wheat, Soy
	Scooby Snacks	1 oz	120	21	1	3.5	115	Wheat, Soy
	String Cheese	1 String Cheese	80	1	3.5	6	200	Milk
	Yogurt	4 oz	90	19	0	0	50	Milk
<b>Condiments K-5</b>	Marinara Sauce	2 oz	35	6	0	1	200	
	Mayo Packet	12 g	90	0	1.5	10	65	Egg
	BBQ Sauce	1 oz	60	14	0	0	230	
	Mustard Packet	5.5 g	5	0	0	0	65	
	Taco Sauce Packet	9 g	5	1	0	0	225	Wheat, Soy
	Ketchup Packet	10 g	10	2	0	0	90	
	Small Ranch	0.66 oz	50	1	1	5	105	Egg, Milk
	Large Ranch	1 oz	66	1	2	7	140	Egg, Milk

6-12	Item	Serving Size	Calories	Carbohydrates (g)	Saturated Fat (g)	Total Fat (g)	Sodium (mg)	Allergens
<b>Main Entrees 6-12</b>	Ham Hoagie	1 Hoagie Sandwich	378	36	7.4	18	1,208	Wheat, Milk
	Turkey Hoagie	1 Hoagie Sandwich	494	40	11	22	1,228	Wheat, Milk
	Pepperoni Pizza Rippers	1 Pizza	290	27	5	13	550	Wheat, Milk, Soy, Egg
	Cheese Pizza Rippers	1 Pizza	240	32	4	13	300	Wheat, Milk, Soy, Egg
	Chef Salad	1 Salad	345	8	10	19	520	Milk, Egg
	Chicken Caesar Salad	1 Salad	345	8	10	19	520	Milk
	Taco Salad	1 Salad	427	26	12	21	590	Milk, Soy
	Italian Green Salad	1 Salad	351	11	9	19	549	Milk
	Muffins	1 Muffin	472	38	3	24	370	Wheat, Egg
	Mini Chicken Tacos	3 Tacos	320	31	5	14	480	Wheat, Milk, Soy
	Mini Corn Dogs	6 Corn Dogs	270	30	3.5	12	410	Wheat, Soy, Egg
	Chicken Nuggets	5 Nuggets	240	16	2.5	14	470	Wheat, Soy
	Southwest Pasta Salad	1 Cup	472	61	4.5	17	660	Wheat, Milk, Egg
	Macaroni Pasta Salad	1 Cup	490	58	5.2	17	634	Wheat, Milk, Egg
	Italian Pasta Salad	1 Cup	477	58	4.5	18.2	611	Wheat, Milk
	Macaroni & Marinara Pasta	1 Cup	293	39	4	10.5	180	Wheat, Milk
Mozzarella Sticks	5 Sticks	300	33	6	12	440	Wheat, Milk	
<b>Fruits 6-12</b>	Apple	1 Apple	95	25	0	0	2	
	Banana	1 Banana	110	30	0	0	0	
	Orange	1 Orange	47	12	0	0	0	
	Craisins	1.16 oz	110	27	0	0	0	
	Raisins	1.5 oz	130	31	0	0	10	
	Banana Chips	1 oz	140	19	7	9	0	Wheat, Soy, Milk, Egg, Nuts
	Fruit Cocktail	1/2 C	60	14	0	0	10	
	Diced Peaches	1/2 C	60	14	0	0	10	
	Diced Pears	1/2 C	60	14	0	0	10	
	Applesauce	1/2 C	60	15	0	0	10	
	Juice Box	4.23 oz	60	15	0	0	5	
<b>Vegetables 6-12</b>	Baby Carrots	1.6 oz	15	4	0	0	35	
	Celery Sticks	1 C	32	5.8	0	0	158	
	Tater Tots	1 C	208	24.7	2	10.5	429	
	3 Bean Salad	1/2 C	96	5	0	2	307	
	Corn	1/2 C	80	12	0	1	300	
	Peas	1/2 C	42	7	0	0	4	
	Broccoli	1 C	40	8	0	0	39	
	Seasoned Black Beans	12/ C	109	16	0	0	490	

<b>Extras 6-12</b>	Sun Chips	1 oz	140	19	0.5	6	140	Wheat, Milk
	Goldfish	0.75 oz	100	14	0.5	3.5	170	Wheat, Milk
	Bug Bites	1 oz	120	21	1	3.5	115	Wheat, Soy
	Scooby Snacks	1 oz	120	21	1	3.5	115	Wheat, Soy
	String Cheese	1 String Cheese	80	1	3.5	6	200	Milk
	Yogurt	4 oz	90	19	0	0	50	Milk
<b>Condiments 6-12</b>	Marinara Sauce	2 oz	35	6	0	1	200	
	Mayo Packet	12 g	90	0	1.5	10	65	Egg
	BBQ Sauce	1 oz	60	14	0	0	230	
	Mustard Packet	5.5 g	5	0	0	0	65	
	Taco Sauce Packet	9 g	5	1	0	0	225	Wheat, Soy
	Ketchup Packet	10 g	10	2	0	0	90	
	Small Ranch	0.66 oz	50	1	1	5	105	Egg, Milk
	Large Ranch	1 oz	66	1	2	7	140	Egg, Milk

<b>Standard</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Dairy Free</b>
Ham Hoagie	Hummus or Muffin	GF - GF bread	No Cheese
Turkey Hoagie	Hummus or Muffin	GF - GF bread	No Cheese
Pepperoni Pizza Rippers	Cheese Pizza Ripper	GF Pizza pocket	Hummus
Cheese Pizza Rippers	n/a	GF Pizza pocket	Hummus
Chef Salad	No meat, extra cheese and/or beans	GF grain instead of goldfish	No Cheese
Chicken Caesar Salad	No meat, extra cheese and/or beans	GF grain instead of goldfish	No Cheese
Taco Salad	No meat, extra cheese and/or beans	GF grain instead of goldfish	No Cheese
Italian Green Salad	No meat, extra cheese and/or beans	GF grain instead of goldfish	No Cheese
Muffins	n/a	Gluten free muffin	Seeds instead of cheese stick
Mini Chicken Tacos	Hummus or Muffin	GF bean/cheese burrito	GF bean burrito
Mini Corn Dogs	Hummus or Muffin	GF corndog	n/a
Chicken Nuggets	Hummus or Muffin	Non-breaded chicken	n/a
Southwest Pasta Salad	No meat, extra cheese and/or beans	GF noodles	No cheese
Macaroni Pasta Salad	No meat, extra cheese and/or beans	GF noodles	No cheese
Italian Pasta Salad	No meat, extra cheese and/or beans	GF noodles	No cheese
Macaroni & Marinara Pasta	No meat, extra cheese and/or beans	GF noodles	No cheese
Hummus & Pita	n/a	Rice crackers	n/a
Bosco Breadsticks	n/a	GF garlic breadsticks	Hummus