

# Elementary School 2018-2019\*

**Allergens: D=dairy W=wheat  
E=eggs N=nuts P=Peanuts  
S=soy F=Fish Sh=Shellfish  
N/A=None of the above  
allergens noted in ingredients**

Revised 07/30/18

## Breakfast

Food Item	
Breakfast Pizza	D, S, W
Cereal - Cinn. Toast Crunch	S, W
Cereal - Cocoa Puffs	N/A
Cherry Muffin	D, E, W
Chocolate Chip Muffin Top	D, E, S, W
Cinnamon Bun	D, E, S, W
Craisins	N/A
French Toast, Mini	D, E, S, W
Honey Breakfast Bar	D, E, S, W
Juice - Orange	N/A
Milk - FF Chocolate	D
Milk - FF White	D
Milk - 1% White	D
Mini Cinnis	D, W
Pancakes, Mini	D, E, S, W
Powdered Minis	D, E, S, W
Raisins	N/A
**Sunrise Sandwich (Bun)	
Sausage Patty	N/A
Bun	S, W
American Cheese (1 slice)	D, S
**Sunrise Sandwich (English muffin)	
Sausage Patty	N/A
English Muffin	S, W
American Cheese (1 slice)	D, S

## Breakfast in the Classroom

Food Item	
Breakfast Kits -	
<b>Apple Jacks Cereal Bowl</b>	S,W
Animal Grahams - Cinnamon	S,W
Apple Juice	N/A
<b>Frosted Flakes Cereal Bowl</b>	S,W
Honey Grahams	S,W
Apple Juice	N/A
<b>Cinnamon Poptart Kit</b>	S,W
Animal Grahams - Cinnamon	S,W
Apple Juice	N/A
<b>Golden Grahams Cereal Bowl</b>	W
Oat Crunch Bar	D,S,W
Apple Juice	N/A
<b>Cinnamon Toast Crunch Bar</b>	W
Animal Crackers	E,S,W
Apple Juice	N/A
Milk, 1% white	D
Milk, FF white	D
Raisins	N/A
Craisins	N/A

## BEVERAGAGES

Apple Juice	N/A
Chocolate milk - fat free	D
White milk - 1%	D
Skim milk	D
Juice - Orange	N/A

## Fruit & Vegetable Bar

Apples	N/A
Oranges	N/A
Bananas	N/A
Canned fruit (1/2 cup)	N/A
Baby carrots (1/2 cup)	N/A
Celery (1/2 cup)	N/A
Broccoli (1/2 cup)	N/A
Garbanzo beans (1/2 cup)	N/A
Kidney beans (1/2 cup)	N/A
Pinto beans (1/2 cup)	N/A
Red Pepper strips (1/2 cup)	N/A
Raisins	N/A
Craisins	N/A

## LUNCH

Asian Chicken & Rice Bowl Chicken & rice	E, S, W
Chicken Drumstick w/ wheat roll Chicken Drumstick (1) Wheat dinner roll	D, S, W D S, W
Bean & Cheese Burrito	D, S, W
Cheeseburger	D, S, W
Chicken Filet Sandwich	S, W
Chicken Nuggets w/ Wheat roll Chicken nuggets (6) Wheat dinner roll	S, W S, W
Chicken Potato Bowl w/ wheat roll Bowl Wheat dinner roll	D, S, W S, W
Chili Cheese Dog	D, S, W
Fish Treasures (4)	D, F, S, W
Fresh Assorted Sandwich-Cheese Sandwich Giant Goldfish Canned fruit (1/2 cup)	D, S, W S, W N/A
Fresh Assorted Sandwich-Ham Sandwich Giant Goldfish Canned fruit (1/2 cup)	D, S, W S, W N/A
Fresh Assorted Sandwich-Turkey  Sandwich Giant Goldfish Canned fruit (1/2 cup)	D, S, W S, W N/A
Fresh Assorted Sandwich - PB&J Sandwich - Grape/Strawberry Giant Goldfish String Cheese Canned fruit (1/2 cup)	P, S, W S, W D N/A
Fruit & Cheese Snack pac String cheese (1 oz.) Canned fruit (1/2 cup) Goldfish Pretzels Muffin - all flavors Yogurt	D N/A D, W D, E, S, W D
Harvest Snack pac String cheese (1 oz.) Canned fruit (1/2 cup) Loaf Bread (Banana or Pumpkin) Yogurt	D N/A E, S, W D

Jumbo Corndog	E, S, W
Macaroni & Cheese w/ Wheat Roll	D, E, W S, W
Mega Pizza Bites - Pepperoni	D, S, W
Mini Corndogs (6)	E, S, W
Nachos w/ taco meat & cheese Tortilla Chips (2 oz.) Nacho Cup (4 oz.)	N/A S, D
Nacho Bites (8)	D, S, W
Pizza, cheese, wedge	D, S, W
Pizza, pepperoni, wedge	D, S, W
Pizza, Stuffed Crust, cheese	D, S, W
Pizza, Sardella's, cheese	D, S, W
Pizza, Sardella's, pepperoni	D, S, W
Rib BQ	D, S, W
Seasoned Fries (3 oz.)	S
Soft Pretzel (Mini) w/ Cheese	D, W
Soft Taco	D, S, W
Tater Tots (3 oz.)	S
Toasted Cheese Sandwich	D, S, W
Turkey & Gravy w/ wheat roll Turkey/Gravy/Potatoes Wheat dinner roll	D, S S, W
Turkey Burger w/ cheese	D, S, W
Waffles, Mini and Chicken Strips	D, E, S, W
Waffles, Mini	D,E,S,W
Chicken Strips (3)	S, W

### Condiments

Mayonnaise	E, S
Barbecue sauce	S
Italian dressing	S
Ketchup	N/A
Mustard	N/A
Salsa	N/A

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# Middle School 2018-2019\*

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allergens noted in ingredients**

Revised 07/30/18

## Breakfast

Food Item	
Breakfast Pizza	D, S, W
Cereal - Cinn. Toast Crunch	S, W
Cereal - Cocoa Puffs	N/A
Cherry Muffin	D, E, W
Chocolate Chip Muffin Top	D, E, S, W
Cinnamon Bun	D, E, S, W
Craisins	N/A
French Toast, Mini	D, E, S, W
Honey Breakfast Bar	D, E, S, W
Juice - Orange	N/A
Milk - FF Chocolate	D
Milk - FF White	D
Milk - 1% White	D
Mini Cinnis	D, W
Pancakes, Mini	D, E, S, W
Powdered Minis	D, E, S, W
Raisins	N/A
**Sunrise Sandwich (Bun)	
Sausage Patty	N/A
Bun	S, W
American Cheese (1 slice)	D, S
**Sunrise Sandwich (English muffin)	
Sausage Patty	N/A
English Muffin	S, W
American Cheese (1 slice)	D, S

## BEVERAGAGES

Apple Juice	N/A
Chocolate milk - fat free	D
White milk - 1%	D
Skim milk	D
Juice - Orange	N/A

## Breakfast in the Classroom

Food Item	
Breakfast Kits -	
<b>Apple Jacks Cereal Bowl</b>	S,W
Animal Grahams - Cinnamon	S,W
Apple Juice	N/A
<b>Frosted Flakes Cereal Bowl</b>	S,W
Honey Grahams	S,W
Apple Juice	N/A
<b>Cinnamon Poptart Kit</b>	S,W
Animal Grahams - Cinnamon	S,W
Apple Juice	N/A
<b>Golden Grahams Cereal Bowl</b>	W
Oat Crunch Bar	D,S,W
Apple Juice	N/A
<b>Cinnamon Toast Crunch Bar</b>	W
Animal Crackers	E,S,W
Apple Juice	N/A
Milk, 1% white	D
Milk, FF white	D
Raisins	N/A
Craisins	N/A

## Fruit & Vegetable Bar

Apples	N/A
Oranges	N/A
Bananas	N/A
Canned fruit (1/2 cup)	N/A
Baby carrots (1/2 cup)	N/A
Celery (1/2 cup)	N/A
Broccoli (1/2 cup)	N/A
Garbanzo beans (1/2 cup)	N/A
Kidney beans (1/2 cup)	N/A
Pinto beans (1/2 cup)	N/A
Red Pepper strips (1/2 cup)	N/A
Raisins	N/A
Craisins	N/A

## LUNCH

Asian Chicken & Rice Bowl Chicken & rice	E, S, W
Bean & Cheese Burrito	D, S, W
Cheeseburger	D, S, W
Chicken Filet Sandwich	S, W
Chicken Nuggets w/ Wheat roll Chicken nuggets (6) Wheat dinner roll	S, W S, W
Chicken Potato Bowl w/ wheat roll Bowl Wheat dinner roll	D, S, W S, W
Chicken Poppers w/ wheat roll Chicken Poppers Wheat roll	S, W S, W
Chicken Drumstick w/ wheat roll Chicken Drumstick (1) Wheat dinner roll	D, S, W D S, W
Chili Cheese Dog	D, S, W
Fresh Assorted Sandwich-Cheese Sandwich Giant Goldfish Canned fruit (1/2 cup)	D, S, W S, W N/A
Fresh Assorted Sandwich-Ham Sandwich Giant Goldfish Canned fruit (1/2 cup)	D, S, W S, W N/A
Fresh Assorted Sandwich-Turkey Sandwich Giant Goldfish Canned fruit (1/2 cup)	D, S, W S, W N/A
Fresh Assorted Sandwich - PB&J Sandwich - Grape/Strawberry Giant Goldfish String cheese (1 oz.) Canned fruit (1/2 cup)	P, S, W S, W D N/A
Fruit & Cheese Snack pac String cheese (1 oz.) Canned fruit (1/2 cup) Goldfish Pretzels Muffin - all flavors Yogurt	D N/A D, W D, E, S, W D
Harvest Snack pac String cheese (1 oz.) Canned fruit (1/2 cup) Loaf Bread (Banana or Pumpkin) Yogurt	D N/A E, S, W D

Jumbo Corndog	E, S, W
Macaroni & Cheese w/ Wheat Roll	D, E, W S, W
Mini Corndogs (6)	E, S, W
Nachos w/ taco meat & cheese Tortilla Chips (2 oz.) Nacho Cup (4 oz.)	N/A D
Nacho Bites (8)	D, S, W
Pizza, Stuffed Crust, cheese	D, S, W
Pizza, Sardella's, cheese (8-cut)	D, S, W
Pizza, Sardella's, pepperoni (8-cut)	D, S, W
Rib BQ	D, S, W
Seasoned Fries (3 oz.)	S
Soft Taco	D, S, W
Tater Tots (3 oz.)	S
Toasted Cheese Sandwich	D, S, W
Turkey & Gravy w/ wheat roll Turkey/Gravy/Potatoes Wheat dinner roll	D, S S, W
Turkey Burger w/ cheese	D, S, W
Waffles, Mini and Chicken Strips Waffles, Mini Chicken Strips (3)	D, E, S, D, E, S, W S, W

### Condiments

Mayonnaise	E, S
Barbecue sauce	S
Italian dressing	S
Ketchup	N/A
Mustard	N/A
Salsa	N/A

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# High School 2018-2019\*

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Revised 07/30/18

## Breakfast

Food Item	
Breakfast Pizza	D, S, W
Cereal - Cinn. Toast Crunch	S, W
Cereal - Cocoa Puffs	N/A
Cereal - Honey Nut Cheerios	N (almond)
Chocolate Chip Muffin Top	D, E, S, W
Cinnamon Raisin Bagel	S, W
Cream Cheese	D
Cinnamon Bun	D, E, S, W
Crunch Bars, Lemon	D, S, W
Craisins	N/A
Crunch Bars, Cherry Apple	S, W
French Toast, Mini	D, E, S, W
Honey Breakfast Bar	D, E, S, W
Juice - Orange	N/A
Loaf Breads (all favors)	E, S, W
Milk - FF Chocolate	D
Milk - FF White	D
Milk - 1% White	D
Mini Cinnis	D, W
Pancakes, Mini	D, E, S, W
PopTart (2 pak.)	S, W
Powdered Minis	D, E, S, W
Raisins	N/A
**Sunrise Sandwich (Bun)	
Sausage Patty	N/A
Bun	S, W
American Cheese (1 slice)	D, S
**Sunrise Sandwich (English muffin)	
Sausage Patty	N/A
English Muffin	S, W
American Cheese (1 slice)	D, S
Waffles, Mini	D, E, S, W

## BEVERAGAGES

Apple Juice	N/A
Orange Juice	N/A
Chocolate milk - fat free	D
White milk - 1%	D
Skim milk	D
Bottled Water	N/A

## Fruit & Vegetable Bar

Apples	N/A
Oranges	N/A
Bananas	N/A
Canned fruit (1/2 cup)	N/A
Baby carrots (1/2 cup)	N/A
Celery (1/2 cup)	N/A
Broccoli (1/2 cup)	N/A
Garbanzo beans (1/2 cup)	N/A
Kidney beans (1/2 cup)	N/A
Pinto beans (1/2 cup)	N/A
Red Pepper strips (1/2 cup)	N/A
Raisins	N/A
Cucumbers (1/2 cups)	N/A
Craisins	N/A

## LUNCH

Food Item	Carbs (g)
Asian Chicken & Rice Bowl	E, S, W
Burrito w/ Chips	
Burrito	D, S, W
Tortilla Chips (2 oz.)	N/A
Cheeseburger	D, S, W
Chicken Potato Bowl w/ wheat roll	
Bowl	S, W
Wheat dinner roll	S, W
Chicken Taquitos, 2	D, S, W
Jumbo Corn Dog	E, S, W
PB&J Sandwich	
Sandwich - Grape/Strawberry	P, S, W
Goldfish - Cheddar	D, S, W
Canned fruit (1/2 cup)	N/A
String Cheese	D
Pizza, Sardella's, cheese	D, S, W
Pizza, Sardella's, pepperoni	D, S, W
Rib BQ	D, S, W
Seasoned Fries (4 oz.)	S
Spicy Chicken Wrap	D, E, S, W
Spicy Chicken Sandwich	S, W
Sub Sandwich - Ham	D, S, W
Giant Goldfish	S, W
Canned fruit (1/2 cup)	N/A
Sub Sandwich - Turkey	D, S, W
Giant Goldfish	S, W
Canned fruit (1/2 cup)	N/A
Tater Tots (4 oz.)	S
Turkey & Gravy w/ wheat roll	D, S, W
Turkey/Gravy/Mashed Potatoes	D, S
Wheat dinner roll	S, W

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