

Allergens and Carbohydrate Counts | Elementary and Middle School Lunch

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Menu Item	Allergens	Carbohydrate Count
Alaskan Pollock Strips	Fish - Fish, Gluten, Milk and Wheat	Fish (3 Pieces) - 25g
BBQ Pulled Pork	Pork - Soy Roll - Gluten, Soy and Wheat	BBQ Pork (1/2 cup) - 29g Roll (1 each) - 14g
Bean and Cheese Burrito	Gluten, Milk, Soy and Wheat	Burrito - 59g
Bean and Rice Bowl with Tortilla Chips	Beans and Rice - None Cheese - Milk Tortilla Chips - None	Beans (1/4 cup) - 11 Rice (1/2 cup) - 22.5g Tortilla Chips (1 each) - 18g
Beef, Bean and Cheese Burrito	Gluten, Milk, Soy and Wheat	Burrito - 58g
Cheese Ravioli with Marinara	Ravioli - Gluten, Eggs, Milk and Wheat Marinara - None Roll - Gluten, Soy and Wheat	Ravioli with Sauce (8 each) - 43g Roll (1 each) - 14g
Cheese Sandwich	Bread - Gluten, Soy and Wheat Cheese - Milk	Bread (2 slices) - 26g Cheese (4 slices) - 2g
Cheeseburger/Hamburger	Beef Patty - None Cheese - Milk Hamburger Bun - Gluten, Soy and Wheat	Beef Patty - 1g Cheese (1 slice) - 0g Hamburger Bun - 29g
Cheesy Baked Potatoes with Chili	Potato with Cheese - Milk Three Bean Chili - None Wheat Roll - Gluten, Soy and Wheat	Baked Potato with Cheese - 31g Three Bean Chili (1/4 cup) - 9g Wheat Roll (1 each) - 14g
Chicken and Egg Fried Rice	Eggs, Gluten, Milk, Sesame, Soy and Wheat	1 cup - 32g
Chicken Jerky and Cracker with Sunflower seeds or Roasted Chickpeas	Chicken Jerky - Gluten Crackers - Gluten and Wheat Sunflower Seeds - None Roasted Chickpeas - None	Chicken Jerky (1 package) - 7g Crackers (1 package) - 19g Sunflower Seeds (1 package) - 10g Roasted Chickpeas (1 package) - 12g

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Chicken Potstickers	Gluten, Soy and Wheat	More information to come
Chicken Burger	Chicken - Gluten, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat	Chicken - 15g Hamburger Bun - 29g
Chocolate No Nut Butter with Crackers or Pretzels	Chocolate No Nut Butter - None Crackers - Gluten and Wheat Pretzels - Gluten and Wheat	Chocolate No Nut Butter (1 each) - 26g Crackers (1 package) - 19g Pretzels (1 package) - 35g
Egg Fried Rice	Eggs, Gluten, Milk, Sesame, Soy and Wheat	1 cup - 32g
Green Chile and Cheese Tamale with Beans	Tamale - Milk Beans - Gluten	Tamale (1 each) - 32g Refried Beans (1/2 cup) - 23g
Grilled Cheese Sandwich	Gluten, Milk, Soy and Wheat	1 each - 28g
Homemade Cheese Lasagna	Lasagna - Eggs, Milk, Gluten and Wheat	Lasagna (1 each) - 31g
Hummus and String Cheese with Crackers, Pita Bread or Pretzels	Hummus - None String Cheese - Milk Crackers - Gluten and Wheat Pita Bread - Gluten and Wheat Pretzels - Gluten and Wheat	Hummus (1 each, Zee Zees) - 27g Hummus (1 each, Better Bean) - 11g String Cheese (1 each) - 0g Crackers (1 package) - 19g Pretzels (1 package) - 35g Pita Bread (1 each) - 33g
Indian Coconut Curry Chicken with Brown Rice	Indian Curry Chicken - Soy Rice - None	Indian Curry Chicken (1/2 cup) - 2g Rice (1 cup) - 46g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
Mozzarella Breadsticks with Marinara	Breadsticks - Gluten, Milk, Soy and Wheat Marinara - Milk	Breadsticks (2 each) - 30g Marinara Sauce (2T) - 3g

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Orange Chicken with Brown Rice	Orange Chicken - Egg, Gluten, Soy and Wheat Rice - None	Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g
Oven Baked Chicken with Mashed Potatoes	Chicken/BBQ Sauce - None Mashed Potatoes - Milk	Chicken (1 each) - 0g BBQ Sauce (2T) - 21g Mashed Potatoes (1/2 cup) - 14g
Pancakes with Turkey Sausage and Potatoes	Pancakes - Eggs, Gluten, Milk, Soy and Wheat Turkey Sausage - None Roasted Potatoes - None Berry Compote - None	Pancakes (2 each) - 30g Sausage (2 links) - 0g Potatoes (1/2 cup) - 15g Berry Compote (1/4 cup) - 7g
Pasta with Marinara and Mozzarella	Pasta - Gluten, Milk and Wheat Mozzarella - Milk Marinara - None	Pasta with Marinara and Cheese (1 cup) - 42g
Pasta with Marinara and Meatballs	Pasta - Gluten and Wheat Marinara/ Meatballs - None	Pasta with Marinara (1 cup) - 42g Meatballs (5 each) - 2g
PBJ and String Cheese with Crackers or Pretzels	PB&J - Gluten, Peanuts, Soy and Wheat String Cheese - Milk Pretzels - Gluten and Wheat Crackers - Gluten and Wheat	PB&J (1 each) - 33g String Cheese - 0g Pretzels (1 package) - 35g Crackers (1 package) - 19g
Pizza	Gluten, Milk, Soy and Wheat	Serving Size - 1 slice Cheese/Pepperoni - 39g
Popcorn Chicken	Gluten, Milk, Soy, Wheat	10 pieces - 17g
Rip City Ham and Cheese	Gluten, Milk, Soy and Wheat	1 each - 28g

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Teriyaki Chicken with Brown Rice	Teriyaki Chicken - Gluten, Soy and Wheat Rice - None	Teriyaki Chicken - (1/2 cup) - 11g Rice (1 cup) - 46g
Turkey Hot Dog	Turkey Hot Dog - None Hot Dog Bun - Gluten, Soy and Wheat	Turkey Hot Dog - 0g Hot Dog Bun - 29g
Turkey Sandwich with Cheese or a String Cheese	Bread - Gluten, Soy and Wheat Cheese - Milk Turkey - None	Bread (2 slices) - 26g Cheese (1 slice) - 0g String Cheese - 0g Turkey (4 slices) - 0g
Turkey with Gravy, Mashed Potatoes and a Roll	Turkey and Gravy - Milk and Soy Mashed Potatoes - Milk Roll - Gluten, Soy and Wheat	Turkey and Gravy - 5g Mashed Potatoes (1/2 cup) - 14g Roll (1 each) - 14g
Yogurt and Granola	Yogurt - Milk Granola - Gluten	Yogurt (2 each) - 40g Granola (1 each) - 17g
Yakisoba with Chicken and Vegetables	Noodles and Sauce - Gluten, Soy and Wheat Chicken - Soy	Chicken Yakisoba (1 cup) - 62g
Yakisoba with Vegetables	Noodles and Sauce - Gluten, Soy and Wheat	Vegetable Yakisoba (1 cup) - 61g