

Allergens

	Wheat	Soy	Milk	Egg	Fish	Nut	Sesame	Carbs (g)
Breakfast - Cereal								
Kellogg's Jumpstart - Frosted Flakes Multigrain, Reduced Sugar Cereal	X							24
Keebler Honey Grahams	X	X						17
100% Apple Juice								15
Kellogg's Jumpstart - Crunchmania Graham Crackers, Cinnamon Bun Flavored	X	X	X					37
100% Apple Juice								15
Kellogg's Jumpstart - Strawberry Nutrigrain Bar	X	X	X					30
Keebler Elf Grahams	X	X						21
100% Apple Juice								15
General Mills Breakfast Break - Cinnamon Toast Crunch, Reduced Sugar Cereal	X	X						22
Mini Cinnamon Animal Grahams	X	X	X	X				18
100% Apple Juice								15
General Mills Breakfast Break - Cocoa Puffs, Reduced Sugar Cereal								25
Cheez-It Crackers	X	X	X					14
100% Fruit Juice								15
General Mills Breakfast Break - Trix, Reduced Sugar Cereal								24
Mini Cinnamon Animal Grahams	X	X	X	X				18
100% Fruit Juice								15
Breakfast - Yogurt								
Yogurt, Upstate Farms, Cherry Vanilla, 4 oz.			X					19
Yogurt, Upstate Farms, Peach, 4 oz.			X					19
Yogurt, Upstate Farms, Strawberry, 4 oz.			X					19
Yogurt, Upstate Farms, Strawberry Banana, 4 oz.			X					19
Yogurt, Upstate Farms, Raspberry, 4 oz.			X					19
Yogurt, Upstate Farms, Vanilla, 4 oz.			X					19
Yogurt, Trix, Strawberry Banana Bash, 4 oz.			X					15
Yogurt, Trix, Raspberry Rainbow, 4 oz.			X					15
w/Keebler Honey Grahams	X	X						17
Breakfast - Hot								
Apple Cinnamon Breakfast Bosco Stick	X	X	X					37
Breakfast Pizza, Turkey Sausage & Cheese, Tony's	X	X	X					27
Chicken Filet, Tyson	X	X						9
on Biscuit	X	X	X					25
Chicken Sausage Biscuit - Individually Wrapped	X	X	X					27
Cinnamon Roll, Uniced, General Mills	X	X	X	X				36
Cinnamon Toast Crunch Soft Filled Cereal Bar	X	X	X					41
Donut with Honey Glaze	X	X	X	X				41
Donut Holes with Honey Glaze	X	X	X					46
Egg & Cheese Omelet on English Muffin	X	X	X	X				25
French Toast Sticks, Cinnamon Glazed	X	X	X	X				26

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	Wheat	Soy	Milk	Egg	Fish	Nut	Sesame	Carbs (g)
Mini French Toast, Cinnamon Rush, Pillsbury	X	X	X	X				37
Mini French Toast, Chocolate Chip, Kellogg's	X	X	X	X				35
Mini Pancakes, Blueberry, Kellogg's	X	X	X	X				35
Mini Pancakes, Maple Flavored, Kellogg's	X	X	X	X				36
Mini Pancakes, Strawberry Splash, General Mills	X		X	X				40
Mini Pancakes, Confetti, Kellogg's	X	X	X	X				36
Mini Waffles, Blueberry Bash, Pillsbury	X	X	X	X				37
Mini Waffles, Maple, Kellogg's	X	X	X	X				35
Pancake Sandwich with Chicken Sausage & Cheese	X	X	X	X				18
Pancake Wrap, Turkey, Maple Flavored	X	X		X				17
Sausage Patty (Pork & Chicken)								1
on Biscuit	X	X	X					25
Sausage & Cheese Biscuit	X	X	X					28
Sausage & Cheese Croissant	X	X	X	X				17
Sausage, Egg & Cheese English Muffin	X	X	X	X				27
Turkey Bacon, Egg & Cheese English Muffin	X	X	X	X				23
Ultimate Breakfast Round, Cinnamon	X	X	X	X				44
Ultimate Breakfast Round, Oatmeal Chocolate Chip	X	X	X	X				44
Ultimate Breakfast Round, Sunberry Blast	X	X	X	X				46
Breakfast - Cold								
Cereal Bar, Cinnamon Toast Crunch, General Mills	X	X						30
Cereal Bar, Cocoa Puffs, General Mills	X	X						30
Cereal Bar, Team Cheerios, Strawberry, General Mills	X							30
Cereal Bar, Trix, General Mills	X	X						30
w/Keebler Honey Grahams	X	X						17
Cinnamon Roll, Iced, IW, Hadley Farms	X	X						38
Mini Bagels, Cinnamon Cream Cheese, Pillsbury	X	X	X					42
Mini Bagels, Strawberry Cream Cheese, Pillsbury	X	X	X					42
Pop-Tarts (2-pack - Middle & High), Whole Grain Frosted Brown Sugar Cinnamon	X	X						73
Pop-Tarts (2-pack - Middle & High), Whole Grain Frosted Strawberry	X	X						75
Pop-Tarts (2-pack - Middle & High), Whole Grain Fudge	X	X						73
Pop-Tarts (2-pack - Middle & High), Whole Grain Blueberry	X	X						76
Pop-Tart (single pack - Elementary), Whole Grain Frosted Strawberry	X	X						36
Pop-Tart (single pack - Elementary), Whole Grain Frosted Brown Sugar Cinnamon	X	X						36
Pop-Tart (single pack - Elementary), Whole Grain Frosted Fudge	X	X						36
Pop-Tart (single pack - Elementary), Whole Grain Frosted Blueberry	X	X						36
Banana Bread Slice	X	X		X				44
Blueberry Bread Slice	X	X	X	X				43
Lemon Bread Slice	X	X	X	X				44
Pumpkin Bread Slice	X	X		X				43

Allergens

	Wheat	Soy	Milk	Egg	Fish	Nut	Sesame	Carbs (g)
Chicken, Tyson	X	X						10
& Waffles, Kellogg's	X	X	X	X				35
Chicken & Waffles - High								
Chicken, Tyson	X	X						14
& Waffle	X	X	X	X				43
Corn Dog Nuggets, Foster Farms	X	X		X				30
General Tso Chicken, Green Dragon	X	X	X	X				26
w/Vegetable Lo Mein	X	X						38
w/Brown Rice								23
& Dinner Roll	X	X						16
Nachos w/Chicken & Cheese (Elementary & Middle)	X		X					32.5
Nachos w/Chicken & Cheese (High)	X		X					46
Buffalo Chicken Nachos (Middle)			X					29
Buffalo Chicken Nachos (High)			X					36
New Orleans Chicken	X	X						14
w/Vegetable Lo Mein	X	X						38
w/Brown Rice								23
& Dinner Roll	X	X						16
Soft Shell Chicken Tacos	X	X	X					35
Tangerine Chicken, Green Dragon	X	X		X				25
w/Vegetable Lo Mein	X	X						38
w/Brown Rice								23
& Dinner Roll	X	X						16
Taquitos w/Chicken & Cheese	X	X	X					30
& White Queso Dipping Sauce			X					2
Travelling Nachos	X	X	X					28
Lunch - Turkey								
Hot Dog, Kunzler								1
on Bun	X	X						28
Italian Combo Sub	X	X	X					30
Sliced Turkey								1
w/Gravy	X	X	X					3
w/Stuffing	X	X	X					13
& Buttermilk Biscuit	X	X	X					25
Spaghetti w/Turkey Sausage Crumbles	X	X	X					45
& Breadstick	X	X	X					17
Turkey & Cheese Hoagie, IW	X	X	X					31
Turkey & Cheese Sandwich	X	X	X					34
Turkey Ham & Cheese Hoagie, IW	X	X	X					32
Turkey Ham & Cheese Lunchable	X	X	X	X				33

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Lunch - Pizza								
Wild Mike's Personal Cheese Pizza (Elementary)	X	X	X					34
Wild Mike's Personal Pepperoni (Beef) Pizza (Elementary)	X	X	X					34
Nardone's Personal Cheese Pizza, IW	X	X	X					46
Nardone's Personal Pepperoni (Pork & Beef) Pizza, IW	X	X	X					32
Nardone's Personal Pepperoni (Turkey) Pizza, IW	X	X	X					32
Nardone's Cheese Pizza (Middle & High)	X	X	X					27
Nardone's Pepperoni (Pork & Beef) Pizza (Middle & High)	X	X	X					51
Nardone's Buffalo Chicken Pizza (Middle & High)	X	X	X					47
Nardone's Meat Lovers Pizza (Middle & High)	X	X	X					49
Nardone's Supreme Pizza (Middle & High)	X	X	X					50
Lunch - Pork								
Breakfast for Lunch: Kellogg's Maple Pancakes	X	X	X	X				35
Sausage Patty								1
Hot Ham & Cheese			X					2.5
on Bun	X	X						29
Pork BBQ		X						17
on Bun	X	X						29
Pork BBQ Sliders on Hawaiian Buns	X	X	X	X				52
Lunch - Beef								
Cheeseburger			X					1
on Bun	X	X						29
Cheeseburger Sliders	X	X	X					31
Meat Loaf	X	X	X	X				10
w/Gravy	X	X	X					3
& Biscuit	X	X	X					25
Meatball Sub	X	X	X	X				39
Pepperoni & Cheese Calzone	X	X	X					31
Philly Cheesesteak Sub	X	X	X					34
Salisbury Steak	X	X	X					4
& Biscuit	X	X	X					25
Lunch - Fish								
Potato Crunch Pollock Filet	X	X	X		X			13
Potato Crunch Pollock Nuggets	X	X	X		X			20
w/Cornbread	X	X	X	X				28
Lunch - Vegetarian								
Bosco Sticks	X		X					25
w/Marinara sauce								10
Cheesy Bites	X	X	X					28

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	Wheat	Soy	Milk	Egg	Fish	Nut	Sesame	Carbs (g)
w/Marinara sauce								10
Grilled Cheese Sandwich	X	X	X					36
Healthy Day Meal (Elementary):								
Yogurt, 4 oz.			X					20
Cheddar Goldfish Crackers	X	X	X					14
Marble Cheese Stick			X					0
Carroteenies								6
Saltine Crackers	X	X						9
Healthy Day Meal (Middle):								
Yogurt, Upstate Farms, 4 oz.			X					19
Cheez-It Crackers	X	X	X					19
Marble Cheese Stick			X					0
Carroteenies								6
Healthy Day Meal (High):								
Yogurt, Upstate Farms, 4 oz.			X					19
Cheddar Goldfish Crackers	X	X	X					14
Marble Cheese Stick			X					0
Carroteenies								6
Keebler Honey Grahams	X	X						17
Healthy Day Meal (with Hummus)								
Sabra Taco Flavored Hummus		X					X	10
Tostitos Chips								29
Marble Cheese Stick			X					0
Carroteenies								6
Mac & Cheese	X		X	X				30
w/Dinner Roll	X	X						16
w/Hawaiian Roll	X	X	X	X				18
Pizza Cheese Crunchers	X		X					41
Soy Butter & Jelly Sandwich	X	X						60
Toasted Cheese Sandwich	X	X	X					36
Vegan Chik'n Nuggets, Morningstar	X	X						20
& Buttermilk Biscuit	X	X	X					26
Veggie Wrap, 8" (Elementary & Middle)	X	X	X	X				26
Veggie Wrap, 10" (High)	X	X	X	X				34
Fruits								
Applesauce, Unsweetened								13
Applesauce Cups								14
Apple, Fresh								19
Apple Slices								8
Baked Apples			X					24

