

School Nutrient Analysis and Allergens for 2026-2027 School Year

	Brand Name	Code#	Portion	Carbohydrates (Grams)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell
<i>Lunch Entrees</i>												
Anytimers- Turkey Ham & Cheese Lunch Kit	Tasty Brands	10206	1 kit	39	X	X	X			X		
Bacon Cheeseburger		Recipe 000431	1 burger	27.8	X	X	X					
Beef & Cheese Taco	-----	Recipe 000442	1 portion	37.72	X	X	X					
Beef Mini Sliders	Tyson	10000055325	1 package	41	X	X	X					
BLT Salad	-----	Recipe CNS564	1 plated	33.95	X	X	X			X		
Buffalo Chicken Dip – Middle School		Recipe 000595	1 portion	19.93	X							
Buffalo Chicken Dip- High School		Recipe 000596	1 portion	29.93	X							
Buffalo Chicken Tot Bake		Recipe 000593	1 serving	10.68	X		X					
Burger Patty – Backyard Griller	Don Lee	CNQ092253	2.25 oz patty	1								
Calzone -Pizza	National Foods	211BC	1-5oz portion	35	X	X	X					
Cheese Slice- American	Bongards	4/5#	.5 oz.	2	X		X					
Cheese Stick, Mozzarella Breaded	Rich's	65219	5 pieces	30	X	X	X					
Cheese Stick, Beef Stick <u>Meal Break</u>	ES Foods	61406	Juice	16								
			Beef Stick	0								
			Cheese Stick-Jumbo	2	X		X					
			Apple Sauce- Straw.	15		X						
			Cheeze-it crackers	14								
Cheese, string mozzarella	Natl Food Group	619481	1 portion	2	X							
Cheeseburger on Bun	-----	Recipe 000004	1 cheeseburger on bun	27.7	X	X	X					
Chef Salad with Ham & Cheese Elem/Middle		CNS000174	1 plate	30.06	X							
Chicken Chunk Nuggets	Tyson	070362-0928	5 pieces	15		X	X					
Chicken Drumstick (ROASTED)	Tyson	10264350928	1 piece	2								
Chicken Fajita – Elem.	-----	Recipe 000445	1 fajita with shell	26.01	X	X	X					
Chicken Fajita Strips	Commodity	100117	1.7 oz=1 serving	1			X					
Chicken Fajita Strips	Proview	28001	2.5 oz=1 serving	2								
Chicken Parmesan		Recipe 000584	1 serving	28.83	X	X						
Chicken, Plain Patty (breaded) no bun	Tyson	10703020928	1 patty	16		X	X					
Chicken, Plain Patty (breaded) no bun	Proview	60715	1 patty	19	X	X	X					
Chicken, Popcorn	Tyson	10703680928	3.36 oz	16		X	X					
Chicken, Spicy Patty (breaded) no bun	Tyson	10703120928	1 patty	14		X						
Chicken, Spicy Patty (breaded) no bun	Proview	60325	1 patty	19	X	X	X					
Chicken Tenders (Breaded)	Tyson	17033220928	3 pieces-.21 oz	16		X	X					
Chicken Tender Spicy	Gold Creek	792451	3 pieces	17		X	X					
Chicken/Turkey w/ gravy (Chow Mein) w/o Rice		Recipe #D-16	(6 oz ladle)									
Chicken Wing Boneless – Dill flavored	Proview	64015	4 pieces	10	X	X	X					
Chicken Wing Roasted	Gold Creek	6000	6 pieces	1			X					
Chili – Premium Three Bean	JTM	5383	6.1 oz	29								
Corn Dog Nuggets	Proview	64010	6 nuggets	33	X	X	X			X		
Dumplings, Chicken	Mulan	1844	3 Dumplings	18		X	X					
Egg Stravaganza	Sunny Fresh	40928-110026385	2 oz	1	X					X		
Egg Rolls, Asian Veggie	Tasty Brands	41211	1-3.00 oz	23		X	X					
Fiesta Beef Hot Pocket	Big Daddy	55291	1 pocket	29	X	X	X					
Fish Sticks	High Liner	26240	4 sticks	22	X	X				X	X	
Garlic French Bread	Tony's	68724	1 each	28	X	X	X					
Garlic Rippins	MBC	3716	1-4.1 oz	32	X	X						
Grilled Cheese	MBC	6676	1 sandwich	27	X	X	X					
Grill Cheese Pull Aparts	Tasty Brands	62003	1-4.10	30	X	X						
Hamburger Patty- no bun	Don Lee Farms	CNQ262403KS	1 patty	1			X					

Nutrikids Disclaimer: The data contained within the nutrient database cannot be used for and does not provide menu planning for anyone with a medical condition or food allergy. Any user planning for or treating medical conditions must consult a medical professional for assistance.

Nutritional information is to be used as an approximate guideline and is subject to change due to preparation modifications and food substitutions by suppliers.

School Nutrient Analysis and Allergens for 2026-2027 School Year

Brand Name	Code#	Portion	Carbohydrates (Grams)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell
Hamburger Patty – Backyard Griller	Don Lee Farms	CNQ092253	2.25 oz patty	1							
Hot Dog no Bun	Berks	1752	1 hot dog without bun	0			X				
Macaroni & Cheese	ES Foods	05915	6 oz	28	X	X			X		
Mac & Cheese Bites	Rich's	23400	5 pcs	32	X	X	X				
Max Pizza Sticks	Conagra	77387-12602	1 stick	16	X	X	X				
Meatballs- Deluxe Beef (no Bun)	Tyson	10000073050	5 pieces = 1 serving	3	X	X	X				
Meatballs – Jalapeño Mango	Rich Chicks	91402	2.6 oz	7	X						
Nachos w/Chili & Cheese & Roll	-----	Recipe 000601	10-12 nacho chips	17							
			1/3 c. meat	3	X		X				
			2 oz. cheese	5							
			Roll	15							
Peanut Butter & Jelly	Smucker	5150021027	1-5.3 portion	64		X		X			
Pizza, Buffalo Chicken Pizza	Tony's/Big Daddy	78639	1/8 slice	35	X	X	X				
Pizza Crunchers	Rich's	65225	4 pieces	41	X	X					
Pizza, Cheese-Elementary (Smart Pizza)	Tony's	78697	1 slice	31	X	X	X				
Pizza, Fiestada Pizza	Tony's	68523	1 portion	38	X	X	X				
Pizza, Individual Cheese	Wild Mike's	80550	1 Pie	36	X	X					
Pizza, Individual Pepperoni	Wild Mike's	80549	1 Pie	36	X	X					
Pizza, Pepperoni – Elementary (Smart Pizza)	Tony's	78674	1 slice	31	X	X	X				
Pizza, Stephano - Cheese	Wild Mike's	14011	1 slice	33	X	X					
Pizza, Stephano - Pepperoni	Wild Mike's	14010	1 slice	33	X	X					
Pizza Stuffed Crust Cheese	Conagra	77387-12616	1 slice	36	X	X	X				
Pizza Stuffed Crust Pepperoni	Conagra	77387-12615	1 slice	36	X	X	X				
Pizza Quesadilla- Cheese	The Max-Con Agra	77387-12699	1 portion	39	X	X	X				
Salad- Chef Salad w/ Ham and Cheese		Recipe CNS18	1 plated	32	X		X				
Salad- Chef Salad w/ Ham and Cheese (H)		CNS 000566	1 plate	37.06	X	X	X				
Salad- Chef Salad w/ Turkey and Cheese (H)		CNS 000568	1 plate	35.14	X	X					
Salad- Chef with Ham & Cheese		Recipe CNS18	1 plate	32	X	X	X				
Salad- Chef with Turkey & Cheese Elem/Middle		CNS 000567	1 plate	31.26	X						
Salad- Country Chicken Salad		Recipe CNS16	1 plated	36.82	X	X	X				
Salad – Hawaiian		Recipe CNS598	1 plated	61.03							
Salad- Southwest Chicken Salad		Recipe CNS15	1 Plated	35.04	X		X				
Sandwich, Broiche Italian Combo	Tasty Brands	70014	1 Sandwich	1-4.5 oz	X	X	X				
Sandwich, Turkey & Cheese Wedge	Tasty Brands	70019	1 sandwich	28	X	X	X				
Sauce, Sweet Thai Chili	JTM	73480	1 oz	13							
Soft Taco (Beef)		Recipe 000442	1 portion	27.72	X	X	X				
Soy Sauce	Kikkoman	4239851	1 packet	0		X	X				
Spaghetti with Meat Sauce		Recipe 000018	6 oz. sauce with ½ c noodles	51.51		X					
Stromboli – Meatlovers	S&F	5160MC	1 each	32		X	X				
Sub-Turkey, Ham and Cheese	Jennie-O	CNS000171	1 oz. each-turkey, Ham & Cheese on sub roll	27.84	X	X	X				
Taco Filling with Beef	JTM	CP5252	3 oz. Serving	3							
Teriyaki Chicken Bowl		Recipe 410	1 bowl	73.68							
Turkey smoked deli meat	Jennie-O	110910	1.5 oz	1			1.5 oz				
Turkey and Gravy	Jennie-O	284728	4 oz	2			X				
Turkey Ham & Cheese Wrap		CNS 000172	1 wrap	27.43	X	X					
Turkey, Ham & Cheese Sub		Recipe 000443	1 sub	30.33	X	X	X				
Yogurt Parfait- lunch		Recipe 000475	1 parfait	93.32	X	X	X				
Yogurt Plate		Recipe 000415	1 plated	45.7	X						
Yogurt, String Cheese and Cheez its		CNS 000574	1 plate	52.74	X	X					

Nutrikids Disclaimer: The data contained within the nutrient database cannot be used for and does not provide menu planning for anyone with a medical condition or food allergy. Any user planning for or treating medical conditions must consult a medical professional for assistance.

Nutritional information is to be used as an approximate guideline and is subject to change due to preparation modifications and food substitutions by suppliers.

School Nutrient Analysis and Allergens for 2026-2027 School Year

	Brand Name	Code#	Portion	Carbohydrates (Grams)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell
<i>Breads and Grains</i>												
Bread Stick	MBC	1638	2 breadsticks	30	X	X	X			X		
Corn muffin	National Foods	615552	1 each	36	X	X	X			X		
Doritos	Pepsico	20518	1.4oz ag	28	X							
Fried Rice	Intl. Food Sol.	78001	4.25 oz	37	X	X	X					
Hamburger Bun- Whole Grain	Flowers	95927480	1 bun	30		X	X					
Hoagie Roll	MBC	4048	1 roll=2 oz	38	X	X	X					
Hot Dog Bun- Whole Grain	Flowers	1709190	1 bun	26		X	X					
Lemon bread	Super Bakery	6047	1 each	44	X	X	X			X		
Roll- Purchased (1 oz.) Whole Grain	Flowers	95933450	1 each	14		X	X					
Spaghetti Noodle	Dakota		½ cup	21.41								
Stuffing mix, chicken	Foothill Farms	T505-C8007	½ cup	22		X	X					
Sub Roll – Whole Grain – Flowers	Flowers		1 bun	26		X	X					
Tortilla Chips- Rounds	Pepsico		1 oz	20		X						
Tortilla flour 8"	OLE	27088	1 tortilla	22		X						
Tortilla flour 10"	OLE	2757	1 tortilla	34								
Tosititos Scoops	Pepsico	42537	1 bag	19								
Tostito's Rounds- Bagged	Pepsico		1 Bag= 1.45 oz	29								
Waffles – Dutch	J & J	10073321045217	1 waffle	38	X	X	X			X		

Fruits and Vegetables

Apple Sauce	ZeeZees	A3500	1-4.5 oz	14								
Apple-Fresh			1 med -5.5 oz	19								
Apples, sliced, bagged	Peterson Farms		½ cup	7								
Applesauce- Pink Lemonade	Zee Zees	A3610	1 portion	14								
Applesauce-Strawberry/Banana	ZeeZees	A3700	1-4.5 oz	14								
Au Gratin Potatoes	Basic America Foods	20922	½ cup	25	X							
Baked Beans	Recipe		2/3 cup	35.99								
Banana – fresh			1 med. -5 oz	20.0								
Broccoli- Fresh			½ cup	4.92								
Butternut Squash Roasted		Recipe 000599	½ cup	16.50								
Butternut Squash		49013	½ c. =3.5 oz.	3								
Cabbage-Steamed			½ cup = 3.5 oz	3.5								
Carrots- raw (baby)			1 bag	6.0								
Carrots- Raw- Shredded			4 oz.	11								
California Blend Veggie's	Fineline	51150		6								
Cherry Tomatoes			½ cup = 4 oz	4.57								
Cole Slaw			½ cup	7.44								
Collard Greens- cooked			½ cup= 3 oz.	5								
Corn- Sweet Kernel (Canned)			½ cup = 4.5 oz	18								
Corn (Frozen)			½ cup	15.0								
Cran-Berries – Craisins	Ocean Spray		1 bag = ½ cup serving	28								
Cranberry Sauce			¼ cup	69								
Cucumbers- Fresh with peel-slice			½ cup – 2 oz.	1.9								
Fiesta Beans	Bush's	01585	½ cup	22								
French Fries	Lamb & Weston	S34	3 oz.	19		X	X					

Nutrikids Disclaimer: The data contained within the nutrient database cannot be used for and does not provide menu planning for anyone with a medical condition or food allergy. Any user planning for or treating medical conditions must consult a medical professional for assistance.

Nutritional information is to be used as an approximate guideline and is subject to change due to preparation modifications and food substitutions by suppliers.

School Nutrient Analysis and Allergens for 2026-2027 School Year

Brand Name	Code#	Portion	Carbohydrates (Grams)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell
Fruit Gel - Cherry	Dole	100-38900-03354-2	1 pack	22							
Fruit Gel - Orange	Dole	100-38900-03352-8	1 pack	18							
Fruit Gel - Strawberry	Dole	100-38900-03353-5	1 pack	19							
Garden Salad (no dressing)			1 cup	7.4							
Grapes – fresh			½ cup (small bunch= 4 oz.)	20							
Green Beans			½ cup	3							
Harvest Mixed Fruit	ZeeZees	1765	1portion	19							
Lettuce and Tomato			½ c. lettuce chopped 1 oz. sliced tomato	.5 1							
Mandarin Oranges in Juice	Zee Zees	605376	1 portion-4.5 oz.	17							
Mashed Potatoes without Gravy	Basic American	76468	½ cup	17	X						
Mix Berry fruit cup	USDA	110859	1 portion	20							
Mixed Fruit Cup	Zee Zees	1765	4.5 oz cup	19							
Mixed Vegetables			½ cup	11.9		X	X		X		
Mixie's	National Food Group	A620935	1 packet		31						
Orange-Fresh			1 small – 5 oz. 1 med.-7 oz.	11.0 18							
Peaches			½ cup	14.46							
Peaches, Diced, cup	Zee Zees	1740	4.5 cup	18							
Pear – fresh			1 Med. -7 oz. 1 small – 5 oz.	25 18							
Pear Cup, diced	Zee Zees	1780	4.5 oz cup	19							
Pears			½ cup	15							
Pineapple			1 portion	22							
Pineapple Chunks in juice	Zee Zees	607059	4.5 oz cup	16							
Potations, Emoticon	McCain	1000006639	½ cup	18							
Potato- Baked-Whole		Fresh – 7 oz	Med. Potato	42							
Potato – Seasoned Diced	Lamb & Weston	A28	2/3 cup								
Refried Beans	Basic American	82948	½ cup	28							
Spiced Apples		Recipe 000434	½ c	19.82		X					
Spinach – Raw			½ cup	.5							
Spinach- Steamed			½ cup – 3.5 oz.	4.0							
Strawberries- Fresh			6 med. Or 3 large-2 oz.	4							
Strawberries, Frozen, Sliced, Sweetened			½ cup	29.91							
Strawberry Cup Frozen		USDA	½ cup	21							
Sweet Potato Fries	Lamb & Weston	L0084	3 oz	20							
Sweet Potatoes- recipe 000456			½ cup	24.12		X					
Tator Tots	Lamb & Weston	H30	3 oz	17							
Tomato Soup	JTM	5113	6 oz	19	X						

Nutrikids Disclaimer: The data contained within the nutrient database cannot be used for and does not provide menu planning for anyone with a medical condition or food allergy. Any user planning for or treating medical conditions must consult a medical professional for assistance.

Nutritional information is to be used as an approximate guideline and is subject to change due to preparation modifications and food substitutions by suppliers.

School Nutrient Analysis and Allergens for 2026-2027 School Year

	Brand Name	Code#	Portion	Carbohydrates (Grams)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell
Breakfast Entrees												
Apple Cinnamon Muffin	National Food	606635	1 portion	43	X	X	X			X		
Apple Cinnamon Texas Toast	S&F	128MC	1 pack	47	X	X	X					
Appleway Apple Chocolate Chip Bar	Appleways		1 portion									
Appleway Apple Oatmeal Bar	Appleways	75100	1 portion	46	X	X	X					
Bacon Breakfast Pocket	Albie's	852	1 package	22	X	X	X			X		
Bagel, Everything	Burru	87034	1-4oz bagel	61		X	X			X		
Bagel, Mini Strawberry Cream	Phillsbury	3282809	1-2.43 oz	42	X	X						
Benefit Bars – Cocoa Chip	JJ Snacks	40406	1 bar – 2.5 oz.	48	X	X	X			X		
Benefit Bars – French Toast	JJ Snacks	40404	1 bar – 2.5 oz.	47	X	X	X			X		
Bread, Banana	Super Bakery	7501	1 pkg.	45	X	X	X			X		
Bread, Blueberry	Super Bakery	7503	1 pkg.	45	X	X	X			X		
Bread, Cocoa	Super Bakery	7506	1 pkg.	44	X	X	X			X		
Bread, Lemon	Super Bakery	?	1 pkg.	?								
Bread, Pumpkin	Super Bakery	7505	1 pkg.	43	X	X	X			X		
Breakfast Break Cinnamon Poptart	ES Foods	61244	1 package	71	X	X	X			X		
Breakfast Break Fudge Poptart	ES Foods	61247	1 package	70	X	X	X			X		
Breakfast Break – Trix	ES Foods	61114	1 package	56	X	X	X					
Breakfast Break- Coco Puffs	ES Foods	61101	1 package	58	X	X	X					
Cereal bar – Cinnamon Toast Crunch	General Mills	16854000	1 package	52		X	X					
Cereal bar – Cheerios peach	General Mills	16856000	1 package	51		X	X					
Cereal Bar – Coco Puff	General Mills	1600206885	1 package	52		X	X					
Cereal bar – Lucky charms	General Mills	16853000	1 package	51		X	X					
Cereal Bar Breaks Cinnamon Toast	ES Foods	61245	1 package	68	X	X	X			X		
Cereal Bar Breaks Coco Puffs	ES Foods	61249	1 package	58	X	X	X					
Cereal Bar Breaks Trix	ES Foods	61250	1 package	64	X	X	X			X		
Cereal Bowl 2 oz Blueberry Chex	General Mills	10016000172620	1 package	46								
Cereal Bowl 2 oz Cinnamon Chex	General Mills	100160001488-0	1 package	46								
Cereal Bowl 2 oz Cinnamon Toast Crunch	General Mills	10016000148861	1 package	44								
Cereal Bowl 2 oz Cocoa Puffs	General Mills	10016000148854	1 package	47								
Cereal Bowl 2 oz Honey Cheerios	General Mills	16000184480	1 package	44								
Cereal Bowl 2 oz Lucky Charms	General Mills	10016000148847	1 package	46								
Chicken Biscuit	Bake Crafter	6625	1 serving	29	X	X	X			X		
Cinnamon Toast Crunch soft bar	Pillsbury	110978000	1 portion	41	X	X	X			X		
Cinnamon Roll	Hadley Farms	1375	1 portion	38		X	X					
Cream Cheese Spread	Wholesome Farms	6261713	1 oz	2	X							
Dunkin Sticks	Super Bakery	7012	1pkg	48	X	X	X			X		
Eggo Mini (maple)	Kellogs	38000-92562	1 pouch	35	X	X	X			X		
Eggo Mini (confiti)	Kellogs	38000-18574	1 pouch	35	X	X	X			X		
French Toast Sticks	Rich's	449	3 sticks	38		X	X			X		
Grahams-Strawberry	ZeeZees	610687	1pkg	21		X	X					
Muffin Top- Blueberry	National Foods	607168	1-3.1 oz	42	X	X	X			X		
Pancake & Sausage on Stick	Foster Farms	66383	1 portion	18		X	X			X		
Pancake Sandwich w/ egg & cheese	MBC	4525	1 package	20	X	X	X			X		
Sausage Biscuit	Snak Time	ST9655NL	1 sandwich	18	X	X	X					
Sausage Biscuit	Don Lee	QSC295P	1 Sandwich	26	X	X	X					
Sausage Links	Jennio	614003	1 link	0								
Yogurt – Raspberry Rainbow	Trix	17725000	1 portion	15	X							
Yogurt – Strawberry Banana Bash	Trix	17726000	1 portion	15	X							
Zee Zee Birthday Cake Bar	National Foods Group	060500	1 bar	41		X	X					
Zee Zee Birthday Ccoa Cherry Bar	National Foods Group	ZCH100	2-1.8 oz	66		X	X					

Nutrikids Disclaimer: The data contained within the nutrient database cannot be used for and does not provide menu planning for anyone with a medical condition or food allergy. Any user planning for or treating medical conditions must consult a medical professional for assistance.

Nutritional information is to be used as an approximate guideline and is subject to change due to preparation modifications and food substitutions by suppliers.

School Nutrient Analysis and Allergens for 2026-2027 School Year

	Brand Name	Code#	Portion	Carbohydrates (Grams)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell
Zee Zee's Camp fire Smoes Bar	National Foods Group	B60480	1 bar	42		X	X					

Beverages

Juice, Apple			4 oz.	13								
Juice, Fruit Punch			4 oz	15								
Juice, Orange			4 oz.	13								
Juice, Orange Medley	Juicy Juice	8-89497-00066-9	4.23 oz	13								
Milk, Chocolate	Marva Maid		8 oz.	20	X							
Milk, Strawberry	Marva Maid		8 oz.	20	X							
Milk, Shelf Stable Chocolate Fat Free	Modern Pantry		8 oz	22	X							
Milk Shelf Stable White Skim	Modern Pantry		8 oz	13	X							
Milk, Soy	Pearl		8.25 oz	7.1		X	X					
Milk, White 1%	Marva Maid		8 oz.	13	X							
Milk, White Skim	Marva Maid		8 oz.	11	X							

Snacks

Bug Bites, Cinnamon Grahams	Keebler	30100-55641	1 pkg	21		X	X					
Cheez-It	Kellogg's	24100-79263	.75 oz. Package	14	X	X	X					
Cookie, Pink frosted	Gold Star Foods	10500	1 cookie	27	X	X	X			X		
Cookie, Triple Chocolate Fudge	Rich's	03593	1 cookie	31	X	X	X					
Cookie, Mini Chocolate Chip	Grandma's	66154	1 pack	25	X	X	X					
Fruit Snacks	Motts	47954000	1 pack	38								
Popcorn white cheddar	Pepsico	30900	1 pack	10	X							
Scooby-Doo Graham Stixs	Keebler	30100-50689	1 pack	21		X	X	A3700				
Snack Break – Cinnamon Grahams	ES Foods	612288	1 package	43	X	X	X			X		
Snack Break – Cheez its	ES Foods	61289	1 package	39	X	X	X					
Snack Break – Strawberry Bites	ES Foods	61290	1 package	46	X	X	X			X		

Nutrikids Disclaimer: The data contained within the nutrient database cannot be used for and does not provide menu planning for anyone with a medical condition or food allergy. Any user planning for or treating medical conditions must consult a medical professional for assistance.

Nutritional information is to be used as an approximate guideline and is subject to change due to preparation modifications and food substitutions by suppliers.