

Allergens and Carbohydrate Counts | Elementary and Middle School Lunch

milk, egg, shellfish, tree nuts, peanuts, wheat/gluten, soybean, and sesame.

503-16-33

Menu Item	Allergens	Carbohydrate Count
Bean and Cheese Burrito	Corn, Gluten, milk, Soy and Wheat	Burrito - 59g
Bean and Cheese Nachos	Seasoned Beans - None Cheese - milk Tortilla Chips - Corn	Beans (1/2 cup) - 22g Tortilla Chips (13 each) - 11g Shredded Cheese (1/2 cup) - 2g
Bean and Rice Bowl with Tortilla Chips	Beans and Rice - None Cheese - milk Tortilla Chips - Corn Taco Beef - None Seasoned Chicken - Corn	Beans (1/4 cup) - 11g Rice (1/2 cup) - 22.5g Tortilla Chips (13 each) - 11g Shredded Cheese (1/4 cup) - 1g Seasoned Chicken (1/4 cup) - 0g Taco Beef (1/4 cup) - 1g
Beef, Bean and Cheese Burrito	Corn, Gluten, milk, Soy and Wheat	Burrito - 58g
Black Bean Cup, Cheese and Crackers or Tortilla Chips	Bean Cup - None Cheese - milk Wheat Thins - Corn, Gluten and Wheat Tortilla Chips - Corn	Bean Cup (1 each) - 13g Cheese (1 each) - 0g Wheat Thins (1 package, 1.75 oz) - 35g Tortilla Chips (13 each) - 11g
Cheeseburger or Grassfed Cheeseburger	Beef Patt - None Cheese - milk Hamburger Bun - Gluten, Soy and Wheat	Beef Patt - 0g Cheese (1 slice) - 0g Hamburger Bun - 29g
Cheese Lasagna	Corn, Egg, Gluten, milk and Wheat	1 Each - 62.5g
Chicken and Cheese Enchiladas with Verde Sauce	Enchiladas - Corn, milk and Soy Enchilada Sauce - Corn	Enchiladas and Sauce (2 each) - 31g
Chicken Dumplings with Brown Rice	Dumplings - Corn, Gluten, Sesame, Soy and Wheat Rice - None	Dumplings (6 each) - 31g Rice (1/2 cup) - 23g
Chicken Filet Sandwich	Chicken - Corn, Gluten, milk, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat	Chicken - 17g Hamburger Bun - 29g

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Menu Item	Allergens	Carbohydrate Count
Chicken Jerk , Cheese and Crackers	Chicken Jerk - Corn, Gluten Cheese - milk Wheat Thins - Corn, Gluten and Wheat Zee Zees Crackers - Gluten, Soy and Wheat	Chicken Jerk (1 package) - 7g Cheese (1 each) - 0g Wheat Thins (1 package, 1.75 oz) - 35g Zee Zees Crackers (1 package, 0.8 oz) - 15g
Chicken or Sweet and Crisp Tofu with Brown Rice	Tofu - Corn and Soy Chicken - Corn Garlic Sauce - Corn, Gluten, Soy and Wheat Rice - None	Tofu and Sauce (1/2 cup) - 13g Chicken and Sauce (1/2 cup) - 7.5g Rice (1 cup) - 46g
Chicken Tenders	Corn, Gluten, milk, Soy and Wheat	3 Each - 18g
Chicken with Korean BBQ Sauce, Vegetable Dumplings and Brown Rice	Chicken and Sauce - Corn, Sesame and Soy Rice - None Dumplings - Corn, Gluten, Sesame Soy and Wheat	Chicken and Sauce - (1/2 cup) - 32g Rice (1/2 cup) - 23g Dumplings (3 each) - 16.5g
Green Chile and Cheese Tamale	Tamale - Corn, milk	Tamale (1 each) - 32g
Grilled Cheese Sandwich	Gluten, milk, Soy and Wheat	1 Each - 32g
Hummus, Cheese and Crackers	Hummus - Sesame Cheese - milk Wheat Thins - Corn, Gluten and Wheat Zee Zees Crackers - Gluten, Soy and Wheat	Hummus (1 each) - 11g Cheese (1 each) - 0g Wheat Thins (1 package, 1.75 oz) - 35g Zee Zees Crackers (1 package, 0.8 oz) - 15g
milk	milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
Quesadilla Breadsticks with Marinara	Breadsticks - Gluten, milk, Soy and Wheat Marinara - None	Breadsticks (2 each) - 28g Marinara Sauce (2T) - 3g
Orange Chicken with Brown Rice	Chicken - Corn, Egg, Gluten, Soy and Wheat Rice - None	Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g

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Oregon Rock sh Tacos	Rock sh - Fish Tortilla Shell - Ce C	