



MILK	Carb Count	Allergens
Milk, White 1 %	11	MILK
Milk, Chocolate Nonfat	20	MILK
ENTREES		
All Beef Hot Dog	23	WHEAT, SESAME
Baked Potato w. Cheese	37	MILK
Breakfast Sandwich	40	WHEAT, MILK, EGG
French Toast	35	WHEAT, MILK, EGG, SOY
Pancakes	28	WHEAT, MILK, EGG, SOY
Waffles	31	WHEAT, MILK, EGG, SOY
Cheesy Bosco Sticks - plain	34	MILK, WHEAT
Cheesy Bosco Sticks w. Dipping Sauce	36	MILK, WHEAT
Chicken Nuggets	17	WHEAT, MILK, SOY
Chicken Patty Sandwich- Regular	45	WHEAT, SOY
Chicken Tenders, Regular	24	WHEAT
Popcorn Chicken	19	WHEAT, MILK, SOY

Burger w. Cheese	35	WHEAT,MILK,SESAME,SOY
Burger w/o Cheese	34	WHEAT, SESAME, SOY
Corn Dog	27	WHEAT, SOY, EGG
Grilled Cheese	42	WHEAT, SOY, MILK
Grilled Ham & Cheese	44	WHEAT, SOY, MILK

Grilled Turkey & Cheese	44	WHEAT, SOY, MILK
Meatball Sub	54	WHEAT, SOY, MILK
Olife Nachos, Cheese	24	MILK
Olife Nachos, Meat + Cheese	34	MILK
Quesadilla, Cheese	38	WHEAT, MILK
Quesadilla, Chicken	40	WHEAT, MILK
Pasta, Baked Mostaccioli	47	WHEAT, MILK

Basil Pesto Pasta	42	WHEAT, MILK
Pasta, Mac & Cheese	42	WHEAT, MILK
Pasta w. Meat Sauce	48	WHEAT
Pasta w. Marinara Sauce	46	WHEAT
Pizza, Cheese Slice	36	WHEAT, MILK, SOY
Pizza, Pepperoni Slice	37	WHEAT, MILK, SOY
Pizza, Sausage Slice	38	WHEAT, MILK, SOY
Cheese Calzones	34	WHEAT, MILK, SOY
Sloppy Joe Sandwich	38	WHEAT, SESAME, SOY
Soft Taco w. Meat	28	WHEAT, MILK
Sun Butter and Jelly Sandwich	42	WHEAT, SOY
Turkey Sub	40	WHEAT, MILK
Chicken Wrap	36	WHEAT, MILK, SOY
Side Grain		
Dinner Roll	24	WHEAT, MILK
FRUIT		

Apples, sliced	8	
Applesauce	22	
Banana	27	
Cantaloupe	12	
Clementine	9	
Honeydew	12	
Juice box, Apple	14	

Juice box, Fruit Punch	15	
Juice box, Mixed Berry	15	
Juice box, Orange Tangerine	15	
Juice box, Strawberry Kiwi	14	
Juice cup, Orange	14	
Mixed Fruit	18	
Orange	21	
Peach	14	
Pear	28	

Watermelon	21	
VEGETABLES		
Beans, Black	20	
Beans, Pinto	22	
Broccoli, Steamed	3	
Carrots, baby	6	
Carrots, Steamed	6	

Celery, Fresh	5	
Corn, Steamed	18	
Cucumbers, Fresh	2	
Green Beans	4	
Green Peas	11	
Peppers, Green	4	
Peppers, Red	9	
Potatoes, Curly Fries	19	
Potato, French Fry	20	
Potatoes, Hash Brown	15	
Potatoes, Mashed	17	
Potatoes, Tater Tots	16	
Tomatoes, Cherry	4	

Tomatoes, Grape	4	
Tomatoes, Roma	4	
Vegetable Blend	3	
BREAKFAST		
Bagel	29	WHEAT, SOY

Yogurt	19	MILK
CONDIMENTS		

BBQ Sauce	7	
Cream Cheese	1	MILK
Dressing, Caesar	2	EGG, MILK
Dressing, Ranch	3	MILK, EGG

Ketchup	3	
Mayo	1	EGG
Sour Cream	2	MILK
Syrup (1 oz)	27.5	

****IF YOUR CHILD HAS A SEVERE ALLERGY, PLEASE CONTACT THE SCHOOL NURSE
AND/OR FOOD SERVICE DISTRICT MANAGER FOR FURTHER
ASSISTANCE****

Allergen Disclaimer

At OrganicLife, we take food allergies seriously and your health and safety are always our top priority. We train our teams, review manufacturer data, and make every reasonable effort to identify and reduce risks from major allergens. Because recipes, suppliers, and manufacturing practices can change, and because cross-contact is possible in school kitchens and at manufacturers, we cannot guarantee that any item is completely free of allergens.

Nutrition and allergen data are provided for general guidance only based on information from our trusted suppliers and ingredient manufacturers. For those with severe or life-threatening allergies, we highly recommend verifying ingredient information on product labels.

Families should always consult their healthcare providers when making dietary decisions for students with allergies and are encouraged to work directly with the on-site Foodservice Director for the most current ingredient information. However, please note that allergen information provided is never a guarantee but a heartfelt effort to ensure transparency and serve you as safely as possible.