

Sunnyvale School District Child Nutrition Services Nutrition & Allergen Information

Allergens												
Breakfast Item Name	Serving Size	Calories	Carbs	Peanut	Milk	Eggs	Tree Nuts	Fish	Sesame	Soy	Wheat	Gluten
Cereal, Cheerios	1 each	100	20	No	No	No	No	No	No	No	No	No
Cereal, Cinnamon Toast Crunch	1 each	110	22	No	No	No	No	No	No	Yes	Yes	Yes
Cereal, Mini Wheats	1 each	100	24	No	No	No	No	No	No	No	Yes	Yes
Cereal, Rice Chex	1 each	100	24	No	No	No	No	No	No	No	No	No
Cereal, Rice Krispies	1 each	100	23	No	No	No	No	No	No	No	No	No
Cinnamon Bun	1 each	240	40	No	Yes	Yes	No	No	No	Yes	Yes	Yes
Pan Dulce	1 each	200	34	No	Yes	Yes	No	No	No	Yes	Yes	Yes
French Toast Sticks	4 sticks	256	37	No	No	No	No	No	No	Yes	Yes	Yes
Graham Crackers	1 each	90	17	No	No	No	No	No	No	Yes	Yes	Yes
Juice, 4oz	1 each	60	14	No	No	No	No	No	No	No	No	No
Milk, White Low Fat	1 each	130	16	No	No	No	No	No	No	No	No	No
Milk, White, Fat Free	1 each	90	13	No	No	No	No	No	No	No	No	No
Mini Pancakes, Maple	1 each	220	39	No	Yes	Yes	No	No	No	No	Yes	Yes
Mini Pancakes, Strawberry	1 each	212	39	No	Yes	Yes	No	No	No	No	Yes	Yes
Oatmeal Bar, Apple	1 each	280	46	No	Yes	Yes	No	No	No	Yes	Yes	Yes
Oatmeal Bar, Strawberry	1 each	280	46	No	Yes	Yes	No	No	No	Yes	Yes	Yes
Turkey Sausage Pizza	1 each	240	31	No	Yes	No	No	No	No	Yes	Yes	Yes
Ultimate Breakfast Round, Cinnamon	1 each	280	44	No	Yes	Yes	No	No	No	Yes	Yes	Yes
Waffles, 4x4	1 each	105	17	No	Yes	No	No	No	No	Yes	Yes	Yes
Allergens												
Lunch & Supper Item Name	Serving Size	Calories	Carbs	Peanut	Milk	Eggs	Tree Nuts	Fish	Sesame	Soy	Wheat	Gluten
Baked Chicken (CMDY)	1 each	370	12	No	No	No	No	No	No	No	Yes	Yes
Baked Chicken (CMDY) with BBQ Sauce	1 each	496	15	No	No	No	No	No	No	No	Yes	Yes
BBQ Pulled Chicken Sandwich	1 each	250	32	No	No	No	No	No	No	No	Yes	Yes
BBQ Pulled Pork Sandwich	1 each	261	34	No	No	No	No	No	No	No	Yes	Yes
Breakfast on a Bun	1 each	246	28	No	Yes	Yes	No	No	No	No	Yes	Yes
Burrito, Bean & Cheese Individually wrapped	1 each	401	55	No	Yes	No	No	No	No	Yes	Yes	Yes
Cheeseburger	1 each	599	57	No	Yes	No	No	No	No	No	Yes	Yes
Chicken Burger (spicy or plain)	1 each	380	43	No	No	No	No	No	No	Yes	Yes	Yes
Chicken Burrito Bowl	1 each	346	44	No	Yes	No	No	No	No	Yes	No	No
Chicken Drumstick, Breaded	1 each	190	5	No	No	No	No	No	No	No	Yes	Yes
Chicken Drumstick with BBQ Sauce	1 each	261	6	No	No	No	No	No	No	No	No	No
Chicken Pot Stickers	6 each	240	31	No	No	No	No	No	No	Yes	Yes	Yes
Chicken Tenders	3 each	258	16	No	No	No	No	No	No	Yes	Yes	Yes
Corn Dog	1 each	240	30	No	No	Yes	No	No	No	Yes	Yes	Yes
Curtido Slaw	1 serving	18	4	No	No	No	No	No	No	No	No	No
French Bread Pizza	1 each	290	33	No	Yes	No	No	No	No	Yes	Yes	Yes
Grilled Cheese	1 each	277	26	No	Yes	No	No	No	No	No	Yes	Yes

Allergens												
Lunch & Supper Item Name	Serving Size	Calories	Carbs	Peanut	Milk	Eggs	Tree Nuts	Fish	Sesame	Soy	Wheat	Gluten
Hamburger	1 each	240	27	No	No	No	No	No	No	No	Yes	Yes
Hearty Posole with Tortilla Chips	1 each	484	57	No	No	No	No	No	No	No	No	No
Hot Dog	1 each	261	28	No	No	No	No	No	No	No	Yes	Yes
Italian Dunkers	2 each	300	30	No	Yes	Yes	No	No	No	Yes	Yes	Yes
Macaroni and Cheese	1 serving	716	55	No	Yes	No	No	No	No	Yes	Yes	Yes
Milk, Chocolate Fat Free	1 each	120	22	No	No	No	No	No	No	No	No	No
Nachos, Bean and JTM Cheese	1 serving	491	53	No	Yes	No	No	No	No	No	No	No
NY Cheese Pizza 10 cut	1 slice	270	31	No	Yes	No	No	No	No	No	Yes	Yes
NY Pepperoni Pizza 10 cut	1 slice	380	31	No	Yes	No	No	No	No	No	Yes	Yes
Orange Chicken	12 each	321	33	No	No	No	No	No	No	Yes	Yes	Yes
Orange Chicken with Rice	1 serving	454	62	No	No	No	No	No	No	Yes	Yes	Yes
Pasta, Spaghetti Regular with Marinara Sauce and Two Cheese	1 serving	467	53	No	Yes	No	No	No	No	No	Yes	Yes
Pasta, Spaghetti Regular with Meat Sauce	1 serving	277	31	No	No	No	No	No	No	No	Yes	Yes
Pasta, Spaghetti Whole Grain, with Marinara Sauce and Parmesan Cheese	1 serving	373	52	No	Yes	No	No	No	No	No	Yes	Yes
Pasta, Spaghetti Whole Grain, with Marinara Sauce and Two Cheese	1 serving	454	53	No	Yes	No	No	No	No	No	Yes	Yes
Popcorn Chicken	12 each	251	15	No	No	No	No	No	No	Yes	Yes	Yes
Posole con Pollo with Tortilla Chips	1 bowl	439	50	No	No	No	No	No	No	No	No	No
Protein Pack with String Cheese	1 each	559	75	No	Yes	No	No	No	No	Yes	Yes	Yes
Protein Pack with Sunflower Seeds	1 each	540	66	No	Yes	No	No	No	No	Yes	Yes	Yes
Pupusa, Bean & Cheese	1 each	290	35	No	Yes	No	No	No	No	No	No	No
Quesadillas, Regular 10 in	1 each	392	38	No	Yes	No	No	No	No	No	Yes	Yes
Quesadillas, Whole Grain 10 in	1 each	362	31	No	Yes	No	No	No	No	No	Yes	Yes
Smart Cheese Pizza	1 each	300	33	No	Yes	No	No	No	No	Yes	Yes	Yes
Spanish Rice, Brown	1/2 cup	155	32	No	No	No	No	No	No	Yes	No	No
Spanish Rice, White	1/2 cup	155	32	No	No	No	No	No	No	Yes	No	No
Sunbutter & Jelly Home Made Sandwich	1 each	640	67	No	No	No	No	No	No	No	Yes	Yes
Sunbutter & Jelly Sandwich Individually Wrapped	1 each	311	33	No	No	No	No	No	No	Yes	Yes	Yes
Tacos, Beef Crunchy Shell	2 tacos	403	26	No	Yes	No	No	No	No	No	No	No
Tacos, Pinto Beans Crunchy Shell	2 tacos	268	40	No	No	No	No	No	No	No	No	No
Taco Nada	1 each	310	40	No	Yes	No	No	No	No	Yes	Yes	Yes
Teriyaki Beef Dippers	4 each	160	6	No	No	No	No	No	No	Yes	Yes	Yes
Tuna Sandwich	1 each	424	26	No	No	Yes	No	Yes	No	Yes	Yes	Yes
Turkey Ham Sandwich	1 each	294	27	No	Yes	No	No	No	No	No	Yes	Yes
Turkey Sandwich	1 each	279	26	No	Yes	No	No	No	No	No	Yes	Yes

Allergens												
Snack Item Name	Serving Size	Calories	Carbs	Peanut	Milk	Eggs	Tree Nuts	Fish	Sesame	Soy	Wheat	Gluten
Animal Cracker	1 each	120	22	No	No	No	No	No	No	Yes	Yes	Yes
Cereal, Cheerios	1 each	100	20	No	No	No	No	No	No	No	No	No
Cereal, Cinnamon Toast Crunch	1 each	110	22	No	No	No	No	No	No	Yes	Yes	Yes
Cereal, Mini Wheats	1 each	100	24	No	No	No	No	No	No	No	Yes	Yes
Cereal, Rice Chex	1 each	100	24	No	No	No	No	No	No	No	No	No
Cereal, Rice Krispies	1 each	100	23	No	No	No	No	No	No	No	No	No
Cheddar Goldfish	1 each	100	14	No	Yes	No	No	No	No	No	Yes	Yes
Cheez It	1 each	100	14	No	Yes	Mp	No	No	No	Yes	Yes	Yes
Chocolate Chip Cookie	1 each	111	18	No	Yes	Yes	No	No	No	Yes	Yes	Yes
Doritos, Nacho Cheese	1 each	130	20	No	Yes	No	No	No	No	No	No	No
Doritos, Cool Ranch	1 each	130	20	No	Yes	No	No	No	No	No	No	No
Giant Goldfish Cinnamon	1 each	120	19	No	No	No	No	No	No	No	Yes	Yes
Goldfish Pretzel	1 each	90	16	No	Yes	No	No	No	No	No	Yes	Yes
Graham Crackers	1 each	90	17	No	No	No	No	No	No	Yes	Yes	Yes
Juice, 6oz	1 each	90	21	No	No	No	No	No	No	No	No	No
String Cheese	1 each	80	1	No	Yes	No	No	No	No	No	No	No
Sunflower Seeds Honey Roasted	1 each	170	7	No	No	No	No	No	No	No	No	No

Updated: 8/10/21 at 11:39am