



Good Food
PROJECT
made with love

Daily Deli & Sack Lunch Portion Guide

Menu Item	Allergen	Portion	Credit	Carbs
		All	All	All
Bagel Meal (ES)				
Bagel (51% Whole Wheat)	Wheat	1 pc (65g)	2G	33g
Cream Cheese	Milk	1 cup (1oz)	EXTRA	2g
Sunflower Seeds*	*Certified Nut Free	1 pkg (1.2oz)	1M	10g
& / OR				
String Cheese	Milk	1 ea. (1oz)	1M	0g
Bagel Meal (MS/HS)				
Bagel (51% Whole Wheat)	Wheat	1 pc (65g)	2G	33g
Cream Cheese	Milk	1 cup (1oz)	EXTRA	2g
String Cheese	Milk	1 ea. (1oz)	1M	0g
&				
Sunflower Seeds*	*Certified Nut Free	1 pkg (1.2oz)	1M	10g
Sun butter & Jelly Sandwich (ES)				
Sliced Bread, Whole Grain	Wheat	2 slices (80g)	2G	38g
Sun butter*	*Certified Nut Free	2oz (56g)	2M	12g
Jelly		2 Tbsp (1oz)	EXTRA	18g
Turkey & Cheese Bagel (MS/HS)				
Turkey		2 slices (1.8oz)	1.75M	0g
Cheddar Cheese	Milk	1 slice (.6oz)	.5M	0g
Bagel (51% Whole Wheat)	Wheat	1 pc (65g)	2.25G	33g
Turkey & Cheese Sub (MS/HS)				
Turkey		2 slices (1.8oz)	1.75M	0g
Cheddar Cheese	Milk	1 slice (.6oz)	.5M	0g
Hoagie	Wheat, *Sesame	1 Roll (65g)	2G	29g
Egg Salad Sandwich (MS/HS)				
Egg Salad	Egg	1/2 cup (4oz)	3M	11g
Sliced Bread, Whole Grain	Wheat	2 slices (80g)	2G	38g
Tuna Salad Sub (MS/HS)				
Tuna Salad	Egg	1/2 cup (4oz)	3M	12g
Hoagie	Wheat, *Sesame	1 Roll (65g)	2G	29g
Vegetarian Caesar Salad (MS/HS)				
Sunflower Seeds*	*Certified Nut Free	1 pkg (1.2oz)	1M	10g
Romaine Lettuce		2 cups (3.5oz)	2V	2g
Parmesan Cheese	Milk	1/2 cup (2oz)	2M	0g
Caesar Dressing (pre-portioned)	Milk, Egg	1/4 cup (1.5oz)	EXTRA	2g
Croutons	Wheat	1/2 cup (1oz)	EXTRA	14g
Roll (optional MUST be offered)	Wheat, *Sesame	1 ea. (2oz)	2G	26g
Chicken Caesar Salad (MS/HS)				
Diced Chicken		1/2 cup (2oz)	2M	0g
Romaine Lettuce		2 cups (3.5oz)	2V	2g
Parmesan Cheese	Milk	2 Tb	.5M	0g
Caesar Dressing (individual Cup)	Milk, Egg	1/4 cup (1.5oz)	EXTRA	2g
Croutons	Wheat	1/2 cup (1oz)	EXTRA	14g
Roll (optional MUST be offered)	Wheat, *Sesame	1 ea. (2oz)	2G	26g
Chicken Bacon Ranch Wrap (MS/HS)				
Tortilla, 10" Whole Grain	Wheat	1ea (2.4oz)	2G	33g
Diced Chicken		1/2 cup (2oz)	2M	0g
Romaine Lettuce		2 cups (3.5oz)	2V	2g
Bacon Bits		2 Tb (1/2 oz)	EXTRA	2g
Ranch Dressing	Milk, Egg	1/4 cup (2oz)	EXTRA	2g
Chicken Caesar Wrap (MS/HS)				
Tortilla, 10" Whole Grain	Wheat	1ea (2.4oz)	2G	33g
Diced Chicken		1/2 cup	2M	0g
Romaine Lettuce		2 cups (3.5oz)	2V	2g
Parmesan Cheese	Milk	2 Tb	.5M	0g
Caesar Dressing	Milk, Egg	1/4 cup (2oz)	EXTRA	2g
Roll, IW	Wheat, *Sesame	1 ea. (2oz)	2G	26g

*Beginning in October of 2022 - Hamburger Buns, Hot Dog Buns, Hoagie Rolls and Dinner Rolls will all include Sesame Flour