



School Year 2018 – 2019

Allergens and Carbohydrate Middle & High School

Breakfast Entrees (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Banana Square (1)	260	38	2.5	Egg	Glu	Milk					Wheat
Blueberry Square (1)	230	35	2.3	Egg	Glu	Milk					Wheat
Breakfast Pizza	210	21	1.4		Glu	Milk					Wheat
B.O.B. Sandwich	465	33	2.2	Egg	Glu	Milk			Soy		Wheat
Egg Omelet	200	3	0.2	Egg		Milk					
Sausage Pattie	120	0.5	0								
Cheese	35	1	0.1			Milk			Soy		
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Burrito, Bean & Cheese	375	58	3.9		Glu	Milk					Wheat
Beans	160	27	1.8								
Cheese	45	0	0			Milk					
Flour Tortilla	170	31	2.1		Glu						Wheat
Burrito, Egg & Cheese	285	32	2.1	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Cheese	40	0	0			Milk					
Flour Tortilla	170	31	2.1		Glu						Wheat
Burrito, Egg & Chorizo	265	33	2.3	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Chorizo	20	1	0.1								
Flour Tortilla	170	31	2.1		Glu						Wheat
Burrito, Egg & Ham	261	32	2.1	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Ham	16	0	0								
Flour Tortilla	170	31	2.1		Glu						Wheat
Burrito, Potato & Cheese	265	42	2.8		Glu	Milk					Wheat
Potato & Chile	55	11	0.7								
Cheese	40	0	0			Milk					
Flour Tortilla	170	31	2.1		Glu						
Burrito, Potato & Chorizo	243	42	2.8		Glu						Wheat
Potato	53	10	0.7								
Chorizo	20	1	0.1								
Flour Tortilla	170	31	2.1		Glu						Wheat
Cereal, Apple Cinnamon Cheerios	110	22	1.5								
Cereal, Cinnamon Toast Crunch	110	22	1.5		Glu				Soy		Wheat
Cereal, Cocoa Puffs	110	25	1.7								
Cereal, Honey Nut Cheerios	110	22	1.5							Almonds	
Cereal, Trix	110	24	1.6								
Cinnamon Rolls w/glaze *	200	35	2.5	Egg	Glu				Soy		Wheat
Cinnamon Rolls w/o glaze	170	27	1.8	Egg	Glu				Soy		Wheat
Coffee Cake (Crumb Cake)	220	38	2.5	Egg	Glu	Milk			Soy		Wheat
Eggs, Scrambled	75	2	0.1	Egg		Milk					
Fiesta Scramble	77	3	0.2	Egg		Milk					
French Toast Sticks (2)	240	38	2.5	Egg	Glu	Milk			Soy		Wheat
Grilled Cheese Sandwich	223	28	1.9		Glu	Milk			Soy		Wheat
Cheese	70	2	0.1			Milk			Soy		
Sliced bread (2)	140	26	1.7		Glu				Soy		Wheat
Margarine	13	0	0						Soy		
Oatmeal *	130	26	1.7		Glu						Wheat

Pancakes (1)	100	22	1.5	Egg	Glu	Milk					Wheat
PB & J Sandwich	370	40	2.6		Glu		Peanuts Peanuts		Soy		Wheat
<i>Peanut Butter</i>	200	6	0.4								
<i>Grape Jelly</i>	30	8	0.5								
<i>Sliced Bread (2)</i>	140	26	1.7		Glu				Soy		Wheat
Sausage Pattie, Pork (1)	120	0.5	0								
Texas Toast with Cinnamon Sugar	95	20	1.3		Glu				Soy		Wheat
Texas Toast (no sugar)	70	14	0.9		Glu				Soy		Wheat
Toaster Sandwich	435	31	2.1	Egg	Glu	Milk			Soy		Wheat
<i>Egg Omelet</i>	200	3	0.2	Egg		Milk					
<i>Turkey Ham</i>	60	1	0.1								
<i>Cheese</i>	35	1	0.1			Milk			Soy		
<i>Sliced bread (2) Toasted</i>	140	26	1.7		Glu				Soy		Wheat
Yogurt Parfait w/Granola	272	62	4.1		Glu	Milk					Wheat
<i>Vanilla Yogurt</i>	100	20	1.3			Milk					
<i>Frozen strawberries</i>	80	22	1.5								
<i>Granola</i>	92	20	1.3		Glu						Wheat
Breakfast Room Service Entrees	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
BRS Apple Chia Bar	190	36	2.4	Egg	Glu	Milk					Wheat
BRS Bean Burrito	222	31	2.1		Glu	Milk			Soy		Wheat
BRS Breakfast Pizza	210	21	1.4		Glu	Milk					Wheat
BRS Chicken on a Biscuit	230	28	2.1	Egg	Glu	Milk			Soy		Wheat
BRS Croissantwich	180	17	1.1	Egg	Glu	Milk			Soy		Wheat
BRS French Toast Sticks (2)	240	38	2.5	Egg	Glu	Milk			Soy		Wheat
BRS Fruit Pancakes, Blueberry	190	35	2.3	Egg	Glu	Milk			Soy		Wheat
BRS Hawaiian Sausage Sandwich	224	26	1.7	Egg	Glu	Milk			Soy		Wheat
BRS Mini Waffles	200	35	2.3	Egg	Glu	Milk			Soy		Wheat
BRS Morning Sausage	180	18	1.2	Egg	Glu	Milk			Soy		Wheat
BRS Strawberry Chia Bar	200	39	2.6	Egg	Glu	Milk					Wheat
BRS Strawberry Grahamwich	310	30	2.0		Glu		Peanuts		Soy		Wheat
BRS Strawberry Uncrustables	320	32	2.1		Glu		Peanuts				Wheat
Lunch Entrees (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Baked Chicken	110	2	0.1		Glu						Wheat
<i>Drumstick (1)</i>	110	0	0								
<i>Flour coating</i>	0	2	0.1		Glu						Wheat
BBQ Chicken (1 Drumstick)	130	5	0.3								
<i>Drumstick (1)</i>	110	0	0								
<i>BBQ</i>	20	5	0.3								
Bean Tapatias (2)	385	49	3.3			Milk					
<i>Beans</i>	160	27	1.8								
<i>Cheese</i>	55	0	0			Milk					
<i>Tostada Shells (2)</i>	170	22	1.5								
Beef Tacos (2)	370	19	1.3			Milk					
<i>Ground beef</i>	165	0	0								
<i>Cheese</i>	55	0	0			Milk					
<i>Taco Shells (2)</i>	150	19	1.3								
Caldillo	265	4.0	0.3								

Cheeseburger	301	31	2.1		Glu	Milk			Soy		Wheat
<i>Beef Patty</i>	126	1	0.1								
<i>Cheese</i>	35	1	0.1			Milk			Soy		
<i>Hamburger Bun</i>	140	29	1.9		Glu				Soy		Wheat
Chicken Alfredo	400	59	3.9		Glu	Milk					
<i>Chicken & Sauce</i>	120	4	0.3			Milk					
<i>Rotini Pasta</i>	280	55	3.6		Glu						
Chicken Nuggets (5)	230	15	1.0		Glu				Soy		Wheat
Chicken Parmesan	440	40	2.7		Glu	Milk			Soy		Wheat
<i>Chicken & Sauce</i>	290	19	1.3		Glu				Soy		Wheat
<i>Cheese</i>	45	0	0			Milk					
<i>Pasta (1/2 cup)</i>	105	21	1.4		Glu						Wheat
Crispy Chicken Sandwich	400	45	3.0		Glu				Soy		Wheat
<i>Chicken Pattie</i>	260	16	1.1		Glu				Soy		Wheat
<i>Hamburger Bun</i>	140	29	1.9		Glu				Soy		Wheat
Chicken Soft Tacos (2)	290	32	2.1		Glu				Soy		Wheat
<i>Chicken Fajita</i>	130	2	0.1						Soy		
<i>Tortillas (2)</i>	160	30	2.0		Glu						Wheat
Chili Bowl	545	64	4.3	Egg	Glu	Milk					Wheat
<i>Chili</i>	190	15	1.0								
<i>Cheese</i>	55	0	0			Milk					
<i>Rice</i>	120	22	1.5								
<i>Corn Bread</i>	180	27	1.8	Egg	Glu	Milk					Wheat
Corn Dog	240	30	2.0	Egg	Glu				Soy		Wheat
Deli Hoagie Sandwich	355	45	3.0		Glu	Milk			Soy		Wheat
<i>Deli Turkey</i>	110	1	0.1								
<i>Cheese</i>	35	1	0.1			Milk			Soy		
<i>Hoagie Bun</i>	210	43	2.9		Glu						Wheat
Enchiladas, green sauce (2)	345	35	2.2		Glu	Milk					Wheat
Enchiladas, red sauce (2)	340	37	2.3		Glu	Milk					Wheat
Flautas (3)	355	29	1.9						Soy		
<i>Flautas (3)</i>	300	29	1.9						Soy		
<i>Melted Cheese</i>	55	0	0								
Fish Nuggets (3)	188	20	1.3		Glu	Milk		Fish			Wheat
Fish Sandwich	420	60	4.0	Egg	Glu			Fish	Soy		Wheat
<i>Fish</i>	210	17	1.1	Egg	Glu			Fish	Soy		Wheat
<i>Hoagie Bun</i>	210	43	2.9		Glu						Wheat
General Tso Chicken	410	67	4.5	Egg	Glu				Soy		Wheat
<i>Chicken & Sauce</i>	170	23	1.5	Egg	Glu				Soy		Wheat
<i>Rice (1 cup)</i>	240	44	3.0								
Hot Dog	300	28	1.9		Glu						Wheat
<i>Hot Dog</i>	170	2	0.2								
<i>Hot Dog Bun</i>	130	26	1.7		Glu						Wheat
Lasagna	350	27	1.8	Egg	Glu	Milk					Wheat
Mac & Cheese	220	24	1.6	Egg	Glu	Milk					Wheat
Mandarin Orange Chicken	150	19	1.3	Egg	Glu				Soy		Wheat
Mascot Tacos	400	38	2.5			Milk			Soy		
<i>Tacos</i>	300	29	1.9						Soy		
<i>Sauce</i>	45	9	0.6								
<i>Cheese</i>	55	0	0			Milk					
Meatballs only (3)	114	2	0.3						Soy		
Patty Melt	356	27	1.9		Glu	Milk			Soy		Wheat
<i>Steakburger</i>	126	0	0								
<i>White American Cheese</i>	55	1	0.1			Milk			Soy		
<i>Sandwich Bread Toasted</i>	175	26	1.8		Glu				Soy		Wheat
PB & J Sandwich	370	40	2.6		Glu		Peanuts		Soy		Wheat
<i>Peanut Butter</i>	200	6	0.4				Peanuts				
<i>Grape Jelly</i>	30	8	0.5								
<i>Sliced Bread (2)</i>	140	26	1.7		Glu				Soy		Wheat
Picadillo Burrito	370	39	2.6		Glu						Wheat

Turkey Deli or Ham	120	2	0.13								
Cheese	35	1	0.06						Soy		
Sliced Bread (2)	140	26	1.7		Glu	Milk			Soy		Wheat
Fruit (per ½ cup)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Apple, fresh	60	15	1.0								
Applesauce, Canned	50	16	1.1								
Applesauce, Cherry	50	14	0.9								
Applesauce, Peach Mango	50	14	0.9								
BRS Apple slices	30	7	0.5								
Banana	110	27	1.8								
Blueberries, frozen	50	11	0.7								
Cantaloupe, fresh	35	7	0.5								
Craisins, Assorted Flavors	130	33	2.2								
Fruit Cocktail in light syrup	80	19	1.3								
Grapes	60	14	0.9								
Grapes & Kiwi	75	18	0.6								
Honeydew Melon	30	8	0.5								
Orange, fresh	60	15	1.0								
Peaches, canned	70	17	1.1								
Pears, canned	80	19	1.3								
Pears, fresh	95	25	1.7								
Pineapple Tidbits	70	17	1.1								
Rainbow Pears	80	18	1.2								
Raisins	120	33	2.2								
Raisels, Assorted Flavors	140	35	2.3								
Strawberries, cup	80	21	1.4								
Strawberries, Frozen	80	22	1.5								
Strawberries with sugar	120	29	1.9								
Watermelon	30	8	0.5								
Vegetables (per ½ cup)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Beans, Baked	100	18	1.2								
Beans, Ranchero	100	19	1.3								
Beans, Refried	160	27	1.8								
Beans, Taco Fiesta Black	110	20	1.3								
Broccoli with Cheese	60	5	0.3			Milk			Soy		
Broccoli, Steamed	20	3	0.2								
California Blend	25	6	0.4								
Carrot & Celery Dippers	20	4	0.3								
Carrot & Cucumber Dippers	20	4	0.3								
Carrot & Jicama Dippers	25	6	0.4								
Cascade Blend	25	5	0.3								
Chili Beans	110	20	1.3								
Chili Beans (2 oz)	55	10	0.7								
Corn	80	17	1.1								
Garden Blend	20	4	0.3								
Green Beans	23	4	0.3								
Lettuce and Tomato (MSHS)	8	2	0.1								
Mashed Potato	80	17	1.1			Milk					
Mixed Green Salad	10	3	0.2								

Peas & Carrots	40	10	0.7								
Potato, Baked	200	37	2.5								
Potato Rounds	130	16	1.1								
Seasoned Green Beans	25	5	0.3								
Spring Blend	30	5	0.3								
Squash	30	8	0.5								
Stir Fry Vegetables	25	4.5	0.3								
Gluten FREE Items	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish /Fish	Soy	Tree Nuts	Wheat
Bread, sliced (1)	120	21	1.5	Egg							
Chicken breast chunks	130	10	0.7								
Hamburger Bun	180	31	2.1	Egg							
Penne Pasta (1/2 cup)	100	22	1.5								
Pizza Crust, 8" round	170	35	2.3								
GF Plain Tortilla	170	27	1.8	Egg							
Grains (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Breadsticks	80	15	1.0	Egg	Glu	Milk			Soy		Wheat
Brown Steamed Rice (1/2 cup)	120	22	1.5								
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Hot Dog Bun	130	26	1.7		Glu						Wheat
Mexican Rice	120	22	1.5		Glu	Milk			Soy		Wheat
Pasta (1/2 cup)	105	21	1.4		Glu						Wheat
Tortilla, Flour (8-in)	170	31	2.1		Glu						Wheat
Tortilla, Flour (6-in)	80	15	1.0		Glu						Wheat
Whole Grain Roll (2oz)	140	26	1.7		Glu						Wheat
WW Sliced Bread (1)	70	13	0.9		Glu				Soy		Wheat
WW Texas Toast (1)	70	14	0.9		Glu				Soy		Wheat
Beverages (per svg)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Milk, Chocolate	130	23	1.5			Milk					
Milk, Lowfat 1%	100	12	0.8			Milk					
Milk, Skim	90	12	0.8			Milk					
Milk, Strawberry	140	28	1.7			Milk					
Juice, Apple	55	15	1.0								
Juice, Apple Cherry	60	14	0.9								
Juice, Grape	80	18	1.2								
Juice, Orange	55	14	0.9								
BRS Juice, Apple	60	14	0.9								
BRS Juice, Fruit Punch	60	15	1.0								
BRS Juice, White Grape	80	20	1.3								
BRS Juice, Orange Tangerine	60	15	1.0								
BRS Juice, Cranberry Raspberry	60	13	0.9								
Soy Milk, Vanilla	110	11	0.7						Soy		
Soy Milk, Chocolate	150	21	1.4						Soy		

Condiments	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Balsamic Vinaigrette	30	4	0.3								
BBQ Sauce (2 Tbsps.)	40	9	0.6								
Brown Gravy- Poultry	20	4	0.3	Egg	Glu	Milk			Soy		Wheat
Buttermilk Ranch Dressing	10	2	0.1	Egg		Milk					
French Dressing	50	2	0.1								
Grape Jelly (1/2 Tbsp.)	30	8	0.5								
Honey Mustard	70	5	0.3								
Italian Dressing Fat Free	5	1	0.0								
Ketchup (1 packet)	15	3	0.2								
Marinara Sauce Portion Cup	40	8	0.5								
Mayonnaise	25	1	0.0	Egg							
Mustard	5	<1	0.0								
Peanut Butter (1 Tbsp.)	100	3	0.2				Peanuts				
SunButter Creamy (1 Tbsp)	100	4	0.3								
Ranch Dipping Sauce	70	5	0.3	Egg		Milk					
Raspberry Vinaigrette Salad Dressing (1 pouch)	45	12	0.8								
Syrup (1 oz)	50	7	0.5								

Average Amount of Carbs:

- per ½ cup of Fruit: ≈ 8 – 15 grams
- Per 1.0 oz of Grain: ≈ 15 grams
- per ½ cup of Non-Starchy Vegetables: ≈ 5 grams
- per ½ cup of Leafy Vegetables: average of ≈ 2 grams

* Menu Item may contain MILK. Please contact Cafeteria Manager.