



School Year 2019-2020

Allergens and Carbohydrate Elementary

Breakfast Entrees (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	Soy	Tree Nuts	Wheat
Banana Squares (1)	260	38	2.5	Egg	Glu	Milk					Wheat
Blueberry Squares (1)	230	35	2.3	Egg	Glu	Milk					Wheat
Breakfast Pizza	210	21	1.4		Glu	Milk					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
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, Lucky Charms	110	23	1.5								
Cereal, Trix	110	24	1.6								
Chicken Biscuit, Breakfast	290	33	2.2	Egg	Glu	Milk			Soy		Wheat
Chicken Pattie	90	6	0.4	Egg	Glu				Soy		Wheat
Biscuit	200	27	1.8		Glu	Milk					Wheat
Chicken & Waffles	336	42	2.8	Egg	Glu	Milk			Soy		Wheat
Waffle	180	27	1.8	Egg	Glu	Milk			Soy		Wheat
Chicken Strip	106	8	0.5	Egg	Glu	Milk			Soy		Wheat
Syrup	50	7	0.5						Soy		Wheat
Cinnamon Rolls w/glaze *	200	35	2.3	Egg	Glu				Soy		Wheat
Cinnamon rolls w/o glaze	160	26	1.7	Egg	Glu				Soy		Wheat
Coffee Cake (Crumb Cake)	220	38	2.5	Egg	Glu	Milk					Wheat
Croissan'wich	320	22	1.5	Egg	Glu	Milk			Soy	Tree Nuts	Wheat
Egg Patty	45	1	0.07	Egg		Milk					
Sausage Pork Patty	120	0.5	0.03								
Sliced Cheese	35	1	0.07			Milk			Soy		
Croissant	120	19	1.3		Glu	Milk			Soy	TreeNuts	Wheat
Eggs, Scrambled	75	2	0.1	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 each)	100	22	1.5	Egg	Glu	Milk					Wheat
Sausage Pattie, Pork (1)	120	0.5	0.0								
Texas Toast (no sugar)	70	14	0.9		Glu				Soy		Wheat

Texas Toast with cinnamon and sugar	95	20	1.3		Glu				Soy		Wheat
Yogurt - Danimals	80	16	1.1			Milk					
Yogurt Bar / Split <i>Vanilla Yogurt</i> <i>Frozen Berries</i> <i>Banana</i> <i>Granola</i>											
Yogurt Parfait w/Granola <i>Vanilla Yogurt</i> <i>Frozen strawberries</i> <i>Granola</i>	272 100 80 92	62 20 22 20	4.1 1.3 1.5 1.3		Glu	Milk Milk					Wheat Wheat
Breakfast Room Service Entrees	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	Soy	Tree Nuts	Wheat
BRS Apple Empanadas	200	41	2.7		Glu						Wheat
BRS Bean Burrito	222	31	2.1		Glu	Milk			Soy		Wheat
BRS Breakfast Pizza	210	21	1.4		Glu	Milk					Wheat
BRS Carrot Muffin	140	28	1.9	Egg	Glu	Milk			Soy		Wheat
BRS Chicken on a Biscuit, IW	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	214	26	1.7		Glu				Soy		Wheat
BRS Strawberry Uncrustables	320	32	2.1		Glu		Peanuts				Wheat
BRS Stuffed Blueberry Stick	190	24	1.6		Glu	Milk			Soy		Wheat
BRS Sunrise Sausage	180	18	1.2	Egg	Glu	Milk			Soy		Wheat
BRS Yogurt <i>Go BIG Yogurt</i> <i>Berry Bear Grahams</i>	210 100 110	39 18 21	2.6 1.2 1.4		Glu	Milk Milk					Wheat Wheat
Breakfast Room Service Fresh Fruit Cups	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	Soy	Tree Nuts	Wheat
Pineapple	37	10	0.7								
Cantaloupe	27	7	0.5								
Honeydew	31	8	0.5								
Red/Green Grapes	55	14	0.9								
Lunch Entrees (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	Soy	Tree Nuts	Wheat
Baked Chicken <i>Drumstick (1)</i> <i>Flour coating</i>	110 110 0	2 0 2	0.1 0 0.1		Glu						Wheat Wheat
BBQ Chicken (1 Drumstick) <i>Drumstick (1)</i> <i>BBQ</i>	130 110 20	5 0 5	0.3 0 0.3								
Bean Tapatias (2) <i>Beans</i> <i>Cheese</i> <i>Tostada Shells (2)</i>	385 160 55 170	49 27 0 22	3.3 1.8 0.0 1.5			Milk Milk					
Beef Tacos (2) <i>Ground beef</i> <i>Cheese</i> <i>Taco Shells (2)</i>	370 165 55 150	19 0 0 18	1.2 0 0 1.2			Milk Milk					

Cheeseburger	301	31	2.1		Glu	Milk			Soy		Wheat
<i>Beef Patty</i>	126	1	0.1								
<i>Cheese</i>	35	1	0.1						Soy		
<i>Hamburger Bun</i>	140	29	1.9		<i>Glu</i>	<i>Milk</i>			Soy		<i>Wheat</i>
Chicken Nuggets	275	11	0.8		Glu						Wheat
Corn Dog	250	30	2.0	Egg	Glu				Soy		Wheat
Crispy Chicken Sandwich	410	45	3.0		Glu				Soy		Wheat
<i>Chicken Pattie</i>	270	16	1.1		<i>Glu</i>				Soy		<i>Wheat</i>
<i>Hamburger Bun</i>	140	29	1.9		<i>Glu</i>				Soy		<i>Wheat</i>
Deli Turkey Sandwich	285	28	1.9		Glu	Milk			Soy		Wheat
<i>Turkey Deli</i>	110	1	0.1								
<i>Cheese</i>	35	1	0.1			<i>Milk</i>			Soy		
<i>Sliced Bread (2)</i>	140	26	1.7		<i>Glu</i>						<i>Wheat</i>
Enchiladas, green sauce (2)	345	35	2.2		Glu	Milk					Wheat
Enchiladas, red sauce (2)	340	37	2.3		Glu	Milk					Wheat
Fish Nuggets (3)	188	20	1.3		Glu	Milk		Fish			Wheat
Hot Dog	270	31	2.1		Glu						Wheat
<i>Hot Dog</i>	120	4	0.3								
<i>Hot Dog Bun</i>	150	27	1.8		<i>Glu</i>						<i>Wheat</i>
Eat Smart Box Items											
#1 – Cheese	350	24	1.6		Glu						
<i>Graham Honey Crackers</i>	90	17	1.1		Glu				Soy		<i>Wheat</i>
<i>Peanut Butter</i>	200	6	0.4				Peanuts				
<i>String Cheese</i>	60	1	0.1			<i>Milk</i>					
#1 – Yogurt	370	39	2.6		Glu	Milk			Soy		Wheat
<i>Graham Honey Crackers</i>	90	17	1.1						Soy		<i>Wheat</i>
<i>Peanut Butter</i>	200	6	0.4				Peanuts				
<i>Yogurt</i>	80	16	1.1		<i>Glu</i>	<i>Milk</i>					
Munchangles	295	29	1.9		Glu	Milk			Soy		Wheat
<i>Turkey Ham</i>	120	2	0.1								
<i>Slice Cheese</i>	35	1	0.05			<i>Milk</i>			Soy		
<i>WW Sliced Bread</i>	140	26	1.7		<i>Glu</i>				Soy		<i>Wheat</i>
Pizza ESB	420	30	2.0		Glu	Milk			Soy		Wheat
<i>Mini Pizza Crust (2)</i>	150	25	1.7		<i>Glu</i>				Soy		<i>Wheat</i>
<i>Marinara Sauce</i>	20	3	0.2								
<i>Mozzarella Cheese</i>	135	1.5	0.1			<i>Milk</i>					
<i>Cheddar Cheese</i>	55	0.0	0.0			<i>Milk</i>					
<i>Pepperoni</i>	60	0.5	0.03								
Mac & Cheese	220	24	1.6	Egg	Glu	Milk					Wheat
Orange Chicken	150	19	1.3	Egg	Glu				Soy		Wheat
PB & J Sandwich	370	40	2.6		Glu		Peanuts		Soy		Wheat
<i>Peanut Butter</i>	200	6	0.4				<i>Peanuts</i>				
<i>Grape Jelly</i>	30	8	0.5								
<i>Sliced Bread (2)</i>	140	26	1.7		<i>Glu</i>				Soy		<i>Wheat</i>
Picadillo Burrito	370	39	2.6		Glu						Wheat
<i>Picadillo</i>	200	8	0.5								
<i>Flour Tortilla</i>	170	31	2.1		<i>Glu</i>						<i>Wheat</i>
Pizza, Cheese only	360	35	2.3		Glu	Milk			Soy		Wheat
Pizza, Pepperoni	420	36	2.4		Glu	Milk			Soy		Wheat
Pulled Pork Sandwich	439	46	3.1		Glu				Soy		Wheat
<i>Pulled Pork</i>	299	17	1.1						Soy		
<i>Hamburger Bun</i>	140	29	1.9		<i>Glu</i>				Soy		<i>Wheat</i>
Salad, Crispy Chicken	295	22	1.5		Glu				Soy		Wheat
<i>Chicken Pattie</i>	270	16	1.1		<i>Glu</i>				Soy		<i>Wheat</i>
<i>Vegetables</i>	25	6	0.4								
Salad, Chicken Fajita	155	8	0.5						Soy		
<i>Chicken Fajita</i>	130	2	0.1						Soy		

Vegetables	25	6	0.4								
Salad, Chef	170	8	0.5			Milk			Soy		
Turkey Ham	50	0	0.0								
Turkey Deli	60	1	0.05								
Cheese	35	1	0.05			Milk			Soy		
Vegetables	25	6	0.4								
Salad, Tuna	145	7	0.5	Egg					Fish		
Tuna Salad	120	1	0.1						Fish		
Tuna	90	0	0.0						Fish		
Mayo	30	1	0.1	Egg							
Vegetables	25	6	0.4								
Spaghetti with Meat Sauce	330	31	2.1		Glu	Milk					Wheat
Meat Sauce	225	10	0.7								
Noodles	105	21	1.4		Glu	Milk					Wheat
Spaghetti with Meat Sauce (Commodity)	275	30	2.0		Glu	Milk			Soy		Wheat
Meat Sauce	170	9	0.6		Glu				Soy		Wheat
Noodles	105	21	1.4		Glu	Milk					Wheat
Steakburger	266	30	2.0		Glu				Soy		Wheat
Beef Pattie	126	1	0.1								
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Steak Fingers (4)	320	19	1.3		Glu	Milk			Soy		Wheat
Stuffed Cheese sticks (2)	320	34	2.3		Glu	Milk			Soy		Wheat
Turkey Ham Sandwich	295	29	1.9		Glu	Milk			Soy		Wheat
Turkey Deli or Ham	120	2	0.13								
Cheese	35	1	0.06			Milk			Soy		
Sliced Bread (2)	140	26	1.7		Glu				Soy		Wheat
Tostada Stack	358	33	2.2			Milk					
Beans	80	14	0.9								
Ground Beef	83	0	0.0								
Cheese	55	0	0.0			Milk					
Tortilla Chips (10)	140	19	1.3								
Fruit (per ½ cup)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	Soy	Tree Nuts	Wheat
Apple, fresh	60	15	1.0								
Applesauce, canned	50	16	1.1								
Applesauce, Cherry	50	14	0.9								
Applesauce, Cinnamon	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	1.2								
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	Shellfish /Fish	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	3	<1	0.0								
Mashed Potato	83	23	1.5			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	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 Tortilla Plain	170	27	1.8	Egg							
Grains (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	Soy	Tree Nuts	Wheat
Breadsticks (1)	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-flavored Rice	120	22	1.5		Glu	Milk			Soy		Wheat
Sliced Bread	70	13	0.9		Glu				Soy		Wheat
Slider Bun	90	16	1.1		Glu				Soy		Wheat

Tapatia Shells (2)	170	22	1.5								
Tortilla, Flour (8-in)	170	31	2.1			Glu					Wheat
Whole Grain Roll (2 oz)	140	26	1.7			Glu					Wheat
Beverages (per svg)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	Soy	Tree Nuts	Wheat
Milk, Chocolate	140	25	1.7			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								
BRS Juice, Suncup Apple Cherry	60	15	1.0								
BRS Juice, Suncup Fruit Punch	60	14	0.9								
BRS Juice, Suncup Grape	80	19	1.3								
BRS Juice, Suncup Orange Pineapple	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	Shellfish/ Fish	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	0.0	Egg		Milk					
French Dressing	50	2	0.0								
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 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 (2Tbsp.)	200	7	0.5						Soy		
Raspberry Fat Free Salad Dressing (1 packet)	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.