



School Year 2023 – 2024

Allergens and Carbohydrate Middle & High School

Breakfast Entrees (per serving)	Kcal	Carb s (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Apple Cinnamon TX Toast	300	48	3.2		Glu	Milk			Soy		Wheat
Avocado Toast	60	2	0.1		Glu				Soy		Wheat
Guacamole	60	2	0.1								
Garlic Bread (1)	200	33	2.2		Glu				Soy		Wheat
Banana Square (1)	260	38	2.5	Egg	Glu	Milk					Wheat
Blueberry Square (1)	230	35	2.3	Egg	Glu	Milk					Wheat
Breakfast Croissant	435	31	2.1	Egg	Glu	Milk			Soy		Wheat
Egg Omelet	200	3	0.2	Egg		Milk					
Turkey Ham	60	1	0.1								
Cheese	35	1	0.1			Milk			Soy		
Croissant	140	26	1.7		Glu				Soy		Wheat
Breakfast Pizza	210	21	1.4		Glu	Milk					Wheat
Burrito, Bean & Cheese	375	56	3.7		Glu	Milk					Wheat
Beans	160	27	1.8								
Cheese	45	0	0			Milk					
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
Burrito, Egg & Cheese	285	30	2.0	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Cheese	40	0	0			Milk					
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
Burrito, Egg & Chorizo	265	31	2.1	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Chorizo	20	1	0.1								
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
Burrito, Egg & Ham	261	30	2.	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Ham	16	0	0								
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
Burrito, Potato & Cheese	265	39	2.6		Glu	Milk					Wheat
Potato & Chile	55	11	0.7								
Cheese	40	0	0			Milk					
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
Burrito, Potato & Chorizo	243	40	2.7		Glu						Wheat
Potato	53	10	0.7								
Chorizo	20	1	0.1								
Azteca Flour Tortilla	170	29	1.9		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								
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 and Waffle	285	43	3.1	Egg	Glu	Milk			Soy		Wheat
Chicken Strip	105	16	1.1	Egg	Glu				Soy		Wheat
Square Waffle	180	29	2.0	Egg	Glu	Milk			Soy		Wheat

Chicken and Waffle	185	28	1.9	Egg	Glu	Milk			Soy		Wheat
<i>Chicken Strip</i>	105	16	1.1	<i>Egg</i>	<i>Glu</i>				<i>Soy</i>		<i>Wheat</i>
<i>Round Waffle</i>	80	12	0.8	<i>Egg</i>	<i>Glu</i>	<i>Milk</i>			<i>Soy</i>		<i>Wheat</i>
Chilaquiles w/ scramble egg	325	27	1.8	Egg		Milk					
<i>Red Sauce</i>	20	5	0.3								
<i>Tostada Chips</i>	140	19	1.3								
<i>Cheese</i>	90	1	0.1			<i>Milk</i>					
<i>Scramble Eggs</i>	75	2	0.1	<i>Egg</i>							
Chilaquiles w/ scramble egg	330	25	1.7	Egg	Glu	Milk			Soy		Wheat
<i>Green Sauce</i>	25	3	0.2		<i>Glu</i>				<i>Soy</i>		<i>Wheat</i>
<i>Tostada Chips</i>	140	19	1.3								
<i>Cheese</i>	90	1	0.1			<i>Milk</i>					
<i>Scramble Eggs</i>	75	2	0.1	<i>Egg</i>							
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
Croissan'wich	375	22	1.5	Egg	Glu	Milk			Soy	Tree Nuts	Wheat
<i>Egg Patty</i>	100	1	0.07	<i>Egg</i>		<i>Milk</i>					
<i>Sausage Pork Patty</i>	120	0.5	0.03			<i>Milk</i>					
<i>Sliced Cheese</i>	35	1	0.07			<i>Milk</i>			<i>Soy</i>		
<i>Croissant</i>	120	19	1.3		<i>Glu</i>	<i>Milk</i>			<i>Soy</i>	<i>TreeNuts</i>	<i>Wheat</i>
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
<i>Cheese</i>	70	2	0.1			<i>Milk</i>			<i>Soy</i>		
<i>Sliced bread (2)</i>	140	26	1.7		<i>Glu</i>				<i>Soy</i>		<i>Wheat</i>
<i>Margarine</i>	13	0	0								
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		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>				<i>Soy</i>		<i>Wheat</i>
Pizza, Self - Rise	249	27	1.8	Egg	Glu	Milk			Soy		Wheat
Sausage Pattie, Pork (1)	120	0.5	0								
Regular Toast (no sugar)	100	13			Glu						Wheat
Strawboli	240	41	2.7		Glu	Milk					Wheat
Texas Toast with Cinnamon Sugar	195	40	2.7		Glu				Soy		Wheat
Texas Toast (no sugar)	170	33	2.2		Glu				Soy		Wheat
Yogurt Parfait w/Granola	272	62	4.1		Glu	Milk					Wheat
<i>Vanilla Yogurt</i>	100	20	1.3			<i>Milk</i>					
<i>Frozen strawberries</i>	80	22	1.5								
<i>Granola</i>	92	20	1.3		<i>Glu</i>						<i>Wheat</i>
MS Kiosk	Kcal	Carb s (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
IW Bean Burrito	222	31	2.1		Glu	Milk			Soy		Wheat
IW Blueberry Lemon Bar	150	24	1.6		Glu				Soy		Wheat
IW Breakfast Pizza	210	21	1.4		Glu	Milk					Wheat
IW Chicken on a Biscuit	230	28	2.1	Egg	Glu	Milk			Soy		Wheat
IW Croissantwich	180	17	1.1	Egg	Glu	Milk			Soy		Wheat
IW French Toast Sticks (2)	240	38	2.5	Egg	Glu	Milk			Soy		Wheat
IW Grilled Cheese Sandwich	270	26	1.7		Glu	Milk			Soy		Wheat
IW Hawaiian Sausage Sandwich	224	26	1.7	Egg	Glu	Milk			Soy		Wheat

IW Hawaiian (Beef) Sausage Sandwich	214	26	1.7		Glu				Soy		Wheat
IW Hawaiian Turkey Ham & Cheese Sandwich	186	27	1.8		Glu	Milk			Soy		Wheat
IW Muffin, Blueberry	223	38	2.5	Egg	Glu				Soy		Wheat
IW Muffin, Cherry	230	39	2.6	Egg	Glu	Milk			Soy^		Wheat
IW Strawberry Uncrustables	320	32	2.1		Glu		Peanuts				Wheat
IW Strawboli	240	41	2.7		Glu	Milk					Wheat
IW Sunrise Sausage	330	31	2.1		Glu	Milk					
IW Waffle, Maple infused	260	37	2.5	Egg	Glu	Milk			Soy	Tree nuts	Wheat
Lunch Entrees (per serving)	Kcal	Carb s (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Aloha BBQ Drumstick	145	9	0.6						Soy		
Drumstick (1)	110	0	0								
Aloha BBQ Sauce (1 oz)	35	9	0.6						Soy		
Asian Bowl	685	102	6.8	Egg	Glu				Soy		Wheat
General Tso	225	30	2.0	Egg	Glu				Soy		Wheat
Dumplings	147	21	1.4	Egg	Glu						Wheat
Egg Roll	140	21	1.4		Glu						Wheat
Noodles	173	30	2.0		Glu				Soy		Wheat
Baked Chicken	110	2	0.1		Glu						Wheat
Drumstick (1)	110	0	0								
Flour coating	0	2	0.1		Glu						Wheat
Baked Chicken	270	2	0.1		Glu						Wheat
Thigh (1)	270	0	0								
Flour coating	0	2	0.1		Glu						Wheat
Barbacoa Tacos	240	27	1.8		Glu						Wheat
Turkey Barbacoa	90	2	0.1								
Rudy's 6-in Tortillas (2)	150	25	1.7		Glu						Wheat
BBQ Chicken (1 Drumstick)	130	5	0.3								
Drumstick (1)	110	0	0								
BBQ	20	5	0.3								
Bean Tapatias (2)	385	49	3.3			Milk					
Beans	160	27	1.8								
Cheese	55	0	0			Milk					
Tostada Shells (2)	170	22	1.5								
Beef Tacos (2)	370	19	1.3			Milk					
Ground beef	165	0	0								
Cheese	55	0	0			Milk					
Taco Shells (2)	150	19	1.3								
Breaded Chicken Drumstick	220	6	0.4		Glu						Wheat
Caldillo	265	4.0	0.3								
Cheeseburger	301	31	2.1		Glu	Milk			Soy		Wheat
Beef Patty	126	1	0.1								
Cheese	35	1	0.1			Milk			Soy		
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Chicken Alfredo	330	44	3.9		Glu	Milk					Wheat
Chicken & Sauce	120	4	0.3			Milk					
Pasta (1 cup)	210	42	2.8		Glu						Wheat
Chicken Nuggets	220	9	0.6		Glu						Wheat
Chicken Parmesan	440	40	2.7		Glu	Milk			Soy		Wheat
Chicken & Sauce	290	19	1.3		Glu				Soy		Wheat
Cheese	45	0	0			Milk					
Pasta (1/2 cup)	105	21	1.4		Glu						Wheat
Crispy Chicken Sandwich	410	45	3.0		Glu				Soy		Wheat
Chicken Pattie	270	16	1.1		Glu				Soy		Wheat
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat

Chicken Tenders (3)	317	24	1.6	Egg	Glu				Soy		Wheat
Chicken Wings (5)	240	3	0.2		*Glu						*Wheat
Chicken Soft Tacos (2)	290	32	2.1		Glu				Soy		Wheat
Chicken Fajita	130	2	0.1						Soy		
Tortillas (2)	160	30	2.0		Glu						Wheat
Chicken Strip Melt	512	53	3.5	Egg	Glu	Milk			Soy		Wheat
Chicken Strips	317	24	1.6	Egg	Glu				Soy		Wheat
American White Cheese	55	1	0.1			Milk					
Texas Toast	140	28	1.9		Glu						Wheat
Chile Colorado	280	30	2.0		Glu						Wheat
Chile Colorado	200	15	1.0								
Flour Tortilla	80	15	1.0		Glu						Wheat
Chili in a Corn Bread Bowl	455	49	3.3	Egg	Glu	Milk			Soy		Wheat
Chili	190	15	1.0								
Cheese	55	0	0								
Corn Bread Bowl	210	34	2.3	Egg	Glu	Milk			Soy		Wheat
Chili Bowl	545	64	4.3	Egg	Glu	Milk					Wheat
Chili	190	15	1.0								
Cheese	55	0	0			Milk					
Rice	120	22	1.5								
Corn Bread	180	27	1.8	Egg	Glu	Milk					Wheat
Corn Dog	240	30	2.0	Egg	Glu				Soy		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		
Flautas (3)	300	29	1.9						Soy		
Melted Cheese	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
Fish	210	17	1.1	Egg	Glu			Fish	Soy		Wheat
Hoagie Bun	210	43	2.9		Glu						Wheat
Garlic Basil Meatballs w/Marinara Sauce & Pasta	256	31	2.1		Glu	Milk					Wheat
Meatballs & Sauce	151	10	0.7			Milk					
Pasta (1/2 cup)	105	21	1.4		Glu						Wheat
Garlic Cheese French Bread & Meatballs	501	39	2.6		Glu	Milk			Soy		Wheat
Garlic Cheese French Bread	350	29	1.9			Milk			Soy		Wheat
Meatballs & Sauce	151	10	0.7			Milk					
General Tso Chicken	465	74	5.0	Egg	Glu				Soy		Wheat
Chicken & Sauce	225	30	2.0	Egg	Glu				Soy		Wheat
Rice (1 cup)	240	44	3.0								
Grilled Cheese Sandwich	258	29	1.9		Glu	Milk			Soy		Wheat
Cheese	105	3	0.2			Milk			Soy		
Sliced bread (2)	140	26	1.7		Glu				Soy		Wheat
Margarine	13	0	0								
Hot Dog	300	28	1.9		Glu						Wheat
Hot Dog	170	2	0.2								
Hot Dog Bun	130	26	1.7		Glu						Wheat
Lasagna	350	27	1.8	Egg	Glu	Milk					Wheat
Loaded Carne Asada Fries	548	33	2.3			Milk			Soy		
Carne Asada	120	1	0.06						Soy		
Cheese	220	2	0.2			Milk					
Straight cut Fries	208	30	2.0								
Mac & Cheese	220	24	1.6	Egg	Glu	Milk					Wheat
Mac & Cheese Bowl											
Chicken Tenders	317	24	1.6	Egg	Glu	Milk			Soy		Wheat
Mac & Cheese	220	24	1.6	Egg	Glu						Wheat

Mandarin Orange Chicken	150	19	1.3	Egg	Glu				Soy		Wheat
Mascot Tacos	400	38	2.5			Milk			Soy		
Tacos	300	29	1.9						Soy		
Sauce	45	9	0.6								
Cheese	55	0	0			Milk					
Meatballs only (3)	114	2	0.3						Soy		
Mesquite Chicken (1)	180	4	0.3								
Noodles and Dumplings	413	61	4.1		Glu				Soy	Sesame	Wheat
Dumplings (6)	240	31	2.1		Glu				Soy	Sesame	Wheat
Noodles	173	30	2.0		Glu				Soy		Wheat
Patty Melt	501	68	4.5		Glu	Milk			Soy		Wheat
Texas Toast (2)	340	66	4.4								
Beef Patty	126	1	0.05								
Cheese	35	1	0.05								
PB & J Sandwich	370	40	2.6		Glu		Peanuts		Soy		Wheat
Peanut Butter	200	6	0.4				Peanuts				
Grape Jelly	30	8	0.5								
Sliced Bread (2)	140	26	1.7		Glu				Soy		Wheat
Picadillo Burrito	370	37	2.4		Glu						Wheat
Picadillo	200	8	0.5								
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
PizzaBoli	310	34	2.3		Glu	Milk					Wheat
Pizza, Cheese only	360	35	2.3		Glu	Milk			Soy		Wheat
Pizza, Cheese and Veggies	365	36	2.4		Glu	Milk			Soy		Wheat
Pizza, Cheese and Veggie Sausage Crumbles	380	36	2.4		Glu	Milk			Soy		Wheat
Pizza, Pepperoni	420	36	2.4		Glu	Milk			Soy		Wheat
Pulled Pork Baker	459	47	3.1						Soy		
Pulled Pork	299	17	1.1						Soy		
Baked Potato	160	30	2.0								
Pulled Pork Sandwich	439	46	3.1		Glu				Soy		Wheat
Pulled Pork	299	17	1.1						Soy		
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Pupusa, Bean & Cheese	290	35	2.3			Milk					
Pupusa, Chicken & Cheese	300	30	2.0			Milk					
Salad, Asian	190	16	1.0						Soy		
Chicken Fajita	130	2	0.1						Soy		
Mandarin Oranges	35	8	0.5								
Vegetables	25	6	0.4								
Salad, Caesar	155	8	0.5						Soy		
Garlic Chicken Fajita	130	2	0.1						Soy		
Vegetables	25	6	0.4								
Salad, Crispy/Spicy Chicken	295	22	1.5		Glu				Soy		Wheat
Chicken Pattie	270	16	1.1		Glu				Soy		Wheat
Vegetables	25	6	0.4								
Salad, Chicken Fajita	155	8	0.5						Soy		
Chicken Fajita	130	2	0.1						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					Fish			
Mayo	30	1	0.1	Egg							
Vegetables	25	6	0.4								
Salad, Chef	170	8	0.5			Milk			Soy		
Turkey Ham	50	0	0								
Turkey Deli	60	1	0.05								
Cheese	35	1	0.05						Soy		
Vegetables	25	6	0.4			Milk					

Salad, Veggie Nuggets Veggie Nuggets Vegetables	310 285 25	34 28 6	2.3 1.9 0.4		Glu Glu				Soy Soy		Wheat Wheat
Save The Planet Burger Veggie Patty Hamburger Bun (2)	290 150 140	35 6 29	2.3 0.4 1.9	Egg Egg	Glu Glu Glu	Milk Milk			Soy Soy Soy		Wheat Wheat Wheat
Spaghetti Noodles (1 cup)	210	42	2.8		Glu						Wheat
Spaghetti with Meat Sauce Meat Sauce Noodles	445 225 210	52 10 42	3.5 0.7 2.8		Glu Glu	Milk Milk					Wheat Wheat
Spaghetti with Meat Sauce (Commodity) Meat Sauce Noodles	380 170 210	51 9 42	3.4 0.6 2.8		Glu Glu Glu	Milk Milk			Soy Soy		Wheat Wheat Wheat
Spaghetti w/Meat Sauce (JTM) Meat Sauce Pasta (1/2 cup)	275 315 105	30 24 21	2.0 1.6 1.4	Egg	Glu Glu				Soy		Wheat Wheat Wheat
Spaghetti and Meatballs Meatballs (3) Marinara Sauce Pasta Noodles	384 114 60 210	51 2 7 42	3.4 0.1 0.5 2.8		Glu Glu	Milk Milk			Soy Soy		Wheat Wheat
Spaghetti Marinara Sauce (no meat)	90	10	0.7								
Spicy Chicken Sandwich Spicy Chicken Pattie Hamburger Bun	410 270 140	45 16 29	3.1 1.1 1.9		Glu Glu Glu				Soy Soy Soy		Wheat Wheat Wheat
Spicy Chicken Wrap Spicy Chicken Pattie Veggies Flour Tortilla	445 270 5 170	48 16 1 31	3.3 1.1 0.1 2.1		Glu Glu Glu				Soy Soy Soy		Wheat Wheat Wheat
Spicy Chicken Tenders	260	16.0	1.1		Glu				Soy		Wheat
Steakburger Beef Pattie Hamburger Bun	266 126 140	30 1 29	2.0 0.1 1.9		Glu Glu				Soy Soy		Wheat Wheat
Steak Fingers (4)	320	19	1.3		Glu	Milk			Soy		Wheat
Stuffed Cheese sticks (2)	300	34	2.3		Glu	Milk					Wheat
Szechuan Chicken Bites Chicken Bites Sauce Rice	490 335 35 120	54 23 9 22	3.6 1.5 0.6 1.5		Glu Glu				Soy Soy		Wheat Wheat
Tostadas Supreme Beef Queso Tostadas Lettuce & Tomato	546 82 180 280 4	43 0.0 5 38 0.0	2.8 0.0 0.3 2.5 0.0			Milk Milk			Soy Soy		
Tuna Salad Sandwich Tuna Salad Sliced Bread (2)	260 120 140	27 1 26	1.8 0.1 1.7	Egg Egg	Glu Glu			Fish Fish	Soy Soy		Wheat Wheat
VIP Turkey Sandwich Turkey Cheese Sliced Bread (2)	415 240 35 140	30 3 1 26	2.6 0.2 0.07 1.7		Glu Glu	Milk Milk			Soy Soy Soy		Wheat Wheat
Veggie Nuggets (5)	285	28	1.9		Glu				Soy		Wheat
Veggie Powerbowl Fiesta Beans Mexican Fiesta Rice Cheddar Cheese	525 120 160 110	63 22 34 1	4.2 1.5 2.3 0.06			Milk Milk					

Lettuce	8	2	0.1								
Sour Cream	60	1	0.06			Milk					
Guacamole	60	2	0.1								
Pico de Gallo	7	1	0.06								
Fruit (per ½ cup)	Kcal	Carb s (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Apple, fresh	60	15	1.0								
Applesauce, Blue Raspberry	90	22	1.5								
Applesauce, Canned	50	16	1.1								
Applesauce, Cherry	50	14	0.9								
Applesauce, Peach Mango	50	14	0.9								
Applesauce, Watermelon	90	22	1.5								
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								
Mango, Frozen	45	11	0.73								
Mixed Berries, frozen cup	90	20	1.3								
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	Carb s (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	120	22	1.5								
Broccoli & Cherry Tomatoes	16	4	0.3								
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					
Mashed Potato, Cheesy	105	18	1.2			Milk					
Mashed Potato, Red Skin, Garlic	160	21	1.4			Milk					
Mixed Green Salad	10	3	0.2								
Orange Delight Carrot coins	67	9	0.6								
Peas & Carrots	40	10	0.7								
Potato, Baked	200	37	2.5								
Potato Rounds	130	16	1.1								
Savory Straight Cut Fries	104	15	1.0								
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								
Tomato Basil Soup (2oz)	27	3	0.2								
Tomato Basil Soup (4oz)	54	6	0.4								
Zucchini Spears	15	3	0.2			Milk					
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								
Garlic Knot	160	26	1.7	*Egg	Glu	Milk			Soy		Wheat
Garlic Toast (1)	200	33	2.2		Glu				Soy		Wheat
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Hot Dog Bun	130	26	1.7		Glu						Wheat
Mexica Fiesta Rice	80	17									
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
Rudy's Flour Tortilla (6-in)-2	150	25	1.7		Glu						Wheat
Azteca Flour Tortilla (9-in)	170	29	1.9		Glu				Soy		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	140	25	1.7			Milk					

Milk, Low-fat 1%	100	12	0.8			Milk					
Milk, Skim	90	12	0.8			Milk					
Milk, Strawberry	140	28	1.7			Milk					
Iced Coffee, Caramel SF Caramel Flavor SF Chocolate Macadamia Nut Syrup	20-80 20-80 0	5-21 5-20 0-1	1.8 0.3-1.3 0-0.07			Milk Milk			Soy Soy		
Iced Coffee, Mocha SF Dark Chocolate Flavor SF Chocolate Macadamia Nut Syrup	18-70 18-70 0	5-17 4-16 0-1	0.3-1.8 0.3-1.1 0-0.07								
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	Carb s (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								
Guacamole	60	2	0.1								
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								
Pan Asian Sesame Dressing	180	11	0.7		Glu				Soy		Wheat
Peanut Butter (1 Tbsp.)	100	3	0.2				Peanuts				
Pico de Gallo	7	1	0.06								
SunButter Creamy (1 Tbsp)	100	4	0.3								
Sour Cream	60	1	0.06			Milk					
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: $\approx$ 15 grams
- per $\frac{1}{2}$ cup of Non-Starchy Vegetables: $\approx$ 5 grams
- per $\frac{1}{2}$ cup of Leafy Vegetables: average of $\approx$ 2 grams

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

^ May contain.