



School Year 2023-2024

Allergens and Carbohydrate Elementary

Breakfast Entrees (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	Soy	Tree Nuts	Wheat
Apple Cinnamon TX Toast	300	48	3.2		Glu	Milk			Soy		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	56	3.7		Glu	Milk					Wheat
Beans	160	27	1.8			Milk					
Cheese	45	0	0								
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								
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
Burrito, Egg & Chorizo	265	31	2.0	Egg	Glu						Wheat
Egg	75	1	0.1	Egg							
Chorizo	20	1	0.1								
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
Burrito, Egg & Ham	261	30	2.0	Egg	Glu						Wheat
Egg	75	1	0.1	Egg							
Ham	16	0	0								
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, 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 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
Chicken Strip	105	16	1.1	Egg	Glu				Soy		Wheat
Round Waffle	80	12	0.8	Egg	Glu	Milk			Soy		Wheat
Chilaquiles w/ scramble egg	325	27	1.8	Egg		Milk					
Red Sauce	20	5	0.3								
Tostada Chips	140	19	1.3								
Cheese	90	1	0.1			Milk					
Scramble Eggs	75	2	0.1	Egg							
Chilaquiles w/ scramble egg	330	25	1.7	Egg	Glu	Milk			Soy		Wheat
Green Sauce	25	3	0.2		Glu				Soy		Wheat
Tostada Chips	140	19	1.3								
Cheese	90	1	0.1			Milk					
Scramble Eggs	75	2	0.1	Egg							
Cinnamon Rolls w/glaze *	210	36	2.4	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					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>Sliced Cheese</i>	35	1	0.07			<i>Milk</i>			Soy		
<i>Croissant</i>	120	19	1.3		<i>Glu</i>	<i>Milk</i>			Soy	<i>TreeNuts</i>	<i>Wheat</i>
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
<i>Cheese</i>	70	2	0.1			<i>Milk</i>			Soy		
<i>Sliced bread (2)</i>	140	26	1.7		<i>Glu</i>				Soy		<i>Wheat</i>
<i>Margarine</i>	13	0	0								
Oatmeal *	130	26	1.7		Glu						Wheat
Pancakes (1 each)	100	22	1.5	Egg	Glu	Milk					Wheat
Peanut Butter Banana Rolls	492	66	4.4		Glu		Peanut				Wheat
Peanut Butter (2 T)	200	6	0.4				<i>Peanut</i>				
Banana	110	27	1.8								
Granola	20	4.3	0.3								<i>Wheat</i>
Tortilla	180	29	1.9		Glu						<i>Wheat</i>
Sausage Pattie, Pork (1)	120	0.5	0.0								
Regular Toast (no sugar)	100	13			Glu						Wheat
Texas Toast (no sugar)	170	33	2.2		Glu				Soy		Wheat
Texas Toast with cinnamon and sugar	195	40	2.7		Glu				Soy		Wheat
Yogurt - Danimals	80	16	1.1			Milk					
Yogurt – Danimals Smoothie	50	11	0.7			Milk					
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>
Breakfast Room Service Entrees	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/ Fish	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 Cinnamon Roll	250	48	3.2		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 Fruit Pancakes, Blueberry	190	35	2.3	Egg	Glu	Milk			Soy		Wheat
IW Grilled Cheese Sandwich	270	26	1.7		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 Pancake Sausage Sandwich	180	18	1.2	Egg	Glu	Milk			Soy		Wheat
Pupusa, Bean & Cheese	290	35	2.3			Milk					
IW Strawberry Grahams	120	21	1.4		Glu				Soy		Wheat
IW Strawberry Uncrustables	300	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

IW Yogurt <i>DD Yogurt</i> <i>Berry Bear Grahams</i>	190 80 110	37 16 21	2.5 1.1 1.4		Glu Glu	Milk Milk					Wheat Wheat
IW Yogurt <i>DD Yogurt Smoothie</i> <i>Berry Bear Grahams</i>	160 50 110	32 11 21	2.1 0.7 1.4		Glu 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
Aloha BBQ Drumstick <i>Drumstick (1)</i> <i>Aloha BBQ Sauce (1 oz)</i>	145 110 35	9 0 9	0.6 0 0.6						Soy Soy		
Baked Chicken <i>Drumstick (1)</i> <i>Flour coating</i>	110 110 0	2 0 2	0.1 0 0.1		Glu Glu						Wheat Wheat
Baked Chicken <i>Thigh (1)</i> <i>Flour coating</i>	270 270 0	2 0 2	0.1 0 0.1		Glu Glu						Wheat Wheat
Barbacoa Tacos <i>Turkey Barbacoa</i> <i>Rudy's 6-in Tortillas (2)</i>	240 90 150	27 2 25	1.8 0.1 1.7		Glu Glu						Wheat Wheat
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					
Breaded Chicken Drumstick	220	6	0.4		Glu						Wheat
Cheeseburger <i>Beef Patty</i> <i>Cheese</i> <i>Hamburger Bun</i>	301 126 35 140	31 1 1 29	2.1 0.1 0.1 1.9		Glu Glu	Milk Milk			Soy Soy Soy		Wheat Wheat Wheat
Chicken Nuggets	230	15	1.0		Glu				Soy		Wheat
Chicken Tenders (3)	317	24	1.6	Egg	Glu				Soy		Wheat
Chili in a Corn Bread Bowl <i>Chili</i> <i>Cheese</i> <i>Corn Bread Bowl</i>	455 190 55 210	49 15 0 34	3.3 1.0 0 2.3	Egg Egg	Glu Glu	Milk Milk			Soy Soy		Wheat Wheat
Corn Dog	250	30	2.0	Egg	Glu				Soy		Wheat
Crispy Chicken Sandwich <i>Chicken Pattie</i> <i>Hamburger Bun</i>	380 240 140	43 14 29	2.8 0.9 1.9		Glu Glu Glu				Soy Soy Soy		Wheat Wheat Wheat
Deli Turkey Sandwich <i>Turkey Deli</i> <i>Cheese</i> <i>Sliced Bread (2)</i>	285 110 35 140	28 1 1 26	1.9 0.1 0.1 1.7		Glu Glu	Milk Milk			Soy Soy		Wheat 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) <i>Flautas (3)</i> <i>Melted Cheese</i>	355 300 55	29 29 0	1.9 1.9 0						Soy Soy		
Fish Nuggets (3)	188	20	1.3		Glu	Milk		Fish			Wheat
Grilled Cheese Sandwich <i>Cheese</i> <i>Sliced bread (2)</i> <i>Margarine</i>	258 105 140 13	29 3 26 0	1.9 0.2 1.7 0		Glu Glu	Milk Milk			Soy Soy Soy		Wheat Wheat
Hot Dog <i>Hot Dog</i> <i>Hot Dog Bun</i>	270 120 150	31 4 27	2.1 0.3 1.8		Glu Glu						Wheat Wheat
Loaded Carne Asada Fries <i>Carne Asada</i> <i>Cheese</i> <i>Straight cut Fries</i>	444 120 220 104	18 1 2 15	1.8 0.06 0.2 1.0			Milk Milk			Soy Soy		
Eat Smart Box Items											
#1 – Cheese	350	24	1.6		Glu						
<i>Graham Honey Crackers</i>	90	17	1.1		Glu				Soy		Wheat
<i>Peanut Butter</i>	200	6	0.4								
<i>String Cheese</i>	60	1	0.1			Milk	Peanuts				
#1 – Yogurt	370	39	2.6		Glu	Milk			Soy		Wheat
<i>Graham Honey Crackers</i>	90	17	1.1						Soy		Wheat
<i>Peanut Butter</i>	200	6	0.4				Peanuts				
<i>Yogurt</i>	80	16	1.1		Glu	Milk					
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			Milk			Soy		
<i>WW Sliced Bread</i>	140	26	1.7		Glu				Soy		Wheat
Pizza ESB	420	30	2.0		Glu	Milk			Soy		Wheat
<i>Mini Pizza Crust (2)</i>	150	25	1.7		Glu				Soy		Wheat
<i>Marinara Sauce</i>	20	3	0.2								
<i>Mozzarella Cheese</i>	135	1.5	0.1								
<i>Cheddar Cheese</i>	55	0.0	0.0			Milk					
<i>Pepperoni</i>	60	0.5	0.03			Milk					
Mac & Cheese	220	24	1.6	Egg	Glu	Milk					Wheat
Mac & Cheese Bowl <i>Chicken Tenders (3)</i> <i>Mac & Cheese</i>	317 220	24 24	1.6 1.6	Egg Egg	Glu Glu	Milk Milk			Soy		Wheat Wheat
Mesquite Chicken (1)	180	4	0.3								
Noodle Bowl <i>Dumplings (1)</i> <i>Noodles</i> <i>Mandarin Chicken</i>	40 87 150	5 15 19	0.3 1.0 1.3	Egg Egg	Glu Glu Glu				Soy Soy Soy	Sesame Sesame	Wheat Wheat Wheat Wheat
Orange Chicken	150	19	1.3	Egg	Glu				Soy		Wheat
PB & J Sandwich <i>Peanut Butter</i> <i>Grape Jelly</i> <i>Sliced Bread (2)</i>	370 200 30 140	40 6 8 26	2.6 0.4 0.5 1.7		Glu Glu		Peanuts Peanuts		Soy		Wheat Wheat
Picadillo Burrito <i>Picadillo</i> <i>Flour Tortilla</i>	370 200 170	39 8 31	2.6 0.5 2.1		Glu Glu						Wheat 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 Sandwich	439	46	3.1		Glu				Soy		Wheat
Pulled Pork	299	17	1.1						Soy		
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Salad, Crispy Chicken	285	22	1.5		Glu				Soy		Wheat
Chicken Pattie	260	16	1.1		Glu				Soy		Wheat
Vegetables	25	6	0.4								
Salad, Caesar / Chicken Fajita	155	8	0.5						Soy		
Chicken Fajita											
Vegetables	130	2	0.1						Soy		
	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						Soy		
Vegetables	25	6	0.4			Milk					
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	0.0					Fish			
Mayo	30	1	0.1	Egg							
Vegetables	25	6	0.4								
Salad, Veggie Nuggets	310	34	2.3		Glu				Soy		Wheat
Veggie Nuggets	285	28	1.9		Glu				Soy		Wheat
Vegetables	25	6	0.4								
Save The Planet Burger	290	35	2.3	Egg	Glu	Milk			Soy		Wheat
Veggie Patty	150	6	0.4	Egg	Glu	Milk			Soy		Wheat
Hamburger Bun (2)	140	29	1.9		Glu				Soy		Wheat
Spaghetti w/ Garlic Basil Chicken Meatballs	243	28	1.9		Glu	Milk					Wheat
Meatballs & Sauce	138	7	0.7			Milk					
Pasta (1/2 cup)	105	21	1.4		Glu						Wheat
Spaghetti w/Meatballs	256	31	2.1		Glu	Milk					Wheat
Meatballs & Sauce	151	10	0.7			Milk					
Pasta (1/2 cup)	105	21	1.4		Glu						Wheat
Spaghetti w/Meat Sauce (JTM)	275	30	2.0		Glu				Soy		Wheat
Meat Sauce	315	24	1.6	Egg							Wheat
Pasta (1/2 cup)	105	21	1.4		Glu	Milk					Wheat
Steakburger	266	30	2.0		Glu				Soy		Wheat
Beef Patty	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
Szechuan Chicken Bites	366	43	2.9		Glu				Soy		Wheat
Chicken Bites	223	15	1.0		Glu						Wheat
Sauce	23	6	0.4						Soy		
Rice	120	22	1.5								
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 Dippers	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								

Uncrustable & Grahams <i>Uncrustable Graham Crackers</i>	300 210 90	45 28 17	3.0 1.9 1.1		Glu Glu Glu		Peanuts Peanuts		Soy		Wheat Wheat Wheat
Veggie Nuggets (5)	285	28	1.9		Glu				Soy		Wheat
VIP Turkey and Cheese	335	29	1.9		Glu	Milk					Wheat
VIP Turkey (2)	160	2	0.1								
VIP Turkey (3)	140	26	1.7		Glu	Milk					Wheat
Sliced Bread (2) Cheese	35	1	0.1								
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, Blue Raspberry	90	22	1.5								
Applesauce, Cherry	50	14	0.9								
Applesauce, Cinnamon	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	1.2								
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	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfis h /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 & 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								
Carrot Coins	88	15	1.0								
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								
Fiesta Corn	95	18	1.2			Milk					
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					
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	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 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
Azteca Tortilla, Flour (8-in)	170	29	1.9		Glu						Wheat
Breadsticks (1)	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
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								
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 (Homemade)	30	2	0.1	Egg		Milk					
Caesar Salad Dressing	210	1	0.0			Milk		Fish			
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								
Pan Asian Sesame Dressing	180	11	0.7		Glu				Soy		Wheat
Peanut Butter (1 Tbsp.)	100	3	0.2				Peanuts				
SunButter Creamy (2Tbsp.)	200	7	0.5						Soy		
Ranch Dressing Light HV	60	7	0.5	Egg		Milk			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.

^ May be contaminated with Allergen. A factory where allergen is used to processed other items.

IW = means Individually Wrapped