



School Year 2023 – 2024

Allergens and Carbohydrate HVAC Project MS/HS

Breakfast Entrees (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Bean Burrito (Los Cabos)	222	31	2.1		Glu	Milk			Soy		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	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	227	22	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	261	32	2.1		Glu	Milk					Wheat
Potato & Chile	55	11	0.7								
Cheese	40	0	0			Milk					
Azteca Flour Tortilla	170	29	1.4		Glu						
Burrito, Potato & Chorizo	243	32	2.2		Glu						Wheat
Potato	53	10	0.7								
Chorizo	20	1	0.1								
Azteca Flour Tortilla	170	21	1.4		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								
French Toast Sticks (2)	240	38	2.5	Egg	Glu	Milk			Soy		Wheat
Kolache	330	31	2.1		Glu	Milk					
Pancake Sausage Sandwich	180	18	1.2	Egg	Glu	Milk			Soy		Wheat
Self - Rising Pizza	249	27	1.8	Egg	Glu	Milk			Soy		Wheat
Strawboli	240	41	2.7		Glu	Milk					Wheat
Lunch Entrees (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
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 Nuggets	220	9	0.6		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

Corn Dog	240	30	2.0	Egg	Glu				Soy		Wheat
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	Egg	Glu				Soy		Wheat
Hot Dog	300	28	1.9		Glu						Wheat
nuHot Dog	170	2	0.2								Wheat
Hot Dog Bun	130	26	1.7		Glu						Wheat
Picadillo Burrito	370	37	2.4		Glu						Wheat
Picadillo	200	8	0.5								Wheat
Azteca Flour Tortilla	170	29	1.9		Glu						Wheat
Pulled Pork Sandwich	439	46	3.1		Glu				Soy		Wheat
Pulled Pork	299	17	1.1						Soy		Wheat
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Pupusa, Bean & Cheese	290	35	2.3			Milk					
Pupusa, Green Chile Chicken	300	30	2.0			Milk					
Spicy Chicken Sandwich	410	45	3.1		Glu				Soy		Wheat
Spicy Chicken Pattie	270	16	1.1		Glu				Soy		Wheat
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Steakburger	266	30	2.0		Glu				Soy		Wheat
Beef Pattie	126	1	0.1								Wheat
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
String Cheese	60	1	0.1			Milk					
Uncrustable Sandwich	600	64	4.3		Glu		Peanuts				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
Veggie Powerbowl	525	63	4.2			Milk					
Fiesta Beans	120	22	1.5								
Mexican Fiesta Rice	160	34	2.3								
Cheddar Cheese	110	1	0.06			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	Carbs (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	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Bean & Cheese Bowl	170	13	0.9	^Egg	^Gluten	Milk			^Soy		^Wheat
Broccoli & Cherry Tomatoes	16	4	0.3								
Broccoli with Cheese	60	5	0.3			Milk			Soy		
Broccoli, Steamed	20	3	0.2								
Carrot & Broccoli Dippers	20	4	0.3								
Carrot & Celery Dippers	20	4	0.3								
Carrot & Cucumber Dippers	20	4	0.3								
Carrot & Jicama Dippers	25	6	0.4								
Chili Beans	110	20	1.3								
Chili Beans (2 oz)	55	10	0.7								
Lettuce and Tomato (MSHS)	8	2	0.1								
Savory Straight Cut Fries	104	15	1.0								
Grains (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Hot Dog Bun	130	26	1.7		Glu						Wheat
Tortilla, Flour (8-in)	170	31	2.1		Glu						Wheat
Tortilla, Flour (6-in)	80	15	1.0		Glu						Wheat
Rudy's Flour Tortilla (8-in)	136	21	1.4		Glu				Soy		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, 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								
Buttermilk Ranch Dressing	10	2	0.1	Egg		Milk					
French Dressing	50	2	0.1								
Grape Jelly (1/2 Tbsp.)	30	8	0.5								
Ketchup (1 packet)	15	3	0.2								
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								
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: ≈ 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 the Cafeteria Manager.

^ May contain.