



School Year 2023 – 2024

Allergens and Carbohydrate HVAC Project Intermediate

Breakfast Entrees (per serving)	Kcal	Carbs (g)	Sesame	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Bean Burrito (Los Cabos)	222	31			Glu	Milk			Soy		Wheat
Burrito, Bean & Cheese	375	56			Glu	Milk					Wheat
Beans	160	27									
Cheese	45	0				Milk					
Azteca Flour Tortilla	170	29			Glu						Wheat
Burrito, Egg & Cheese	285	30		Egg	Glu	Milk					Wheat
Egg	75	1		Egg		Milk					
Cheese	40	0				Milk					
Azteca Flour Tortilla	170	29			Glu						Wheat
Burrito, Egg & Chorizo	265	31		Egg	Glu	Milk					Wheat
Egg	75	1		Egg		Milk					
Chorizo	20	1									
Azteca Flour Tortilla	170	29			Glu						Wheat
Burrito, Egg & Ham	227	22		Egg	Glu	Milk					Wheat
Egg	75	1		Egg		Milk					
Ham	16	0									
Azteca Flour Tortilla	136	21			Glu						Wheat
Burrito, Potato & Cheese	265	40			Glu	Milk					Wheat
Potato & Chile	55	11									
Cheese	40	0				Milk					
Azteca Flour Tortilla	170	29			Glu						
Burrito, Potato & Chorizo	243	40			Glu						Wheat
Potato	53	10									
Chorizo	20	1									
Azteca Flour Tortilla	170	29			Glu						Wheat
Cereal, Apple Cinnamon Cheerios	110	22									
Cereal, Cinnamon Toast Crunch	110	22			Glu				Soy		Wheat
Cereal, Cocoa Puffs	110	25									
Cereal, Honey Nut Cheerios	110	22								Almonds	
Cereal, Trix	110	24									
Croissantwich	180	17		Egg	Glu	Milk			Soy		Wheat
French Toast Sticks (2)	240	38		Egg	Glu	Milk			Soy		Wheat
Fruit Pancakes, Blueberry	190	35		Egg	Glu	Milk			Soy		Wheat
Kolache	330	31			Glu	Milk					
Pancake Sausage Sandwich	180	18		Egg	Glu	Milk			Soy		Wheat

Strawboli	240	41			Glu	Milk					Wheat
Yogurt	190	37			Glu	Milk					Wheat
DD Yogurt	80	16				Milk					Wheat
Berry Bear Grahams	110	21			Glu						Wheat
Lunch Entrees (per serving)	Kcal	Carbs (g)	Sesame	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Cheeseburger	301	31			Glu	Milk			Soy		Wheat
Beef Patty	126	1									
Cheese	35	1				Milk			Soy		
Hamburger Bun	140	29			Glu				Soy		Wheat
Cheesy Pizzly Stick	300	31		Egg	Glu	Milk			Soy		Wheat
Chicken Nuggets	230	15			Glu				Soy		Wheat
Crispy Chicken	410	45			Glu				Soy		Wheat
Sandwich	270	16			Glu				Soy		Wheat
Chicken Pattie	140	29			Glu				Soy		Wheat
Hamburger Bun											
Croissant sandwich	330	30		Egg	Glu	Milk			Soy		Wheat
Corn Dog	240	30		Egg	Glu				Soy		Wheat
Deli Wrap	281	23			Glu	Milk			Soy		Wheat
Turkey Ham	110	1									
Cheese	35	1				Milk			Soy		
Tortilla	136	21			Glu				Soy		Wheat
Deli Wrap VIP	251	23			Glu	Milk			Soy		Wheat
Turkey Breast	80	1									
Cheese	35	1			Glu	Milk			Soy		
Tortilla	136	21							Soy		Wheat
Hot Dog	300	28			Glu						Wheat
Hot Dog	170	2									
Hot Dog Bun	130	26			Glu						Wheat
Mac & Cheese Bowl						Milk			Soy		
Chicken Tenders	317	24		Egg	Glu						Wheat
Mac & Cheese	220	24		Egg	Glu						Wheat
Orange Chicken	150	19	1.3	Egg	Glu				Soy		Wheat
Picadillo Burrito	370	37			Glu				Soy		Wheat
Picadillo	200	8									
Azteca Flour Tortilla	170	29			Glu				Soy		Wheat
Pulled Pork	439	46			Glu				Soy		Wheat
Sandwich	299	17							Soy		
Pulled Pork	140	29			Glu				Soy		Wheat
Hamburger Bun											
Pupusa, Bean & Cheese	290	35				Milk					
Pupusa, Green Chile Chicken	300	30				Milk					
Spicy Chicken	410	45			Glu				Soy		Wheat
Sandwich	270	16			Glu				Soy		Wheat
Spicy Chicken Pattie	140	29			Glu				Soy		Wheat
Hamburger Bun											
Steakburger	266	30			Glu				Soy		Wheat
Beef Pattie	126	1									
Hamburger Bun	140	29			Glu				Soy		Wheat
String Cheese	60	1				Milk					
Turkey Ham	285	28			Glu	Milk			Soy		Wheat
Sandwich											
Turkey Deli or Ham	110	1									

<i>Cheese Sliced Bread (2)</i>	35 140	1 26			<i>Glu</i>	<i>Milk</i>			<i>Soy Soy</i>		<i>Wheat</i>
Uncrustable Sandwich (Large)	600	64			Glu		Peanuts				Wheat
Uncrustable Sandwich (Small)	210	28			Glu		Peanuts		Soy		Wheat
Veggie Nuggets (5)	285	28			Glu				Soy		Wheat
Veggie Powerbowl	525	63				Milk					
<i>Fiesta Beans</i>	120	22									
<i>Mexican Fiesta Rice</i>	160	34									
<i>Cheddar Cheese</i>	110	1				<i>Milk</i>					
<i>Lettuce</i>	8	2									
<i>Sour Cream</i>	60	1				<i>Milk</i>					
<i>Guacamole</i>	60	2									
<i>Pico de Gallo</i>	7	1									
Fruit (per ½ cup)	Kcal	Carbs (g)	Sesame	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Apple, fresh	60	15									
Applesauce, Blue Raspberry	90	22									
Applesauce, Canned	50	16									
Applesauce, Cherry	50	14									
Applesauce, Peach Mango	50	14									
Applesauce, Watermelon	90	22									
BRS Apple slices	30	7									
Banana	110	27									
Blueberries, frozen	50	11									
Cantaloupe, fresh	35	7									
Craisins, Assorted Flavors	130	33									
Fruit Cocktail in light syrup	80	19									
Grapes	60	14									
Grapes & Kiwi	75	18									
Honeydew Melon	30	8									
Mango, Frozen	45	11									
Mixed Berries, frozen cup	90	20									
Orange, fresh	60	15									
Peaches, canned	70	17									
Pears, canned	80	19									
Pears, fresh	95	25									
Pineapple Tidbits	70	17									
Rainbow Pears	80	18									
Raisins	120	33									
Raisels, Assorted Flavors	140	35									
Strawberries, cup	80	21									

Strawberries, Frozen	80	22									
Strawberries with sugar	120	29									
Watermelon	30	8									
Vegetables (per ½ cup)	Kcal	Carbs (g)		Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Bean & Cheese Bowl	170	13		^Egg	^Gluten	Milk			^Soy		^Wheat
Broccoli & Cherry Tomatoes	16	4									
Broccoli with Cheese	60	5				Milk			Soy		
Broccoli, Steamed	20	3									
Carrot & Broccoli Dippers	20	4									
Carrot & Celery Dippers	20	4									
Carrot & Cucumber Dippers	20	4									
Carrot & Jicama Dippers	25	6									
Lettuce and Tomato (MSHS)	8	2									
Savory Straight Cut Fries	104	15									
Grains (per serving)	Kcal	Carbs (g)	Sesame	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Hamburger Bun	140	29			Glu				Soy		Wheat
Hot Dog Bun	130	26			Glu						Wheat
Tortilla, Flour (9-in)	170	29			Glu						Wheat
Tortilla, Flour (6-in)	75	12.5			Glu						Wheat
Rudy's Flour Tortilla (8-in)	136	21			Glu				Soy		Wheat
Whole Grain Roll (2oz)	140	26	1.7		Glu						Wheat
WW Sliced Bread (1)	70	13			Glu				Soy		Wheat
WW Texas Toast (1)	70	14			Glu				Soy		Wheat
Beverages (per svg)	Kcal	Carbs (g)	Sesame	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Milk, Chocolate	140	25				Milk					
Milk, Lowfat 1%	100	12				Milk					
Milk, Skim	90	12				Milk					
Milk, Strawberry	140	28				Milk					
Juice, Apple	55	15									
Juice, Apple Cherry	60	14									
Juice, Grape	80	18									
Juice, Orange	55	14									
BRS Juice, Apple	60	14									

BRS Juice, Fruit Punch	60	15									
BRS Juice, White Grape	80	20									
BRS Juice, Orange Tangerine	60	15									
BRS Juice, Cranberry Raspberry	60	13									
Soy Milk, Vanilla	110	11							Soy		
Soy Milk, Chocolate	150	21							Soy		
Condiments	Kcal	Carbs (g)	Sesame	Egg	Gluten	Milk	Peanut	Fish / Shellfish	Soy	Tree Nuts	Wheat
Balsamic Vinaigrette	30	4									
BBQ Sauce (2 Tbsps.)	40	9									
Buttermilk Ranch Dressing	10	2		Egg		Milk					
French Dressing	50	2									
Grape Jelly (1/2 Tbsp.)	30	8									
Ketchup (1 packet)	15	3									
Mayonnaise	25	1		Egg							
Mustard	5	<1									
Pan Asian Sesame Dressing	180	11			Glu				Soy		Wheat
Peanut Butter (1 Tbsp.)	100	3					Peanuts				
Pico de Gallo	7	1									
Sour Cream	60	1				Milk					
Ranch Dipping Sauce	70	5		Egg		Milk					
Raspberry Vinaigrette Salad Dressing (1 pouch)	45	12									
Syrup (1 oz)	50	7									

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.