

Master Carbohydrate/Allergen Information 2016-2017

Elementary

Food Item	Carbohydrates Per Serving	Allergens
Apple Cinnamon Texas Toast	45 grams	Wheat/gluten, dairy, soy
Beef Rib-B-Q Sandwich	37 grams	Wheat/gluten, dairy, soy
Bosco Sticks	17 each	Wheat/gluten, dairy
Calzone	35 grams	Wheat/gluten, soy, dairy, egg
Cereal Variety	See package	See package
Cheese Pizza		
Stuffed Crust	35 grams	Wheat/gluten, dairy, soy
Hand Tossed	36 grams	Wheat/gluten, dairy, soy
Bold	34 grams	Wheat/gluten, dairy, soy
Regular (4x6)	34 grams	Wheat/gluten, dairy, soy
Chicken Drumstick	5 grams	Wheat/gluten
Chicken Nuggets	3.25 each	Wheat/gluten, soy
Chicken Patty Sandwich	41 grams	Wheat/gluten, soy
Chicken Tenders (3 tenders)	14 grams	Wheat/gluten, soy
Cinnamon Roll	43 grams	Wheat/gluten, soy, dairy, egg
French Toast Sticks	14 grams each	Wheat/gluten, soy
Funable	Sandwich- 16 grams Chips- See package Fruit Roll Up- 11 grams	Wheat/gluten, dairy See Package
Garlic Toast	14 grams	Wheat/gluten, soy, dairy
Grilled Cheese	26 grams	Wheat/gluten, soy, dairy
Hamburger	27 grams	Wheat/gluten, soy (dairy if cheese is added)
Hot Dog on Bun	29 grams	Wheat/gluten
Macaroni and Cheese (1/3 cup)	15 grams	Wheat/gluten, egg, dairy
Mini Blueberry Waffles	37 grams	Wheat/gluten, soy, dairy, egg
Mini Corn Dogs	20 grams	Wheat/gluten, soy, egg
Mini Pancakes	41 grams	Wheat/gluten, egg, dairy
Mini Pizza Bagels	6 grams each	Wheat/gluten, soy, dairy
Mini Pizza Crunchers	10.5 grams each	Wheat/gluten, dairy
Pancakes	35 grams	Wheat/gluten, soy, egg, dairy
Pancake Wrap	18 grams	Wheat/gluten, soy, egg
PB&J Uncrustable (Daily Choice)	32 grams	Peanuts, wheat/gluten, soy
Pepperoni Pizza		
Stuffed Crust	34 grams	Wheat/gluten, dairy, soy, pork
Hand Tossed	36 grams	Wheat/gluten, dairy, soy, pork
Bold	34 grams	Wheat/gluten, dairy, soy, pork
Regular (4x6)	33 grams	Wheat/gluten, dairy, soy, pork
Peperoni Pizza Calzone	35 grams	Wheat/gluten, soy, dairy
Popcorn Chicken (6 pieces)	15 grams	Wheat/gluten, soy
Roll	15 grams	Wheat/gluten, soy
Rotini with Meat Sauce	24 grams	Wheat/Gluten, soy, egg
School Pizza (Daily Choice)	35 grams	Wheat/gluten, dairy, soy
Student Salad w/ Roll (Daily Choice)	17 grams	Dairy, wheat/gluten
Triple Berry Blast French Toast	36 grams	Wheat/gluten, soy, dairy, egg
Twisted Garlic Stick	28 grams	Wheat/gluten, dairy
Turkey Sausage	0 grams	
Walking Taco w/ Chips	19 grams	Wheat/gluten, soy, (dairy if cheese is added)
Yogurt Meal w/ Granola (Daily Choice)	Yogurt-see package Granola- 38 grams	Dairy Wheat/gluten, (may contain peanuts/tree nuts)

Middle School

Food Item	Carbohydrates Per Serving	Allergens
Apple Cinnamon Texas Toast	45 grams	Wheat/gluten, dairy, soy
Assorted Pizza		
Cheese:		
School Pizza (Round)	35 grams	Wheat/gluten, dairy, soy
Stuffed Crust	35 grams	Wheat/gluten, dairy, soy
Hand Tossed	36 grams	Wheat/gluten, dairy, soy
Bold	43 grams	Wheat/gluten, dairy, soy
Regular (4x6)	34 grams	Wheat/gluten, dairy, soy
Pepperoni:		
Stuffed Crust	34 grams	Wheat/gluten, dairy, soy, pork
Hand Tossed	36 grams	Wheat/gluten, dairy, soy, pork
Bold	43 grams	Wheat/gluten, dairy, soy, pork
Regular (4x6)	33 grams	Wheat/gluten, dairy, soy, pork
Beef Rib-B-Q Sandwich	37 grams	Wheat/gluten, dairy, soy
Bosco Sticks	17 each	Wheat/gluten, dairy
Buffalo Chicken Pizza	35 grams	Wheat/gluten, dairy, soy
Buffalo Chicken Sticks (4each)	21 grams	Wheat, gluten, soy, dairy
Calzone	35 grams	Wheat/gluten, soy, dairy, egg
Cereal Variety	See package	See package
Chicken Drumstick	5 grams	Wheat/gluten
Cheeseburger (Daily Choice)	27 grams	Wheat/gluten, soy, dairy
Chicken Nuggets	3.25 grams each	Wheat/gluten, soy
Chicken Patty Sandwich (Daily Choice)	39 grams	Wheat/gluten, soy
Chicken Tenders Regular & Spicy (3 each)	Regular:14 g, Spicy: 17 g	Wheat/gluten, soy
Cinnamon Roll	43 grams	Wheat/gluten, soy, dairy, egg
Chicken Zings/Dings	21 grams	Wheat/gluten, soy
Corn Dog	30 grams	Wheat/gluten, soy, egg
Foot Long on Bun	41 grams	Wheat/gluten, pork
French Bread Pizza	30 grams	Wheat/gluten, dairy, soy
French Toast Sticks	14 grams each	Wheat/gluten, soy
Fried Rice (1/2 cup)	27 grams	Wheat/gluten, soy
Funable	Sandwich- 16 grams Chips- See package Fruit Roll Up- 11 grams	Wheat/gluten, dairy See Package
Garlic Toast	14 grams	Wheat/gluten, soy, dairy
General Tso Chicken	23 grams	Wheat/gluten, soy, egg
Grilled Cheese	26 grams	Wheat/gluten, soy, dairy
Hamburger (Daily Choice)	27 grams	Wheat/gluten, soy
Hot Dog on Bun	29 grams	Wheat/gluten
Lasagna Roll Up	29 grams	Wheat/gluten, dairy
Macaroni and Cheese (1/3 cup)	15 grams	Wheat/gluten, dairy, egg
Meatball Hoagie	43 grams	Wheat/gluten, soy, dairy
Mini Blueberry Waffles	37 grams	Wheat/gluten, soy, dairy, egg
Mini Corn Dogs	20 grams	Wheat/gluten, soy, egg
Mini Pancakes	41 grams	Wheat/gluten, egg, dairy
Mini Pizza Bagels (4 pieces)	6 grams each	Wheat/gluten, soy, dairy
Mini Pizza Crunchers	10.5 grams each	Wheat/gluten, dairy
Orange Chicken	19 grams	Wheat/gluten, soy, egg
Pancakes	35 grams	Wheat/gluten, dairy, egg, soy
Pancake Wrap	18 grams	Wheat/gluten, soy, egg
PB&J Uncrustable (Daily Choice)	32 grams	Peanuts, wheat/gluten, soy
Popcorn Chicken (8 pieces)	19 grams	Wheat/gluten, soy

Roll	15 grams	Wheat/gluten, soy
Rotini w/ Meat Sauce	24 grams	Wheat/gluten, soy, egg
Sriracha Boneless Chicken Wings	21 grams	Wheat/gluten
Soft Beef Taco	19 grams	Wheat/gluten, dairy, soy
Spicy Chicken Sandwich (Daily Choice)	42 grams	Wheat/gluten, soy
Student Salad w/ Roll (Daily Choice)	17 grams	Wheat/gluten, dairy
Triple Berry Blast French Toast	36 grams	Wheat/gluten, soy, dairy, egg
Twisted Garlic Stick	28 grams	Wheat/gluten, dairy
Turkey Sausage	0 grams	
Walking Taco w/ Chips	19 grams	Wheat/gluten, soy, (dairy if cheese is added)
Yogurt Meal w/ Granola (Daily Choice)	88 grams	Dairy, wheat/gluten (may contain peanuts/tree nuts)

Elementary and Middle School Sides/Condiments

Vegetables

Food Item	Carbohydrates Per Serving	Allergens
Baked Beans	39 grams	
Broccoli, Steamed	5 grams	
Baby Carrots (3 oz bag)	8 grams	
Cheesy Cauliflower	4 grams	Dairy
Cheesy Mashed Potatoes	20 grams	Dairy
Cooked Carrots	6 grams	
Corn	14 grams	
Green Beans	4.5 grams	
Hash Browns	15 grams each	
Mashed Potatoes w/ Gravy	16 grams	Soy, dairy, wheat/gluten
Philly Refried Beans	4 grams	Dairy
Potato Wedges	18 grams	Wheat/gluten
Salad	5 grams	
Salsa Beans	22 grams	
Sweet Potato Criss Cut Fries	23 grams	
Sweet Potato Puffs	23 grams	
Sweet Potato Rib Cut Fries	19 grams	
Tater Tots	16 grams (8 tots)	
Tomato Soup	20 grams	Wheat/gluten, dairy, soy
Waffle Fries	20 grams	

Juice

Food Item	Carbohydrates Per Serving	Allergens
Apple Juice	11 grams	
Fruit Punch	13 grams	
Grape Juice	19 grams	
Orange Juice	13 grams	

Fruit

Food Item	Carbohydrates Per Serving	Allergens
Apple (whole)	21 grams	
Applesauce (canned)	13 grams	
Banana (small)	23 grams	
Craisins	33 grams	
Mandarin Oranges (canned)	18 grams	

Orange (whole)	11 grams	
Peaches (canned)	12 grams	
Pear (whole)	23 grams	
Pears (canned)	21 grams	
Pineapple (canned or fresh)	21 grams	
Raisins	29 grams	

All fruit is in ½ cup servings with the exception of the raisins and raisins which are in ¼ cup servings

PVN and PVS- all fruits are in ¼ cup servings

Miscellaneous

Food Item	Carbohydrates Per Serving	Allergens
BBQ Sauce	11 grams	
Buffalo Ranch	3 grams	Dairy, soy, egg
Cheese Stick	1 gram	Dairy
Honey Mustard Cup	6 grams	Egg
Ketchup Packet	3 grams	
Marinara	3 grams	
Mustard Packet	0 grams	
Ranch Dressing Packet	2 grams	Soy, dairy, egg
Salsa	4 grams	
Saltines (per pack)	5 grams	Wheat/gluten
Syrup (regular)	31 grams	
Taco Sauce	1 gram	
Tartar Sauce	3 grams	Egg

Elementary Bonus Items

Food Items	Carbohydrates Per Serving	Allergens
Carnival Cookie	26 grams	Wheat/gluten, soy, dairy, egg
Mini Ice Cream Sandwich	21 grams	Wheat/gluten, dairy, soy
Orange Sherbet	27 grams	Dairy
Vanilla Ice Cream Cup	16 grams	Dairy
Chocolate Ice Cream Cup	17 grams	Dairy