

Products served throughout the school year may change based on the availability of commodity and purchased products. The allergen list is updated as new information becomes available. Please be aware that the formulation of products by manufacturers may change at any time and no notice is given to their customers.

ENTRÉE -Lunch	Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
Alt Meal=Cheese Sand(29), Juice(13)	1 meal	42			X			X		X
Boneless Chicken Wings, Chunks	5 chunks	28	X		X			X		X
Cheese Stick Cheese w/Marinara	1 serving	34			X			X		X
Burrito/Combo Beef/Bean	burrito	41						X		X
BBQ Chicken Sandwich/Sec	sandwich	58			X			X		X
BBQ Pork Sandwich/ELE	sandwich	25			X			X		X
BBQ Pork Sandwich/Sec	sandwich	34			X			X		X
BBQ Pork Sandwich, w Bun	sandwich	43			X			X		X
Calzone, Cheese w Marinara	1 serving	36			X			X		X
Cheeseburger Mac	1 cup	20			X			X		X
Cheese Quesadilla	1 serving	24			X			X		X
Breaded Cheese Stick w/marinara sauce	1 serving	48			X			X		X
Chicken Alfredo (Grilled)	1 serving	29	X		X			X		X
Chicken Breast Fillet, Dill	1 Fillet	15			X			X		X
Chicken Bites,Dill	1 serving	20			X			X		X
Chicken Cherry Blossom	1 serving	27	X							X
Chicken Blossom Chicken & Rice Bowl	1 serving	49	X					X		X
Chicken, BBQ Drummette	3 wings	7						X		
Chicken, Hot Wings	3 wings	18	X		X			X		X
Chicken Hot Wings	3 wings	8	X		X			X		X
Chicken Fajita w/toppings/Ele	serving	35			X			X		X
Chicken Fajita w/toppings/Sec	serving	54			X			X		X
Chicken Noodle Soup	1 cup	10	X					X		X
Chicken Nuggets	5 nuggets	27						X		X
Chicken Teriyaki Nuggets	1 serving	8						X		X
Chicken, mini sliders	2 sliders	22	X		X			X		X
Chicken Pot Pie	1 cup	40			X			X		X
Chicken, popcorn/Ele w/ sw & sour	12 pieces	14	X					X		X
Chicken, popcorn/Sec w/hon must/roll	18 pieces	32	X					X		X
Chicken Patty Spicy, on Bun/Ele	sandwich	40	X		X			X		X
Chicken Buffalo, Spicy, Wrap/Sec	each	53			X			X		X
Chicken Spicy, Sandwich	1 sandwich	50	X					X		X
Chicken Sandwich/Ele	1 sandwich	47	X		X			X		X
Chicken Sandwich/ Sec	sandwich	45	X		X			X		X
Chicken Salad Sandwich	sandwich	29	X					X		X
Chicken Tender/Ele	3 tenders	14	X		X			X		X
Chicken Tender/Sec	3 tenders	36	X		X			X		X
Cheese Quesadilla	1 serving	24			X			X		X
Chicken & Dutch Waffles ES(Lunch)	1 serving	77			X			X		X
Chicken, Penne Pasta/Ziti	1 cup	64	X		X			X		X
Chicken Quesadilla/Sec	each	43			X			X		X
ENTRÉE -Lunch (cont.)	Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
Chicken ,Penne Pasta/Ziti	1cup	64	X		X			X		X
Chili , Chicken	1 cup	26						X		X
Chili, Beef	1 cup	32						X		X
Chili Cheese Fritos Pie/ELE	serving	44			X			X		
Chili Cheese Fritos/Sec	serving	57			X			X		
Corndog	corndog	33	X					X		X
Corndog, mini	4 nuggets	31	X		X			X		X
Club Wrap	1 wrap	31	X		X			X		X
Cuban Pork Sandwich/sec	sandwich	40			X			X		X
Dressing for Turkey	1/2 cup	25			X			X		X
Fish Sandwich	sandwich	53	X	X	X			X		X
Fish Nuggets	4 nuggets	22		X				X		X
Fries, BBQ Pork	serving	51	X		X			X		X
Fries, Chili & Cheese w/ Roll	1 Serving	76	X		X			X		X
Grilled Cheese Sandwich/Ele	sandwich	28			X			X		X
Grilled Cheese Sandwich/Sec	sandwich	32			X			X		X
Grilled Chicken and Cheese Wrap	1 wrap	37	X		X			X		X
Ham, Buffet Diamond	1 serving	5								
Ham & Cheese Wrap	1 wrap	46	X		X			X		X
Ham Deli and Cheese Sandwich	sandwich	31	X		X			X		X

Hamburger on Bun	burger	33			X			X		X
Hamburger/Cheese/Bacon on Bun	burger	36			X			X		X
Hamburgers,mini,w/pickles	2 mini's	33			X			X		X
Hickory Fries w/Bun	1 serving	82	X		X			X		X
Hoagie	sandwich	70	X		X			X		X
Hoagie, Turkey & Cheese	1 Hoagie	31	X		X			X		X
Hoagie, Ham & Cheese	1 Hoagie	73	X		X			X		X
Hotdog (hot diggity)	hotdog	33.5			X			X		X
Hotdog w/ Chilli	1 hotdog	40			X			X		X
Meatball Wrap	1 wrap	35	X		X			X		X
Meatball Sub	1 serving	50	X		X			X		X
Munchable Kit Ele	1 each	58			X					X
Nachos w/Beef & Cheese	serving	51			X			X		
Nachos w/Fajita Chicken & Cheese	1 serving	44			X			X		
Pancakes & Sausage ES	1 serving	54	X		X			X		X
PB & J Sandwich (twin pack)	serving	69					X	X		X
PB&J Grape Uncrustables	1 each	32					X	X		X
PB&J Strawberry Uncrustables	1 each	33					X	X		X
Philly Steak on Hoagie	sandwich	34	X		X			X		X
Pizza, Mini French Bread	slice	13			X			X		X
Pizza Cheese	1 slice	33			X			X		X
Pizza Flat Bread 4x6, Cheese	slice	27			X			X		X
Pizza, Cheese Wedge	slice	21			X			X		X
Pizza , Personal Pan, Cheese Round	slice	40			X			X		X
Pizza, Chicken Buffalo	slice	27			X			X		X
Pizza, Big Daddy Pepperoni	slice	35			X			X		X
Pizza, Big Daddy Cheese	slice	35			X			X		X
Pizza, Pepperoni, 4x6	slice	29			X			X		X
Pizza, Garlic Cheese 4x6	1 slice	26			X			X		X
Pizza, Pepperoni, Nardone/ELE/MS	slice	23			X			X		X
Pizza, Pepperoni, Max Wedge	slice	32			X			X		X
Pizzable, Pepperoni	serving	19			X					X
Pizza, Quesadilla	slice	40			X			X		X
Pizza Stick w/Marinara	serving	27	X		X			X		X
Pizza, Stuffed Crust Pepperoni, Max	slice	32			X			X		X
Pork Roast, slice w/gravy	3oz	5								
ENTRÉE -Lunch (cont.)	Serving Size									
		Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
Potato, Baked w/BBQ Pork w/roll	plate	74			X			X		X
Potato, Baked w/ Ham/Ele	plate	77			X			X		X
Potato, Baked w/ Ham/Sec w/crackers	plate	80			X			X		X
Potato, Baked w/Ham&Cheese/w/Roll/Sec	plate	82			X			X		X
Potato, Baked w/Chili, Cheese & Roll	1 serving	63			X			X		X
Pretzel Dippers	1 serving	34	X		X			X		X
Beef Ravioli	3/4 serving	15			X			X		X
Ravioli w/ Cheese	1cup	11			X			X		X
Riblet Sandwich	sandwich	49			X			X		X
Salad, Asian Chicken	plate	62	X		X			X		X
Salad, Asian Chicken/ w/crackers	plate	80	X		X			X		X
Salad, Chef w/ Turkey/Ele	plate	41	X		X			X		X
Salad House w/ Egg & Cheese/Ele	plate	28	X		X			X		X
Salad Plate w/ Egg & Cheese/Sec	plate	50	X		X			X		X
Salad Plate Ham & Cheese/ Ele	plate	41	X		X			X		X
Chef Salad w Ham & Cheese/ Sec	plate	54	X		X			X		X
Salad, Grilled Chicken/Sec	plate	38	X		X			X		X
Salad Chicken Ceasar	1 serving	20			X			X		X
Salad, Chicken Fajita/ Ele	plate	35	X		X			X		X
Salad, Chicken Popper	plate	26	X		X			X		X
Salad, Popcorn Chicken w/crackers	plate	45	X		X			X		X
Salad, Taco/Ele	plate	37	X		X			X		X
Salad Plate, Taco /Sec	plate	32	X		X			X		X
Sloppy Joe	1 serving	36			X			X		X
Spaghetti w/ Meat Sauce	1 cup	44	X							X
Steak Fingers w/Gravy	serving	17	X		X			X		X
Steak Nuggets w/gravy	4 nuggets	17	X					X		X
Steak w/gravy /HS/MS	serving	20	X					X		X
Steak Sandwich	sandwich	49	X		X			X		X
Steak Sandwich w/ onion Rings	1 serving	64	X		X			X		X
Taco, Beef w/Cheese, soft shell /ES	1 taco	21						X		X
Taco Beef w/Cheese, soft-shell	2 taco	52						X		X
Taco Max Snax w/Salsa	1 serving	34			X			X		X
Taquito Chicken & Cheese	1 serving	38			X			X		X

Applesauce, Plain	1 cup	14									
add Gummy worm	1 ea	3									
Apple Slices	1/2 cup	13									
Fruit (cont.)	Serving Size		Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
Apple	apple, med	25									
Banana	banana	27									
Cantaloupe	1/2 cup	6									
Cranberry Sauce	1/4 cup	20									
Grapes	1/2 cup	21									
Fruit Pearls, Strawberry	1/2 cup	9									
Fruit Pearls, Wildberry	1/2 cup	9									
Mixed Fruit (fruit cocktail)	1/2 cup	9									
Orange	orange	20									
Oranges, Mandarin	1/2 cup	16									
Peaches	1/2 cup	17									
Peaches, Frozen Cup	1/2 cup	27									
Pear Slices	1/2 cup	21									
Pears, blushing	1/2 cup	21									
Pineapple, Tidbits (tropical)	1/2 cup	20									
Strawberries, Fresh	1/2 cup	7									
Strawberries, Frozen	1/2 cup	29									
Strawberry Frozen Cups	4.5oz	31									
Watermelon	1/2 cup	8									
Entrée- Breakfast											
Biscuit	biscuit	23			X				X		X
Bread	slice	14			X				X		X
Bagel, Breakfast	bagel	21			X				X		X
Bagel, Mini Strawberry Flav Cheese Filled	1 bagel	41			X						X
Biscuit, Chicken	serving	30			X				X		X
Biscuit, Chicken Spicy	serving	31			X				X		X
Biscuit, Chicken Spicy	serving	36			X				X		X
Biscuit, Bacon	1 serving	23			X				X		X
Biscuit, Egg & Cheese	serving	25	X		X				X		X
Biscuit, Cheese Omelet	serving	24	X		X				X		X
Sausage Biscuit	serving	24			X				X		X
Biscuit, Sausage & Egg	serving	26	X		X				X		X
Biscuit, Steak	serving	30			X				X		X
Cereal Bar, Apple Cinnamon	bar	30									X
Cereal Bar, Trix	bar	30									X
Cereal Bar, Cheerio	bar	30									X
Cereal Bar, Cocoa Puffs	bar	30									X
Cereal Bar, Cinnamon Toast Crunch	1.42 oz bar	30									X
Cereal Bar, Fruity Cheerios	1.42oz	30									X
Entrée- Breakfast	Serving Size		Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
Cereal Bar, Choc Marsh Mini	30g	22									X
Cereal Bar, Granola Stby Marsh Mini	30g	22									X
Cereal Bar, Rice Krispie Mini	.39oz	34									X
Cereal, Lucky Charms	bowl	22									X
Cereal, Frosted Flakes	bowl	24									X
Cereal, Fruit Loops	bowl	15									X
Cereal , Coco Puff	bowl	25									X
Cereal, Cinnamon Toast Crunch	bowl	22									X
Cereal, Honey Nut Cheerios	bowl	22								X	X
Cereal, Golden Graham	bowl	24									X
Cereal, Trix	bowl	24			X						X
Chicken Croissant	1 serving	22	X		X				X		X
Chicken & Waffle Breakfast	1 serving	50	x		x				x		x
Cheese String	1 stick	1			X						
Cheese Toast	toast	15			X				X		X
Cinnamon Roll WGR	roll	35	X		X				X		X
Cinnamon Roll w/Sausage links	1 serving	35	X		X				X		X
Cinnamon Toast	toast	14							X		X
Donut	1 serving	30	X		X				X		X
Glazed Donut w/Sausage	1 serving	38	X		X				X		X
Glazed Donut w/Yogurt	1 serving	46	X		X				X		X
Egg, Boiled	egg	1	X								
Egg, Scrambled	1 serving	1	X		X						
Egg, Omelet w/ cheese	1oz	2	X		X				X		

Egg, Sausage & Grits Mixer	bowl	31	X		X				X		
Egg, Scrambled w/Bacon & Toast	1 serving	15	X		X				X		X
Flatbread Pizza, Egg & Cheese	1 serving	18	X		X						X
French Toast sticks	serving	69			X				X		X
Grits	1/2 cup	59									
Grits, Cheese	1/2 cup	25			X						
Honey Bun	serving	34	X		X				X		X
Muffin, Banana	2 oz muffin	27	X		X				X		X
Muffin, Blueberry	2 oz muffin	25	X		X				X		X
Muffin, Blueberry Batter	1 muffin	23	X		X				X		X
Muffin, Chocolate Chip Batter	1 muffin	25	X		X				X		X
Oatmeal	1/2 cup	20									
Mini Pancakes, Maple	pkg	35	X		X				X		X
Pancake on stick	serving	47	X		X				X		X
Pancake & Sausage w/ syrup	1 serving	54	X		X				X		X
Breakfast Pizza	1 slice	16			X				X		X
Pop Tart, Chocolate	1.76 oz	37							X		X
Pop Tart, Cinnamon	1.76 oz	37							X		X
Pop Tart, Strawberry	1.76 oz	38							X		X
Sausage Pattie	patty	1							X		X
Sausage & Egg, Slider	slider	16	X		X				X		X
Sausage Slider	slider	16			X				X		X
Sausage & Waffles (Lunch)	serving	59	X		X				X		X
Sausage Links & Waffle Breakfast	1 serving	43	X		X				X		X
Sausage and Egg Croissant	serving	17	X		X				X		X
Sausage Croissant	1 serving	16	x		x				x		x
Sausage and Cheese Croissant	1 serving	17	X		X				X		X
Toast	1 slice	14							X		X
Egg and Cheese Croissant	serving	17	X		X				X		X
Smoothie, Strawberry w/Graham Crackers	1 serving	67							X		X
Strudel, Apple	1 ea	36			X				X		X
Strudel, Cherry	1 ea	37			X				X		X
Waffles, Mini Maple Madness	1 pouch	33							X		X
	Serving Size										
Entrée- Breakfast (cont.)		Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten	
Waffles, Chocolate Chip	waffle	36	X		X			X		X	
Waffle, Dutch	waffle	44	X		X			X		X	
Yogurt, Strawberry	4 oz	16			X						
Yogurt, Vanilla	4 oz	16			X						
Grains											
Apple Crisp	1/2 cup	52									X
Breadstick	stick	21						X		X	
Brownie, Choc WGR	1.4oz	22	X		X			X		X	
Bun, Hamburger	bun	29			X			X		X	
Bun, Hot Dog	bun	21			X			X		X	
Bun, Hoagie	bun	38			X			X		X	
Bun, Slider	bun	14			X			X		X	
Cornbread 1oz muffin	muffin	16	X		X			X		X	
Cornbread 2oz	serving	32	X		X			X		X	
Cornbread Stuffing	1/2 cup	19						X		X	
Hushpuppies	3 hushpuppies	22	X		X			X		X	
Pretzel, baked	pretzel	30									X
Pretzel, warm	1 pretzel	38			X						X
Rice, Brown	1/2 cup	20			X			X		X	
Roll, Wheat/ HS	roll	32						X		X	
Roll, Wheat Homemade/ES/MS	2oz roll	28			X			X		X	
Tortilla Chips	10 chips	17									
Tortilla Shell, 8"	shell	23						X		X	
Tortilla Shell, 10"	shell	34						X		X	
ID#	Milk										
Milk, Chocolate Fat/Free	8oz	20			X						
Milk, Strawberry Fat/Free	8oz	19			X						
Milk, White 1%	8oz	13			X						
Milk, Vanilla / Fat Free	8oz	19			X						
ID#	Condiments etc.										
BBQ Sauce	1oz	8						X		X	
Dressing, Caesar ind	.75oz	2						X			

ID#	Condiments etc. (cont.)	Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
	Dressing, Ranch ind	1oz	2	X		X			X		X
	Dressing, French Honey ind	1oz	5						X		
	Dressing, Italian Lite ind	1oz	2								
	Dressing, Honey Mustard ind	1oz	9	X					X		
	Gravy, Beef	2 Tbls	12						X		X
	Gravy, Chicken	2Tbls	12			X			X		X
	Honey Mustard	1oz	5						X		
	Honey Mustard Dijon, gal	2tbls	13								
	Jelly, Grape/pkg.	.5oz	9								
	Jelly, Assorted	.5oz	10								
	Ketchup, ind	pouch	3								
	Marinara Sauce	2oz	5								
	Mayonnaise, Ind.	pouch	1	X					X		
	Mustard, Ind	pouch	0								
	Pickle Chips	3 slices	2								
	Pickle, Spear	spear	2								
	Salsa	2Tbls	2								
	Sour Cream	1oz	2			X					
	Sweet & Sour Sauce	1oz	13								
	Syrup, Ind	1.5oz	27								
	Taco Sauce Ind	pouch	1						X		
	Tarter Sauce Ind.	pouch	2						X		
ID#	Snacks/ A la Carte										
	Cheesestick Mozzarella (string)	1oz	1			X			X		
	Chips, Baked BBQ	1.125oz	24						X		X
	Chips, Baked Cheddar	1.125oz	24			X			X		X
	Chips, Sour Cream & Onion	.875oz	19			X			X		X
	Cheetos, Baked Hot	.875oz	19			X					X
	Chips, Baked Original Gluten Free	1.125oz	26						X		
	Chips, Baked Potato Regular	.875oz bag	20						X		X
	Chips, Doritos Cool Ranch RF	1oz	19						X		X
	Chips, Doritos Flamas	1oz	16			X					
	Popcorn, Cheddar Chs White	1 pkg	7			X					
	Brownie	1.4oz	22	X		X					X
	Cheese Stick, Cheddar	1 stick	0			X					
	Crackers Cheese	1oz pkg.	16			X			X		X
	Crackers, Chocolate Graham	1oz	22						X		X
	Crackers Elf Cinnamon Graham	1oz	21						X		X
ID#	Snacks/ A la Carte (cont.)	Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
	Crackers Honey Graham	1oz pkg.	17						X		X
	Crackers Cheese-its, Atomic/Scramble	pkg	14								X
	Crackers, Saltine	4ct pkg	9						X		X
	Cookie, Animal Cracker	1 pkg	21						X		X
	Cookie, Carnival	cookie	16	X					X		X
	Cookie, Chocolate Chip	cookie	17	X					X		X
	Cookie, Ranger	cookie	16	X		X				X	X
	Cookie, Fortune	cookie	5	X					X		X
	Cupcake	1 cupcake	25	X		X			X		X
	Donut, Super	1 Donut	23	X		X			X		X
	FrozFrufie, Fruit	4oz	21								
	Fruit Snack Scooby Doo	.9oz	21								
	Fruit Snack , Strawberry Rollup	.5oz	11								
	Goldfish Cracker, Cheese	1 pkg	14			X					X
	Goldfish Cracker, Ranch	1 pkg	14			X					X
	Ice Cream Bar Choc Shortcake Richs	3oz	22			X			X		X
	Ice Cream Bar Fudge Mayfield	2.5 fl oz	22			X					
	Ice Cream Bar Fudge Stick Mayfield	1.75 fl oz	10			X					
	Ice Cream Bar Stby Shortcake Richs	3 oz.	23			X			X		X
	Ice Cream Cone Cookie Crumbled Richs	3 oz.	31			X			X		X
	Ice Cream Cone VanChoc Swirl Richs	3 oz	27			X			X		X
	Ice Cream Cup Chocolate Lite Mayfield	4 oz.	19			X					
	Ice Cream Cup Strawberry Lite Mayfield	4 oz.	19			X					
	Ice Cream Cup Vanilla Low-fat Mayfield	4 oz.	20			X					
	Ice Cream Sand-Cookies & Crm Mayfield	4 oz.	29			X			X		X
	Ice Cream Sandwich Vanilla Low-fat Mayfield	56g	25			X			X		X
	Jerky Turkey Honey Brown Sugar	1 stick	3								
	Popsicle Sour Swell Cherry Richs	2.5 oz.	12			X					
	Popsicle Creamy Cotton Candy	1 bar	15			X					

