Menu Item	Amount	Carbohydrate (g)	ALLERGENS
Baked Beans	½ cup	26	N/A
Barbecue Sauce	1 each	10	N/A
Breakfast Sandwich	1 each	26	WHEAT, MILK, SOY
Bean Salad	½ cup (~4 oz)	25	N/A
Bosco Sticks	HS/MS = 3 each Elementary = 2 each	2 each = 54 3 each = 81	WHEAT, MILK, SOY
Black Bean Corn Salsa	½ cup (~4 oz)	21	N/A
Broccoli	½ cup	3	N/A
Burrito	1 each	40	WHEAT, MILK, SOY
Calzone, Pepperoni	1 calzone	32	WHEAT, MILK, SOY
Carrots	½ cup	6	N/A
Celery Sticks	½ cup	2	N/A
Cheese Quesadilla	1 each	39	WHEAT, MILK, SOY
Chicken Alfredo	1 each	2.5 oz Chicken = 0 1 cup Penne = 41 2 oz Alfredo Sauce = 5 **Total = 46**	WHEAT, MILK, SOY
Chicken Bowl	1 each (Popcorn Chicken – 12 each; Mashed Potatoes – ½ cup; corn - ½ cup; Gravy – 1.5 oz)	Popcorn Chicken = 15 Mashed Potatoes = 25 Corn = 15 Gravy = 4 **Total = 59**	WHEAT, MILK, SOY
Chicken Nuggets	5 each	16	WHEAT AND SOY
Chicken Tenders	HS/MS = 4 each Elementary = 3 each	4 each Chicken Tenders = 21 3 each Chicken Tenders = 16	WHEAT AND SOY
Chicken, Oven Fried	HS/MS = 2 each Elementary = 1 each	2 each = 12 1 each = 6	WHEAT
Chicken Parmesan Sandwich	1 each	Chicken Patty = 16 2 oz Marinara = 4 1 slice Provolone Cheese = 0 Hamburger Bun = 26 **Total = 46**	WHEAT, SOY, MILK, SESAME SEEDS
Chicken Breast, WG with Bun	1 each	Chicken Breast = 9 Hamburger Bun = 26 **Total = 35**	WHEAT, SOY, SESAME SEEDS
Chicken Patty with bun	1 each	Chicken Patty = 16 Hamburger Bun = 26 **Total = 42**	WHEAT, SESAME SEEDS AND SOY
Chicken Patty, Spicy	1 each	Spicy Chicken Patty =	WHEAT, SESAME SEEDS

with bun		17 Hamburger Bun = 26 **Total = 43**	AND SOY
Corn	½ cup	16	MILK, SOY
Dinner Roll	1 each	15	WHEAT, SESAME SEEDS
Fries, Wedge Cut	½ cup	18	WHEAT
Garbanzo Bean Salad	½ cup	9	N/A
Green Beans	½ cup	4	MILK, SOY
Grilled Cheese	1 each	30	WHEAT, MILK, SOY
Hamburger with bun	1 each	Hamburger Patty = 1 Hamburger Bun = 26 **Total = 27**	WHEAT, SESAME SEEDS
Honey Biscuits	1 each	22	WHEAT, MILK, SOY, EGG, SESAME
Hot Dog	1 each	Hot Dog = 1 Hot Dog Bun = 19 **Total = 20**	WHEAT
Hummus	1 each	18	N/A
Italian Dressing	2 each	4	N/A
Macaroni and Cheese	2/3 cup	29	WHEAT, MILK, EGG
Marinara Dipping Cup	1 each	10	N/A
Mashed Potatoes	½ cup (5 oz)	25	MILK
Meatball Sub	1 sub	4 meatballs = 6 2 oz Marinara = 4 Steak Bun = 32 Mozzarella Cheese = 1 **Total = 43**	WHEAT, MILK, SOY, SESAME SEEDS
Mini Turkey Corn Dogs	4 each (Elementary) 6 each (High School/Middle)	4 each = 22 6 each = 33	Wheat, Milk, Egg and Soy
Nachos, Blue Devil	1 each	Elementary (2 oz = 20 chips) Tortilla Chips = 40 HS/MS (3 oz = 30 chips) Tortilla Chips = 60 2 oz Taco Meat = 3 1 oz (~2 TBSP) Cheese = 2 ½ oz Lettuce = 1 **Total (Elementary) = 46** **Total (Middle School/High School) = 66**	Soy, Milk

Orange Chicken	1 each	12 each Popcorn Chicken = 15 ½ cup Brown Rice = 24 2 oz Orange Sauce for dipping = 9 (*if on chicken = 1g CHO) **Total with orange sauce drizzled on chicken = 40** **Total with orange sauce as dipping sauce = 48**	Wheat, Soy
Pancakes, WG	1 package	35	Wheat, Milk, Egg and Soy
Pasta with Meatballs	1 each	Pasta (1 cup) = 41 Marinara (3 oz) = 6 Meatballs (High School/Middle – 5 each) = 8 Meatballs (Elementary – 4 each) = 6 Total (High School/Middle School) = 55 Total (Elementary) = 53	Wheat, Milk, Soy
Peas	½ cup	11	N/A
Pinto Beans	½ cup	21	N/A
Pizza, Cheese, Big Daddy's	1 each (8-cut)	36	WHEAT, MILK, SOY
Pizza, Cheese, Home-made	1 each (8 cut)	31	WHEAT, M ILK
Pizza, Pepperoni, Big Daddy's	1 each (8-cut)	36	WHEAT, MILK, SOY
Potatoes, Roasted Garlic Rosemary	½ cup	19	N/A
Pretzels	1 each	11	Wheat
Pretzel Sticks with cheese sauce	Pretzel = 2 each (Elementary) 3 each (High School/Middle School) Cheese sauce = 3 oz	3 each = 42 2 each = 28 3 oz Cheese Sauce = 7	Wheat (Pretzel) Milk (Cheese Sauce)
Ranch	1 each	2	Milk and Egg
Refried Beans	½ cup	29	N/A
Rice	½ cup	24	N/A
Salad, Side	1 each	7	N/A

Salsa Dipping Cup	1 each	6	N/A
Salisbury Steak + Gravy + Green Peppers	1 each ¼ cup Gravy 1 cup green peppers	Steak = 3 Gravy = 5 Green Peppers = 7	Wheat, Milk, Soy
Sandwich, Ham + American Cheese	1 each	28	Wheat, Milk, Soy, Sesame Seeds
Sandwich, Salami + Provolone Cheese	1 each	26	Wheat, Sesame Seeds and Milk
Sandwich, Turkey + American Cheese	1 each	27	Wheat, Milk, Soy, Sesame Seeds
Sausage, Turkey Links	2 each	0	N/A
Sour Cream	1 each	1	Milk
Sun chips, WG	1 each	19	Wheat, Milk
Syrup	1 each	30	N/A
Tacos	2 each	3 oz Taco Meat = 5 ½ oz Romaine Lettuce =1 ¼ cup Tomato = 2 2 TBSP Black Olives = 1 2 Flour Tortillas = 30 **Total = 39 (2 tacos)** **Total = 20 (1 taco)**	Wheat, Soy
Tater Tots	½ cup	16	N/A
Tomato Soup	1 cup (High School/Middle) ¾ cup (Elementary)	1 cup = 40 ¾ cup = 30	Wheat
Turkey and Cheese Hot Pocket	1 each	35	Wheat, Milk, Soy
Walking Taco	1 each	Doritos = 20 3 oz Taco Meat = 5 2 oz Cheese Sauce = 5 ¼ cup romaine lettuce = 1 ¼ cup tomato = 2 **Total = 33**	Milk, Soy
Wow Butter Sandwich	1 each	28	Wheat, Milk, Soy
Zucchini	¾ cup	3	Milk, Soy