

Carbohydrate Counts and Allergens Spring 2026

Entrée Item	Carb Count	Soy (*)	Milk	Egg	Wheat	Other
BBQ Beef Rib Sandwich	39	X			X	
BBQ Pork stuffed Baked Potato with Cheese	72	X	X			Pork
BBQ Pork Sandwich	40	X			X	Pork
BBQ Pork Sliders on Hawaiian Buns	45	X			X	Pork
Bean & Cheese Soft Tacos	55	X	X		X	
Beef & Cheese Crispy Tacos	24	X	X			
Beef Gyro-Style on Flatbread	35		X		X	
Beef Teriyaki for Lo Mein	8	X			X	
Beef Taco Filling	3					
Beef, Breaded Bites	13				X	
Beef, SPICY Breaded Bites	13				X	
Belgian Maple Waffle + Chicken Tenders	50		X	X	X	
Belgian Maple Waffle + Turkey Sausage	38		X	X	X	
Buttermilk Pancakes with Turkey Sausage	30		X	X	X	
Cheeseburger (100% Beef)	25	*	X		X	
Cheese Stuffed Breadsticks	35	X	X	X	X	
Chicken Alfredo with Pasta	49		X		X	
Chicken, Asian Entrée Salad	55	X	X		X	Sesame
Chicken, Breaded Breast Chunks + Roll	39		X		X	
Chicken, Breaded Drumstick, Oven Fried	5				X	
Chicken, Cheezy Hotz with Onion Rings (HS)	52	X	X	X	X	
Chicken, Cheezy Hotz with Onion Rings (JH)	42	X	X	X	X	
Chicken, Cheezy Hotz	22		X	X	X	
Chicken Corn Dog	30	X		X	X	
Chicken Dumplings with Fried Rice	74	X		X	X	Sesame
Chicken Dumplings with Spicy Hot Sauce	42	X			X	Sesame
Chicken Dumplings, Spicy with Rice	64	X			X	Sesame
Chicken Dumplings with Teriyaki	39	X			X	Sesame
Chicken Dumplings, Teriyaki with Rice	61	X			X	Sesame
Chicken Enchilada Empanada	32	X	X		X	
Chicken Filet Sandwich	36		X		X	
Chicken, Filet Sandwich, Hot & Spicy	41				X	
Chicken, Gyro-Style on Flatbread	31		X		X	
Chicken, General Tso's Sauce + Fried Rice (HS only)	74	X		X	X	Sesame
Chicken, General Tso's Sauce + Plain Rice	40	X		X	X	
Chicken, Mandarin Orange for Lo Mein	17	X		X	X	
Chicken, Mandarin Orange Sauce + Plain Rice	37	X		X	X	
Chicken, Teriyaki for Lo Mein	10	X			X	
Chicken, Mexican Seasoned Meat	3					
Chicken, Mexican Chicken Soft Tacos & Cheese	29		X		X	
Chicken Nuggets, Special Holiday Shapes	16	X			X	

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Chicken, Popcorn	11	X	X		X	
Chicken, Southern Crunchers + Roll	55		X		X	
Chicken Tenders (3 pieces)	14		X		X	
Chicken Tenders Entrée Salad	32	X	X		X	
Chicken Tenders with Dinner Roll	40		X		X	
Chicken Tenders with Onion Rings	44	X	X	X	X	
Chicken Tenders with Texas Toast	28	X	X		X	
Chicken Tikka Masala with Rice	28		X			
Chicken Tikka Masala with Rice and Naan Bread	43	X	X		X	
Chicken Snack Wraps (2 wraps)	38		X		X	
Chicken Salad Croissant Sandwich	32		X	X	X	
Fiestatda (beef) Stuffed Sandwich	31	X	X	X	X	
Fish Nuggets	19	X			X	Fish
Fish Nuggets with Cornbread Poppers	38	X	X	X	X	Fish
Fish Nuggets with Onion Rings						
Grilled Cheese	31	*	X		X	
Ham (Dark Chicken Meat only) & Cheese Croissant	33	*	X		X	
Hamburger (100% Beef)	23				X	
Hot Dog, Beef	24				X	
Hot Dog, Beef + Turkey Chili & Cheese Topping	25		X		X	
Kickin' (Vegan) Filet Sandwich	37	X			X	
Kickin', SPICY (Vegan) Filet Sandwich	34	X			X	
Mac & Cheese (Yellow Cheese Sauce)	32		X	X	X	
Mac & Cheese with Texas Toast	46	X	X	X	X	
Mac & Cheese (Three Cheese Cavatappi)	27		X	X	X	
Three Cheese Cavatappi + Texas Toast	42	X	X	X	X	
Pancakes with Turkey Sausage	30		X	X	X	
Nachos with Mexican Chicken	36		X			
Nachos with Beef Taco Meat and Cheese	36		X			
Nachos with Cheese Sauce	38		X			
Nachos with Turkey Chili and Cheese	41		X			
Penne Pasta with Meatballs Marinara	62	X	X		X	
Penne Pasta with Vegan Bolognese	69				X	
Pizza, French Bread Garlic Cheese	29	X	X		X	
Pizza, Individual Cheese (PACE)	31	X	X		X	
Pizza, Individual Pepperoni (PACE)	31	X	X		X	pork
Pizza, Buffalo Chicken	35	X	X		X	
Pizza, Cheese	35	X	X		X	
Pizza, 4-Meat	36	X	X		X	pork
Pizza, Turkey & Beef Pepperoni	35	X	X		X	
Philly Beef & Cheese Flatbread	37		X		X	

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Pork Carnitas Meat	0					Pork
Pork Carnitas Tacos	26				X	Pork
Tacos, Refried Beans and Cheese soft tacos	47		X		X	
Tostitos Chips, Bean Dip and Salsa Dipping cup	51					
Turkey, Bacon (turkey) & Cheese Croissant	32	*	X		X	
Turkey Chili Frito Pie	42		X			
Turkey Nuggets	15				X	
Turkey Nuggets, Flatbread + Tzatziki Sauce	30		X		X	
Uncrustable, Small Size (Middle School)	32				X	Peanuts
Uncrustable, Large (Junior High + High School)	64				X	Peanuts

BREAKFAST ITEMS

Apple Frudel	36		X		X	
Banana Muffin	47			X	X	
Belgian Maple Waffle	36		X	X	X	
Belgian Maple Waffle + Chicken Tender	41		X	X	X	
Breakfast Cluster of Glazed Donut Holes	43	X	X	X	X	
Breakfast Taco, Egg & Cheese	14		X	X	X	
Breakfast Taco, Bacon, Egg & Cheese	14		X	X	X	Pork
Breakfast Pizza (Turkey Sausage)	27	X	X		X	
Cereal, Cinnamon Toast Crunch	44				X	
Cereal, Cocoa Puffs	47					
Cereal, Cinnamon Chex	46					
Cereal, Trix	47					
Cinnamon Swirl	41	X		X	X	
Cinnamon Churro Bites	28	X	X	X	X	
Croissant, Ham (pork) & Swiss	27		X	X	X	Pork
Donut, Glazed	37	X	X		X	
Donut Dunk Sticks, Glazed	48	X	X	X	X	
English Muffin with Egg and Cheese	22		X	X	X	
English Muffin with Turkey Sausage and Cheese	23		X	X	X	
French Toast Minis, Cinnamon Toast Crunch	36		X	X	X	
French Toast Sticks	35	X			X	
French Toast Sticks for High School	53	X			X	
Mini Maple Pancakes	35	X	X	X		
Sausage, Egg and Cheese Breakfast Empanada	17	X	X	X	X	Turkey
Pancake & Turkey Sausage on a Stick	16	X	X	X	X	Turkey
Uncrustable, Chocolate Spread & peanut butter	32				X	Peanut
Yogurt and Scooby Graham Sticks	33		X		X	
Yogurt (Dannon Danimals)	15		X			

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