

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

Breakfast

	Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products
			grams	grams	grams	milligrams	grams		Fat	**Allergen Legend is located on the last page**	
Bacon, Egg & Cheese on Bagel Sandwich	4.7oz (133g)	344	35	1	4	933	15	15	7	1,2,5,7,8	
Bacon, Egg & Cheese Croissant Sandwich	4.75 oz (133g)	314	31	3	5	708	11	17	9	1,2,5,7,8	
Bacon, Egg & Cheese Sandwich on WW Roll (Round Bacon)	4.5 oz (127g)	321	29	3	3	896	15	15	7	1,2,5,7,8	
Bacon (Turkey), Egg & Cheese Sandwich (WW Roll) - All	4.5 oz (127g)	321	36	3	3	971	16	15	7	1,2,5,7	
Bagel, Blueberry (Whole Grain)	2 oz (57g)	140	29	3	3	150	5	0.5	0	1,2,5,7	
Bagel, Blueberry	4 oz (133g)	290	58	2	7	540	9	3	0	5,7,9	Hilltop Hearth
Bagel, Cinnamon Raisin	4 oz. (112g)	290	59	2	11	520	9	1	0	5,9	Hilltop Hearth
Bagel, Everything	4 oz (112g)	290	54	2	4	660	10	4	1	1,2,5,7	Hilltop Hearth
Bagel, Plain, 4 oz	4 oz (112g)	270	56	21	1	590	10	1.5	0	5,9	Hilltop Hearth
Bagel, Plain 2.3 oz	2.3 oz (65g)	170	33	1	3	290	6	1	0	5,7	Lender's
Bagel Bites, Stuffed w/ Cream Cheese	2.6 oz (74g)	210	29	2	4	200	6	8	4	1,2,5,7*	*May contain Sesame
Bagel, Mini Pull-Aparts Stuffed w/ Cinnamon Cream Cheese, WG	2.43 oz (69g)	230	42	3	12	180	6	6	2	1,5,7	Pillsbury
Bagel, Breakfast Pizza w/ Egg and Turkey Sausage WG IW	2.83 oz (80g)	180	23	2	6	380	10	6	3	1,2,5,7	Tony's
Bar, Appleways, Chocolate Chip Soft Oatmeal	2.4 oz. (67g)	280	46	3	19	150	4	9	1.5	1,5,7	Appleways/Darlington
Bar, Appleways, Strawberry Soft Oatmeal	1.2 oz (34.2 g)	140	23	1	9	75	2	4.5	0.5	1,2,5,7	Appleways/Darlington
Bun, Super Bun Goody Bun, Cinnamon	2.75 oz (78g)	270	35	3	11	320	5	13	5	1,2,5,7	Super Bakery 6060
Bread, Apple Cinnamon Slice, WGR	3.3 oz (94g)	260	45	2	17	300	8	6	1	1,5,7	S & F Foods
Bread, Banana Bread Slice, WGR	3.4 oz (96 g)	260	44	2	23	250	5	8	1.5	1,2,5,7	Super Bakery
Bread, Banana Mini Loaf, WGR	2 oz (57g)	160	29	1	15	100	3	5	0.5	1,2,5,7	Bake Crafters
Bread, Blueberry Mini Loaf, WGR	2 oz (57g)	160	28	1	14	100	3	5	0.5	1,2,5,7	Bake Crafters
Bread, Cinnamon Toast Crunch, Soft Filled w/ Neufchatel Cheese	2.36 oz (66g)	240	41	3	14	280	5	6	2	1,5,7	General Mills
Bread, Chocolate, Individually Wrapped Slice	3.4 oz (96 g)	260	44	3	22	270	5	8	1.5	1,2,5,7	Super Bakery
Bread, Corn Mini Loaf	2 oz (57g)	180	29	1	15	90	3	6	0.5	1,2,5,7	Bake Crafters
Breaded Chicken Patty on a Buttermilk Biscuit Sandwich (Prepackaged)	1 Sandwich (102g)	270	35	1	3	650	11	10	5	1,5,7	Tasty Brands
Breakfast Bar, Apple Cinnamon BeneFIT	2.5 oz (71 g)	280	48	3	22	240	5	9	3	1,2,5,7	Benefit Bar
Breakfast Bar, Banana Chocolate Chunk BeneFIT	2.5 oz (71 g)	280	47	5	17	220	5	8	3	1,2,5,7	Benefit Bar
Breakfast Bar, French Toast WG BeneFIT	2.5 oz (71g)	280	46	3	20	210	5	9	2.5	1,2,5,7	Benefit Bar
Breakfast Bar, Oatmeal Chocolate Chip BeneFIT	2.5 oz (71 g)	260	46	6	11	290	5	8	2.5	1,2,5,7	Benefit Bar
Breakfast Fruit Parfait - with Bananas	8.7 oz (246g)	141	34	4	17	14	1	1	0.3	1,5,7	
Breakfast Fruit Parfait - with Blueberries	7 oz (198g)	69	14	3	8	14	1	1	0.4	1,5,7	
Breakfast Fruit Parfait - with Canteloupe	7oz (198g)	55	11	1	8	25	1	1	0.3	1,5,7	
Breakfast Fruit Parfait - with Manadarin Oranges	9.2 oz (260g)	109	24	1	18	28	1	1	0.3	1,5,7	
Breakfast Fruit Parfait -w/Mixed Berry (blueberries&Strawberries)	8.2 oz (233g)	226	46	2	32	66	4	1	1	1,5,7	
Breakfast Fruit Parfait - Mixed Fruit Cocktail	9 oz (260g)	86	25	1	20	33	0.3	1	0.3	1,5,7	
Breakfast Fruit Parfait - with Peaches	8.7 oz (245g)	92	19	1	15	18	1	1	0.3	1,5,7	
Breakfast Fruit Parfait - with Pears	9 oz (260g)	134	31	1	19	13	1	1	0.3	1,5,7	
Breakfast Fruit Parfait - with Pineapple Tidbits	9.2 oz (260g)	109	27	1	22	13	1	1	0.3	1,5,7	
Breakfast Fruit Parfait - with Strawberries	9.2 oz (260g)	119	28	3	19	13	0.3	1	0.3	1,5,7	
Breakfast Fruit Parfait - Mixed Fruit Cocktail (with Appleways Oatmeal)	10.4 oz (295g)	226	48	3	29	107	2	5	1	1,2,5,7	
Cake, Coffee, Blueberry Crumb WG	3 oz (85g)	230	40	2	20	170	4	7	1	1,2,5,7	Sky Blue Bakery
Cake, Coffee, Cinnamon Crumb WG	3 oz (85g)	250	43	2	22	190	4	7	1	1,2,5,7	Sky Blue Bakery
Cereal, Apple Cinnamon Cheerios	1 oz (28g)	110	22	2	6	130	3	2	0	none indicated	General Mills

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products
Cereal, Cheerios (WG)	1 oz (28g)	100	21	3	1	140	4	2	0	none indicated	General Mills Bowlpack
Cereal, Cinnamon Chex	1 oz (28g)	110	23	1	6	160	1	2.5	0	none indicated	General Mills Bowlpack
Cereal, Cinnamon Toast Crunch 1 oz (WG)	1 oz (28g)	110	22	3	6	170	3	0	0	5,7	General Mill's Bowlpack
Cereal, Cinnamon Toast Crunch 2 oz (WG)	2 oz (56g)	220	43	5	12	340	3	6	0.5	5,7	General Mill's Bowlpack
Cereal, Cocoa Puffs 1.06 oz (WG)	1.063 oz (30g)	120	25	2	6	120	2	2	0	none indicated	General Mill's Bowlpack
Cereal, Cocoa Puffs 2 oz (WG)	2 oz (56g)	220	47	4	12	220	3	3	0	none indicated	General Mill's Bowlpack
Cereal, Frosted Corn Flakes (WG)	1 oz (28g)	110	24	1	6	180	2	1	0	none indicated	General Mill's Bowlpack
Cereal, Honey Cheerios (WG)	1 oz (28g)	110	22	2	6	170	3	2	0	none indicated	General Mill's Bowlpack
Cereal, Golden Grahams (WG)	1 oz (28g)	110	23	2	6	240	2	1	0	5	General Mill's Bowlpack
Cereal, Lucky Charms 1 oz (WG)	1 oz (28g)	110	22	2	6	220	3	2	0	none indicated	General Mill's Bowlpack
Cereal, Lucky Charms 2 oz (WG)	2 oz (56g)	210	45	5	12	440	5	2.5	0.5	none indicated	General Mills Bowlpack
Cereal, Multigrain Cheerios	1 oz (28g)	100	23	2	6	110	1	0	0	none indicated	General Mill's Bowlpack
Cereal, Rice Krispies	.62 oz (28g)	70	16	0	2	90	1	0	0	none indicated	Kelloggs
Cereal, Trix 1 oz (WG)	1 oz (28g)	110	23	2	6	160	2	2	0	none indicated	General Mill's Bowlpack
Cereal, Trix 2 oz (WG)	2 oz (56g)	220	47	3	12	320	3	3	0	none indicated	General Mills Bowlpack
Cereal Bar, Cheerios Strawberry Flavored	1.42 oz (40g)	150	29	3	9	80	2	3.5	0.5	7	General Mills
Cereal Bar, Cinnamon Toast Crunch	1.42 oz (40g)	150	30	2	8	120	2	2.5	0	5,7	General Mills
Cereal Bar, Cocoa Puffs Cereal Bar	1.42 oz (40G)	150	29	3	9	100	3	3.5	0	5,7	General Mills
Cereal Bar, Golden Grahams	1.42oz (40g)	150	29	3	9	105	2	3.5	0	5,7	General Mills
Cereal Bar, Trix	1.42 (40g)	150	29	2	8	95	2	3.5	0.5	5,7	General Mills
Cheese Breakfast Croissant WG Sandwich (Homemade)	3.2 oz (91g)	291	31	3	5	636	10	15	8	1,2,5,7	
Cheese WG Croissant Sandwich (Prepacked)	4.2 oz (119g)	330	30	3	4	620	18	16	9	1,5,7	Tasty Brands
Cheese, String, Mozzarella	1 oz (28g)	80	1	0	1	200	6	6	3	1	Land O'Lakes
Chicken Patty (Breaded) on a Buttermilk Biscuit Sandwich (Prepackaged)	1 Sandwich (102g)	270	35	1	3	650	11	10	5	1,5,7	Tasty Brands
Chicken Sausage Patty & Cheese on WG Honey Wheat Biscuit (premade)	1 Sandwich (114g)	290	31	2	7	600	14	12	4	1,2,5,7	
Cinnamon Bun/Sweet Breakfast Bun WG	2.6 oz (75g)	220	37	3	9	260	6	6	2.5	1,2,5,7	Sky Blue Bakery
Cinnamon Roll, WG	2.7 oz (76g)	240	38	3	12	240	5	7	1.5	1,5,7	Hadley Farms
Donut, Goodyring, WG Yeast Donut Individually Wrapped	2.5 oz (71 g)	250	11	2	6	260	4	11	4.5	1,2,5,7	Super Bakery
Dunkin Stik, Glazed (WG), double pack (2 stiks)	3.2 oz (91g)	300	48	3	23	310	5	10	4	1,2,5,7	Super Bakery
Dutch Waffle, WG (Funnel Cake)	2.9 oz (83g)	330	38	3	12	330	4	19	3	1,2,5,7	sprinkled w/ powdered sugar
Egg & Cheese Filled Biscuit (Prepackaged)	2.5 oz (71g)	240	19	2	2	440	10	14	8	1,2,5,7*	*May contain Sesame
Egg & Cheese on WG English Muffin Sandwich (Prepackaged)	3.4 oz (97g)	200	24	2	2	320	9	7	1.5	1,2,5,7	Tasty Brands
Egg & Cheese Croissant Sandwich	4.4 oz (126 oz)	341	31	3	5	761	13	19	9	1,2,5,7	
Egg and Cheese Sandwich-All	4.2 oz (119g)	291	29	3	3	821	13	13	6	1,2,5,7	
Egg & Colby Cheese Breakfast Wrap	2.9 oz (83g)	210	16	0.5	0	338	10	12	5	1,2,5,7	
French Toast, Cinnamon Toast Crunch, Mini, SS Pouch	2.9 oz (83g)	210	36	3	11	200	4	7	1	1,2,5,7	General Mill's
French Toast, Eggo Bites, Mini Chocolate Chip French Toast	3.03 oz (86g)	210	37	6	11	210	5	5	1.5	1,2,5,7	
French Toast, Eggo Bites Mini French Toast	3.03 oz (86g)	190	37	4	11	210	4	5	1.5	1,2,5,7	Kellogg's
French Toast Sticks (WG) Elementary (Bake Crafters)	3 each (94g)	260	42	2	14	290	6	8	1	1,2,5,7	Bake Crafters
French Toast Sticks (WG) Int and HS (Bake Crafters)	4 Each (126g)	347	56	3	19	387	8	11	1	1,2,5,7	Bake Crafters
French Toast Sticks (WG) Elementary (Farm Rich)	3 each (68g)	195	29	2	7	225	5	8	1	1,2,5,7	Farm Rich
French Toast Sticks (WG) Int and HS (Farm Rich)	4 Each (91g)	260	38	3	9	300	6	10	2	1,2,5,7	Farm Rich
Ham, Egg and Cheese Sandwich on WG Hamburger Roll	5.5 oz (155g)	415	28	3	3	795	25	22	12	1,2,5,7,8	PORK(roll may contain sesame seeds)
Honey Bun Sweet Cinnamon Roll, Reduced Fat	3 oz (85 g)	270	40	3	13	220	6	10	4.5	1,5,7	Bake Crafters

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Mini Cinni's, Pull Apart Mini Cinnamon Rolls	2.3 oz(65g)	210	37	3	11	260	4	6	1.5	1,5,7	Pillsbury
Mini Pancake and Sausage (Turkey) Bites	6 each (114 g)	256	37	4	11	588	17	5	1	1,2,5,7	JTM
Muffin, Apple Cinnamon (2 oz WG Bake Crafters)	2 oz (57 g)	160	28	1	13	120	3	4.5	0.5	1,2,5,7	Bake Crafters 1203
Muffin, Apple Cinnamon (2 oz WG Otis Spunkmeyer)	2.0 oz (57g)	180	31	2	16	125	3	6	2	2,5,7	Otis Spunkmeyer 10146
Muffin, Banana (2 oz WG, Otis Spunkmeyer)	2.0 oz (57g)	190	30	2	17	130	3	6	2	2,5,7	Otis Spunkmeyer 10144
Muffin, Banana (2 oz WG Bake Crafters)	2 oz (57 g)	160	30	1	15	115	3	4	0.5	1,2,5,7	Bake Crafters 1202
Muffin, Blueberry (2 oz WG Bake Crafters)	2 oz (57g)	160	27	1	14	115	3	5	0.5	1,2,5,7	Bake Crafters 1207
Muffin, Blueberry (2 oz WG, Otis Spunkmeyer)	2.0 oz (57g)	190	30	2	16	130	3	6	2	2,5,7	Otis Spunkmeyer 10143
Muffin, Chocolate Chocolate Chip (2 oz WG, Otis Spunkmeyer)	2.0 oz (57g)	190	33	2	17	130	3	6	2	1,2,5,7	Otis Spunkmeyer 10145
Muffin, Corn (1.8 oz Bake Crafters)	1.8 oz (51g)	160	25	1	13	80	2	6	0.5	1,2,5,7	Bake Crafters 1278
Nutri Grain Bar, Apple Cinnamon (WG)	1.6 oz (44 g)	130	25	2	12	110	2	3.5	0.5	1,5,7	Kellogg's
Nutri Grain Bar, Blueberry, Low Fat (WG)	1.6 oz (44 g)	130	25	2	11	115	2	3.5	0.5	1,5,7	Kellogg's
Nutri Grain Bar, Strawberry (WG)	1.6 oz (44 g)	150	30	3	12	140	2	3.5	0.5	1,5,7	Kellogg's
Pancakes, Eggo Mini Maple Flavored (All)	3.03oz (86g)	200	35	4	10	210	4	6	1	1,2,5,7	Kellogg's
Pancakes, Eggo Mini Vanilla Birthday Cake Flavored (All)	3.03 oz (86g)	220	36	6	11	210	4	6	1	1,2,5,7	Kellogg's
Pop Tart, Blueberry Frosted WG, Double Pack (Int/HS only)	3.3 oz (96g)	340	73	6	29	230	4	5	2	5,7	Kellogg's
Pop Tart, Blueberry Frosted WG, Single Pack	1.76 oz (50g)	170	36	3	14	180	2	3	1	5,7	Kellogg's
Pop Tart Chocolate Fudge, Frosted, WG, Double Pack (Int/HS only)	3.3 oz (96g)	350	73	6	29	240	5	6	2	5,7	Kellogg's
Pop Tart, Cinnamon, Frosted, WG, Double Pack (Int/HS only)	3.4 oz (96g)	400	69	1	30	340	5	12	4	5,7	Kellogg's
Pop Tart, Cinnamon, Frosted, WG, Single Pack	1.76 oz (50g)	170	37	3	15	120	2	3	1	5,7	Kellogg's
Pop Tart, Smore, Frosted, WG Double Pack (Int/HS only)	3.4 oz (96g)	370	67	1	35	390	5	9	3	1,2,5,7	Kellogg's
Pop Tart, Strawberry, Frosted, (WG), Double Pack (Int/HS only)	3.4 oz (96g)	340	72	6	24	220	4	5	2	5,7	Kellogg's
Pop Tart, Strawberry, Frosted, (WG), Single Pack	1.76 oz (50g)	170	36	3	14	115	2	2.5	1	5,7	Kellogg's
Sausage & Cheese Sandwich on WG Burger Roll - all	4.5 oz (127g)	430	29	3	3	770	14	29	11	1,5,7,8	
Sausage, Egg and Cheese Bagel Sandwich	6.5 oz (185g)	561	36	1	4	1161	20	36	14	1,2,5,7,8	
Sausage, Egg and Cheese Croissant Sandwich	6.4 oz (182g)	581	32	3	5	1061	19	42	17	1,2,5,7,8	
Sausage, Egg and Cheese on WG Roll - all	5 oz (167g)	511	32	3	3	899	17	35	12	1,2,5,7,8	
Sausage-on-a-Stick - All (Turkey sausage wrapped in a pancake)	1 stick (71g)	150	18	1	6	390	8	5	1.5	1,2,5,7	Jimmy Dean *substitutes may use pork*
Sausages, Links - All	2 Links (45g)	170	1	0	0	380	6	16	5	8	Jones Dairy Farm
Sausages, Patties - All	2 sausages (113 g)	480	2	0	0	600	12	46	16	8	Served w/ french t. or pancakes or waffle
Sausages, Turkey, Patties- All	2 sausages (56 g)	117	0	0	0	176	12	8	2	none indicated	*Substitutes may contain pork
Strudel, Apple (Frudel)	2.29 oz (64.9g)	180	34	2	7	240	4	4.5	0.5	1,5,7	Pillsbury
Turnover, Cinnamon Filled WG	2.9 oz (82g)	290	46	4	14	280	6	10	2	5,7	Hadley Farms
Waffle, Dutch (Funnel Cake)	2.9 oz (83g)	330	38	3	12	330	4	19	3	1,2,,5,7	sprinkled w/ powdered sugar
Waffle, Eggo Mini Cinnamon, Pouch All	2.6 oz (75g)	190	34	4	8	210	4	5	1.5	1,2,5,7	Kellogg's
Waffle, Eggo Mini Bites Maple Flavored, Pouch (All)	2.64oz(74.8g)	180	35	5	9	200	5	5	1.5	1,2,5,7	Kellogg's
Waffle, Froot Loops WGR, IW	2.6 oz (74g)	180	32	3	5	210	4	6	1.5	1,2,5,7	Kellogg's
Waffle, Liege Belgian, Choco Cereal Blast Choc. Chip WG, IW	2.3 oz (65g)	250	38	2	17	190	5	9	2.5	1.2.5.7	Waffle Envy S922CC
Waffle, Liege Belgian, Fun N' Fruitti Cereal Blast WG, IW	2.3 oz (65g)	240	33	2	12	200	5	9	2.5	1,2,5,7	Waffle Envy S922FF
Yogurt "Dirt" Parfait	8.5 oz (241g)	133	29	3	17	43	1	2	0	1,5	Yogurt, strawberries, choc. graham crackers
Yogurt 4 oz + (1) Mozzarella String Cheese Meal - ALL	5 oz (141 g)	170	21	0	15	250	9	6	4	1	
Yogurt, Danimals Strawberry 4 oz	4 oz (113g)	60	12	0	9	70	4	0	0	1	
Yogurt, 4 oz , Upstate Farms, Variety	4 oz (113g)	80	15	0	12	75	3	0	0	1	Upstate Farms
Yogurt, 8 oz, Upstate Farms, Variety	8 oz (227g)	155	31	0	24	150	7	0	0	1	Upstate Farms

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products	
Entrées	American Hoagie-Elementary (Ham + Bologna)	8.2 oz (238 g)	365	33	4	5	1292	20	17	8	1,5,7,8	served on hot dog roll
	American Hoagie-Int and HS (Ham + Bologna)	9.3oz.(264g)	410	40	4	6	1489	24	18	8	1,5,7,8	served on club/hoagie roll
	ANYTIMERS Lunch Kit, WG Cheese Pizza (Prepackaged)	5.3 oz (149g)	360	34	4	7	750	13	17	9	1,5,7	Tasty Brands 10203
	ANYTIMERS Lunch Kit, WG Ham(Turkey)& Am.Cheese & Crackers (Prepackaged)	4.5 oz (128g)	380	39	4	11	760	19	18	8	1,5,7	Tasty Brands 10206
	Bacon Cheeseburger on WW Roll	5.6 oz (158g)	392	35	3	3	673	25	20	8	1,5,7,8	
	BBQ Cheddar Chicken Wrap - ALL	5.3 oz (151g)	631	44	1	6	1381	33	37	23	1,5,7	
	BBQ Chicken Wrap-All	9 oz (254g)	485	58	4	9	1105	21	21	6	5,7	
	Beef BBQ Sandwich - ALL	6 oz (161 g)	318	34	6	3	398	20	12	5	5,7	
	Beef Bowl - A La Carte	9.43 oz (267g)	143	22	2	2	386	8	3	1	1,5,7	
	Beef Bowl - Elementary and Intermediate	11.4 oz (322g)	248	26	3	3	977	15	10	4	1,5,7	
	Beef Bowl - HS	12 oz (341g)	287	27	4	4	1031	18	12	4	1,5,7	
	Beef and Cheddar Cheese Wrap- Elementary (Hot)	4.4oz (124g)	281	30	3	3	612	16	11	4	1,5,7	
	Beef and Cheddar Cheese Wrap-Int and HS (Hot)	5.4 oz (153g)	352	31	3	3	807	22	16	8	1,5,7	
	Beef Bar B Q (Barbecued Beef) Sandwich - All	5.8 oz (161g)	318	34	6	3	398	20	12	5	5,7	
	Beefaroni - All	8 oz (227g)	187	26	3	3	217	9	6	2	5,7	
	Bologna (Pork) (Lunch Meat only-no bread)	2 oz (57g)	140	4	0	1	480	5	11	4	7,8	
	Bologna (Pork) Sandwich-Elementary	5 oz (141g)	274	25	4	3	853	12	14	5	5,7,8	
	Bologna (Pork) Sandwich-Int and HS	6 oz.(155g)	312	25	4	3	1003	14	17	6	5,7,8	
	Bologna (Pork) and Amer. Cheese Sandwich-Elementary	4 oz (112g)	282	25	4	3	917	12	15	6	1,5,7,8	
	Bologna (Pork) and Amer. Cheese Sandwich-Int and HS	5 oz (127g)	321	25	4	3	1073	15	18	7	1,5,7,8	
	Bologna (Pork) and Amer. Cheese Wrap-Elementary	6.9 oz (195g)	379	38	5	5	960	13	20	8	1,5,7,8	
	Bologna (Pork) and Amer. Cheese Wrap-Int and HS	6.9 oz (195g)	379	38	5	5	960	13	20	8	1,5,7,8	
	Breadsticks, WG, 5", Soft (Italian Dunkers)	2 Sticks (										Bake Crafters
	Breadsticks, Garlic Cheese (Breadsticks topped w/mozz. Cheese & Garlic Butter Sauce)	3 sticks (4 oz)	260	29	0	3	440	14	11	5	1,5,7	S & F Foods 151BC
	Breadsticks, WG Garlic Butter Twisted (Twiz-Stik)	2 sticks (113g)	280	52	0	4	360	8	6	2	1,5,7	Tasty Brand 62102
	Breadsticks, WG Garlic Mozz. Cheese Stuffed Twist (Twiz-Stik)	2 Sticks(114g)	300	30	0	2	440	18	6	6	1,5,7	Tasty Brand 62001
	Breadsticks, Soft, WG, Mozzarella Cheese Stuffed 6" (Bosco's)	2 Sticks (122g)	320	32	2	2	540	20	14	8	1,5,7	Bosco 17022101120
	Breadsticks, Soft, WG, Mozzarella Cheese Stuffed with Marinara Sauce	6.31 oz (179g)	345	38	3	5	785	21	14.5	8	1,5,7	2 breadsticks + 2 oz sauce (Bosco)
	Buffalo Chicken Wrap-All	7.4 oz (209g)	402	49	4	2	1043	20	15	5	1,5,7	
	Buffalo Chicken & Cheddar on Brioche Bun Sandwich (Prepackaged)	4.5 oz (128g)	280	31	2	5	870	21	10	4	1,5,7	Tasty Brands
	Buffalo Chicken & Mozzarella Flatbread Sandwich (Prepackaged)	4.6 oz (130g)	280	32	3	3	790	21	9	3.5	1,5,7,9	Tasty Brands
	Burrito, Beef - All	6 oz (172g)	656	45	4	3	1431	33	40	24	1,5,7	Salsa pack not included
	Burrito, Chicken Chili - All	7 oz (207g)	627	39	7	3	1187	35	36	21	1,5,7	
	Burrito, Pork, Seasoned (BBQ Sauce)	7 oz (189g)	417	46	3	15	1341	20	14	6	1,5,7,8	
	Burrito, Pork, Zesty (Pepperjack Cheese)	7 oz (189g)	415	46	3	15	1342	19	14	5	1,5,7,8	
	Burrito, Turkey - All	5 oz (144g)	313	30	3	2	485	17	13	4	1,5,7	Salsa pack not included
	Calzone, Cheese, Mini (3)	5 oz (145g)	320	38	1	6	400	16	11	5	1,5,7	S & F Foods 9074BC
	Calzone, Pepperoni & Cheese, WG	5 oz (142g)	370	36	3	6	600	20	16	8	1,5,7	(Contains Beef Pepperoni) S&F Foods
	Cheese, Stick, Breaded Mozzarella (1 serving = 5 sticks)	4.5oz (128 g)	400	37	3	2	467	18	20	7.5	1,5,7	Farm Rich
	Cheese, Sticks Breaded Mozarealla (1 serving = 5 sticks)	4.24 oz (120g)	300	33	3	2	440	16	12	6	1,5,7	Tasty Brand
	Cheese, Stick, Breaded Mozzarella w/ Red Sauce (5 sticks + 2 oz sauce)	6.5 oz (184)	425	43	4	6	713	19	21	8	1,5,7	Farm Rich
	Cheese Sandwich -Elementary	3.5 oz (99g)	272	27	4	4	918	12	13	8	1,5,7	

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Cheese Sandwich -Int and HS	4 oz (113g)	323	28	4	4	1141	14	17	10	1,5,7	
Cheeseburger (NO ROLL)- All	2.5 oz (57.5g)	160	1	0	0.5	225	13.5	11	6	1,7	
Cheeseburger on Whole Wheat Roll(Beef)- All	5 oz (150.18g)	363	28	3	3	526	23	18	8	1,5,7	
Cheesesteak Sandwich-Elementary (Beef)	4.8 oz (142 g)	270	34	3	5	783	14	8	3	1,5,7	Elementary; Hot dog roll
Cheesesteak Sandwich-Intermediate and HS (Beef)	6 oz. (167g)	325	42	3	5	923	18	10	3	1,5,7	Secondary: Club/Hoagie roll
Cheesy Beef Bake-Elementary	6 oz (170g)	274	30	2	4	458	13	12	6	1,5,7	
Cheesy Beef Bake-Intermediate and HS	8 oz (232g)	371	41	2	5	618	18	16	9	1,5,7	
Cheesy Chicken Bake with Broccoli-Elementary	6 oz(170g)	128	14	0.6	2	379	7	5	3	1,2,5,7	
Cheesy Chicken Bake with Broccoli-Intermediate and HS	8 oz (227g)	167	18	0.8	3	495	9	6	4	1,2,5,7	
Cheesy Pork BBQ Wrap - All	7.6 oz (215g)	673	33	5	3	1199	42	36	20	1,5,7	
Chicken Bacon Ranch Wrap - All	7.8 oz (221 g)	536	31	4	1	839	34	30	12	1,2,5,7,8	
Chicken, Baked (Bone-In Breasts, Thighs, Legs) - All	6 oz (227g)	300	0	0	0	600	28	20	6	none indicated	
Chicken, Baked w/ BBQ Sauce (Bone-in Breasts, Legs, Thighs) -All	6.4 oz (181g)	313	3	0	2.6	759	28	20	6	none indicated	
Chicken, Baked Breaded Honey Stung (Bone -in Breasts, Legs, Thighs)-All	6 oz (168 g)	540	12	0	2	1100	38	38	10	2,5,7	
Chicken, BBQ Cheddar Chicken Wrap - ALL	5.3 oz (151g)	631	44	1	6	1381	33	37	23	1,5,7	
Chicken, BBQ Chicken Wrap-All	9 oz (254g)	485	58	4	9	1105	21	21	6	5,7	
Chicken, Bites (Chunks) - All	4 oz (113g)	191	13	1	0	472	20	7	1	1,5,7	John Soules
Chicken, Bites Spicy WG (Chunks)	6 bites (106g)	204	13	1	2	504	17	10	2	5	Tyson
Chicken, Boneless Bites - Elementary	4 bites (97g)	231	16	1	0	582	16	12	2	5,7	Tyson Red Label
Chicken, Boneless Bites - Intermediate/High School	5 bites (123g)	293	20	1	0	740	20	15	3	5,7	Tyson Red Label
Chicken Bowl, Southern - All	15oz (440g)	624	48	8	3	1603	30	34	9	1,5,7	
Chicken Broccoli Alfredo over Penne Pasta - All	8 oz (226.8g)	320	50	1	6	629	23	12	6	1,5	
Chicken Cheese Steak - Elementary	5 oz (142g)	237	32	3	3	603	15	6	2	1,5,7	served on hot dog roll
Chicken Cheese Steak - Intermediate/High School	5.9 oz (167g)	284	39	3	3	699	20	7	2	1,5,7	served on hoagie roll
Chicken Steak Meat - - no cheese- no bread	2.5 oz (71g)	84	0	0	0	176	12	4	2	none indicated	
Chicken Steak Meat - with cheese- no bread	3.5 oz (99g)	175	19	0	4	1016	13	6	4	1	
Chicken Fajita-All	5.7 oz (162g)	115	7	2	4	595	14	3	1	none indicated	
Chicken Fajita with Rice-All	10.2 oz (288g)	263	39	2	2.6	595	17	3	1	none indicated	
Chicken Fajita Wrap- All	8 oz (224g)	319	43	2	7	900	20	9	4	5,7	
Chicken, Filet Sandwich (Breaded, WG)	6.15 oz (174g)	371	44	4	4	759	26	10	2	1,5,7	
Chicken Fryz/Fries/Sticks	8 Fries (96g)	274	16	2	0	526	14	16	3	5,7	Tyson
Chicken, General Tso's - All	3.9 oz (111g)	210	25	1	13	460	12	7	1	1,2,5,7,9	Green Dragon
Chicken Grilled Sandwich on WW Roll - All	4.5 oz (126g)	240	27	3	2	470	25	4	0	5,7	
Chicken, Grilled Parmesan Sandwich - All	6 oz (170g)	299	30	4	4	394	29	7	2	1,5,7	
Chicken, Honey BBQ Chunks/Bites - All	4 oz (113g)	160	19	1	4	530	10	5	0	5,7	
Chicken, Mandarin Orange Jr. - All	3.6 oz (100g)	150	19	0	10	280	11	3	0.5	2,5,7	Yang's 5th Taste
Chicken Nuggets-All (Tyson Tempura Battered)	5 nuggets (100g)	225	11	0	0	517	12	15	3	5	Tyson Tempura Battered
Chicken Nuggets (Breaded) - All	5 nuggets (86g)	200	13	2	0	400	15	10	2	5,7	
Chicken Parmesan - All	4.6 oz (131 g)	247	14	2	2	631	20	12.4	4	1,2,5,7	
Chicken Parmesan with Noodles-All	8.7 oz (247g)	474	55	8	4	641	27	17	4	1,2,5,7	
Chicken Parmesan Sandwich on Whole Wheat Roll - All	7 oz (193g)	439	45	7	5	934	23	18	5	1,5,7	
Chicken Patty (NO ROLL)- All	3oz (92g)	240	15	3	0	460	14	13	3	5,7	
Chicken Patty on Whole Wheat Roll -All	5 oz (148g)	380	42	6	3	710	19	15	3	5,7	
Chicken Patty SPICY on WW Roll -all	5 oz (142g)	320	40	4	2	580	19	10	2	5,7	

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Chicken, Popcorn	4 oz (113g)	303	18	4	1	462	18	17	0	5,7	Tyson
Chicken Quesadilla-All	5.2oz (149g)	783	40	1	3	1631	42	51	32	1,5,7	
Chicken, Quesadilla, Cheese, and Green Chile (Prepackaged)	4.4 oz (123g)	310	32	4	1	390	17	13	6	1,5,7	Tasty Brands
Chicken, Rotisserie Seasoned & Mozzarella cheese on Brioche Bun (Prepackaged)	4.5 oz (128g)	280	31	2	5	920	19	10	4	1,5,7	
Chicken Salad - All	3.4 oz (98g)	146	3	0.4	0.5	209	13	8	2	2, 7	
Chicken Salad Sandwich - All	5 oz (154 g)	266	27	4	3	459	17	9	2	2,5,7	
Chicken, Sweet & Sour - All	4 oz (113g)	282	23	3	9	451	15	14	0	5,7	
Chicken, Sweet & Sour over Rice- All	8 oz (227g)	536	66	4	12	601	23	18	0	5,7	
Chicken, Sweet Chili Sauce - All	4 oz	139	17	0	6	365	12	3	0.5	2,5,7	Ling's
Chicken Tenders - All	3 tenders (95g)	261	16	3	1	392	15	15	2.5	5,7	Tyson
Chicken, Teriyaki - All	4 oz (113g)	132	3	0	3	1201	17	5	3	5,7	
Chicken, Teriyaki over Rice - All	8 oz (249g)	293	38	0	3	1201	21	5	3	5,7	
Chicken, Waldorf Salad	4oz (116g)	201	14	1	9	396	14	9	4	2,7	
Chicken, Waldorf Salad Sandwich	8oz (225g)	394	48	5	12	738	23	13	5	2,5,7	
Chicken, Waldorf Salad Wrap	7.7oz (219g)	424	46	5	13	698	22	16	6	2,5,7	
Chicken Wings - Honey BBQ	4 wings (94 g)	220	8	0	6	430	15	14	4	7	Tyson
Chicken Wings - (Unseasoned)	3 wings (77 g)	210	1	0	0	250	14	17	5	0	Tyson
Chicken Wings-Wings of Fire (PreSeasoned Hot Wings)	4 wings (142g)	320	2	0	0	820	30	22	5	5,7	Tyson
Chicken with Gravy - All	6 oz (170g)	181	4.3	0	0.9	852	26	4	6	1,5,7	
Chik'n Nuggets - Vegetarian Nuggets - ALL	5 Each (107.5g)	250	25	3.8	2.5	462.5	15	11.3	1.9	5,7	MorningStar Farms
Chili, Mexican-Elementary (Beef)	6 oz (170g)	207	16	3	10	453	13	10	6	1	
Chili, Mexican-Int and HS (Beef)	8 oz (226g)	257	21	4	13	570	17	12	6	1	
Chili, Chicken (w/ White Beans) - Elementary	6 oz (169g)	143	16	5	1	648	10	4	1	1,7	
Chili, Chicken (w/ White Beans) - Int and HS	8oz (223 g)	188	22	7	2	856	13	5	2	1,7	
Chili, Chicken w/ Black Beans - Elementary	6 oz (165g)	129	14	4	2	493	10	4	1	1, 7	
Chili, Chicken w/ Black Beans - Int and HS	8 oz (218g)	170	19	6	3	652	13	5	2	1, 7	
Corn Dogs, Mini (Chicken) - Foster Farms	6 Each (119g)	271	30	5	5	411	10	12	4	2,5,7	Foster Farms
Corn Dogs, Mini (Turkey) - JTM	6 Each (114g)	257	35	0	11	362	10	10	2	1,2,5,7	JTM
Corn Dogs, Mini (Turkey) - State Fair	6 Each (114g)	285	26	3	6	810	11	15	3	1,2,5,7	State Fair
Cuban Pork Sandwich-Elementary	4.9 oz (139g)	422	29	3	2	786	33	19	11	1,5,7,8	mustard pack served separate
Cuban Pork Sandwich-Int and HS	6.4 oz (181 g)	534	36	3	3	1065	45	23	13	1,5,7,8	mustard pack served separate
Egg Salad-All	3.1 oz (89g)	148	6.2	0.3	2	269	6.1	10.6	2.5	2,7	
Egg Salad Sandwich-All	5.6 oz (158g)	294	34	3	5	531	11	12	3	2,5,7	
Egg, Turkey Bacon and Cheese Sandwich	5.2 oz (147g)	296	27	3	3	935	15	14	6	1,2,5,7	*substitutes may contain pork*
Fiesta Quesadilla (Vegetarian)- Elementary	4.9 oz (138g)	639	26	4	1	1148	33	46	29	1,5,7	
Fiesta Quesadilla (Vegetarian)- Intermediate & High School	6 oz (169g)	680	35	5	3	1257	34	47	29	1,5,7	
Fish Sticks - Elementary	3 sticks (86 g)	174	14	2	0	371	12	8	1	5,6,7	(Trident/US Foods)
Fish Sticks - Intermediate/High School	4 Sticks (113 g)	294	36	1	0	497	14	11	1	5,6,7	(Trident/US Foods)
Fish Sticks -All	4 Sticks (113g)	200	18	2	1	310	16	8	1.5	5,6,7	(USDA)
French Toast Sticks - Elementary BAKE CRAFTERS	3 sticks (68g)	260	42	2	14	290	6	8	1	1,2,5,7	
French Toast Sticks - INT/HS BAKE CRAFTERS	4 sticks (91g)	347	56	3	19	387	8	11	1	1,2,5,7	
French Toast Sticks - Elementary FARM RICH	3 Sticks	195	29	2	7	225	11	8	1	5,7	
French Toast Sticks - Int and HS FARM RICH	4 Sticks	260	38	3	9	300	6	10	1.5	5,7	
Ham (Lunch Meat only-no Bread)	3.58 oz (101g)	120	2	0	2	1020	18	4	2	7,8	PORK

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Ham Sandwich - Elementary	4.8 oz(134 g)	212	26	4	2	1034	18	4	2	5,7,8	PORK
Ham Sandwich - Int and HS	5.8 oz (162g)	246	26	4	4	1318	23	5	2	5,7,8	PORK
Ham & Cheddar Cheese Wrap-Elementary (HOT)	4.4 oz (125 g)	403	33	5	3	977	22	20	12	1,5,7,8	PORK
Ham & Cheddar Cheese Wrap-Int and HS (HOT)	5.4 oz (153 g)	594	35	5	3	1418	34	35	22	1,5,7,8	PORK
Ham and Cheese (American) Deli (Kaiser Roll w/ Lettuce&Tomato)-Elem.	6.9oz.(195g)	238	27	3	4	1053	18	7	4	1,5,7,8	PORK
Ham and Cheese (American) Deli (Kaiser Roll w/ Lettuce&Tomato)-Int/HS	7.4 oz (209g)	327	36	3	4	1282	22	12	6	1,5,7,8	PORK
(Hot) Ham & Cheese (American) on WG burger Roll - Elem	4.5 oz (127g)	258	29	3	4	1043	18	8	4	1,5,7,8	PORK
(Hot) Ham and Cheese (American) on WG burger Roll - Int/HS	5 oz (142g)	308	30	3	4	1265	20	12	6	1,5,7,8	PORK
(Cold)Ham & Cheese (American) on WG Burger Roll - Elem.	4.5 oz (127g)	258	29	3	4	1043	18	8	4	1,5,7,8	PORK
(Cold)Ham & Cheese (American) on WG Kaiser Roll - Int. / HS	7 oz (195 g)	276	35	3	4	1059	19	8	4	1,5,7,8	Pork
Ham and Cheese (American) Sandwich-Elementary	4.5 oz (127g)	238	26	4	4	1043	17	7	4	1,5,7,8	PORK
Ham and Cheese (American) Sandwich-Int and HS	5 oz (143g)	288	27	4	2	1265	19	11	6	1,5,7,8	PORK
Ham & Cheese (American) Wrap-Elementary	7 oz (189g)	326	38	1	4	1200	19	12	7	1,5,7,8	PORK
Ham & Cheese (American) Wrap-Int and HS	7.4 oz (209g)	377	39	1	4	1422	22	16	9	1,5,7,8	PORK
Hamburger (NO ROLL) (Beef)-All	2 oz (57g)	110	0	0	0	150	11	7	3.5	none indicated	Maid-Rite
Hamburger on Whole Wheat Roll (Beef)- All	4oz (114g)	250	27	3	2	400	16	9	4	5,7	
Hot Dog (Beef and Pork)(NO ROLL) - ALL	2 oz (57g)	170	0	0	0	590	7	16	6	7,8	Berks 1431
Hot Dog, (All Beef) No ROLL - All	2 oz (56g)	140	0	0	0	520	6	12	5	none indicated	Berks
Hot Dog (All Beef) on WG Roll - All	4oz (112g)	280	27	3	2	770	11	14	5	1,5,7	
Hot Dog (Beef and Pork) on WG Roll - All	4 oz (107g)	310	27	3	2	840	12	17.5	6	5,7,8	Pork
Hot Dog, Turkey (NO ROLL) - All	2 oz (57g)	120	4	0	2	630	7	9	3	none indicated	Briar St **Subs may contain pork
Hot Dog, Turkey on WW Roll - All	4 oz (108g)	260	31	3	4	880	12	10.5	3	5,7	Briar St **Subs may contain pork
Hummus - All	4.2 oz (118g)	115	11	3	26	112	3	7	2	7	
Italian Chicken Salad Wrap - All	6 oz (178 g)	356	35	5	5	1024	24	12	7	2,5,7	
Italian Dunkers (2) (without meat sauce)	2 oz (86 g)	140	26	2	2	130	4	2	0	5,7	Bake Crafters
Italian Dunkers (2) with Meat Sauce-All	8.7 oz (246g)	321	41	6	9	805	17	10	4	5,7	Bake Crafters
Italian Hoagies-Elementary (Bologna + Salami + Ham)	8.7 oz (252)	419	33	4	6	1539	22	22	9	1,5,7,8	served on hot dog roll; Pork
Italian Hoagies-Int and HS (Bologna + Salami + Ham)	10 oz.(277g)	498	41	4	6	1816	27	27	11	1,5,7,8	served on hoagie roll; pork
Italian Sub - Elementary (Ham & Pepperoni)	7 oz (202g)	248	32	4	5	820	14	7	3	1,5,7,8	served w/ packet of italian dressing
Italian Sub - Int/High School (Ham & Pepperoni)	5 oz (133 g)	338	37	3	4	1215	16	15	5	1,5,7,8	served w/ packet of italian dressing
Italian Sub (Ham, Salami, Pepperoni) - Elementary	4.3 oz (121g)	308	30	3	4	1155	14	14	5	1,5,7,8	served w/ packet of italian dressing
Italian Sub (Ham, Salami, Pepperoni) - Int/High School	4.7 oz (133)	338	37	3	4	1215	16	15	5	1,5,7,8	served w/ packet of italian dressing
Italian Wrap - Elementary (Ham/Pepperoni/Am. Cheese)	4.3 oz (123g)	411	33	3	4	1268	18	23	9	1,5,7,8	pork
Italian Wrap - Int./ H. S. (Ham/Pepperoni/ Am. Cheese)	5.8 oz (165g)	490	35	3	6	1690	24	29	12	1,5,7,8	pork
Italian Combo on WG Wrap (Prepackaged)	3.5 oz (99g)	240	17	1	2	710	15	12	6	1,5,7	Tasty Brands
Lasagna Roll-Ups	8 oz (238g)	261	39	4	11	742	17	5	2	1,5	
Macaroni and American Cheese-Elementary (side dish)	2.7 oz (76g)	131	13	0.5	2	339	6	6	4	1,5,7	
Macaroni and American Cheese-Int and HS (side dish)	4 oz (108g)	184	18	1	3	489	8	9	5	1,5,7	
Macaroni and American Cheese-Elementary (entree)	5 oz (172g)	294	29	1	5	782	13	14	9	1,5,7	
Macaroni and American Cheese-Int and HS (entree)	8 oz(227g)	387	38	1	6	1029	17	19	11	1,5,7	
Macaroni & American Cheese SMOKEY (topped w/ pulled pork)- Elem.	8 oz (227g)	417	29	1	5	1041	25	19	10	1,5,7,8	contains pork
Macaroni & American Cheese SMOKEY (topped w/ pulled pork)- Int/HS	10 oz (291g)	516	38	1	6	1303	30	24	13	1,5,7,8	contains pork
Macaroni and Cheddar Cheese-Elementary (side dish)	2.8 oz (79g)	310	14	0.5	1	467	16	21	14	1,5,7	
Macaroni and Cheddar Cheese-Int and HS (side dish)	4 oz (108 g)	429	19	0.7	2	642	22	29	19	1,5,7	

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Macaroni and Cheddar Cheese-Elementary (entree)	5 oz (173g)	686	31	1	3	1027	35	46	30	1,5,7	
Macaroni and Cheddar Cheese-Int and HS (entree)	8 oz (227g)	903	41	1	4	1351	47	61	40	1,5,7	
Max Stix (Stuffed Pizza Stick) - ALL	4oz (110g)	300	28	2	2	480	16	14	26	1,5,7	2 max stix
Max Stix (Stuffed Pizza Stick) With Sauce - ALL	6 oz (167 g)	325	33	3	5	725	17	14.5	26	1,5,7	2 maxstix + 2 oz tomato sauce
Meat & Cheese Taco Snack (Prepackaged)	4.44 oz (126g)	298	31	5	2	513	17	13	8	1,5,7	Tasty Brands 94781
Meatballs (NO ROLL/PASTA)	2.5oz (71g)	140	6	0	2	230	13	7	3	1,5,7	5 meatballs
Meatball Parm Sandwich-Elementary (Beef)	7 oz (192 g)	335	38	5	7	788	19	12	4.5	1,5,7	4 meatballs served on hot dog roll
Meatball Parm Sandwich-Int and HS (Beef)	8 oz (218g)	396	46	5	8	891	23	14	5	1,5,7	5 meatballs served on hoagie roll
Meatball Sandwich-Elementary (Beef)	6 oz (177g)	287	37	5	7	693	17	9	3	1,5,7	served on hot dog roll
Meatball Sandwich-Int (Beef)	7.3 oz. (206g)	357	48.2	5	6	903	21	9.6	3	1,5,7	served on hoagie roll
Meatball Sandwich-HS (Beef)	7.3 oz. (206g)	369	48.5	6	6	907	20	11	3	1,5,7	served on hoagie roll
Peanut Butter (ONLY)	2 TBSP(32g)	210	8	2	4	150	7	16	3	3,4,7	
Peanut Butter and Jelly Sandwich-Elementary	4.3 oz (120g)	482	41	7	15	500	18	27	5	3,4,5,7	whole wheat bread
Peanut Butter and Jelly Sandwich-Int and HS	5 oz.(141g)	621	44	8	17	606	24	39	8	1,3,4,5,7	whole wheat bread
Pepperoni & Cheese Sandwich	3.25 oz (92g)	278	29	3	3	830	11	13	6	1,5,7,8	Served on Hamburger Roll
Pierogies, Buttered - All	4.3 oz (123g)	240	31	1	1	518	5	10	4	1,2,5,7	
Pierogies Marinara-Elementary (2 each)	5.2oz (148 g)	199	24	3	4	665	11	7	4	1,2,5,7	
Pierogies Marinara-Int and HS (3 each)	7.8 oz (221 g)	291	35	4	6	970	16	10	5	1,2,5,7	
Pizza Burger (w/ Beef Hamburger Patty) NO ROLL	3.7 oz (106 g)	212	2	0	1.5	221	17	14	6	1	
Pizza Burger on WW Roll- All (w/ Beef Hamburger Patty)	5.8 oz (163g)	352	29	3	4	471	23	16	6	1,2,5	
Pizza; Buffalo Chicken (WG) Nardones	4.6 oz (130g)	300	27	2	3	630	18	13	6	1,5,7	Nardones 64WPSBC
Pizza, Buffalo Chicken WG (Bid Daddy's)	5oz (148g)	380	33	3	8	730	20	19	8	1,5,7	Big Daddy's 78639
Pizza, 4 x 6 WW Nardones	5 oz (196g)	320	32	3	3	760	15	16	7	1,5,7	Nardones 96WWA24x6
Pizza; 5 inch round; wheat (WG)	5.4 oz (152g)	340	34	3	6	590	17	15	8	1,5,7	Nardones 5WRMNY2
Pizza; French Bread (Red) (WG)	5 oz (140g)	300	32	3	8	430	17	11	4	1,5,7	Tony's 78356
Pizza; French Bread with Sausage (Red) (WG)	6 oz (170 g)	379	36	3	9	544	21	16	5	1,5,7,8	Tony's
Pizza; French Bread with Pepperoni (Red) (WG)	5.8 oz (165g)	348	36	3	9	551	20	13	4	1,5,7,8	Tony's
Pizza, French Bread White Garlic (WG)	4.5 oz (128 g)	390	33	3	5	650	18	21	7	1,5,7	Nardones 60WGUM2
Pizza; Galaxy Pastry Style Pizza	4.45 oz (126g)	280	28	3	8	420	15	13	6	1,5,7	Tony's 78366
ANYTIMERS Lunch Kit, WG Cheese Pizza (Prepackaged)	5.3 oz (149g)	360	34	4	7	750	13	17	9	1,5,7	Tasty Brands 10203
Pizza, Meat Lovers (Sausage, Pepperoni and Bacon) WG	5.2 oz (148g)	350	29	4	2	534	21	11	5	1,5,7	Nardones 64WPSME2
Pizza, Stuffed Crust WG The Max	5 oz (137g)	320	31	3	4	740	18	14	7	1,5,7	The Max 7738712616
Pizza; stuffed crust (WG) Nardones	4.9 oz (140g)	310	29	3	5	510	17	14	7	1,5,7	Nardones 72WWSCM2
Pizza, Stuffed Crust WG topped with Pepperoni	5 oz (143g)	330	36	4	5	751	18	12	30	1,5,7	
Pizza topped with Ham & Pepperoni/ Meat Lovers Pizza	6 oz (171g)	475	30	3	3	1092	30	29	14	1,5,7,(*8)	*may contain pork
Pizza, Wedge, with Pepperoni, red WG	5 oz	350	29	4	3	680	20	16	8	1,5,7,8	Nardones
Pizza; wedge, WG, (Big Daddy's)	5.5 oz (153 g)	400	42	2	9	580	19	17	9	1,5,7	Big Daddy's
Pizza, Wedge, WG (Nardones)	5 oz (140g)	336	27	3	6	435	20	16	10	1,5,7	Nardones
Pork, BBQ RIB Sandwich on WW Roll - All	5.8 oz (164g)	343	41	4	14	1058	19	12	4	5,7,8	
Pork BBQ (Sauce Pre-mixed with Pork) (NO ROLL/RICE)	4oz(113g)	299	17	0	16	233	18	17	6	7,8	
Pork Barbeque over Rice(Sauce Pre-mixed with Pork) (WG)-All	8.8oz (249g)	461	52	0	16	234	22	17	6	7,8	Brookwoods Farm
Pork Barbeque on WG Roll -All (Sauce pre-mixed with Pork)	6 oz (169g)	440	44	3	18	484	23	19	6	5,7,8	Brookwoods Farm
Pork, BBQ Sandwich on WG Roll -ALL (Sauce added)	6 oz (169g)	346	48	4	19	1439	14	11	5	5,7,8	Brookwoods Farm
Pork, BBQ Wrap	6.2 oz (175 g)	484	43	2	9	1210	24	25	12	5,7,8	Brookwoods Farm

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Pork, Burrito, Seasoned	6.7 oz (189 g)	417	46	3	15	1340	20	14	6	1,5,7,8	
Pork, Burrito, Zesty	6.9 oz (195g)	405	45	4	14	1412	19	14	7	1,5,7,8	
Pork, Breaded Pork Chop Shaped Patty	3.35 oz (95 g)	260	11	2	1	330	16	17	4.5	5,7,8	
Pork, Breaded Pork Patty Sandwich on WG Burger Roll - all	5 oz (152g)	400	38	5	3	580	21	19	5	5,7,8	
Reuben Grill-All	6.4 oz (181g)	421	39	2	3	1261	18	21	9	1,5,7	Russian Dressing an option
Roast Beef Deli-Elementary	5.9 oz (167g)	237	33	3	3	437	21	5	1	5,7	
Roast Beef Deli-Int and HS	6.9 oz (195g)	260	34	4	3	482	24	5	1	5,7	
Roast Beef and American Cheese Wrap (HOT) - Elementary	4.2 oz (119g)	276	31	3	3	751	16	10	4	1,5,7	
Roast Beef and American Cheese Wrap (HOT) - Interm. & High School	5.2 oz (147g)	341	32	3	4	1085	21	15	7	1,5,7	
Roast Beef and Cheddar Cheese Wrap-HOT- Elementary	4.2oz (119g)	281	30	3	3	612	16	11	4	1,5,7	
Roast Beef and Cheddar Cheese Wrap- HOT- Interm. and High School	5.2 oz (147g)	352	31	3	3	807	22	16	8	1,5,7	
Roast Beef and Cheese Deli-Elementary	6.4 oz (181g)	288	34	3.5	3	660	23	9	4	1,5,7	
Roast Beef and Cheese Deli-Int and HS	7.9oz (224oz)	361	36	3	4	927	29	13	6	1,5,7	
Rotisserie Chicken & Mozzarella on WG Brioche Bun (Prepackaged)	4.5 oz (128g)	280	31	2	5	920	19	10	4	1,5,7	Tasty Brands
Salad, Chef with Kaiser Roll-All	10 oz (278 g)	311	37	4	5	1121	21	9	4	1,2,5,7,8	Pork
Salad, Vegetables for Boxed Salad/Int--HS	11 oz (315g)	79	10	4	7	167.1	2.4	2.5	0	1,2,5,6,7	
Salad, Oriental Chicken -All	8 oz (227g)	373	43	6	4	794	21	14	7	5	Served w/Ken's Asian Dressing
Salami (Pork) (Lunch Meat only-no bread)	2 oz (6g)	210	2	0	2	940	10	18	7	8	
Salami (Pork) Sandwich-Elementary	4.5oz.(126g)	383	27	4	5	1425	17	24	9	5,7,8	
Salami (Pork) Sandwich- Int. & HS	5 oz (141g)	435	27	4	5	1660	19	28	11	5,7,8	
Salami (Pork) and Amer. Cheese Sandwich-Elementary	5 oz (141g)	433	28	4	5	1647	19	28	11	1,5,7,8	
Salami (Pork) and Amer. Cheese Sandwich-Int and HS	5.5oz (154g)	486	28	4	6	1883	22	32	13	1,5,7,8	
Sausages (Links)- All	2 links (45 g)	200	0	0	0	380	6	20	7	8	
Sausages (Patties) - All	2 patties (75 g)	240	2	0	0	344	12	20	7	8	
Shepherd's Pie - All	7.8 oz (221g)	251	16	5	2	497	19	12	6	1,5,7	Ground Beef
Sicilian Style Cheese Pizza Boli (Prepackaged)	5 oz (142g)	310	35	2	5	690	16	13	6	1,5	Tasty Brands
Sloppy Joe (Premade, Beef) on WW Roll - All	6.5 oz (185g)	329	41	4	10	785	21	9	3	5,7	
Sloppy Joe (Premade, Ground Turkey) (NO ROLL)	4.9oz (141g)	160	17	2	8	420	17	5	1.5	none indicated	
Sloppy Joe-(Premade, Ground Turkey) - Elementary and INT	7 oz (200 g)	305	44	5	10	682	23	7	2	5,7	Ground Turkey
Sloppy Joe-(Premade, Ground Turkey) - HS	8.6 oz (243 g)	350	52	6	11	786	27	8	2	5,7	Ground Turkey
Sloppy Joe-Beef with Manwich Sauce Added on WG Roll - All	7oz(206g)	346	42	8	10	791	19	11	5	5,7	
Spaghetti with red sauce - All (side dish)	4.4 oz (124g)	159	32	2	3	173	5	2	0.1	5,7	
Spaghetti and Meatballs-Elementary	8.5 oz (241 g)	368	53	4	7	473	17	11	3	1,5,7	Does not include cheese
Spaghetti and Meatballs-Int and HS (Beef)	9.0 oz (255 g)	398	54	4	8	515	20	12	4	1,5,7	Does not include cheese
Spaghetti and Meat Sauce- All (Beef) (Served separately)	8.1 oz. (230 g)	332	46	5	5	387	16	10	3	5,7	Does not include cheese
Spaghetti and Meat Sauce Combo- All (Beef)	8.1 oz. (230 g)	332	46	5	5	387	17	10	4	5,7	Does not include cheese
Stromboli/Pizza Boli (Premade)	5 oz (142g)	310	35	2	5	690	16	13	6	1,5	
Swedish Meatballs with Noodles-Elementary (Beef)	8.25 oz (227g)	267	32	2	3	484	13	9	3	1,5,7	
Swedish Meatballs with Noodles-Int and HS (Beef)	8.8 oz (248 g)	297	33	2	3	526	16	11	4	1,5,7	
Taco (Beef) -no shell, with cheese	3.3 oz (93g)	222	2	0	1	680	16	17	10	1,5	
Taco (Beef) - Hard Shell- All	3.7 oz (106 g)	273	10	1	0.5	680	17	19	10	1,5	Cheese included
Taco(Beef)-Soft Shell-All	4.6oz (126g)	551	21	4	1	1138	32	38	23	1,5,7	Cheese included
Taco (Turkey) - no shell, with cheese	2 oz (85g)	195	3	0	0	458	18	12.5	7	1	

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Taco (Turkey) - Hard Shell- All	3.4 oz (96 g)	471	12	1	0	801	30	34	20	1	Cheese included
Taco(Turkey)-Soft Shell-All	4 oz (116g)	491	18	2	0	906	31	34	20	1,5,7	Cheese included
Taco, Walking (Ground Beef)	4 oz (110g)	439	27	4	15	936	22	27	14	1 *	*Some beef products contain soy
Taco, Walking (Ground Turkey)	4 oz (110g)	414	25	3	1	920	21	25	12	1,7	
Tilapia with Taco Seasoning - All	4 oz (112g)	94	0.5	0	0.1	93	16	3	0.6	5,6,7	
Tilapia Sandwich (with Taco Seasoning) on WG Roll - All	5.3 oz (151g)	223	28	3	2	342	20	4	0.6	5,6,7	
Toasted Cheese Sandwich-Elementary	3.5 oz (101g)	272	27	4	4	918	12	13	8	1,5,7	
Toasted Cheese Sandwich-Int and HS	4 oz (113 g)	322	28	4	4	1141	14	17	10	1,5,7	
Toasted Cheese on Pretzel Bun-Elementary	3.7oz.(105g)	312	32	3	3.5	754	13	14.7	8.6	1,5,7	
Toasted Cheese on Pretzel Bun-Int and HS	4.2 oz (119g)	363	33	3	4	992	15.1	18.7	11.1	1,5,7	
Toasted Cheese on Rye Bread - Elementary	4.5 oz(128g)	332	41	2	4	1274	14	12	8	1,5,7	
Toasted Cheese on Rye Bread - Int/HS	5 oz (142g)	382	42	2	4	1512	16	16	10	1,5,7	
Toasted Cheese with Turkey Bacon on Pretzel Roll - Elementary	4 oz (112g)	342	39	3	4	904	15	17	9	1,5,7	**Substitutes may contain pork
Toasted Cheese with Turkey Bacon on Pretzel Roll - Int/HS	4.5 oz (127g)	393	40	3	4	1142	18	21	12	1,5,7	**Substitutes may contain pork
Toasted Cheese with Turkey Bacon on Rye Bread - Elementary	4.9 oz (138g)	362	48	2	4	1424	16	14	8	1,5,7	**Substitutes may contain pork
Toasted Cheese with Turkey Bacon on Rye Bread - Int/HS	5.3 oz (150g)	412	49	2	4	1662	19	18	11	1,5,7	**Substitutes may contain pork
Toasted Cheese with Turkey Bacon Sandwich-Elementary	3.8 oz (108g)	302	34	4	4	1068	14	15	8	1,5,7	Jennie-O **Substitutes may contain pork
Toasted Cheese with Turkey Bacon Sandwich-Int and HS	4.3 oz (120g)	352	35	4	4	1291	17	19	11	1,5,7	Jennie-O **Substitutes may contain pork
Toasted Ham and Cheese on Pretzel Bun-Elementary	4.7oz (133.3g)	278	31	3	4	833	18	9	5	1,5,7,8	Pork
Toasted Ham and Cheese on Pretzel Bun-Int and HS	5.20 oz (147.5g)	328	32	3	4	1055	20	13	7	1,5,7,8	PORK
Toasted Ham & Cheese Sandwich-Elementary	4.0 oz (113g)	289	27	4	4	1061	14	14	8	1,5,7,8	PORK
Toasted Ham & Cheese Sandwich-Int and HS	5.0 oz (143g)	356	29	4	5	1426	19	18	11	1,5,7,8	PORK
Tuna Melt-All	6.5 oz (183g)	293	26	4	3	814	30	6	3	1,2,5,6,7	
Tuna Salad - All	4 oz (133g)	126	1	0	0.5	445	27	1	0.2	2,6,7	
Tuna Salad Hoagie-Elementary	7.5 oz (214 g)	270	29	3	3	600	29	3	0.3	2,5,6,7	served on hot dog roll
Tuna Salad Hoagie-Int and HS	8 oz (225g)	300	36	3	3	660	31	3	0	2,5,6,7	Served on hoagie roll
Tuna Salad Sandwich -All	6.8 oz (193 g)	247	25	4	3	598	28	2	0	2,5,6,7	
Tuna Salad Wrap - All	7.6 oz (216g)	356	39	1	2	813	33	8	4	2,5,6,7	
Turkey (Lunch meat only-no bread)	2 oz (57g)	45	1.5	0	0.5	445	9	0.5	0	none indicated	
Turkey Bowl for All	10.4 oz (295g)	250	27	3	3	780	19	7	2	1,7	
Turkey Deli-Elementary	7.4 oz (209g)	252	34	3	3	873	20	2	0	5,7	does not include cheese
Turkey Deli-Int and HS	8.4 oz (239g)	283	34	3	3	1075	25	3	0	5,7	does not include cheese
Turkey and Amer. Cheese Sandwich-Elementary	5 oz (141g)	248	26	4	3	978	18	6	3	1,5,7	
Turkey and Amer. Cheese Sandwich-Int and HS	5.6 oz (155g)	264	26	4	3	1079	20	6	3	1,5,7	
Turkey Hoagie-Elementary	6.3 oz (183g)	297	31	3	4	1005	18	10	5	1,5,7	prepared on a hot dog roll
Turkey Hoagie-Int and HS	8 oz. (224g)	358	38	3	5	1267	24	11	5	5,7	prepared on club/hoagie roll
Turkey and Amer. Cheese Deli-Elementary	6.4 oz (181g)	269	34	3	3	892	18	6	3	1,5,7	
Turkey and Amer. Cheese Deli-Int and HS	8.4 oz (238g)	353	36	3	4	1319	26	10	5	1,5,7	
Turkey and Amer. Cheese on Pretzel Bun-Elementary (Hot)	4.7 oz (137g)	257	32	3	3	736	17	7	4	1,5,7	
Turkey and Amer. Cheese on Pretzel Bun-Int and HS (Hot)	5.7 oz (161g)	280	32	3	3	967	21	7	4	1,5,7	
Turkey and Amer. Cheese Wrap-Elementary	7.2 oz (203g)	337	37	1	3	1135	21	11	6	1,5,7	
Turkey and Amer. Cheese Wrap-Intermediate	8 oz (218g)	353	38	1	3	1236	23	11	6	1,5,7	
Turkey and Amer. Cheese Wrap - High School	8.2 oz (232g)	403	39	1	4	1459	26	15	8	1,5,7	
Turkey and Cheddar Cheese Wrap (COLD) - Elementary	7.2oz (203g)	460	38	1	3	1211	28	21	12	1,5,7	

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

Vegetables

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Turkey and Cheddar Cheese Wrap (COLD) -Intermediate	7.7 oz (218g)	475	38	1	3	1312	30	21	12	1,5,7	
Turkey and Cheddar Cheese Wrap (COLD) - High School	8.6oz (244g)	651	40	2	3	1613	39	35	22	1,5,7	
Turkey and Cheddar Cheese Wrap (HOT) - Elementary	5.2 oz (147g)	424	36	1	2	1126	23	22	13	1,5,7	
Turkey and Cheddar Cheese Wrap (HOT) - Intermediate	5.7 oz (161g)	467	36	1	2	1305	29	21	12	1,5,7	
Turkey and Cheddar Cheese Wrap (HOT) - High School	6.2oz (175g)	640	38	1	2	1605	39	35	22	1,5,7	
Turkey Sandwich - Elementary	5 oz (141g)	213	25	4	3	856	18	2	0	5,7	does not include cheese
Turkey Sandwich - Int and HS	6 oz (169g)	244	25	4	3	1058	23	2	0	5,7	does not include cheese
Turkey, Shredded with Gravy (prepackaged)- All	4oz.(113g)	130	2	0	0	450	16	6	2	7	Jennie-O
Turkey, Cubed, Served with Gravy- All	5.7oz (160g)	108	7	0	2	1213	18	6	0	1,5,7	
Turkey, Oven Roasted	4 oz (113g)	121	1	0	1	526	23	3	2	none indicated	
Turkey Taco Salad -All	6.7 oz (191g)	277	23	2	1	614	22	11	5	1	Cheese included
Veggie Burger - All	7.66 oz (217g)	306	55	9	5	882	10.3	5.2	0.5	5,7	includes roll
Veggie Burger with Cheese-All	8.15oz (231g)	356	55	9	5	1117	13	9	3	1,5,7	includes roll
Veggie/Vegetable Wrap on Roll-All	7.1 oz (202g)	427	38	4	7	934	17	23	10	1,5,7	
Yogurt, 8 oz, Upstate Farms, Variety	8 oz (227g)	155	31	0	24	150	7	0	0	1	Upstate Farms
Ziti, Meatless-Elementary	7.3 oz (207g)	283	31	2.4	7	614	16.1	10.6	5.5	1,2,5	
Ziti, Meatless-Int and HS	10 oz. (280g)	379	42	3.2	9	822	22	14	7	1,2,5	
Beans, Baked Vegetarian	1/2 cup (124g)	140	27	5	7	140	8	0.5	0	none indicated	**Substitutes may contain pork
Beets, sliced	1/2 cup (120 g)	40	8	1	6	250	1	0	0	none indicated	
Black Bean Corn Salad	4 oz (109g)	114	14	3	2	68	4	4	0.6	7	
Broccoli (fresh)	1/2 cup (46g)	16	3	1	1	15	1.5	0	0	none indicated	
Broccoli (steamed)	1/2 cup (40.5g)	15	2	1	1	10	1	0	0	none indicated	
Broccoli and Cauliflower (fresh)	1/2 cup (57 g)	17	3.4	1.3	1.3	18	1.5	0	0	none indicated	
Carrot Coins (steamed)	1/2 cup (3 oz)	17	4	2	2	17	0.7	0	0	none indicated	
Carrots, glazed (steamed)	1/2 cup (112 g)	60	8	1	5	49	<1	3	1	1,7	
Carrots, fresh	1/2 cup (70 g)	25	6	2	3	55	0	0	0	none indicated	
Cauliflower and Broccoli Medley (steamed)	1/2 cup (113g)	36	5	2	3	30	2	0	0	none indicated	
Celery Sticks, fresh	1/2 c oz (51 g)	10	1	1	1	40	0	0	0	none indicated	
Celery & Carrots, fresh	1/2 c(78g)	21	4	1.8	2.4	61	0	0	0	none indicated	
Chick Peas, Roasted & Seasoned	4 oz (117g)	80	12	4	28	182	4	2	1	7	
Chick Pea Salad-All (side)	1/2 C (154g)	173	15	4	30	287	4	11	3	7	
Corn on the Cob (steamed/roasted)	1/2 ear (38 g)	22	4	0.4	0	0	0.8	0.4	0	n/a	
Corn, Seasoned (steamed)	1/2 cup (114g)	98	22	2	2	0	4	0.6	0	n/a	
Green Beans, seasoned	1/2 cup (91 g)	35	7	2.4	2	2.7	2	0.2	0	7	
Green Beans, Italian	1/2 cup (50g)	25	3.3	1.6	1	46	1	1.1	0.2	7	
Hummus (side)-All	2 oz (53g)	66	5	1	10	45	1	5	1	7	
Lettuce and Tomatoes (fresh)	1/2 cup (77 g)	12	3	0.2	2.5	7	0.2	0	0	none indicated	
Mexican Bean Dip	1/2 Cup (108g)	159	16	5	1	328	5	8	1	5,7	
Mixed Vegetables	1/2 cup (91 g)	59	12	4	3	32	2.6	0.1	0	none indicated	
Peas, Green; Frozen	1/2 cup (75 g)	55	10.1	3.1	4	82	4	0	0	none indicated	
Peas, Green, No Salt Added; Frozen	1/2 cup (80g)	62	11	4	4	58	4	0	0	none indicated	
Peas and Carrots	1/2 cup (84g)	45	8.6	2.7	3.6	67.5	1.7	0	0	none indicated	
Peppers & Onions	1 oz (28.4g)	5	1	0.2	0.8	2	0.3	0	0	none indicated	

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

Fruits & Juices

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products	
	Apricots, diced	1/2 cup (131g)	65	16.4	2.1	14.3	3.1	1	0.1	0	none indicated	
	Blueberries	1/2 cup (78 g)	40	9.4	2.2	7	1	0.3	0.5	0	none indicated	
	Cherries, Sweet, Frozen	1/2 cup (70g)	45	11	2	9	0	1	0	0	none indicated	
	Craisins (Dried Cranberries)	1/4 cup (33g)	110	28	3	24	0	0	0	0	none indicated	
	Craisins, Cherry Infused Dried Cranberries	1.16 oz (32.9 g)	110	28	3	24	0	0	0	0	none indicated	Ocean Spray
	Craisins, Raspberry Lemonade Infused Dried Cranberries	1.16 oz (32.9 g)	110	27	2	24	0	0	0	0	none indicated	Ocean Spray
	Craisins, Strawberry Infused (Dried Cranberries)	1.16 oz (32.9 g)	110	28	3	24	0	0	0	0	none indicated	Ocean Spray
	Cranberry Sauce	1/8 cup (35g)	55	12	0.5	12	5	0	0	0	none indicated	
	Fresh Fruit, Apple, medium	1 each (182g)	100	25	4	19	0	0	0	0	none indicated	
	Fresh Fruit, Banana	1 each (118)	105	27	3	14	1	1	0	0	none indicated	
	Fresh Fruit, Grapefruit	1/2 grapefruit	40	9	1.4	8	0	1.2	0.1	0	none indicated	
	Fresh Fruit, Grapes	1/2 cup (75g)	52	13.7	0.7	18.6	2	0.5	0.1	0	none indicated	
	Fresh Fruit, Oranges	1 each (96g)	45	11.3	2.3	9	0	1	0.1	0	none indicated	
	Fresh Fruit, Pears, medium	1 each (166g)	96	25.7	0.2	16.3	2	0.6	0.2	0	none indicated	
	Fresh Fruit, Plums	1 each (82g)	38	9.4	1.2	8.2	0	0.6	0.2	0	none indicated	
	Fruit Juice, 100%, Apple (4 oz Sun Cup) Frzn	4 oz (113g)	60	14	0	12	5	0	0	0	none indicated	Sun Cup
	Fruit Juice, 100% Apple Cranberry (4oz Sun Cup) Frzn	4 oz (113g)	60	14	0	12	5	0	0	0	none indicated	Sun Cup
	Fruit Juice, 100% Cranberry (4oz Sun Cup) Frzn	4oz (113g)	60	14	0	12	5	0	0	0	none indicated	Sun Cup
	Fruit Juice, 100%, Grape (4 oz Sun Cup) Frzn	4 oz (113g)	80	19	0	18	10	0	0	0	none indicated	Sun Cup
	Fruit Juice, 100%, Orange (4 oz Sun Cup) Frzn	4 oz (113g)	60	14	0	12	5	0	0	0	none indicated	Sun Cup
	Fruit Juice, 100% Orange Pineapple (4oz Sun Cup) Frzn	4 oz (113g)	60	15	0	13	5	0	0	0	none indicated	Sun Cup
	Fruit Juice, 100%, Fruit Punch (4 oz Sun Cup)	4 oz (113g)	60	14	0	12	5	0	0	0	none indicated	Sun Cup
	Fruit Juice, Boxed, 100% Very Berry (Sun Cup Juice Box)	4.23 oz	60	17	0	15	10	0	0	0	none indicated	Sun Cup
	Fruit Juice, 100%, sparkling, variety, Epic	8 oz	120	29	1	28	10	0	0	0	none indicated	Epic Sparkling Juice
	Fruited Jello (Cherry jello with Canned Fruit)	4 oz(115 g)	60	15	0.5	13	3	0.4	0	0	none indicated	
	Manadarin Oranges	1/2 cup (140g)	80	19	1	16	15	1	0	0	none indicated	
	Mixed Fruit, light syrup (fruit cocktail)	1/2 cup (140g)	57	20	1	18	0	0	0	0	none indicated	
	Mixed Berry Cups, Frozen	1/2 Cup (113g)	90	20	2	16	0	0	0	0	none indicated	
	Peaches, Diced, Cups, Frozen	4.4 oz (125g)	90	21	2	19	0	1	0	0	none indicated	
	Peaches, diced, light syrup	1/2 cup (125g)	63	14	1	13	5	1	0	0	none indicated	
	Peach Slices, light syrup	1/2 cup (124g)	63	14	1	13	5	0	0	0	none indicated	
	Pears, diced light syrup	1/2 cup (124g)	105	26	1	17	0	0	0	0	none indicated	
	Pears, sliced, light syrup	1/2 cup (166g)	105	26	1	17	0	1	0	0	none indicated	
	Pineapple, tidbits	1/2 cup (166g)	80	22	1	20	1	0	0	0	none indicated	
	Raisins (Dried Fruit)	1/4 cup (38g)	114	30	1.4	22.5	4	1.3	0	0	none indicated	
	Strawberries, Cups, Frozen	1/2cup (129g)	90	22	2	18	0	1	0	0	none indicated	
Grains & Breads	Biscuit, Buttermilk	1 oz (28g)	100	12	0	1	260	2	4.5	3	1,5	Pillsbury
	Bread, Rye, Sliced	1 Slice 1.5 oz (43g)	90	19	1	1	280	3	0	0	5,7	
	Bread Stick, WG (Soft)	2 sticks (57g)	140	26	2	2	130	4	2	0	5,7	Bake Crafters
	Breadsticks, Soft WG, Mozzarella Cheese Stuffed, 6" unsliced	2 Sticks (122g)	320	32	2	2	540	20	14	8	1,5	Bosco's
	Breadsticks, Cheesy; Mozzarella Stuffed Twisted Breadstick	1 Stick (2 oz)	150	15	0	1	220	9	6	3	1,5,7	Tasty Brands 62001
	Breadstick, Garlic Twisted Breadstick (Twiz-Stik)	1 Stick (2 oz)	140	26	0	2	180	4	3	1	1,5,7	Tasty Brands 62102
	Bread, Sandwich, Whole Grain Wheat, Sliced	1 Slice(28 g)	60	12	2	2	125	2	0.5	0	5, 7	

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

Condiments

	Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products
Bread, Sandwich, Whole Grain Wheat, Slice w/ Margarine Pat	1.2 oz (34g)	85	12	2	1	165	2	3	0.5	1,5,7	
Club Roll/Hoagie Roll (WG)	2.4 oz (68 g)	170	34	3	2	310	7	2	0	5, 7	Rockland 1410-02
Dinner Roll (WG) (1 serving = 1 roll)	1.25 oz (35g)	80	15	2	1	120	3	1.5	0	5,7	Rockland 1460
French Toast Sticks (WG) Elementary (Bake Crafters)	3 each (94g)	260	42	2	14	290	6	8	1	1,2,5,7	Bake Crafters
French Toast Sticks (WG) Int and HS (Bake Crafters)	4 Each (126g)	347	56	3	19	387	8	11	1	1,2,5,7	Bake Crafters
Garlic Bread WG, Texas Toast, 1 slice	1.3 oz (38g)	140	14	1	1	190	3	7	1.5	1,5,7	Hilltop Hearth
Hamburger Roll, Whole Wheat	2 oz (56g)	140	27	3	2	250	5	1.5	0	5,7	Rockland 1485
Hot Dog Roll, Whole Wheat	2 oz (56g)	140	27	3	2	250	5	2	0	5,7	Rockland 1486
Kaiser Roll 55% WW 5 inch (Whole Wheat)	2.4 oz (68 g)	150	31	3	1	260	6	1.5	0	5, 7	
Pretzel Bun/Roll (Whole Grain)	2.2 oz (62g)	180	33	3	4	25	5	3	1	5,7	Bavarian Bakery/J&J Snacks 7051
Pasta, Egg Noodles (Dutch)	1/2 cup(3 oz)(81.6g)	156	26	1	1	26	5	3	0.6	2,5	
Pasta, Egg Noodles (seasoned)	1/2 c 3 oz (82.5g)	159	26	1	2	60	5	3	1	2,5,7	
Pasta Salad (side)	4 oz (97 g)	125	17	1	7	217	3	6	1	5,7	
Pretzel, Soft (Mini) WG - All	1.0 oz (28.4 g)	70	14	1	0	100	2	0.5	0	5,7	J and J Snacks
Pretzel, Soft (Large) WG - All	2.2 oz (62 g)	150	30	3	1	140	5	0.5	0	5,7	Super Pretzel
Pumpkin Square (homemade)	1 Piece (78g)	427	71	2	60	71	4	15	2	2,5,7	
Rice & Beans	1/2 cup 4 oz (121 g)	125	26	2	1	381	4	1	0	1	
Rice, Seasoned Whole Grain Brown (Steamed) -ALL	1/2 cup (115 g)	150	28	1	0.4	353	3	3	1	1,7	
Rice, Pilaf	1/2 cup (116g)	143	27	0.4	1	328	3	2	0.7	1,7	
Rice, Spanish WG	1/2 cup (120g)	136	27	1	2	487	3	1	0.1	1,7	
Stuffing, Bread (Country Herb)	1/4 cup 2oz (61g)	130	18	1	1	455	3	5	1	5,7	
Taco Shell 5 inch hard (WG)	.4 oz (11g)	50	7	0.7	0	0	0.7	2	0.3	none indicated	Mission
Tortilla Shell/Wrap-6 inch (WG)	1.1 oz (28 g)	90	14	1	0	170	2	3	1	5,7	Catalina
Tortilla Shell/Wrap -10 inch (WG)	2.2 oz (68 g)	210	33	1	0	390	6	5	3	5,7	Catalina
Barbecue Sauce (pouch)	1 pouch (12g)	15	4	0	4	85	0	0	0	None indicated	Monarch
Butter, Single Serve Cup	1 Each (5g)	37	0	0	0	32	0	4	3	1	Glenview Farms
Cheese, Cream (portion control cup)	1 pack (28g)	70	2	0	1	115	2	7	4	1	Philadelphia
Cheese Sauce, Cheddar (Dispenser)	1/4 cup (62 g)	60	4	0	0	490	1	5	1	1, 7	Ortega
Cheese Sauce, Canned, Shelf Stable	1 oz cup (28g)	32	3	0	1	233	0.5	2	0.4	1,7	
Cheese, Parmesan	.12oz (3.5g)	15	0	0	0	65	1	1	0.5	1	Roselli
Cheese, Shredded Yellow Mild Cheddar	1 oz (30 g)	110	1	0	0	190	6	9	6	1	
Cheese Sticks, String, Mozzarella	1 oz (28g)	80	1	0	1	200	6	6	3	1	Land O'Lakes
Dressing, Blue Cheese	1.5 oz (43 g)	230	2	1	2	310	1	24	4.5	1,2,7	Kens
Dressing, Caesar (packet)	1.5 oz (43 g)	210	1	0	1	400	1	23	4	1,6	Kens
Dressing, Caesar (individually cupped)	2 Tbsp (30 g)	100	1	0	1	280	0	11	1.5	1,6,7	Harvest Value
Dressing, Red French (packet)	.42oz (12g)	50	3	0	3	200	0	4.5	0.5	7	Sauer's
Dressing, Honey Mustand (portion control cup)	1.5 oz (43 g)	120	4	0	4	210	0	12	2	2,7	Ken's
Dressing, Honey Mustard (portion control cup) Heinz	1 oz (28g)	40	8	0	7	160	0	0.5	0	none indicated	Heinz
Dressing, Italian	.42oz (12g)	10	1	0	1	110	0	0	0	7	Kraft/Heniz
Dressing: Pan Asian Oriental	1.5oz (43g)	180	11	0	11	590	0	15	1.5	5,7	Kens
Dressing, Ranch buttermilk (packet) Americana	1 packet (12g)	25	2	0	1	110	0	2	0	1,2,7	Americana
Dressing, Ranch Buttermilk (packet) Sauer's	1 packet (12g)	60	1	0	0	90	0	6	1	1,2,7	Sauer's
Gravy, Brown/Beef	2 oz (57g)	20	3	0	0	275	0	0	0	1,5,7	Monarch

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

		Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products	
A la carte & Beverages	Gravy, Chicken	2 oz (57g)	24	3	0	0	274	0	1	0	1,5,7	Monarch	
	Gravy, Turkey	2 oz (57g)	15	3	0	0	404	0	0	0	1,5,7	Monrach	
	Jelly, Grape	1 pack (14g)	35	9	0	6	0	0	0	0	None indicated	Monarch	
	Ketchup (packet)	1 pack (9g)	10	2	0	2	85	0	0	0	None indicated	Red Gold	
	Margarine (reddie)	1 reddie (5g)	32	0	0	0	35	0	3.5	1	7		
	Mayonnaise (packet)	1 pack (12g)	90	0	0	0	60	0	9	1.5	2,7	Monarch	
	Mayonnaise-Lite	1 Tbsp (15g)	50	3	0	1	85	0	4.5	0.5	2,7		
	Mustard (packet)	1 pack (4.5g)	5	0	0	0	55	0	0	0	None indicated	Monarch	
	Pickles, Bread and Butter	1 oz (28g)	25	6	0	6	60	0	0	0	None indicated		
	Pickles, Kosher Dill	1 oz (28g)	0	0	0	0	200	0	0	0	None indicated	B & G Foods	
	Relish(sweet) (packet)	1 pack (9g)	10	3	0	2	55	0	0	0	None indicated		
	Salsa	2oz (57g)	20	4	2	2	137	0	0	0	None indicated		
	Sauce, Buffalo Hot Sauce Portion Cup	1.5 oz (42 g)	60	2	1	0	1400	0	6	1	1,7		
	Sauce, Hot, Texas Pete	1 tsp (4g)	0	0	0	0	69	0	0	0	None indicated		
	Seasoning, Sriracha	1/4tsp(.9g)	0	0	0	0	65	0	0	0	None indicated		
	Sweet and Sour Sauce (portion control cup)	1 oz (28g)	35	9	0	3	75	0	0	0	5,7	Sauer's (MAY contain wheat)	
	Syrup, Pancake (portion control cup)	1.5 oz (43g)	120	30	0	14	0	0	0	0	None indicated		
	Taco Sauce (packet)	1 packet (9g)	5	1	0	0	95	0	0	0	5,7	Sauer's	
	Tartar Sauce (packet)	1 packet (12g)	60	2	0	2	135	0	5	1	2,7		
		Beverages, Gatorade G2, Assorted Flavors	12 oz (350 ml)	35	8	0	7	160	0	0	0	None indicated	Pepsi
		Beverages, Iced Tea, Brisk, Lemon	12 oz	120	34	0	33	100	0	0	0	None indicated	Pepsi
		Beverages, Iced Tea, Swiss, Lemon	12 oz	60	15	0	14	25	0	0	0	None indicated	Swiss
		Beverages, Iced Tea, Diet Green Tea, Citrus	16.9 oz	5	0	0	0	180	0	0	0	None indicated	Pepsi
		Beverages, Iced Tea, Diet Peach	16.9 oz	5	0	0	0	140	0	0	0	None indicated	Pepsi
		Beverages, Iced Tea & Lemonade, Half & Half, Lipton	16.9oz	110	28	0	28	180	0	0	0	None indicated	Pepsi
		Beverages, IZZE Sprarkling Flavored Juices	8.4 oz (238g)	70	16	0	15	10	0	0	0	None indicated	Izze/PepsiCo
		Beverages, Lemonade	12 oz	60	14	0	13	15	0	0	0	None indicated	Swiss
		Beverages, Lemonade, Sugar Free, Tropicana, Light	12 oz	5	< 1	0	0	95	0	0	0	None indicated	Pepsi
		Beverages, Lemonade/Tea Reduced Calorie	12 oz	60	16	0	14	25	0	0	0	None indicated	Swiss
		Beverages. Orange Blast	12 oz	60	16	0	15	20	0	0	0	None indicated	Swiss
		Beverages, Propel, Assorted Flavors	20 oz	25	5	0	5	190	0	0	0	None indicated	Pepsi
		Beverages, Sobe	20 oz	100	41	0	24	55	0	0	0	None indicated	Pepsi
		Beverages, Switch, Flavored	8 oz	120	44	0	41	8	0	0	0	None indicated	Switch
		Beverages, Water, Aquafina, Assorted Flavors	20 oz	5	0	0	0	210	0	0	0	None indicated	Pepsi
		Beverages, Water, Fruit 2-o, Assorted Flavors	16 oz	0	0	0	0	75	0	0	0	None indicated	Sunny Delight Beverages Co.
		Beverages, Water, plain	8, 12, 16.9, 20 oz	0	0	0	0	0	0	0	0	None indicated	Pepsi
	Chips,	Blueberry Crumble	4 oz (113g)	139	40	3	23	324	0.5	10	4	1,5,7	
	Cookies, Desserts	Cherry Crumble w/ whipped topping	4 oz (113 g)	161	45	3	29	323	2	9	5	1,5,7	
	Snacks	Chips, Baked Lay's BBQ/Barbecue Potato Crisps	.875 oz (24 g)	110	19	1	3	125	2	3	0	1,7	Lay's
		Chips, Baked Lay's BBQ/Barbecue Potato Crisps	1.125 oz (24 g)	110	19	1	3	125	2	3	0	1,7	Lay's
		Chips, Baked Lay's Original Potato Crisps	.875 oz (24g)	110	18	1	2	120	2	3	0	7	
		Chips, Baked Lay's Original Potato Crisps	1.12 oz (32 g)	140	24	2	3	150	2	4	0.5	7	Lay's

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products
Chips, Cheetos Flamin Hot Reduced Fat	.7 oz (19.8 g)	90	13	0	0	140	2	3.5	0.5	1	
Chips, Cheetos Puffs Reduced Fat	0.7 oz (19..8g)	90	14	1	1	105	2	3.5	0.5	1	Frito Lay
Chips, Cheetos Oven Baked, WG	.88 oz (24.8g)	120	16	1	1	200	2	4.5	1	1	Lay's
Chips, Cheetos Oven Baked Flamin Hot	.88 oz (24.95g)	120	16	1	1	200	2	4.5	0.5	1	Lay's
Chips, Cheetos Fantastix Chili Cheese Corn & Potato snack	1 oz (28 g)	130	19	2	1	200	2	5	1	1	Frito Lay
Chips, Classic Lays, Plain	1 oz (28 g)	160	15	1	<1	140	2	10	1.5	7	Frito Lay
Chips, Classic Lays, Plain "Fun Size" 1/2 oz bags	.5 oz (14g)	80	8	1	0	85	1	5	0.5	7	Frito Lay
Chips, Fritos Corn Chips	1 oz (28g)	160	16	1	0	150	2	10	1.5	None indicated	Frito Lay
Chips, Funyuns	3/4 oz (21.2g)	100	14	0	0	125	2	3.5	0.5	1	
Chips, Ruffle oven Baked Potato Chips	1oz (24.83g)	120	22	1	2	135	2	3	0	7	
Chips, Ruffles Sour Cream& Cheddar oven Baked	7/8 oz (24.8g)	100	17	1	2	200	1	3	0	1, 7	
Chips, Ruffles Sour Cream & Cheddar	1.oz (28.3g)	160	15	1	1	180	2	10	1.5	1, 7	
Chips, Salt & Vinegar	1 oz (28.3g)	160	15	1	<1	220	2	10	1.5	None indicated	
Chips, Doritos, Cool Ranch Reduced Fat	1 oz (28 g)	130	20	2	0	135	2	5	0.5	1	
Chips, Doritos, Nacho Cheese	1 oz (28 g)	130	19	2	1	140	2	5	1	1,7	Frito Lay
Chips, Doritos Spicy Nacho	1 oz (28.3 g)	140	16	1	0	190	2	8	1	1,7	
Chips, Doritos, Spicy Sweet Chili Reduced Fat	1 oz (28.3g)	130	20	2	1	170	2	5	0.5	7	
Chips, Kettle Applewood Smoked BBQ 40% Less Fat	1.375 oz (39g)	180	27	2	3	190	3	7	1	1	
Chips, Kettle Original Potato Chips, 40% Reduced Fat	1.375 oz (39g)	180	27	2	1	190	3	7	1	None indicated	Frito Lay
Chips, Kettle Salt and Vineger, 40% Less Fat	1.375 oz (39g)	180	28	2	2	180	3	7	1	None indicated	Frito Lay
Chips, Popcorn, Kettle Style	1 oz	130	22	2	9	170	1	4	0	7	Shearers
Chips, Popped, Tangy BBQ	.875 oz (24.8g)	100	18	1	2	190	1	2.5	0	1,5,7	Herr's
Chips, Popped, Plain (sea salt)	.6 oz (17g)	70	12	1	1	115	2	1.5	0	1, 5,7	Herr's
Chips, Sun Chips, French Onion	1oz (28g)	140	19	2	2	140	2	6	0.5	1,5	Frito Lay
Chips, Sun Chips , Garden Salsa	1.0 oz (28g)	140	19	2	2	140	2	6	0.5	1,5	Frito Lay
Chips, Sun Chips, Harvest Cheddar	1 oz (28 g)	140	18	2	2	170	2	6	0.5	1, 5	Frito Lay
Chips, Sun Chips, Original	1 oz (28 g)	140	19	2	2	110	2	6	0.5	5	Frito Lay
Chips, Tostitos Reduced Fat Crispy Rounds	7/8 oz. (24.8g)	120	18	2	0	105	2	4.5	0.5	None indicated	Frito Lay
Chips, Tostitos Scoops, Oven Baked	.875 oz (25 g)	110	19	1	0	95	2	2.5	0	None indicated	Frito Lay
Churro, Cinnamon & Sugar	1.2 oz (35g)	4	1	0	1	0	0	0	0	1,2,5,7	
Cookie, Christmas Tree Shaped, WG (prepackaged)	1.2 oz (34g)	130	22	1	11	100	2	4.5	1	1,2,5,7	
Cookie, Heart Shaped, prepackaged	1.1 oz	130	22	0	11	100	2	4.5	1	1,2,5	
Cookie, 1.85 oz Brownie Dough WG	1 ea (52g)	190	32	2	15	160	3	7	2	1,2,5,7	Davids
Cookie, 1 oz Carnival Cookie (Otis Spunkmeyer)	1 ea (28g)	120	18	0	10	115	1	5	3	1,2,5,7	Otis Spunkmeyer
Cookies, 1 oz Chocolate Chip WG (Otis Spunkmeyer)	1 ea (28g)	130	17	0	10	100	1	6	3	1,2,5,7	Otis Spunkmeyer
Cookies, 2 oz Chocoloate Chip WG (Davids)	1 ea (57g)	260	21	1	19	180	3	14	5	1,2,5,7	Davids
Cookies, 1 oz Double Chocolate WG (ReadiBake)	1 ea (28g)	103	18	2	9	101	2	3	1	1,2,5,7	Readi Bake
Cookies, 1 oz M & M WG (ReadiBake)	1 ea (28g)	104	19	2	9	91	2	3	1	1,2,5,7	Readi Bake
Cookies, 1 oz Oatmeal Raisin WG (ReadiBake)	1 ea (27 g)	106	18	1	10	102	2	3	1	1,2,5,7	Readi Bake
Cookies, 1 oz Sugar WG (Otis Spunkmeyer)	1 ea (28 g)	120	17	0	9	105	1	5	2	1,2,5,7	Otis Spunkmeyer
Cookies, 1.85 oz Sugar WG (Davids)	1 ea (52g)	190	33	2	15	160	3	6	2	1,2,5,7	Davids
Cookies, Fortune	1 each (4.7g)	18	4.2	0	2	2	0.3	0	0	5,7	
Cookies, Elf Grahams Whole Grain Chocolate Flavored	1 oz (28g)	120	20	2	7	125	2	4	1	5,7	Keebler
Cookies, Elf Grahams Original (Whole Grain)	1 oz (28 g)	120	21	1	8	105	2	4	1	5,7	Keebler

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	<u>Comments/Products</u>
Cookies, Happy Birthday Mini Cookies WG (Premade)	1 container (43g)	160	27	1	13	125	2	6	1.5	1,2,5,7	Super Bakery
Crackers, Animal Cracker, WG (Austin)	1 package (29 g)	120	24	0	7	75	2	1.5	0	1,5,7	Austin
Crackers, Animal Crackers, WG (Keebler)	1 package (29 g)	120	22	2	8	115	2	3.5	1	5,7	Keebler
Crackers, Belly Bears Chocolate WG Graham Crackers	1 package (28g)	120	20	2	7	75	2	4	0	5	ReadiBake/Benefit
Crackers, Belly Bears Cinnamon WG Graham Crackers	1 package (29 g)	120	20	1	7	115	2	4	0	5	ReadiBake/Benefit
Crackers, Bread Stick Assorted 1 pack=2 sticks	.25 oz (7g)	30	5	0	0	50	1	0	0	5, 7	
Crackers, Chat Snax Vanilla Crunch Emoji Shaped Crackers	1 oz (28g)	120	21	1	8	105	1	4	1	5,7	Kellogg's
Crackers, Cheez It Whole Grain Cracker Squares	.75 oz (21 g)	100	14	1	0	150	2	3.5	1	1,5,7	Kellogg's
Crackers, Goldfish, Cheddar Cheese	.5 oz (14g)	60	9	0	0	120	2	2.5	0	1,5	Pepperidge Farm
Crackers, Goldfish Cinnamon Graham, Giant Fish-Shaped	.9 oz (26g)	120	19	1	7	140	1	4	1	5,7	pepperidge Farm
Crackers, Pretzel Goldfish, WG, Salted	.75 oz (21 g)	90	16	1	0	200	2	1.5	0	1,5	pepperidge Farm
Crackers, Goldfish, Whole Grain Cheddar	.75 oz (21 g)	100	14	1	0	170	2	3.5	0.5	1,5,7	Pepperidge Farm
Crackers, Goldfish, Whole Grain Cheddar, Rainbow/Colors	.75 oz (21 g)	100	14	1	0	170	2	3.5	0.5	1,5,7	Pepperidge Farm
Crackers, Graham Chocolate Tiger Bites, WG	1 oz (28g)	120	20	2	7	125	2	4	1	5,7	Kellogg's
Crackers, Saltines (SS Pack w/ 2 Crackers)	1 pack (6g)	25	8	0	0	90	1	0.5	0	5, 7	Monarch
Crackers, Teddy Grahams Cinnamon Bear Shaped WG	.75 oz (21 g)	90	15	1	5	55	1	3	0	5,7	Nabisco
Croutons	2 T (7g)	30	4	0	0	55	1	1.5	0	1,5	Mazetti
Croutons, Cheese & Garlic	2 T (7)	30	5	0	0	80	1	1	0	1,5,7	Monarch
Cupcake - Happy Birthday, Chocolate WG (pre-made)	1.5 oz (43g)	140	26	6	8	200	2	3	1	1,2,5,7	Super Bakery
Cupcake - Happy Birthday, Vanilla WG (pre-made)	1.5 oz (43g)	140	27	6	7	170	2	2.5	0.5	1,2,5,7	Super Bakery
Fruit by the Foot, Berry Tie Dye	1 Each (21g)	80	17	0	10	50	0	1	0.5	None indicated	General Mills
Fruit by the Foot, Strawberry	1 each (21g)	80	16	0	7	35	0	1	0.5	None indicated	General Mills
Fruit Snack, Mixed Berry, Mott's	1 each (45g)	130	38	9	15	65	0	0	0	None indicated	Welch's
Fruit Snack, Mixed Fruit Bites, Welch's	1 each (45g)	130	34	3	15	20	1	0	0	None indicated	Welch's
Fruit Snack, Motts Medley Assorted Flavors & Shapes	1 each (45g)	130	38	9	15	65	0	0	0	None indicated	Mott's Medleys
Fruit Snack, Strawberry Gusher	1 each (23g)	80	18	0	10	40	0	1	1	None indicated	General Mills
Fruit Snack, Welch's Berries N' Cherries	1 Each (44g)	130	32	3	15	15	2	0	0	None indicated	Welch's
Fruit Roll Up, Crazy Colors	1 each (14g)	50	11	2	4	55	0	1	0.5	None indicated	General Mills
Fruit Roll Up, Hot Colors	1 each (14g)	50	11	2	4	55	0	1	0.5	none indicated	General Mills
Fruit Roll Up, Strawberry, Reduced Sugar	1 Each (14g)	50	11	2	4	55	0	1	0.5	none indicated	General Mills
Fruit Snacks, Scooby Doo Assorted Fruit Flavors	1 each(26 g)	70	21	5	9	35	0	0	0	None indicated	Betty Crocker/General Mills
Ice Cream, Birthday Cake Cone RF	1 each (70g)	150	29	1	14	90	2	3	2	1,5,7	Rich's/J&J Snack Foods
Ice Cream, RF Chocolate Eclair Bar	2.5 fl oz.	150	23	0	13	55	1	5	2	1,5,7	Rich's/J&J Snack Foods
Ice Cream, Cookie & Cream Cone RF	1 bar (62g)	170	33	0	16	125	3	3.5	1.5	1,5,7	J&J Snack Foods
Ice Cream, Fudge Bar	1 bar (63g)	110	25	1	19	65	2	0	0	1	Rich's/J&J Snack Foods
Ice Cream, Jimmy Swirl Cone RF	1 each (70g)	160	30	0	14	100	3	3	1.5	1,5,7	J&J Snack Foods
Ice Cream, Low Fat Chocolate Sundae Dessert Cup	1 cup (51 g)	90	15	0	14	75	2	2	1	1	J&J Snack Foods
Ice Cream, Low Fat Cotton Candy Cup	1 cup (51 g)	70	11	0	11	60	2	1.5	1	1	J&J Snack Foods
Ice Cream, Low Fat Crazy Cone	1 cone (64g)	120	24	0	10	80	2	2	1	1,5,7	J&J Snack Foods
Ice Cream, Low Fat Strawberry Sundae Dessert Cup	1 cup (51 g)	90	16	0	16	70	2	1.5	1	1	J&J Snack Foods
Ice Cream, Low Fat Vanilla Sundae Dessert Cup	1 cup (51 g)	90	15	0	14	80	3	2.5	1.5	1	J&J Snack Foods
Ice Cream, No Fat Birthday Cake Yogurt Dessert Cup	1 cup (51 g)	60	12	0	12	65	3	0	0	1	J&J Snack Foods
Ice Cream, Lemon Sherbet Dessert Cup	1 cup (69 g)	100	23	0	22	40	<1	1	0.5	1	J&J Snack Foods
Ice Cream, Orange Juice Sherbet Push Up	1 Bar (56g)	90	21	0	10	15	1	1	0	1	J&J Snack Foods

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

	Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products
Ice Cream, Philadelphia Water Ice Smarties Sour Apple	1 Cup (4.4oz)	99	25	0	25	10	0	0	0	None indicated	J&J Snack Foods
Ice Cream, Philadelphia Water Ice Smarties Sour Cherry	1 Cup (4.4oz)	99	25	0	25	10	0	0	0	None indicated	J&J Snack Foods
Ice Cream, RF Cotton Candy Push Up	1 Bar (51g)	80	15	0	13	50	2	1	0.5	1	J&J Snack Foods
Ice Cream, RF Fudge Push-up	1 bar (51g)	80	16	0	14	50	2	1	0.5	1	J&J Snack Foods
Ice Cream, Rich's Banana Fudge Rocket Bar	1 bar (88G)	130	26	0	18	95	3	1.5	1	1	J&J Snack Foods
Ice Cream, Rich's Sour Blue Raspberry Cyclone	1 Bar (80g)	100	21	0	17	35	0	1	0.5	1	J&J Snack Foods
Ice Cream, Rich's Sour Swell Bar	1 bar (53g)	70	12	0	11	20	3	1	0.5	1	Rich's/J&J Snack Foods
Ice Cream, Sandwich Vanilla Mighty Mini	1 bar (64g)	170	17	0	14	95	3	3.5	1.5	1,5,7	J&J Snack Foods
Ice Cream, Sandwich Low Fat Vanilla	1 bar (52g)	130	24	1	11	120	2	2.5	1	1,5,7	Rich's/J&J Snack Foods
Ice Cream, Strawberry Shortcake Éclair	2.5 fl oz.	140	23	0	12	50	0	5	2	1,5,7	Rich's /J&J Snack Foods
Ice Cream, Twister Cup No Fat Birthday Cake	1 cup (66g)	80	16	0	15	85	4	0	0	1	J&J Snack Foods
Ice Cream, Twister Cup No Fat Cotton Candy	1 cup (66g)	80	15	0	15	95	4	0	0	1	J&J Snack Foods
Ice Cream, Twister Cup No Fat Sour Apple	1 cup (88g)	80	19	0	14	10	0	0	0	None indicated	J&J Snack Foods
Ice Cream, Twister Cup No Fat Sour Blue Raspberry	1 cup (88g)	80	19	0	14	10	1	0	0	None indicated	J&J Snack Foods
Ice Pop, Pop & Go Freezy Pop - Blue Raspberry 100% Fruit Juice	1 Tube 4oz (113g)	65	21	0	13	15	0	0	0	None indicated	
Ice Pop, Pop & Go Freezy Pop - Cherry 100% Fruit Juice	1 Tube 4oz (113g)	65	20	0	13	5	0	0	0	None indicated	
Ice Pop, Pop & Go Freezy Pop - Green Watermelon 100% Fruit Juice	1 Tube 4oz (113g)	65	20	0	13	10	0	0	0	None indicated	
Ice Pop, Pop & Go Freezy Pop - Kiwi Strawberry 100% Fruit Juice	1 Tube 4oz (113g)	65	20	0	13	5	0	0	0	None indicated	
Icy Juicy (juice bar)-all	2.25 oz (66g)	60	15	0	14	10	0	0	0	None indicated	Minute Maid
Jello, Fruited, Cherry	1/2c (115g)	60	15	0.5	13	38	0.4	0	0	None indicated	May be served w/ whipped topping
Jello, Fruited, Lime	1/2c (115g)	60	15	0.5	13	44	0.4	0	0	None indicated	May be served w/ whipped topping
Juice Bar, Whole Fruit Assorted Flavors	2oz(56.7g)	40	9	2	7	5	0	0	0	None indicated	J&J Snack Foods
Juice Cup Frozen, Lemon Blue Raspberry 100% Juice	4.4 oz (130ml)	90	23	0	21	20	0	0	0	None indicated	Sidekicks
Luigi's Frozen Sorbet-Assorted Flavors	4.4 oz (125g)	70	19	3	15	0	0	0	0	None indicated	Luigis
Popcorn, Smartfood, White Cheddar Cheese Popped Original	.625 oz	100	9	1	1	125	2	6	1	1	
Popcorn, Kettle Style	1 oz	130	22	2	9	170	1	4	0	7	Shearers
Pretzels, Hartzels	1 bag (19.8g)	80	16	2	0	200	2	1	0	5	Rold Gold
Pretzels, Tiny Twists	.5 oz (14g)	60	11	0	1	230	1	0.5	0	5	Frito Lay
Pretzels, Tiny Twists (HS and Int a la carte only)	1.5 oz	160	35	1	1	340	4	1	0	5	Snyder's of Hanover
Pudding, Banana with Whipped Topping & Nilla Wafer	2.9 oz (81g)	115	20	0	12	128	0.1	3	0.5	1,2,5,7	
Pudding, Banana with Whipped Topping & Vanilla Graham Cracker	3 oz (83g)	122	22	0.2	13	135	0.4	3	0.5	1,5,7	
Pudding, Chocolate	3.5 oz (99g)	110	23	0	18	125	2	1.5	0	1	Kraft
Pudding, Vanilla	3.5 oz (99g)	110	23	0	18	115	1	1.5	0.5	1	Kraft
Pudding Parfait, Chocolate	2.7 oz (77 g)	91	17	0	10	140	0	2	0.3	1,7	topped w/ non dairy whipped topping
Pudding Parfait, Vanilla	2.7 oz (77 g)	91	17	0	10	140	0	2	0.3	1,7	topped w/ non dairy whipped topping
Pumpkin Crumble w/ Whipped Topping	1/4 c (74g)	190	34	1	36	122	2	5	3	1,2,5,7	
Pumpkin Passion Square	1 Piece (78g)	425	71	2	60	66	5	15	3	2,5,7	
Rice Krispie Treat 1.3 oz	1.3 oz (37 g)	150	29	1	13	180	1	4	1	1,7	Kelloggs
Rice Krispie Treat, Whole Grain 1.41 oz	1.41 oz (40g)	160	30	1	11	140	2	4	1	1,7	Kelloggs
Rice Krispie Treat (mini)	.39 oz (11 g)	45	8	0	4	50	0	1	0	1,7	Kelloggs
Rice Krispee Chocolatey Chip Treat (WG)	1.59 oz (45g)	190	34	0	14	150	2	5	2	1,7	
Rice Cake Snack,Quaker Mini Caramel Corn	.9 oz (30g)	100	23	1	8	270	1	0.5	0	1,7	Quaker
Rice Cakes Snack, Cheddar Cheese (mini)	.7 oz (19g)	80	13	1	1	260	1	3	0.5	1,7	Quaker
Soups: Cheesy Broccoli (homemade)	1/2 c (119g)	112	8	1	3	378	5	6	4	1,5,7	

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

		Portion size	Calories	Carbohydrates	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments/Products	
Yogurt	Soups: Chicken Noodle (homemade)	1/2 c (115g)	49	7	0.6	1	453	3	1	0.5	1,2,5		
	Soups: Chicken Rice (homemade)	1/2 c (114g)	29	3	0.3	1	470	3	0.5	0.5	1		
	Soups: Chicken Vegetable (homemade)	1/2 c (133 g)	33	5	1	2	459	3	0.5	0.5	1		
	Soup: Southern White Bean Soup (homemade)	1/2 C (115g)	62	10	2	2	262	3	1.4	0.2	7		
	Soup: Taco with Scoops (homemade)	1/2 c (114g)	82	18	1.2	11	442	2	0	0	1,5		
	Soup: Taco without Scoops (homemade)	1/2 c (114g)	82	18	1	11	442	1.8	0	0	1,5		
	Soup: Thick Vegetable Soup (homemade)	1/2 c (115g)	45	9	0.6	1	553	2	0.3	0	1		
	Soups: Tomato	1/2 c (115g)	90	20	1	12	480	2	0	0	5	Campbells	
	Soup: Turkey Noodle (homemade)	1/2 c (114g)	32	4	0.4	1	471	2	0.5	0	1,2,5		
	Soup: Turkey Rice (homemade)	1/2 c (113g)	27	4	0.2	0.5	470	2	0	0	1		
	Soup: Turkey Vegetable (homemade)	1/2 c (133g)	30	4	1	2	462	3	0.4	0	1		
	Soup: Vegetable Rice (homemade)	1/2 c (116g)	48	10	0.7	1	555	2	0.3	0	1		
	Soup: Vegetable Beef	1/2C (115g)	49	9	2	2	335	2	0.5	0	7		
		Yogurt, Blueberry	8 oz (227g)	180	38	1	30	105	6	0	0	1	Upstate
		Yogurt, Cherry Vanilla	8 oz (227g)	180	37	0	30	105	6	0	0	1	Upstate
	Yogurt, Peach	8 oz (227g)	180	38	2	30	105	6	0	0	1	Upstate	
	Yogurt. Strawberry	8 oz (227g)	180	38	2	30	105	6	0	0	1	Upstate	
	Yogurt, Strawberry Banana	8 oz (227g)	180	37	1	29	105	6	0	0	1	Upstate	
Milk	1 % White	8 oz (230 g)	104	12.3	0	11.3	122	7.5	2.4	1.4	1		
	Fat Free Chocolate	8 oz (236 g)	120	20	0	18	180	8	0	0	1		
	Fat Free Strawberry	8 oz (236 g)	125	22.2	0	21.2	120	7.7	0	0	1		
	Fat Free White	8 oz (245 g)	90	13	0	12	130	8	0	0	1		
	Soy	8.3 oz (236 g)	130	18	1	16	115	6	3.5	0.5	7	Silk	
	Lactaid	8 oz (236 g)	83	13.5	0	12.5	130	8.3	0	0	1		

Allergen Legend

Description

Code

Dairy (milk, whey,etc)	1
Egg	2
Peanut	3
Tree Nuts	4
Wheat (gluten, etc)	5
Seafood (fish and Shell, etc)	6
Soy (soy flour,nuts,oil, etc)	7
Contains Pork	8
Sesame	9

Allergens listed are in the items itself.
Foods prepared in ESASD kitchens may be exposed to any of the above listed allergens

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	Comments/Products
---------------------	-----------------	----------------------	----------------------	--------------	---------------	----------------	------------------	------------------	------------------	-------------------

ESASD Food Services Department - Carbohydrates and Other Values 2026-2027

<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u>	<u>Dietary Fiber</u>	<u>Sugar</u>	<u>Sodium</u>	<u>Protein</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Allergens</u>	Comments/Products
---------------------	-----------------	----------------------	----------------------	--------------	---------------	----------------	------------------	------------------	------------------	-------------------

