

D124 Carbohydrate Values and Allergen Information for Menu

Components Evergreen Park School District 124

School Year 2026-2027

The items listed below are approximate values. Please consult your Dietitian and/or Certified Diabetes Educator.

Menu Item	Brand	Carbs Portion Size (GMS)	Allergens	Gluten Free
Entrée				
BBQ Pulled Pork Sandwich	USDA/Alpha Baking	1each 36	wheat	
Bosco Sticks 7"	Bosco	2each 34	milk, wheat	
Buttered Noodles w/chicken	JTM	4 oz 22	Egg, wheat	
Cheese Quesadilla	The Max	2 each 39	milk,soy,wheat	
Cereal Bowl, Golden Grahams	General Mills	1 bowl 24	wheat	
Cheese, Cubes Colby Jack	Land O Lakes	1 each 1	milk	
Cheese, String Mozz	Land O Lakes	1each 2	milk	
Cheese Cups	Land O Lakes	1 each 13	milk	
Cheeseburger	JTM/Land O Lakes/Alpha	1 each 29	milk, soy, wheat	
Cheese Ravioli	Tasty Brand	5-6 each	Egg, milk, wheat	
Chicken Alfredo	JTM	4 oz 6	milk,soy	
Chicken, Breaded Drumstick	Tyson	1each 6	wheat	
Chicken Nuggets	Tyson	6each 19	soy, wheat	
Chicken Nuggets	Brakebusch	6each 15	egg, milk, soy, wheat	
Chicken Tenders	Tyson	4each 16	soy, wheat	
Chicken Patty on a Bun, Regular	Tyson/Alpha B	1each 35	soy, wheat	
Chicken Patty on a Bun, Spicy	Tyson/Alpha B	1 each 43	soy, wheat	
Chicken Popcorn	Tyson	5 each 7	Soy, wheat	
Chicken, Roast	USDA	1 serving 0		
Chicken Teriyaki Bowl	Tyson	4 oz 39	Soy, wheat	

Chili Mac	Gordon's	4 oz 25		
Corn Dog, Mini	Gordons Choice	6each 34	egg, milk, soy, wheat	
Cornbread, Muffin	Muffin Town	1each 28	egg, milk, soy, wheat	
Cracker, Animal	Keebler	1 package 22	soy, wheat	
Cracker, Cheddar Goldfish	Pepperidge Farms	1 package 14	milk, wheat	
Cracker, Cheez-its	Keebler		soy,wheat,milk	
Elementary Cheese Pizza	Tony's	1 package 22	Soy, wheat, milk	
Elementary Pepperoni Pizza	Tony's	1 package 22	soy,wheat,milk	
Elementary French Toast Sticks	Papettis	3 each 26	egg, milk, soy, wheat	
French Toast Bites	Rich's	5 each 38	egg,milk,soy,wheat	
French Toast Sticks	Papettis	4each 30	egg, milk, soy, wheat	
Garlic Bread	New York Bakery	1each 17	milk, wheat	
Garlic Pull Aparts	Bakers Craft	1 each 36	Milk, wheat	
Grilled Cheese Prepackaged	Bakers Craft	1each 41	milk, soy, wheat	
Grilled Cheese Homemade	Land O Lakes/Alpha B	1each 28	milk, soy, wheat	
Hamburgers	JTM	1 each 25	soy	

Hot Dog, All Beef	Gordons/Alpha B	1each 27	wheat	
Lasagna with Marinara	Tasty Brands/Redpack	1ea/2oz 33	milk, wheat	
Mac and Cheese	JTM	8oz 33	egg, milk, wheat	
Meat and Cheese Nachos	JTM/Land O Lakes	2oz/3oz 8	milk, soy	
with Tortilla Chips	Tostitos	1 pouch 36		
Meatball Sub with Marinara Sauce	Fontanini/Redpack	4each 31	egg, milk, soy, wheat	
Mini Cheeseburgers	Hot off the Grill	1 each 28	wheat,soy,milk	
Mozzarella Cheese Sticks	Tasty Brands	3each 31	Wheat, milk	
Pancakes, Mini Confetti	Eggo	1 pouch 36	egg, milk, soy, wheat	
Pancake Sausage Bites	Foster Farms	6each 30	egg, soy, wheat	

Pasta, Chicken Alfredo	USDA/JTM	1 cup 30	egg, milk, wheat	
Pasta Meat Sauce	Redpack/Barilla/US	1 cup 35	egg, wheat	
Pizza, BD Cheese 78637	DA Big Daddy's	1each 35	milk, soy, wheat	
Pizza, BD Pepperoni 78638	Big Daddy's	1each 33	milk, soy, wheat	
Philly Cheesesteak	Gordon Food	1 each 14	soy	
Pretzel, Heartzels	Rold Gold	1 bag 16	wheat	
Pretzels, Tiny Twist	Rold Gold	1 bag 11	wheat	
Rice, Seasoned	Uncle Bens	6oz 32		
Rice, Spanish	Uncle Bens	4 oz 20	wheat	
Sausage Link^, Pork	Jones Dairy	2each 2		X
Tacos	Comm	2 each 15		
Turkey Sandwich	Butterball	1 each 24	wheat	
Waffles, Mini	Eggo	1 pouch 37	Egg, milk, soy, wheat	

^ = contains pork Page 1 of 3 March 2026

D124 Carbohydrate Values and Allergen Information for Menu

Components Evergreen Park School District 124

School Year 2026-2027

The items listed below are approximate values. Please consult your Dietitian and/or Certified Diabetes Educator.

Menu Item	Brand	Carbs Portion Size (GMS)	Allergens	Glute n Free
Entrée				
Salad, Chicken Caesar with Croutons		1 serving 18	milk, wheat	
Salad, Taco	JTM/Tostitos	1 serving 33	soy	
Sausage^, Egg, Biscuit -				
- Sausage Patty^, Pork	Jones Dairy	1 each 1		

- Egg Patty	Papetti's	1 each 1	egg, milk	
- Biscuit	Pillsbury	1each 30	milk, wheat	
Sloppy Joe on a Bun, Homemade	Homemade	1each 33	wheat	
Turkey Roast with Gravy	USDA/	3 oz/1tbs 4	egg, milk, soy	
Wrap, Buffalo Chicken		1each 30	wheat	
Wrap, Chicken Caesar		1each 30	wheat	
Yogurt, Tube	Yoplait	1each 8	milk	X

Menu Item	Portion Size	Carbs (GMS)	Allergens	Gluten Free
Breakfast				
ES Foods – Cinnamon Toast Crunch	1 bowl	22	wheat, soy	
Mini Animal Grahams	1 package	18	egg, milk, soy, wheat	
Fruit Juice Pouch	1each	15		
ES Foods – Cocoa Puffs	1 bowl	25		
Cheez-it Crackers	1 package	14	milk,soy,wheat	
Fruit Punch Juice Box	1each	15		
Fuel4U – Golden Grahams	1 bowl	24	wheat	
Animal Crackers	1 package	20	egg, milk, soy, wheat	
Apple Juice Pouch	1each	15		X
ES Foods – Lucky Charms	1 bowl	23		
Strawberry Cracker Bites	1 package	20	egg, milk, soy, wheat	
Tropical Fruit Blend Juice Box	1each	15		
ES Foods – Trix	1 bowl	24	egg, milk, soy, wheat	
Mini Animal Grahams	1 package	18		
Fruit Juice Pouch	1each	15		

Vegetables			
Carrots, Baby Fresh	1/2 cup 6		X
Celery Sticks, Fresh	1/2 cup 2		X

Corn	1/2 cup 16		
Cucumbers, Fresh	1/2 cup 2		X
Green Beans	1/2 cup 4		
Mashed Potatoes with Gravy	1/2 cup 15	egg, milk, soy	
Mixed Vegetables	1/2 cup 12		
Potato, Smiles	5each 25		
Sweet Potato Fries	1/2 cup 19		
French Fries	1/2 cup 22		

^ = contains pork Page 2 of 3 March 2026

D124 Carbohydrate Values and Allergen Information for Menu

Components Evergreen Park School District 124

School Year 2024-2025

The items listed below are approximate values. Please consult your Dietitian and/or Certified Diabetes Educator.

Menu Item	Carbs Portion Size (GMS)	Allergens	Glute n Free
Fruit			
Apple, Fresh	1each 8		
Applesauce, Cup	1each 14		
Grapes, Fresh	1package 14		
Mixed Berry Cup USDA (prepackaged)	1each 20		
Orange, Fresh	1each 11		

Peaches, Diced Cup USDA (prepackaged)	1each 21		
Peaches, Diced Cup	1each 18		
Pears, Diced Cup	1each 18		
Sidekick Slushie (all flavors)	1each 23		X
Strawberries, Diced Cup USDA (prepackaged)	1each 21		
Condiments			
Dressing, Caesar Packet 1.5oz	1each 4	egg, milk	

Dressing, Ranch Dipping Cup	1each 3	egg, milk	
Ketchup Packet	1each 2		
Salsa Cup	1each 5		
Sauce, BBQ Dipping Cup	1each 16		
Sauce, Marinara Dip Cup	1each 4		
Milk			
Milk Chocolate 1%	1 each 11	milk	
Milk White 1%	1 each 24	milk	

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