



*IF YOUR CHILD HAS A SEVERE ALLERGY, PLEASE CONTACT THE SCHOOL NURSE AND/OR THE FOOD SERVICE DISTRICT MANAGER FOR FURTHER ASSISTANCE

If you are unable to find an item on the list please reach out to the Food Service District Manager

Item	Carbohydrates by g	Common Allergens
MILK		
Milk, White 1%	11	MILK
Milk, Chocolate 1%	24	MILK
Fruits, 1/2c or 1 Each (K-12 Snack= ¾ Cup)		
Applesauce Cup, Strawberry	17	
Apple, Red Delicious	18	
Apple, Granny Smith	18	
Apple, Golden Delicious	18	
Apple, Gala	18	
Apple, Sliced	12	
Applesauce	15	
Applesauce, Cinnamon	15	
Applesauce, Strawberry	14.02	
Banana	27	
Berries, Mixed Cups	20	
Blueberries	9	
Cantaloupe	12	
Clementine	9	
Cranberries, Dried	28	
Fruit Cocktail	17	
Grapes	22	
Honeydew	12	
Juice, Apple	13	
Juice, Fruit Punch	14	
Juice, Orange	13	
Mixed Fruit	17	
Orange	18	
Peaches, Canned	14	
Peaches, Frozen Cups	21	
Pear, Fresh	25	
Pears, Canned	16	
Pineapple, Fresh	13	
Pineapple, Canned	15	
Raisins	29	
Strawberries	10	
Watermelon	6	

Item	Carbohydrates by g	Common Allergens
Fresh Vegetable by ½ Cup (K-12 Snack= ¾ Cup)		
Broccoli	3	
Carrots, Baby	6	
Cauliflower	3	
Celery	2.5	
Coleslaw, Homemade	15	Egg
Cucumbers	2	
Lettuce, Romaine (1 cup)	2	
Peppers, Green	2	
Peppers, Red	4.5	
Spinach (1 cup)	1	
Tomatoes, Grape	3.5	
Cooked Vegetables ½ Cup		
Beans, Black, Southwest	23	
Beans, Refried	23	
Beans, BBQ Baked	29.5	
Broccoli, Steamed/Seasoned	5	
Carrots, Steamed/Savory	4	
Corn, Steamed	18	
Corn, Mexi-Cali	19	
Green Beans, Steamed/Seasoned	4	
Green Peas, Steamed	11	
Mixed Vegetables, Seasoned	12	
Potato, Crinkle Cut, Fries	13	
Potato, Mashed	15	MILK
Potato, Sweet, Fries	19	
Potato, Tots	16	
Potato, Waffle, Fries, Seasoned	20	WHEAT
Potato, Wedge, Seasoned	18	WHEAT
Carrots, Brown Sugar Glazed	7.3	
Corn on the Cob	19	
Stir-Fry Vegetables	4	
Condiments per serving		
BBQ Sauce	15	
BBQ Sauce Packet	5	
Cream Cheese	1	MILK
Dressing, Ranch Bulk & Packet	2	EGG, MILK
Hot Sauce	0	
Ketchup	5	
Ketchup Packet	2	
Mayonnaise	4	EGG
Mayonnaise Packet	2	EGG
Mustard, Bulk and Packet	0	

Item	Carbohydrates by g	Common Allergens
Salsa	3	
Sour Cream	2	MILK
Syrup Cup	30	
Breakfast Entree		
½ English Muffin	12.5	WHEAT
Apple Fruit Frudel	36	MILK, WHEAT
Bagel	28	WHEAT
Bagel, Cinnamon Cream Cheese	42	WHEAT, MILK
Bagel, Strawberry Cream Cheese	42	WHEAT, MILK
Biscuit	28	WHEAT, MILK
Bread, Banana	27	SOY, WHEAT, MILK, EGGS
Cereal Bar, Cinnamon Toast Crunch	30	SOY, WHEAT
Cereal Bar, Golden Grahams	30	SOY, WHEAT
Cereal Bar, Strawberry Cheerios	29	SOY, WHEAT
Cereal, Apple Cinnamon Cheerios	23	
Cereal, Apple Jacks	24	WHEAT
Cereal, Cheerios	21	
Cereal, Cinnamon Frosted Flakes	24	WHEAT
Cereal, Cinnamon Toast Crunch	22	WHEAT, SOY
Cereal, Cocoa Puffs	25	
Cereal, Fruit Loops	24	WHEAT
Cereal, Golden Grahams	24	WHEAT
Cereal, Lucky Charms	23	
Cereal, Multi-Grain Cheerios	23	
Cereal, Trix	24	
Cinni Minis	40	MILK, WHEAT
Crackers, Graham Cinnamon	19	WHEAT
Crackers, Graham Vanilla	19	WHEAT
French Toast Sticks (3)	26	EGG, MILK, WHEAT, SOY
Graham Gripz, Cinnamon	19	SOY, MILK, WHEAT
Jelly PC	9	
Mini Confetti Pancakes	36	SOY, EGGS, MILK, WHEAT
Mini French Toast	37	EGG, MILK, WHEAT, SOY
Mini Maple Waffles	35	WHEAT, EGG, MILK, SOY
Muffin, Apple Cinnamon	31	EGG, WHEAT, SOY
Muffin, Banana	31	EGG, WHEAT
Muffin, Blueberry	27	EGG, WHEAT
Muffin, Double Chocolate Chip	27	EGG, WHEAT, SOY, MILK
Nutri-Grain, Apple Cinnamon	30	MILK, SOY, WHEAT
Nutri-Grain, Strawberry	30	MILK, SOY, WHEAT
Oatmeal Bar, Apple	23	WHEAT, SOY, MILK, EGGS
Oatmeal Bar, Chocolate Chip	23	WHEAT, SOY, MILK, EGGS
Oatmeal Bar, Strawberry	23	WHEAT, SOY, MILK, EGGS
Peanut Butter	8	NUTS

Pop-Tart, Blueberry	36	WHEAT, SOY
Pop-Tart, Cinnamon	37	WHEAT, SOY
Pop-Tart, Strawberry	36	WHEAT, SOY
Sunflower Seed Butter (Sunbutter)	7	
WG Chocolate Crescent	37	MILK, WHEAT
Yogurt, Strawberry	12	MILK
Yogurt, Strawberry Banana Bash	15	MILK
Yogurt, Triple Cherry	15	MILK
Breakfast (Items @ HS Only)		
Egg & Cheese Biscuit	29	EGG, MILK, WHEAT, SOY
Egg, Cheesy Scrambled	1.12	EGG, MILK
Omelet, Cheese	1	EGG, MILK
Eggs, Western Scrambled	1.37	EGG, MILK
Pancake (each)	13.66	WHEAT, EGG, MILK, SOY
Pizza, Breakfast Tony's	29	WHEAT, EGG, MILK
Toast	13	WHEAT
Turkey Sausage Patty	0	
Waffles, Large (2)	29	WHEAT, EGG, MILK, SOY
Waffles, Mini Maple	35	WHEAT, EGG, MILK, SOY
French Toast Sticks (3)	26	EGG, MILK, WHEAT, SOY
Donut Holes	30	MILK, WHEAT, SOY
Sausage Muffin	25	WHEAT
Sausage Biscuit	28	MILK, WHEAT
Yogurt & Granola Parfait	VARIES	MILK, SOY
Snacks		
Cheez-Its	14	MILK, WHEAT, SOY
Cracker, Veggie	18	WHEAT, SOY, MILK
Goldfish, Colors	14	MILK, WHEAT
Goldfish, Pretzel	16	MILK, WHEAT
Graham Gripz, Cinnamon	19	SOY, MILK, WHEAT
Graham, Cinnamon	21	WHEAT, SOY
Graham, Goldfish	19	WHEAT
Grahams, Scooby Doo	21	WHEAT, SOY
Grahams, Vanilla Emoji	21	WHEAT, SOY
Juice, Apple 6oz (K-12 only)	20	
Juice, Grape 6oz (K-12 only)	29	
Juice, Orange 6oz (K-12 only)	19	
Pretzel Hearts	16	WHEAT
Rice Krispie Treat	30	MILK, SOY
String Cheese	0	MILK
Sunflower Seed Butter (Sunbutter)	7	

Item	Carbohydrates by g	Common Allergens
Entrées		
Brown Rice	36	
Cheese Calzone	33	Milk, Wheat, Soy
Cheese Calzone w/Marinara	41	Milk, Wheat, Soy
Chicago Style Hot Dog	30	Wheat
Chicken & Cheese Quesadilla	25	Milk, Wheat, Soy
Chicken Alfredo	26	Milk, Wheat, Soy
Chicken Drumstick	6	Wheat
Chicken Fajitas	32+ additional toppings	Milk, Soy, Wheat
Chicken Nuggets	16	Wheat, Soy
Chicken Parmesan w/Pasta	41	Milk, Wheat, Soy
Chicken Stirfry	6	Fish, Wheat, Soy, Sesame
Chicken Tenders	16	Wheat, Soy
Chicken Tenders, Spicy	16	Wheat, Soy
Creamy Mac & Cheese	28	Milk, Egg, Wheat
Garlic Bread	14	Wheat, Milk
Garlic Bread (Prek-8)	14	Wheat, Soy May Contain: Egg, Milk
General Tso Chicken (Knox/Wood)	17	Wheat, Soy
Jumbo Chicken Corndog	30	Egg, Wheat, Soy
Lasana Roll-Up	32.11	Milk, Wheat
Made to Order Deli	Varies	Varies
Made to Order Salad Bar	Varies	Varies
Mmmburger with Cheese	29	Milk, Wheat, Soy
Mmmburger, Pizza	32	Wheat, Milk
Mmmburger, Western	52	Milk, Wheat, Soy
Nacho, Chicken	33.67	Milk
Nachos, Cheese	34	Milk
Nachos, Supreme	33	Milk
Pasta Primavera	43	Milk, Wheat
Pizza, Cheese (PreK-8)	27	Milk, Wheat, Soy
Pizza, Pepperoni (PreK-8)	28	Milk, Wheat, Soy
Popcorn Chicken	15	Wheat, Soy
Salad, Chef	32	Milk, Wheat, Soy
Salad, Chicken Caesar	30	Milk, Wheat, Soy, Eggs, Fish
Salad, Crispy Chicken	33	Wheat, Soy, Milk
Sandwich, BBQ Pulled Pork	42	Wheat
Sandwich, BBQ Rib Patty	44	Wheat, Soy
Sandwich, Crispy Chicken	44	Wheat, Soy
Sandwich, Grilled Cheese	30	Milk, Wheat, Soy
Sandwich, Grilled Chicken	29	Wheat, Soy
Sandwich, Hot Ham & Cheese	30	Milk, Wheat, Soy
Sandwich, Peanut Butter & Jelly	74	Wheat, Nuts
Sandwich, Sloppy Joe	45	Wheat
Sandwich, Spicy Chicken	43	Wheat, Soy

Sandwich, Sunbutter & Jelly	72	Wheat
Sub, Deli Combo	30.5	Wheat, Milk, Soy
Sub, Ham & Cheese	31	Wheat, Milk, Soy
Sub, Italian	32	Wheat, Milk, Soy
Sub, Italian Meatball	39.32	Milk, Wheat, Soy
Sub, Turkey & Cheese	29	Milk, Soy, Wheat
Sub, Turkey Ham & Cheese	32	Milk, Soy, Wheat
Sub, Turkey Ham & Cheese	32	Milk, Soy, Wheat
Sweet & Sour Meatballs	16.5	Milk, Wheat, Soy,
Taco Tuesday	32	Milk, Wheat, Soy
Teriyaki Chicken (Knox/Wood)	5	Wheat, Soy, May Contain: Egg, Fish, Milk, Peanuts & Tree Nuts, Shellfish
Wrap, Buffalo Chicken	26	Wheat, Soy
Wrap, Chicken Caesar	32	Wheat, Fish, Egg, Milk, Soy
Wrap, Crispy Chicken Ranch	42	Wheat, Soy, Milk
Wrap, Ranch Chicken	41	Wheat, Soy
Entrées, HS Only		
Baked Potato w/Chili	73.68	
Pretzels (2) for Baked Potato	28	Wheat
Burrito Bowl	Up to 68	
General Tso Chicken	16	Wheat, Soy
Honey Sriracha Wings	21	Wheat
Nacho, Chipotle Chicken	42	Milk
Pasta Primavera	43	Milk, Wheat
Pizza, BBQ Chicken, Homemade	50	Wheat (may contain: Egg, Milk, Soy)
Pizza, Buffalo Chicken, Homemade	43.5	Wheat (may contain: Egg, Milk, Soy)
Pizza, Cheese, Homemade	47.6	Wheat (may contain: Egg, Milk, Soy)
Pizza, Meat Lover's, Homemade	48	Wheat (may contain: Egg, Milk, Soy)
Pizza, Pepperoni, Homemade	48	Wheat (may contain: Egg, Milk, Soy)
Pizza, Sausage, Homemade	48.2	Wheat (may contain: Egg, Milk, Soy)
Pizza, Taco, Homemade	45	Wheat (may contain: Egg, Milk, Soy)
Pizza, Veggie, Homemade	48	Wheat (may contain: Egg, Milk, Soy)
Sweet & Sour Chicken	17	Wheat, Soy
Taco, Chipotle Chicken	40.5	Wheat, Milk
Teriyaki Chicken	4	Wheat, Soy, May Contain: Egg, Fish, Milk, Peanuts & Tree Nuts, Shellfish