MSHS CHO-Allergens

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Dairy	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs
Breakfast Entrees:										
Chicken Biscuit	36.5		X	X	X					
Sausage Biscuit	29.5		X	X						
Plain Biscuit	28.5		X	X						
Cinni Mini	40.0		X	X						
Poptart, cinnamon, 2 pack	73.0			X	X					
Poptart, strawberry, 2 pack	73.0			X	X					
Poptart, blueberry, 2 pack	73.0			X	X					
Poptart, fudge, 2 pack	73.0			X	X					
Breakfast Bun	34.0		X	X	X					X
Frudel, apple	36.5		X	X						
Frudel, cherry	36.5		X	X						
Mini Pancakes, maple	40.0		X	X	X					X
Mini Pancakes, strawberry	37.6		X	X						X
Mini Pancakes, confetti	36		X	X	X					X
Mini French Toast, cinnamon	37		X	X	X					X
Mini French Toast, maple	37		X	X	X					X
Mini French Toast, chocolate chip	35		X	X	X					X
Mini Waffle, blueberry	36		X	X	X					X
Mini Waffle, maple	35		X	X	X					X
Mini Waffle, cinnamon	35		X	X	X					X
Breakfast D'Lites, powdered	42		X	X	X					X
Breakfast D'Lites, chocolate	41		X	X	X					X
Donut Ring, glazed	29		X	X	X					X
Cereal, Apple Jacks 1oz	24			X	X					
Cereal, Cheerios 1oz	20									
Cereal, Honey Nut Cheerios 2oz	45	X					X			
Cereal, Cinnamon Toast Crunch 2oz	44			X	X					
Cereal, Frosted Flakes 1oz	24			X	X					
Cereal, Frosted Mini Wheat 1oz	29			X						
Cereal, Golden Grahams 1oz	24			X						
Cereal, Lucky Charms 2oz	46	X								
Cereal, Rice Chex 1oz	24	X								
Cereal, Rice Krispies 1oz	23									
Cereal, Cocoa Puffs 2oz	47									
Cereal, Rice Chex Blueberry 2oz	46	X								
Cereal, Trix 1oz	24									
Cereal, Fruit Loops 1oz	24			X						
Cereal, Rice Chex Cinnamon 2oz	33	X								

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Lunch Entrees:												
Uncrustable	32			X		X						
Chicken Fajita Nachos	51.9	X	X									
Regular Chicken Sandwich**	42			X	X					X		
Spicy Chicken Sandwich**	45			X	X					X		
Grilled Chicken Sandwich**	30			X	X							
Dill Chicken Sandwich	44		X	X	X							
Chicken Alfredo** with Garlic Toast	49.2		X	X	X							
Ravoli with Garlic Toast	52.8		X	X	X					X		
Corndog	31		X	X	X					X		
Supreme Nachos	57.8	X	X									
Buffalo Chicken Boneless Wings	22.5		X	X	X					X		
Grilled Cheese**	32.9		X	X								
French Toast + Sausage	54		X	X	X							
Personal Pan Pizza, cheese**	31		X	X								
Personal Pan Pizza, pepperoni**	30		X	X								
Chicken Tenders**	17.5			X	X					X		
Spicy Chicken Tenders	19.5			X	X					X		
BBQ Pork + Garlic Toast	15.1		X	X	X							
Mozzarella Bread Bites	33		X	X	X							
Fish Sandwich	50		X	X				X				
Lasagna with Garlic Toast	46		X	X	X					X		
Buffalo Chicken Dip	38	X	X		X					X		
Cheeseburger**	30		X	X								
Hamburger**	29			X								
Hot Dog	29			X								
4x6 Pizza, cheese**	30		X	X	X							
4x6 Pizza, pepperoni**	30		X	X	X							
4x6 Pizza, buffalo chicken	26		X	X								
Mandarin Orange Chicken with Rice	47			X	X					X		
General Tso Chicken with Rice	57		X	X	X							
Mac n' Cheese**	24		X	X								
Chicken Taco**	27		X	X								
Chicken and Rice Casserole	22		X	X	X					X		
Dill Nuggets	12		X	X	X							
Spaghetti**	46		X	X								
16" Pizza, cheese**	35		X	X	X							
16" Pizza, pepperoni**	33		X	X	X							

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16" Pizza, meat lovers	29		X	X	X							
Burrito, bean	40		X	X	X							
Burrito, chicken	38		X	X	X							
Asian Chicken Boneless Wings	24		X	X	X					X		
Country Fried Steak + Gravy	22		X	X	X					X		
Beef Tacos	33	X	X									
Cheesy French Boat	29		X	X	X							
Chicken Drumstick + Biscuit	39		X	X								
Sausage Gravy Biscuit	34		X	X	X					X		
Ham and Cheese Croissant	30		X	X	X					X		
Turkey and Cheese Croissant	28		X	X	X					X		
Chef Salad + Roll	35		X	X						X		
Chicken Salad Croissant	29		X	X	X					X		
Taco Salad	47	X	X		X					X		
Crispy Chicken Salad w/ Garlic Toast	42		X	X	X					X		
Buffalo Chicken Salad w/ Garlic Toast	35		X	X	X					X		
Mini Corndogs	36		X	X	X					X		
Mini Calzone, cheese	41		X	X	X							
Mini Calzone, pepperoni	35		X	X	X							
Lunch Sides:												
Cookie, sugar**	23.9			X						X		
Cookie, chocolate chip**	24.3			X						X		
Cookie, double chocolate chip**	23.8			X						X		
Cookie, snickerdoodle**	23		X	X						X		
Roll	28		X	X	X					X		
Mac n Cheese**	23.4		X	X								
Garlic Toast	11		X	X	X							
Scooby/Emoji Crackers	19			X								
Rice	21.1		X									
Mashed Potatoes	17.8	X	X									
Straight Fries	20.2	X										
Curly Fries	17.2	X										
Tater Tots	21.4	X										
Corn	13.3	X	X									
Sweet Potato Fries	28.9	X										
Wedge Fries	18.9	X										
Cali Blend Vegetables	7.1	X	X									
Peas	10	X	X									

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Tri Tater	23.8	X										
Baked Potato	30.7	X										
Green Beans	3.6	X										
Celery Dipper	1.5	X										
Steamed Broccoli	4.7	X										
Carrot Dipper	6	X										
Bell Pepper Dipper	2.8	X										
Glazed Carrots	14.3	X	X									
Side Salad	2.9	X										
Pinto Beans	22.2	X										
Cucumber Dipper	1.3	X										
Baked Beans	40.1	X										
Broccoli Dipper	3.3	X										
Coleslaw	7.2	X			X					X		
Black Beans	11.8	X										
Mandarin Oranges	20.4	X										
100% Fruit Juice, apple	14	X										
100% Fruit Juice, grape	20	X										
100% Fruit Juice, orange	15	X										
100% Fruit Juice, mixed berry	15	X										
Applesauce	14	X										
Frozen Fruit Cup	19	X										
Sliced Peaches	26.8	X										
Raisels	28	X										
Pineapple Tidbits	19.2	X										
Apple slices	15.1	X										
Banana	27	X										
Pear Halves	15	X										
Italian Ice, tangerine	34.6	X										
Italian Ice, watermelon	22	X										
Italian Ice, mango	22	X										
Apple	25	X										
Fiesta Rice	22.8	X										
Orange wedges	21.2	X										
Sweet Potato Tots	17.2	X										
Parmesan Roasted Cauliflower	6.1	X	X		X							
Cheesy Broccoli	7	X	X									
Onion Rings												
Baked and Breaded Squash	8	X	X	X	X							
Chocolate Pudding	23		X									

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Vanilla Pudding	25		X									
Chocolate Ice Cream	15		X									
Vanilla Ice Cream	15		X									
Mexican-style Rice	22.8	X										
Condiments:												
Ketchup	2	X										
Honey Mustard	14.6	X								X		
BBQ Sauce	5	X										
Ranch	5	X	X									
Salsa	2	X										
Sour Cream	4	X	X									
Jalapenos	1	X										
Taco Sauce	1	X			X							
Tartar Sauce	2	X			X					X		
Mayonnaise	1	X			X					X		
Italian Dressing	1	X										
Hot Sauce	0	X										
Parmesan Cheese	1	X	X									
Chipotle Ranch	1	X	X		X					X		
BBQ Ranch	4.6	X	X		X					X		
Syrup	4	X										
Milk:												
Skim	12	X	X									
Low-fat 1%	12	X	X									
Strawberry fat-free	19	X	X									
Milk Chocolate 1%	30	X	X									
Soy	9	X			X							
Lactose-Free Milk	13	X	X									