

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	Sesame	Cinnamon
Breakfast Entrees												
Chicken Biscuit	36.5		X	X	X					X		
Sausage Biscuit	29.0		X	X								
Cinnamon Rolls	19.0		X	X	X					X		X
Plain Biscuit	28.0		X	X								
Breakfast Pocket, Sausage & Egg	16.0		X	X	X					X		
Cinni Mini	40.0		X	X								X
Poptart, cinnamon, 1 pack	37.0			X	X							
Poptart, cinnamon, 2 pack	73.0			X	X							
Poptart, strawberry, 1 pack	36.0			X	X							
Poptart, strawberry, 2 pack	73.0			X	X							
Poptart, blueberry, 1 pack	36.0			X	X							
Poptart, blueberry, 2 pack	76.0			X	X							
Poptart, fudge, 1 pack	36.0			X	X							
Poptart, fudge, 2 pack	73.0			X	X							
Mini Bagels, cinnamon	42.0		X	X								X
Mini Bagels, strawberry	42.0		X	X								
Breakfast Bun	39.0		X	X	X					X		X
Texas Toast, apple cinnamon	45.0		X	X	X							X
Frudel, apple	36.0		X	X								
Frudel, cherry	36		X	X								
Mini Pancakes, maple	35.0		X	X	X					X		
Mini Pancakes, strawberry	39.0		X	X						X		
Mini Pancakes, confetti	36		X	X	X					X		
French Toast Sticks (4 each)	38			X	X							
Mini French Toast, berry	36		X	X	X					X		
Mini French Toast, cinnamon	37		X	X	X					X		X
Mini French Toast, maple	37		X	X	X					X		
Mini French Toast, chocolate chip	37		X	X	X					X		

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Mini Waffle, blueberry	35		X	X	X					X		
Mini Waffle, maple	37		X	X	X					X		
Mini Waffle, cinnamon	34		X	X	X					X		X
Waffle, whole grain	14		X	X	X					X		
Mini Donuts, powdered	41		X	X	X					X		
Mini Donuts, chocolate	41		X	X	X					X		X
Donut Ring, glazed	29		X	X	X					X		X
Donut Holes, powered	42		X	X	X					X		X
Donut Holes, blueberry	39		X	X	X					X		X
Granola, Cinnamon	17			X	X							X
Cereal Bar, Lucky Charms	52			X	X							
Cereal Bar, Cinnamon Toast Crunch	52			X	X							X
Cereal Bar, Peach Cheerio	51			X	X							
Cereal, Cheerios 1oz	21	X										
Cereal, Honey Nut Cheerios 2oz	45	X					X					
Cereal, Cinnamon Toast Crunch 2oz	44			X	X							X
Cereal, Frosted Flakes 1oz	25			X	X							
Cereal, Frosted Mini Wheat 1oz	24			X								
Cereal, Lucky Charms 2oz	46	X										
Cereal, Rice Chex 1oz	24	X										
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										X
Yogurt, raspberry & cherry (4 oz)	19	X	X									
Yogurt, strawberry (4 oz)	19	X	X									
Yogurt, strawberry-banana (4 oz)	16	X	X									
Yogurt, vanilla (4 oz)	16	X	X									

Lunch Entrée

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Regular Chicken Sandwich**	39			X	X					X		
Spicy Chicken Sandwich**	42			X	X					X		
Grilled Chicken Sandwich**	40			X	X							
Chicken Alfredo** with Garlic Toast	32		X	X	X							
Corndog	31			X	X					X		
Grilled Cheese**	26		X	X								
French Toast + Sausage	39		X	X	X							
Personal Pan Pizza, cheese**	33		X	X								
Personal Pan Pizza, pepperoni**	30		X	X								
Chicken Tenders**	18			X	X					X		
Spicy Chicken Tenders	20			X	X					X		
Buffalo Chicken Wings	8			X								
Mozzarella Bread Bites	28		X	X	X							
Fish Sandwich	43		X	X				X				
Buffalo Chicken Dip	45	X	X		X					X		
Cheeseburger**	27		X	X								
Hamburger**	26			X								
Hot Dog + Bun	29			X								
French Bread Pizza, Cheese Garlic	30		X	X	X							
4x6 Pizza, cheese**	34		X	X	X							
4x6 Pizza, pepperoni**	27		X	X	X							
4x6 Pizza, buffalo chicken	26		X	X								
Mandarin Orange Chicken with Rice	44			X	X					X		
General Tso Chicken with Rice	48		X	X	X							
Mac n' Cheese**	62		X	X								
Chicken Taco**	27		X	X								
Chicken and Rice Casserole	29		X	X	X					X		
Buffalo Chicken Bites	23		X	X	X							
Chicken Bites, Plain	17		X	X								
Asian Chicken Bites	18		X	X	X							
Dill Nuggets	12		X	X	X							
Spaghetti**	54		X	X								
16" Pizza, cheese**	24		X	X	X							
16" Pizza, pepperoni**	22		X	X	X							

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Gatorade G2 glacier	7	X										
Frito Lay Baked, Sour Cream & Cheddar	18	X	X		X							
Frito Lay Baked, BBQ	19	X	X	X	X							
Frito Lay Baked, Sour Cream & Onion	18	X	X		X							
Frito Lay Baked, Regular	20	X			X							
Pretzels (1 pkg)	15			X								
Rice Krispie Treat, Chocolate Chip	34		X		X							

Gluten Free Items

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GF Chicken Fillet	1	X										
GF Hamburger Bun	39	X								X		
GF Sandwich Bread (1 slice)	23	X			X							
GF Penne Pasta (2 oz)	43	X										
GF Tortilla Chips (2 oz)	40	X										
GF Chicken Chunks	18	X			X							
GF Pizza Crust	116	X										
GF Hotdog Bun	40	X								X		
GF Taco Shell (3 shells)	20	X										
GF Corndog	20	X			X					X		
Tamale, red sauce	26	X										
Tamale, green chile	29	X	X									
GF Mac & Cheese (side)	24	X	X									
GF Mac & Cheese (entree)	48	X	X									
GF Spaghetti	43	X	X									
GF Alfredo	48	X	X									
GF Garlic Toast	23	X	X		X							
Taco Salad	32	X	X							X		
GF Chicken Salad Sandwich	46	X	X							X		
GF BBQ Pork Sandwich	40	X			X					X		
Buffalo Chicken Dip + 2 oz chips	41	X	X		X					X		
Bean & Cheese Pupusas	35	X	X									
GF Pimento Cheese Sandwich	32	X	X		X					X		