MSHS CHO-Allergens

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Breakfast Entrees												
Chicken Biscuit	37		X	X	X					X		
Sausage Biscuit	29		X	X								
Chicken Minis	64		X	X						X		
Cinnamon Rolls	19		X	X	X					X		X
Plain Biscuit	29		X	X								
Cinni Mini	35		X	X								X
Poptart, Cinnamon, 1 Pack	37			X	X							
Poptart, Cinnamon, 2 Pack	73			X	X							
Poptart, Strawberry, 1 Pack	36			X	X							
Poptart, Strawberry, 2 Pack	73			X	X							
Poptart, Blueberry, 1 Pack	36			X	X							
Poptart, Blueberry, 2 Pack	76			X	X							
Poptart, Fudge, 1 Pack	36			X	X							
Poptart, Fudge, 2 Pack	73			X	X							
Mini Bagels, Cinnamon	42		X	X								X
Mini Bagels, Strawberry	42		X	X								
Breakfast Bun	39		X	X	X					X		X
Muffin, Double Chocolate (4 oz)	54		X	X	X					X		
Muffin, Blueberry (4 oz)	54		X	X	X					X		
Texas Toast, Apple Cinnamon	45		X	X	X							X
Frudel, Apple	36		X	X								
Frudel, Cherry	36		X	X								
Mini Pancakes, Maple	35		X	X	X					X		
Mini Pancakes, Strawberry	39		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

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Mini French Toast, Maple	37		X	X	X					X		
Mini French Toast, Chocolate Chip	37		X	X	X					X		
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 Frosted	41		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, Honey Nut Cheerios 2oz	44	X										
Cereal, Cinnamon Toast Crunch 2oz	44			X	X							X
Cereal, Lucky Charms 2oz	46	X										
Cereal, Trix 2oz	47											
Cereal, Cocoa Puffs 2oz	47											
Cereal, Rice Chex Blueberry 2oz	46	X										
Cereal, Rice Chex Cinnamon 2oz	33	X										X
Cereal, Frosted Mini Wheat 2oz	60			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

** 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
Regular Chicken Sandwich**	39			X	X					X		
Spicy Chicken Sandwich**	42			X	X					X		
Grilled Chicken Sandwich**	40			X	X							
Dill Chicken Sandwich	41		X	X	X							

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Chicken Alfredo**	19		X	X								
BBQ Chicken Sandwich**	44			X	X							
Tortilla Chips (2 oz) + Queso	45	X	X									
Tortilla Chips (2 oz) + Cheese Sauce	45	X	X									
Beef (2 oz)	3	X										
Chicken (2 oz)	1	X										
Chicken Ranch Flatbread Pizza	31		X	X								
Premium Chicken Ranch Pizza	30		X	X	X					X		
Premium Philly Cheesesteak Pizza	3		X	X	X							
Premium Ham and Pineapple Pizza	7		X	X	X							
Premium BBQ Chicken Pizza	7		X	X	X							
Premium Hot Honey Pepperoni Pizza	7		X	X	X							
Sloppy Joe	39			X	X							
Chili	23	X										
Cheezits	14		X	X	X							
Chicken Noodle Soup	14			X								
Jalapeno Cornbread	18		X	X						X		
Corndog	31			X	X					X		
Grilled Cheese**	26		X	X								
Tomato Soup	11		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		
Mozzarella Bread Bites	33		X	X	X							
Fish Sandwich	43		X	X				X				
Buffalo Chicken Dip	57		X	X	X					X		
Cheeseburger**	36		X	X	X							
Hamburger**	35			X	X							
Hot Dog + Bun**	30			X								
French Bread Pizza, Cheese Garlic	30		X	X	X							
French Garlic Bread + Marinara	36		X	X	X							
4x6 Pizza, Cheese**	34		X	X								

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
4x6 Pizza, Pepperoni**	27		X	X								
4x6 Pizza, Buffalo Chicken	26		X	X								
Mandarin Orange Chicken with Rice	44			X	X					X		
Beefy Cheesy Mac**	18		X	X								
Mac n' Cheese**	62		X	X								
Chicken Taco**	27		X	X								
Beef Tacos	34	X	X									
Chicken and Rice Casserole	29		X	X	X					X		
Chicken Pot Pie	27		X	X								
Buffalo Chicken Bites	23		X	X	X							
Chicken Bites, Plain	17		X	X								
Asian Chicken Bites	24		X	X	X							
BBQ Chicken Bites	30		X	X								
Buffalo Chicken Bites	28		X	X								
Lemon Pepper Chicken Bites	28		X	X								
Hot Honey Mustard Chicken Bites	31		X	X	X					X		
Dill Nuggets	12		X	X	X							
Spaghetti**	54		X	X								
Spaghetti Beef Steamer Method	56			X								
16" Pizza, Cheese**	24		X	X	X							
16" Pizza, Pepperoni**	22		X	X	X							
16" Pizza, Meat Lovers	24		X	X	X							
Lasagna Rollup	38		X	X								
Smoky Rib Sandwich	36		X	X	X							
Burrito, Chicken	33		X	X	X							
Country Fried Steak + Gravy	22		X	X	X					X		
Fish Nuggets	20			X	X			X				
French Bread Pizza, Cheese Garlic	25		X	X	X							
Uncrustables Sandwich, Strawberry (2.6 oz	33			X		X						
Uncrustables Sandwich, Strawberry (5.3 oz	64			X		X						
Uncrustables Sandwich, PB & J (2.6 oz)	32			X		X						
Uncrustables Sandwich, PB & J (5.3 oz)	64			X		X						
Ham and Cheese Croissant	31		X	X	X					X		
Turkey and Cheese Croissant	28		X	X	X					X		

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Turkey Sandwich**	31		X	X	X							
Ham Sandwich**	34		X	X	X							
Cuban Sandwich**	31		X	X	X							
Grilled Cheese**	28		X	X								
Pimento Cheese Sandwich**	32		X	X	X					X		
Sausage and Cheese Croissant	28		X	X	X					X		
Chicken Stir Fry	38			X	X		X					
Potstickers, Chicken & Vegetable (6)	35			X	X						X	
Chef Salad, Egg	6	X	X							X		
Chef Salad, Ham	7	X	X									
Chef Salad, Turkey	6	X	X									
Cobb Salad	6	X	X									
Chef Salad, Ham & Turkey** + Roll	41		X	X						X		
Chicken Salad Croissant	29		X	X	X					X		
Deli Wrap, Ham	35		X	X								
Deli Wrap, Turkey	32		X	X								
Deli Wrap, Honey Mustard Chicken	53		X	X	X					X		
Deli Wrap, Crispy Chicken	46		X	X	X					X		
Deli Wrap, Fiery Chicken	84		X	X	X					X		
Deli Wrap, BBQ Ranch Chicken	49		X	X	X					X		
Taco Salad, Beef	33	X	X		X					X		
Taco Salad, Chicken	35	X	X		X					X		
Crispy Chicken Salad w/ Garlic Toast	45		X	X	X					X		
Buffalo Chicken Salad w/ Garlic Toast	38		X	X	X					X		
Honey Mustard Chicken Wrap	52		X	X	X					X		
BBQ Ranch Chicken Wrap	48		X	X	X					X		
Fiery Chicken Wrap	46		X	X	X					X		
Crispy Chicken Wrap	44		X	X	X					X		
Fiesta Chicken Wrap	46		X	X	X					X		
Turkey & Cheese Kit	16		X	X	X							
Pizza Kit, Cheese	34		X	X								
Pizza Kit, Pepperoni	35		X	X								
Tamale, Red Sauce	26	X										
Tamale, Green Chile	29	X	X									

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Bean & Cheese Pupusa	35	X	X									
Parfait + Granola, Peach	89		X	X	X							X
Parfait + Granola, Apple Cinnamon	103		X	X	X							X
Parfait + Granola, Mandarin Oranges	100		X	X	X							X
Muffin Plate - Choices Below												
Muffin, Apple Cinnamon (2 oz)	31			X	X					X		
Muffin Top, Chocolate	56		X	X	X					X		
Muffin Top, Blueberry	52		X	X						X		
Muffin, Blueberry (2 oz)	30			X	X					X		
Muffin, Chocolate (2 oz)	32		X	X	X					X		
Mozzarella Cheese Stick (1 oz)	2	X	X									
Mild Cheddar Cheese Stick (1 oz)	0	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 Sides												
** indicates that an item can be made gluten free or has a GF version	**Carbohydrates per serving (g)**	**Gluten-free**	**Milk**	**Wheat**	**Soy**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Eggs**	**Sesame**	**Cinnamon**
Cookie, Sugar**	24			X						X		
Cookie, Chocolate Chip**	24		X	X						X		
Cookie, Double Chocolate Chip**	24		X	X	X					X		
Cookie, Double Chocolate, Fudge-Filled**	31		X	X	X					X		
Cookie, Confetti**	30		X							X		
Cookie, Snickerdoodle**	25		X	X						X		
GF Cookie	55	X			X					X		
Peach Cobbler	49			X						X		X
Apple Cobbler	50			X						X		X
Roll	34		X	X	X					X		
Garlic Breadstick	15		X	X	X							
Cracker WG (for chef salad), 2oz	28		X	X								
Potstickers, Chicken & Vegetable (3)	17			X	X						X	
Tortilla Chips (2 oz) + Queso	45	X	X									

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Mac n Cheese Side**	41		X	X								
Garlic Toast**	14		X	X	X							
Rice	23	X	X									
Mashed Potatoes	16	X	X									
Straight Fries	25	X										
Crinkle Cut Fries	20	X										
Curly Fries	26	X										
Tater Tots	17	X										
Tortilla Chips (1oz)	20	X										
Corn	16	X	X									
Mexican Street Corn	19		X							X		
Sweet Potato, Canned	29	X										
Sweet Potato Fries	24	X										
Sweet Potato Tots	18	X										
Sweet Potato, Baked	26	X										
Roasted Sweet Potato, Savory	23				X							
Wedge Fries	21	X										
Peas	12	X										
Smile Fries	25	X										
Diced Potato	15	X	X									
Baked Potato	31	X										
Green Beans	4	X										
Celery Dipper	3	X										
Steamed Broccoli	5	X										
Carrot Dipper	7	X										
Bell Pepper Dipper	3	X										
Glazed Carrots	14	X	X									X
Side Salad	3	X										
Refried Beans	20	X										
Beans, Vegetarian	29	X										
Pinto Beans	20	X										
Cucumber Dipper	3	X										
Baked Beans	46	X										
Broccoli Dipper	3	X										

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Coleslaw	7	X			X					X		
Black Beans	20	X										
Mandarin Oranges	20	X										
Hot Baked Cinnamon Apples	27		X									X
Applesauce, Cinnamon	13	X										X
Applesauce, Peach Mango	15	X										
Applesauce, Strawberry	14	X										
Applesauce, Plain	14	X										
Frozen Fruit Cup, Fruit Punch	14	X										
Frozen Fruit Cup, Apple	13	X										
Frozen Fruit Cup, Grape	19	X										
Frozen Fruit Cup, Peach	19	X										
Frozen Fruit Cup, Strawberry	22	X										
Frozen Fruit Cup, Orange	13	X										
Sliced Peaches	27	X										
Raisins	30	X										
Craisins, Orange	28	X										
Craisins, Strawberry	27	X										
Raisels, Sour Orange	37	X										
Raisels, Sour Watermelon	25	X										
Pineapple Tidbits	19	X										
Apple Slices	14	X										
Banana	27	X										
Pear Halves	14	X										
Italian Ice, Tangerine	22	X										
Italian Ice, Watermelon	25	X										
Italian Ice, Mango	22	X										
Apple	25	X										
Orange Wedges	21	X										
Parmesan Roasted Cauliflower	6	X	X									
Cheesy Broccoli	7	X	X									
Baked and Breaded Squash	8		X	X	X							
Mexican-Style Rice	23	X										
Mild Cheddar Cheese Stick (1 oz)	0	X	X									

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Mozzarella Cheese Stick (1 oz)	2	X	X									
Mozzarella Cheese Stick (1 oz)	3	X	X									
Condiments												
** indicates that an item can be made gluten free or has a GF version	**Carbohydrates per serving (g)**	**Gluten-free**	**Milk**	**Wheat**	**Soy**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Eggs**	**Sesame**	**Cinnamon**
Ketchup	2	X										
Mustard	0	X										
Honey Mustard	7	X								X		
BBQ Sauce	5	X										
Ranch, Cup	5		X							X		
Buttermilk Ranch	4	X	X									
BBQ Ranch	5	X	X		X					X		
Chipotle Ranch	1		X		X					X		
Salsa	3	X										
Sour Cream	4	X	X									
Jalapenos	1	X										
Taco Sauce	1	X			X							
Tartar Sauce	2	X			X					X		
Cranberry Sauce	10	X										
Mayonnaise	1	X			X					X		
Hot Sauce	0	X										
Syrup	4	X										
Jelly, Grape	9	X										
Jelly, Assorted	9	X										
Italian Dressing	3	X										
Parmesan Cheese	1	X	X									
Milk												
** indicates that an item can be made gluten free or has a GF version	**Carbohydrates per serving (g)**	**Gluten-free**	**Milk**	**Wheat**	**Soy**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Eggs**	**Sesame**	**Cinnamon**
Skim	12	X	X									
Low-Fat 1%	13	X	X									
Strawberry Fat-Free	18	X	X									

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Milk Chocolate 1%	30	X	X									
Soy	9	X			X							
Almond Milk, Plain	1						X					
Almond Milk, Vanilla	16						X					
Lactose-Free Milk	13	X	X									
À la Carte												
** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Doritos, Nacho Cheese (1oz)	20		X									
Doritos, Cool Ranch (1oz)	20		X									
Doritos, Sweet Chili (1oz)	20			X	X							
Doritos, White Nacho (1oz)	20		X									
Doritos, Chili Lime (1oz)	20		X									
Cheetos, Puffs (1 Pkg)	13	X	X									
Cheetos, Baked Hot Limon	15	X	X									
Cheetos, Baked	16	X	X									
Cheetos, Baked Flamin' Hot	16	X	X									
Cheetos, Baked Fantastix Chili Chz	20		X									
Funyuns	14		X									
Mini Chocolate Chips (1 pkg)	25		X	X	X	X	X					
Graham Crackers, Cinnamon (1 pkg)	21			X	X							
Chatsnax, Vanilla Crunch Crackers (1 pkg)	21			X	X							
Graham Crackers, Chocolate (1 pkg)	20			X	X							
Cheez-It Cheddar Crackers (1 pkg)	14		X	X	X							
Goldfish Cheddar Crackers (1 pkg)	14		X	X	X							
Cookie Bites, Blueberry Lemon (1 pkg)	21		X	X	X							
Smartfood White Cheddar Popcorn (1 pkg)	10		X									
Chex Mix Snack Mix, Cheddar (1 pkg)	20		X	X								
Chex Mix Snack Mix, Strawberry Yogurt (1	23		X	X	X							
Chex Mix Snack Mix, Chocolate Caramel (1	22			X								
Gatorade G2 Grape	7	X										
Gatorade G2 Fruit Punch	7	X										
Gatorade G2 Berry	7	X										

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Gatorade G2 Glacier	7	X										
Frito Lay Baked, Sour Cream & Cheddar	18		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							
Frito Lay Baked, Salt & Vinegar	28											
Scooby Snack	21			X								
Rice Cakes, Caramel	25		X		X							
Rice Cakes, Ranch	13		X									
Pretzels (1 pkg)	15			X								
Rice Krispie Treat, Regular	30		X		X							
Rice Krispie Treat, Confetti	32		X		X							
Rice Krispie Treat, Chocolate Chip	34		X		X							
Fruit Juice, Carbonated Kiwi Berry	30	X										
Fruit Juice, Carbonated Fruit Punch	30	X										
Fruit Juice, Carbonated Apple	29	X										
Moo Brew, Caramel	2	X										
Moo Brew, Caramel (Decaf)	2	X										
Moo Brew, Crème Brulee	2	X										
Moo Brew, Crème Brulee (Decaf)	2	X										
Moo Brew, Vanilla	2	X										
Moo Brew, Vanilla (Decaf)	2	X										
Gluten Free Items												
GF Chicken Sandwich	40	X			X					X		
GF Hamburger	40	X			X					X		
GF Cheeseburger	41	X	X		X					X		
GF Grilled Cheese	48	X	X		X							
GF BBQ Pork Sandwich	47	X			X					X		
GF Tortilla Chips (2 oz)	40	X										
GF Chicken Taco	27	X	X									
GF Chicken Chunks (5 pieces)	32	X			X							
GF Crispy Chicken Salad	32	X	X		X							
GF Buffalo Chicken Salad	36	X	X		X							

** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
GF Pizza (1/2 pizza)	62	X										
GF Hotdog	43	X			X							
GF Ham & Cheese	36	X	X		X							
GF Turkey & Cheese	34	X	X		X							
GF Corndog	20	X			X					X		
Tamale, Red Sauce	26	X	X									
Tamale, Green Chile	29	X	X									
Bean & Cheese Pupusas	35	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							
GF Muffin (Blueberry)	43	X			X					X	X	
GF Muffin (Double Chocolate)	39	X			X					X	X	
GF Beefy Mac	40	X	X									
Pizza Pocket (Pepperoni)	42	X	X							X		
Udi Chocolate Chip Cookie	30	X	X							X		
Goodie Girl Chocolate Chip Cookies	15	X			X							
Holiday Meal Items												
	Carbohydrates per serving (g)	**Gluten-free**	**Milk**	**Wheat**	**Soy**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Eggs**	**Sesame**	**Cinnamon**
Turkey Roast	0	X										
Dressing	20		X	X	X					X		
Mashed Potatoes	16	X	X									
Sweet Potato Casserole	55		X	X						X		
Roasted Sweet Potatoes	23	X										
Pumpkin Cake	32		X	X						X		
Iced Pumpkin Cookie	30		X	X						X		
Cranberry Sauce	10	X										
Roll	34			X								