Elementary 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												
Plain Biscuit	28		X	X								
Chicken Biscuit	37		X	X	X							
Chicken Minis	64		X	X						X		
Steak Biscuit	38		X	X								
Biscuits & Gravy	34		X	X								
Cinnamon Rolls	19		X	X	X					X		X
Breakfast Bun	39		X	X	X					X		X
Donut Ring, Glazed	29		X	X	X					X		
Breakfast Pocket, Sausage & Egg	16		X	X	X					X		
Muffin, Double Chocolate (4 oz)	54		X	X	X					X		
Muffin, Blueberry (4 oz)	54		X	X	X					X		
Muffin Top, Chocolate	56		X	X	X					X		
Muffin Top, Blueberry	52		X	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								
Texas Toast, Apple Cinnamon	45		X	X	X							X
Frudel, Apple	36		X	X								
Frudel, Cherry	36		X	X								
Maple Puff Pancake	33		X	X	X					X		
Strawberry Puff Pancake	33		X	X	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
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
Muffin, Double Chocolate (4 oz)	54		X	X	X					X		
Muffin, Blueberry (4 oz)	54		X	X	X					X		
Granola, Cinnamon	17			X	X							X
Waffle, Whole Grain	14		X	X	X					X		
Mini Donuts, Powdered	42		X	X	X					X		X
Mini Donuts, Chocolate	41		X	X	X					X		X
Donut Holes, Powered	42		X	X	X					X		X
Donut Holes, Blueberry	39		X	X	X					X		X
Donut Holes, Chocolate	41		X	X	X					X		X
Cereal Bar, Lucky Charms	51			X	X							
Cereal Bar, Cinnamon Toast Crunch	52			X	X							X
Cereal Bar, Peach Cheerio	51			X	X							
Cereal Bar, Cocoa Puffs	29			X	X							
Cereal, Honey Cheerios 2oz	44	X										
Cereal, Cinnamon Toast Crunch 2oz	44			X	X							X
Cereal, Lucky Charms 2oz	46											
Cereal, Trix 2oz	47											
Cereal, Cocoa Puffs 2oz	47											
Cereal, Rice Chex Blueberry 2oz	46	X										
Cereal, Rice Chex Cinnamon 2oz	33	X										X
Lunch Entrees												
	Carbohydrates per serving (g)	**Gluten-free**	**Milk**	**Wheat**	**Soy**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Eggs**	**Sesame**	**Cinnamon**
Chicken Tenders**	12			X	X					X		
Chicken Tacos, soft**	27		X	X								
Mac n Cheese**	62		X	X								
Tortilla Chips (2 oz) + Cheese Sauce	45	X	X									
Sloppy Joe	39			X							X	
Chicken Ranch Flatbread Pizza**	31		X	X						X		
Chili	23	X										
Sloppy Joe (HCSD Beef)**	39			X	X						X	

Cheezits	14		X	X	X							
Chicken Noodle	14			X								
Jalapeno Cornbread	18		X	X						X		
Chicken Bites, Plain	17		X	X								
Asian Chicken Bites	19		X	X	X							
Buffalo Chicken Bites	18		X	X	X							
Dill Chicken Bites	10		X	X	X							
Cheesy Nachos	45	X	X									
BBQ Sandwich**	43			X	X							
16" Pizza, cheese**	24		X	X	X							
16" Pizza, pepperoni**	22		X	X	X							
16" Pizza, Meat Lovers	36		X	X	X							
Burrito, Chicken	33		X	X	X							
Cheese Quesadilla	26		X	X								
Chicken Cheese Quesadilla	33		X	X								
Beef Tacos	34	X	X									
Fish Nuggets	20			X	X			X				
Chicken Nuggets**	16		X	X	X							
Chicken Alfredo**	18		X	X								
Beefy Cheesy Mac**	18		X	X								
Beefy Cheesy Mac w/ HCSD Beef**	18		X	X								
Ravioli	40		X	X						X		
Corndog**	31			X	X					X		
Chicken Sandwich	35			X	X							
Popcorn Chicken	16			X	X							
Chicken Pot Pie	27		X	X								
Tomato Soup	11		X	X	X							
Chicken Noodle Soup	13			X								
Grilled Cheese**	26		X	X	X							
Personal Pan Pizza, pepperoni**	30		X	X								
Personal Pan Pizza, cheese**	33		X	X								
Mandarin Orange Chicken w/Rice	44			X	X					X		
Spaghetti**	54		X	X								
Spaghetti w/ HCSD Beef**	56			X								
Cheeseburger**	27		X	X	X						X	
Hamburger**	26			X	X						X	
Hot Dog + Bun**	30			X								
Bird Dog	35		X	X								
Woodles Ramen Noodles	20			X	X							

Teriyaki Chicken	30			X	X							
Footlong Hotdog	40			X	X							
Meatball Sub	53		X	X								
Lasagna	31		X	X	X							
Bird Dog	35		X	X								
French Toast + Sausage	39		X	X	X							
Parfait + Granola, Peach	89		X	X	X							X
Parfait + Granola, Apple Cinnamon	103		X	X	X							X
Parfait + Granola, Mandarin Oranges	101		X	X	X							X
White Chicken Chili	5	X	X		X							
Mozzarella Bread Bites	33		X	X	X							
Chicken + Waffle	37		X	X	X					X		
CF Steak + Gravy	22		X	X	X					X		
Lasagna Rollup	38		X	X								
Deli Wrap, Ham	35		X	X								
Deli Wrap, Turkey	32		X	X								
Turkey Sandwich**	31		X	X	X							
Ham Sandwich**	34		X	X	X							
Smoky Rib Sandwich	36		X	X	X							
Chef Salad, Egg** + Crackers	36		X	X						X		
Chef Salad, Ham** + Crackers	38		X	X								
Chef Salad, Turkey** + Crackers	36		X	X								
Ham & Cheese Croissant	31		X	X	X					X		
Potstickers, Chicken & Vegetable (6)	35			X	X						X	
French Bread Pizza, Cheese Garlic	30		X	X	X							
4x6 Pizza, Pepperoni**	27		X	X								
4x6 Pizza, Cheese**	34		X	X								
Pizza 6", Round Cheese	31		X	X								
Pizza 6", Round Pepperoni	30		X	X								
Pizza Kit, Cheese	35		X	X								
Pizza Kit, Pepperoni	35		X	X								
Chicken and Rice Casserole**	16		X	X	X					X		
Fish Sandwich	43		X	X				X				
Chicken Stir Fry	38			X	X		X					
Uncrustables Sandwich, Strawberry (2.6 oz)	32		X	X		X						
Uncrustables Sandwich, PB & J (2.6 oz)	32		X	X		X						
Uncrustables Sandwich, PB & J (5.3 oz)	64		X	X		X						
Tamale, Red Sauce	26	X										

Tamale, Green Chile	29	X	X									
Muffin Plate - Choices Below												
Muffin, Apple Cinnamon (2 oz)	31			X	X					X		
Muffin, Blueberry (2 oz)	30		X	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												
	Carbohydrates per serving (g)	**Gluten-free**	**Milk**	**Wheat**	**Soy**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Eggs**	**Sesame**	**Cinnamon**
Cookie, Sugar	24			X						X		
Holiday Cookie, Sugar	24			X						X		
Cookie, Chocolate Chip**	24		X	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		
Holiday Cookie	24		X	X						X		
Brownie	33			X	X					X		
Smores Brownie	38			X	X					X		
Peach Cobbler	49			X						X		X
Apple Cobbler	50			X						X		X
Roll	34			X	X							
Mac n Cheese**	41		X	X								
Garlic Toast**	14		X	X	X							
Garlic Breadstick	15		X	X	X							
Rice	9	X	X									
Mashed Potatoes	16	X	X									
Smile Fries	21	X										
Straight Fries	25	X										
Crinkle Cut Fries	20	X										
Tater Tots	20	X										
Sweet Potato Tater Tots	17	X										
Tortilla Chips (1oz)	20	X										

Crackers	28		X	X								
Corn	16	X	X									
Sweet Potato, Canned	29	X										
Sweet Potato Fries	24	X										
Sweet Potato Tot	18	X										
Sweet Potato, Baked	26	X										
Potstickers, Chicken & Vegetable (3)	17			X	X						X	
Wedge Fries	19	X										
Peas	10	X	X									
Diced Potato	15	X	X									
Baked Potato	31	X										
Green Beans	4	X										
Celery Dipper	3	X										
Steamed Broccoli	5	X										
Parmesan Roasted Cauliflower	6	X	X		X							
Carrot Dipper	7	X										
Bell Pepper Dipper	3	X										
Glazed Carrots	15	X	X									
Side Salad	3	X										
Garbanzo Beans	27	X										
Refried Beans	20	X										
Pinto Beans	20	X										
Cucumber Dipper	3	X										
Baked Beans	46	X										
Broccoli Dipper	3	X										
Coleslaw	7	X			X					X		
Beans, Vegetarian	29	X										
Black Beans	20	X										
Mandarin Oranges	20	X										
Hot (Baked) Cinnamon Apples	27	X	X									X
Applesauce, Birthday Cake	14	X										
Applesauce, cinnamon	13	X										X
Applesauce, peach mango	15	X										
Applesauce, strawberry	14	X										
Applesauce, plain	14	X										
Juice, Berry Kiwi	14	X										
Juice, Orange	15	X										
Juice, Apple	14	X										

Juice, Fruit Punch	15	X										
Juice, Grape	20	X										
Juice, Berry	17	X										
Sliced Peaches	27	X										
Raisins	30	X										
Craisins, Watermelon	27	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										
Mexican-Style Rice	9	X										
Mozzarella Cheese Stick (1 oz)	2	X	X									
Mild Cheddar Cheese Stick (1 oz)	0	X	X									
Apple Crisp	35		X	X								
Cupcake	30		X	X	X					X		
Cool Tropics, Blue Slushie	15	X										
Cool Trops, Mango Peach Slushie	13	X										
Smores Brownie				X	X					X		
Condiments												
	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		
Margarine, Cup		X										
BBQ Sauce	5	X										
Ranch, Cup	5	X	X							X		
Buttermilk Ranch	4	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										
Comeback Sauce			X		X					X		
Chamoy	0											
Milk												
	Carbohydrates per serving (g)	**Gluten-free**	**Milk**	**Wheat**	**Soy**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Eggs**	**Sesame**	**Cinnamon**
Low-Fat 1%	13	X	X									
Milk Chocolate 1%	24	X	X									
Strawberry Fat-Free	18	X	X									
Soy	9	X			X							
Almond Milk, Plain	1	X					X					
Almond Milk, Vanilla	16	X					X					
Lactose-Free Milk	13	X	X									
Lactose-Free Chocolate	22	X	X									
À la Carte												
	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 pkg)	23		X	X	X							
Chex Mix Snack Mix, Chocolate Caramel (1 pkg)	22			X								
Frito Lay Baked, Sour Cream & Cheddar	18		X		X							
Frito Lay Baked, BBQ	19	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											
Jalapeno Cheddar, Kettle Chips	27	X	X									
Scooby Snack	21			X								
Pirate's Booty	14		X									
Rice Cakes, Caramel	25		X		X							
Rice Cakes, Ranch	13		X									
Rice Krispie Treat, Regular	30		X		X							
Rice Krispie Treat, Confetti	32		X		X							
Rice Krispie Treat, Chocolate Chip	34		X		X							
Pretzels (1 pkg)	15			X								
Fruit Juice, Carbonated Apple	29	X										
Fruit Juice, Carbonated Kiwi Berry	30	X										
Fruit Juice, Carbonated Fruit Punch	30	X										
Gluten Free Items												
	Carbohydrates per serving (g)	**Gluten-free**	**Milk**	**Wheat**	**Soy**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Eggs**	**Sesame**	**Cinnamon**
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							

GF Pizza (1/2 pizza)	70	X	X							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									
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		
GF Cookie - Udi	55	X			X					X		
GF Cookie - Goody Girl	15	X			X							
Bean & Cheese Pupusas	35	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		
Pumpkin Cookie	25		X	X						X		
Pumpkin Cookie (Iced)	30		X	X						X		
Cranberry Sauce	10	X										
Roll	34			X	X							

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