

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
Breakfast Entrees											
** 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
Chicken Biscuit	37		X	X	X					X	
Sausage Biscuit	29		X	X							
Steak Biscuit	38		X	X							
Biscuits & Gravy	34		X	X							
Chicken Minis	64		X	X						X	
Cinnamon Rolls	19		X	X	X					X	
Plain Biscuit	29		X	X							
Cinni Mini	35		X	X							
Donut Ring, Glazed	29		X	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							
Mini Bagels, Strawberry	42		X	X							
Breakfast Bun	39		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						
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	
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	
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	
Donut Holes, Powdered	42		X	X	X					X	
Donut Holes, Blueberry	39		X	X	X					X	
Granola, Cinnamon	17			X	X						
Cereal Bar, Lucky Charms	52			X	X						
Cereal Bar, Cinnamon Toast Crunch	52			X	X						
Cereal Bar, Peach Cheerio	51			X	X						
Cereal, Honey Cheerios 2oz	44	X									
Cereal, Cinnamon Toast Crunch 2oz	44			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									
Cereal, Frosted Corn Flakes 2oz	48										
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											
or has a GF version	Carbohydrates per serving (g)	Gluten-free	Dairy	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame
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						
Chicken Alfredo**	19		X	X							
BBQ Chicken Sandwich**	44			X	X						
Rice Bowl: Rice (1/2 cup) + Chips (1 oz)	40	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									
Cheese Quesadilla	32		X	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						
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							
Sloppy Joe	39			X	X						
Chili	23	X									
Cheezy's	14		X	X	X						
Chicken Noodle	14			X							
Jalapeno Cornbread	18		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	17			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							
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	
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	
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	
White Chicken Chili	5	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	
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	

Deli Wrap, Ham	35		X	X							
Deli Wrap, Turkey	32		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	X								
Tamale, Green Chile	29	X	X								
Chili Cheese Fries	49	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											
or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame
Cookie, Sugar**	24			X						X	
Holiday 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	

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								
Mozzarella Cheese Stick (1 oz)	2	X	X								
Mozzarella Cheese Stick (1 oz)	3	X	X								
Apple Crisp	35		X	X							
Cupcake	30		X	X	X					X	
Cool Tropics, Blue Slushie	15	X									

Condiments

or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame
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								
Comeback Sauce			X		X					X	
Chamoy	0										

Milk											
or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame
Skim	12	X	X								
Low-Fat 1%	13	X	X								
Strawberry Fat-Free	18	X	X								
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											
or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame
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				

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						
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								
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
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							

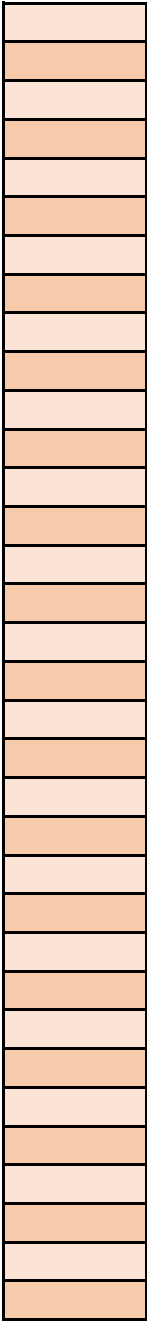
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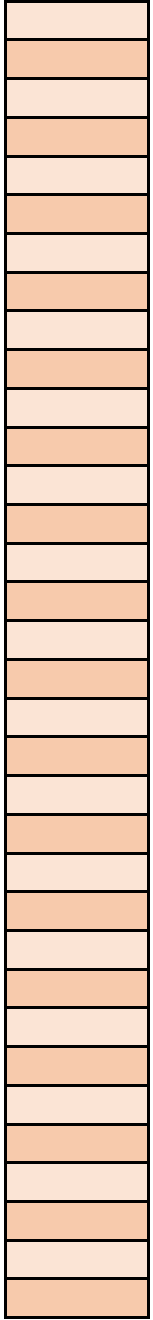


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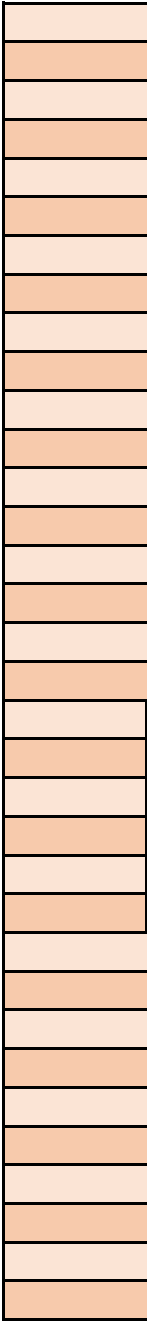
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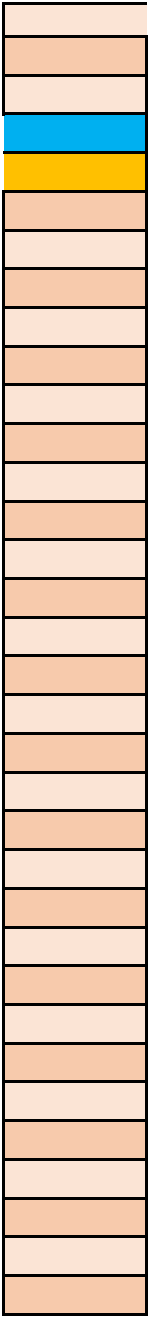
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