

2020-21 Allergy & Carbs Information

Offer vs. Serve: 5 Components Offered; Students must take 1/2c Fruit or Vegetable

Fruits= 1/2c
Whole Grains= 1-2oz

Vegetables= 1/2c
Dairy= 1/2c

Proteins= 1-2oz
Low Fat/Skim Milk= 1c

Main Entrée	Carbs	Allergy
Hamburger, Flamebroiled	1g, 1ea	S
Hamburger, Onion	2g, 1ea	S
Meatballs	4g, 5ea	M,S,W
Chili w/Beans	15g, 6oz	S
McRib Beef Patty	13g, 1ea.	S
Bun, Hamburger	26g, 1ea	W
Hot Dog	1g, 1ea	
Bun, Hot Dog	25g, 1ea	W
Corn Dog	30g, 1ea	E,M,S,W
Mini Corn Dog	16g, 4ea	E,M,S,W
Deli Ham	1g, 4sl	
Deli Turkey	1g, 4sl	
Diced Ham	0g, 2oz	
Ham & Cheese on Hawaiian Roll	27g, 1 each	M, S, W
Bread	26g, 1sl	W
Croissant	28g, 1 each	E, M, S, W
Sun Butter & Jelly Sandwich	33g	S, W
Pretzel, Baked, Rod	14g, 1ea	W
Pretzel, Baked, Soft	30g, 1ea	W
Pasta	41g, 2oz	W
Meat Sauce	9g, 6oz	
Marinara Sauce	1.5oz, 3g	
Ravioli	36g, 1c	M,S,W
Breadstick	21g, 1ea	M,W
JTM Mac & Cheese	28g, 6oz	E, M, S, W
JTM Burger Mac & Cheese	28g, 6oz	E, M, S, W
JTM Pasta w/Meat Sauce	29g, 8oz	S, W
Beef, Bean, Cheese Burrito	40g, 1 ea	M, S, W
Dinner Roll	13g, 1ea	W
Taco Boat or Nacho		
Beef Taco Meat	5g, 3oz	S
Chicken Taco Meat	3g, 2oz	
Tortilla Chips or Corn Chips	18g, 1oz	
Corn Shells, Jumbo Crunchy	28g, 2ea	
Tortilla, Flour, 8 or 6in.	19g/15g, 1ea	W
Tortilla, Flour, 4in, Street Taco	20g, 2ea	W
Tortilla, White Corn, Street Taco	12g, 3ea	
Potato: 1/2c		
French Fry	18g	
Potato Wedges	17g	
Tater Tots	16g	

Triangles	32g	
Hash Brown Patty	14g	
Roasted Potato	17g	W
Potato Smiles	20g	
Mashed Potato Bites	23g	
Sweet Potato, Fry	17g	
Sweet Potato, Tot	34g	
Sweet Potato, Wedge	31g	
Mashed Potato	17g	M
Pasta	41g	W
Rice, Brown Chicken	40g	
Fried Rice, Vegetable	54g, 6oz	S,W
Egg Roll, Vegetable	22g, 1ea	E,W
Cheese:		
Cheese, Shredded	1g, 2oz	M
Cheese, Cup, Nacho	15g, 3oz	M
Cheese, Cup, Cheddar	14g, 3oz	M
Sauce, Cheddar or Jalapeno	3g, 3oz	M,S
Sauce, White Blend	2g, 3oz	M
String Cheese	1g, 1ea	M
Cheese, Cubed	1g, 1oz	M
Cottage Cheese	5g, 4oz	M
Mac & Cheese	29g, 6oz	E,M,W
Cheese Quesadilla	39g, 1ea	M,S,W
Grilled Cheese	31g, 1ea	M,S,W
Breakfast Sandwich:		
Egg Patty	1g	E,M
Colby Omelette	1g	E,M
Sausage Patty or Links	0g, 2ea.	
Bagel, Plain	29g	W
Bagel, Cinn. Raisin	33g	W
Pillsbury Biscuit	27g	M,W
English Muffin	26g, 1 each	W
Cheese, Sliced	2g, 2ea	M
Eggs, Hard Boiled	1g, 1ea	E
Breakfast:		
Mini Pancake	39g, 8ea	E,M,W
Mini Waffle	37g, 8ea	E,M,S,W
Waffle	33g, 2ea	M,S,W
Pop Tart, all flavors	38g, 1ea	S,W
Yogurt, Danimals	14g, 1/2c	M
Yogurt, Upstate Farms	19g, 1/2c	M
Yogurt, Tube	8g, 1 each	M
Yogurt, Pouch	29g. 1/2c	M
Muffins, 1.6oz:		
Blueberry	23g	E,M,S,W

Double Choc.	24g	E,M,S,W
Choc. Chip	25g	E,M,S,W
Banana	24g	E,M,S,W
Apple Cinnamon	22g	E,M,S,W
Juice, Orange or Apple	14g/13g, 1/2c	
Granola, Nut Free	6g, 2T	S
French Toast Sticks	25g, 3ea	E,M,S,W
Egg, Potato, Sausage Cheese Taco	17g, 1each	E, M, S, W
Egg & Cheese Taco	17g, 1 each	E, M, S, W
Egg, Cheese, & Sausage Burrito	20g, 1 each	E, M, S, W

Chicken:

Chicken Nugget	19.5g, 6ea;16g, 5ea	S,W
Chicken Tender	16g, 3ea	S,W
Popcorn Chicken	16g, 12ea	S,W
Chicken Patty	16g, 1ea	S,W
Chicken, Diced	1g, 2oz	S,W
Chicken Wing, boneless	16g, 5ea	S,W
Chicken Crispito	44g, 2 each	M, W
Turkey Pepperoni	2g, 2oz	
Turkey Bacon	0g, 1sl	

Pizza:

Cheese Bosco	28g, 2ea	M, W
Cheese Pizza, Tony	35g, 1sl	M,S,W
Cheese Pizza, Big Daddy	35g, 1sl	M,S,W
Cheese Pizza, Domino	29g, 1sl	M,S,W
Cheese Pizza, French Bread	33g, 1ea	M,S,W
Cheese Pizza, Deep Dish	31g, 1ea	M,S,W
Cheese Pizza, Stuffed Crust	40g, 1sl	M,S,W
Cheese Stuffed Breadsticks	28g, 2ea	M,W
Beacon Street Stuffed Breadstick	28g, 2 ea	E, M, S, W
Cheese Breadstick Bites	35g, 5ea	M,W

Chips & Snacks: 1 Pkg.

Chips, Baked	20g	W
Chips, Sun	18g	W
Goldfish Crackers	14g	M,W
Pretzels, Hartzels	23g	W
Graham Crackers, Teddy	21g	W
Graham Crackers, Choc.	20g	W, S
Crackers, Cheez Its	28g	M,W
Popcorn, White Cheddar	17g	M
Cheetohs, Baked	17g	M
Crackers, Oyster	11g	W
Crackers, Saltine	5g	W
Gardetto Snack Mix	33g	W
<u>Chex Mix:</u>		
Strawberry Yogurt	23g	M,S,W

Traditional	35g	S,W
Cheddar	20g	M,S,W
Rice Krispie	30g	M,S
Slushie Sidekicks	22g	
Jonny Pop	10g	M
Pudding, Vanilla & Choc.	21g/24g	M
Fruit Snacks, Scooby Doo	21g	
Fruit Snacks, Welch	20g	
Fruit Roll Up	11g	
Craisins	28g	
Raisins	31g	
Sour Raisins	25g	
Gelatin Cup	25g	
Cookie, IW	31g	E,M,S,W
Cinnamon Bug Bites	21g	S,W

Pickles:

Bread & Butter	6g, 1oz	
Spears	1g, 1ea	
Chips	0g, 1oz	
Relish	3g	

Condiments:

Croutons	9g	M,W
Bacon Bits	0g, 2T	
Caramel Dip	18g	M
Marinara Cup	4g, 2.5oz	
Salsa Cup	2g, 3oz	
Ranch Cup	3g	E,M
Honey Mustard Cup	5g	
Sweet & Sour Cup	12g	
Margarine Cup	0g	
Jelly Cup	7g	
Cream Cheese Cup	2g	M
Syrup Cup	31g	
<u>Packets:</u>		
Ketchup	2g	
Mustard	0g	
Mayo	0g	E
BBQ Sauce	10g	
Taco Sauce	1g	
Honey	7g	
Sour Cream	2g	M
Sunflower Seed Butter	7g, 2T	
Parmesean Cheese	0g	M
Italian Dressing	4g	M
French Dressing	12g	
Ranch Dressing	2g	E,M

Hot Sauce	0g	
Black Olives	1g, 2T	
Jalapenos, Sliced	1g, 1oz	
Gravy, Beef or Chicken	4g, 1oz	M,S,W

Beans: 1/2c

Baked Vegetarian	29g
Garbanzo	19g
Black	23g
Kidney	16g
Refried	23g

Premade Salads: 1/2c

Pasta	32g	W
Coleslaw	12g	E
Tuna	10g	F
Potato	27g	E
Chicken	10g	E
Mixed Bean	22g	
Egg	10g	E

Canned Fruit: 1/2c

Peaches, Sliced or Diced	11g
Pears, Sliced or Diced	15g
Mandarin Oranges	20g
Mixed Fruit	13g
Pineapple, Chunks or Tidbits	18g
Applesauce	12g
Cranberry Sauce	25g

Frozen Fruit: 1/2c

Strawberry	13g
Mixed Berry	12g
Peach	19g

Canned Vegetables: 1/2c

Corn	16g
Carrots	5g
Green Beans	4g
Mixed Veggies	9g
Carrots & Peas	10g
Salad Beets	8g

Frozen Vegetables: 1/2c

Onions & Peppers	14g
California Medley	5g
Mixed Veggies	12g
Broccoli	4g
Corn	16g

Carrots	7g
Peas	10g
Green Beans	6g
Peas & Carrots	10g

Fresh Fruit: 1/2c or 1 each

Clementines	9g
Oranges	18g
Watermelon	11g
Strawberries	10g
Kiwi	11g
Pineapple	20g
Pears	25g
Plums	8g
Grapes, Green or Red	22g/28g
Banana	27g
Apples: Green or Red	18g
Apples: Sliced	8g
Apples: Sliced, Bagged	7g
Honeydew Melon	11g
Cantaloupe Melon	11g
Blueberries	21g

Fresh Vegetables: 1/2c

Jicama Sticks	11g
Snap Peas	5g
Zucchini	2g
Yellow Squash	0g
Mushrooms, Sliced	2g
Onions, Diced	3g
Red Onions, Diced	3g
Carrots, Baby	7g
Carrots, Sticks	12g
Celery, Sticks	1g
Cucumbers	2g
Cauliflower Florets	8g
Broccoli Florets	11g
Shredded Cabbage w/Carrots	5g
Shredded Cabbage, Red	5g
Tomato, Grape or Cherry	7g/6g
Tomato, Sliced or Diced	7g
Baby Spinach	1g
Kale	7g
Salad, Romaine Blend	3g
Salad, Spring Mix	2g
Romaine, Chopped or Shredded	2g/0g
Lettuce, Shredded	2g
Red Peppers	9g

Yellow Peppers	12g
Green Peppers	7g
Orange Peppers	12g
Mini Peppers	7g

Soup: 1/2C

Campbell's Healthy Request:

Tomato	18g	W
Chicken Noodle	7g	E,M,S,W,Sesame Seeds