

Nutrition Information & Allergy Guide 2023-2024 (updated)

Nutritional Content and/or Allergens are subject to change due to food availabilities, food deliveries, etc...

Breakfast Entrée		Nutritional Content								Allergen(s)							
No.	Product/Recipe	Portion Size	Calories (kcal)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Protein (g)	Wheat	Soy	Corn	Milk	Eggs	Peanut/Tree Nut	Pork	Fish/Shellfish
1	Beef, Sausage Patty	1each	83	5	29	250	0	0	8								
2	Biscuit, Honey Wheat	1each	170	5	0	280	26	2	4	√	√	√	√				
3	Banana, Bread Slice	1each	260	8	0	240	45	2	5	√	√	√	√	√			
4	Cereal, Apple Jacks	1each	100	0.5	0	160	24	2	2	√		√					
5	Cereal, Cheerios, Multigrain	1each	110	1	0	110	23	3	2			√					
6	Cereal, Cheerios, Plain	1each	100	2	0	140	21	3	4			√					
7	Cereal, Cinnamon Toast Crunch	1each	120	2	0	160	22	3	1	√	√						
8	Cereal, Coco Puffs	1each	120	1.5	0	120	25	2	2			√					
9	Cereal, Froot Loops, Bowl	1each	110	1	0	160	24	2	2	√		√					
10	Cereal, Froot Loops, Pouch	1each	110	1	0	160	24	2	2	√		√					
11	Cereal, Frosted Flakes	1each	100	0	0	170	24	2	2	√		√					
12	Cereal, Golden Grahams	1each	110	1	0	210	24	1	1	√		√					
13	Cereal, Rice Chex	1each	110	0	0	230	24	1	2								
14	Cereal, Trix	1each	110	1	0	150	24	1	1			√					
15	Cheese Stick, Mozzarella	1each	60	3	10	200	1	0	7				√				
16	Chicken, Patty, Breaded	1each	45	4	1	215	6	1	7	√	√	√					
17	Cinnamon Bun	1each	224	7	12	142	36	2	2	√	√	√	√	√			
18	Cinnamon Mini Cinnis	1each	240	8	0	270	40	3	4	√	√	√	√				
19	Cinnamon Toast Crunch Soft Bar	1each	260	8	5	290	41	3	6	√	√	√	√				
20	Concha	1each	270	11	5	70	38	3	5	√			√	√			
21	Crackers, Animal	1each	130	4	0	110	21	2	2	√	√						
22	Crackers, Apple Cinnamon, Bear, Grahams	1each	120	3.5	0	100	21	2	1	√		√					
23	Crackers, Bug Bites, Grahams	1each	120	3.5	0	115	21	1	2	√	√						
24	Crackers, Bunny Grahams (Annies)	1each	160	6	0	105	24	3	3	√							
25	Crackers, Chocolate, Bear, Grahams	1each	110	3	0	95	21	2	2	√		√					
26	Crackers, Cinnamon, Scooby -Doo, Grahams	1each	120	3	0	115	21	1	2	√	√						

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Breakfast Entrée		Nutritional Content								Allergen(s)							
No.	Product/Recipe	Portion Size	Calories (kcal)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Protein (g)	Wheat	Soy	Corn	Milk	Eggs	Peanut/Tree Nut	Pork	Fish/Shellfish
27	Crackers, Dino Bites, Vanilla	1each	110	3.5	0	95	20	2	2	√		√					
28	Crackers, Goldfish, Cinnamon	1each	120	4	0	140	19	1	1	√							
29	Cracker, Gripz Grahams	1each	100	3	0	80	19	3	2	√	√		√				
30	Crackers, Holiday, Assorted	1each	130	4	0	120	21	1	2	√							
31	Crackers, Strawberry, Waffle, Grahams	1each	120	3	0	95	21	1	1	√		√					
31	Grahams Honey with calcium	1 each	90	2.5	0	90	17	1	1	√	√	√					
32	Crackers, Tiger Bites, Chocolate	1each	120	4	0	125	20	2	2	√	√						
33	Cracker, Tiger Bites, Original	1each	120	4	0	100	21	1	2	√	√						
34	Eggs, Frozen, Liquid	2 Eggs	70	4.5	210	65	1	0	6					√			
35	Empanada	1each	200	3	0	80	40	3	4	√	√						
36	French Toast Sticks	2each	166	6	0	200	24	2	4	√	√	√					
37	Fru-del, Apple	1each	210	6	0	250	36	2	4	√	√	√	√				
38	Fru-del, Cherry	1each	210	6	0	260	36	2	4	√	√	√	√				
39	Gingerbread, People	1each	200	3	0	160	39	3	4	√	?						
40	Granola, Clusters	1each	220	2	0	95	47	4	5	√	√	√					
41	Mini Loaf, Banana	1each	199	5	19	78	35.5	2	2.5	√	√		√	√			
42	Mini Loaf, Blueberry	1each	196	5	19	78	35	2	2	√	√		√	√			
43	Morning Sausage Roll	1each	190	10	20	410	18	1	6	√	√	√	√	√		√	
44	Muffin, Apple, Cinnamon	1each	117	3	18	74	19	1	2	√	√		√	√			
45	Muffin, Banana	1each	187	6	38	130	30	2	3	√	√	√	√	√			
46	Muffin, Blueberry	1each	190	6	30	130	30	2	3	√	√	√	√	√			
47	Pancake	1each	90	2	<5	110	15	1	2	√	√		√	√			
48	Pancake on Stick, Turkey	1each	140	5	10	360	16	2	8	√	√		√	√			
49	PopTart, Apple, Cinnamon, Frosted	2each	370	6	0	400	76	6	5	√	√	√					
50	PopTart, Blueberry, Frosted	2each	370	5	0	320	70	1	3	√	√	√					
51	PopTart, Strawberry, Frosted	2each	340	5	0	350	73	5	4	√	√	√					
52	Sunbutter, Uncrustable, Grape	1each	310	15	0	300	33	4	9	√	√	√					
53	Sunbutter, Uncrustable, Strawberry	1each	310	15	0	320	32	4	9	√	√	√					

Nutrition Information & Allergy Guide

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No.	Meats Product/Recipe	Nutritional Content								Allergen(s)						
		Portion Size	Calories (kcal)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Protein (g)	Wheat	Soy	Corn	Milk	Eggs	Peanut/Tree Nut	Pork
1	Bacon, Turkey, Sliced, Thin	5 slices	120	8	35	620	1	0	10							
2	Beef, Raw, Ground	4oz.	184.48	10	56.31	524.23	4.25	1.19	19.06							
3	Beef, Picadillo, FC	1/2 cup	272	20	45	670	7	0	14			√				
4	Beef, Steak, Burger, Patty (Special Diets)	1each	179	14	50	325	0	0	11							
5	Beef, Steak, Burger Patty, Flamed Grilled	1each	160	11	50	100	0	0	14							
6	Beef, Taco Meat	3oz.	184	10	56	524	4	1	19	√	√	√				
7	Burrito, Bean/Cheese	1each	270	5	0	410	43	8	15	√	√	√	√			
8	Cheese, American, White, Sliced	2 slices	100	9	25	440	2	0	5		√		√			
9	Cheese, American, Yellow, Sliced	2 slices	70	4	15	420	2	0	7		√		√			
10	Cheese, Cheddar, Shredded	1/4 cup	110	9	30	190	1	0	6				√			
11	Cheese, Mozzarella, Shredded	1/4 cup	90	6	15	180	1	0	7				√			
12	Cheese, Mozzarella, String, Stick	1each	60	3	10	200	1	0	7				√			
13	Chicken, Boneless Wings	5each	160	7	25	330	13	3	18	√	√					
14	Chicken, Boneless Wings, Spicy	5each	160	8	1.5	270	8	1	15	√	√	√				
15	Chicken, Bone-In Parts, Brd.	1 each	190	11	70	470	6	1	16	√		√				
16	Chicken, Bone-in parts, Mesquite	1each	160	8	75	310	4	0	17		√	√				
17	Chicken, Diced, FC	2.5oz.	109	4	46	105	0	0	15							
18	Chicken, Drumstick, Breaded	1each	220	13	60	530	6	0	19	√		√				
19	Chicken, Drumstick, Mesquite	1each	160	10	90	320	2	0	16		√	√				
20	Chicken, Fajitas	1/2 cup	140	7	80	220	2	0	16		√					
21	Chicken, Filet, Whole Muscle (Special Diets)	1each	120	2	60	390	1	0	23		√					
22	Chicken, Mega mini Bites	10 each	257	12	57	485	14	1	22	√	√	√				
23	Chicken, Nuggets, Breaded	5each	240	14	25	440	16	3	14	√	√					
24	Chicken Patty, Brd.	1each	240	14	25	440	16	3	14	√	√					
25	Chicken, Patty, Hot & Spicy	1each	230	13	20	350	15	2	13	√	√	√				
26	Chicken, Patty, Brd. Whole Muscle	1each	240	11	50	480	14	2	21	√	√	√				

27	Chicken, Patty, Brd, Whole Muscle, Spicy	1each	200	10	45	330	9	1	19	√	√	√						
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Lunch Entrée		Nutritional Content								Allergen(s)							
No.	Product/Recipe	Portion Size	Calories (kcal)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Protein (g)	Wheat	Soy	Corn	Milk	Eggs	Peanut/Tree Nut	Pork	Fish/Shellfish
1	Beef, Picadillo # 990133	1/2 Cup	272	20	45	672	7	0	14			√					
2	Beef, Taco, Filling # 817	# 10 Scoop	227	15	68	413	1	0	19								
3	Beef Rib w/ Sauce on Hoagie Bun	1each	294	9	35	480	33	3	19	√	√	√	√	√			
4	BBQ Beef Sloppy Joe # 990265	1each	332	12	52	720	34	3	20	√	√	√	√				
5	Chalupas, Bean # 990296	2each	367	21	68	503	21	2	21		√	√					
6	Chalupas, Beef # 990300	2each	353	17	65	697	24	3	24	√	√	√					
7	Cheeseburger # 816	1each	315	13	57	512	27	3	21	√	√		√				
8	Cheeseburger # 990114	1each	337	14	57	540	29	1	24	√	√		√				
9	Chicken, Mesquite BBQ Drumsticks	1each	166	10	90	404	3	0	16			√					
10	Chicken on Bun, Brd. # 810	1each	388	15	25	637	45	4	20	√	√						
11	Chicken on Bun, Brd. # 990115 (Secondary)	1each	422	14	58	786	44	4	31	√	√						
12	Chicken on Bun, Brd. Spicy # 990116 (Secondary)	1each	322	10	45	534	35	4	23	√	√	√	√				
13	Chicken Fajitas # 990104	1/2 Cup	131	7	80	192	2	0	16		√						
14	Chicken Guisado # 990243	1/2 Cup	135	5	55	356	1	0	18								
15	Chicken Parmesan # 820 (Elementary)	1each	318	17	32	738	22	3	19	√	√		√				
16	Chicken Parmesan # 1200 (Secondary)	1each	363	20	40	829	22	3	22	√	√		√				
17	Enchiladas, Beef/Cheese # 808	2each	398	16	49	1325	38	0	19	√	√	√	√				
18	Hamburger # 1282	1each	280	11	50	300	26	3	18	√	√		√				
19	Hot Dog # 812	1each	280	11	50	500	31	2	14								
20	Meatball Sub. (No Marinara Sauce)	1each	325	11	52	651	33	2	22	√	√		√	√			
21	Nacho, Deluxe (No Cheese Sauce) # 1324	1 srv.	235	11	51	457	18	2	15			√					
22	Nacho, Deluxe (No Cheese Sauce) # 990295	1 srv.	347	20	68	513	19	2	21			√					
23	Spaghetti w/ Meatballs # 821	4 each, 1/2 cup Pasta	289	6	45	953	35	4	19	√	√		√	√			
24	Taco, Beef, Crispy # 990292	2each	367	21	68	503	21	2	21		√	√					
25	Taco, Beef, Crispy # 990297	2each	353	17	65	697	24	3	24	√	√	√					

26	Taco, Chicken, Crispy # 814	2each	275	11	55	46	21	2	20		√	√					
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Lunch Entrée		Nutritional Content								Allergen(s)							
No.	Product/Recipe	Portion Size	Calories (kcal)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Protein (g)	Wheat	Soy	Corn	Milk	Eggs	Peanut/Tree Nut	Pork	Fish/Shellfish
27	Taco, Turkey Taco Meat, Crispy # 990158	2each	255	12	51	447	20	2	15		√	√					
28	Teriyaki, Chicken, Boneless, Wings, Brd. # 990310	5each	167	5	16	377	17	1	11	√	√						
29	Turkey w/ Gravy # 1343	1/2 Cup	181	8	59	702	5	0	18	√	√	√	√				
30	Lasagna Rollup	1 piece	210	3.5	5	240	29	2	15	√			√				

26	Vegetable, Egg Roll, Frz.	1each	140	3.5	0	200	24	3	4	√	√	√					
27	Vegetables, Mixed, Canned	1/2 cup	45	0	0	290	7	2	1			√					

Nutrition Information & Allergy Guide

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No.	Vegetables - Recipe Based	Nutritional Content								Allergen(s)							
	Product/Recipe	Portion Size	Calories (kcal)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Protein (g)	Wheat	Soy	Corn	Milk	Eggs	Peanut/Tree Nut	Pork	Fish/Shellfish
	Beans, Charro # 857	1/2 cup	105	1	0	242	27	15	8		√						
	Broccoli w/ Cheese Sauce # 402	1/2 cup	68	2	3	239	9	2	2		√		√				
	Broccoli, Lemon Pepper # 1112	1/2 cup	44	1	0	60	4	2	2		√		√				
	Broccoli, Steamed # 1189	1/2 cup	44	1	0	35	4	2	2		√		√				
	California Blend # 837	1/2 cup	41	1	0	71	5	3	1		√		√				
	California Blend w/ Cheese Sauce # 881	1/2 cup	80	2	4	397	12	3	1		√		√				
	Carrots, Coins, Honey # 840	1/2cup	66	1	0	158	12	3	1		√		√				
	Carrots, Lemon Glazed # 1261	1/2 cup	49	1	0	154	7	3	1		√		√				
	Carrots, Seasoned # 830	1/2 cup	43	1	0	181	5	1	0		√	√	√				
	Carrot, Sticks, Fresh # 972	1/2 cup	27	0	0	61	8	2	0								
	Cilantro Salad # 861	1/2 cup	25	0	0	9	5	1	1								
	Corn, Mexicali # 856	1/2 cup	138	4	0	438	18	1	2		√		√				
	Corn, Seasoned # 831	1/2cup	17	3	0	181	17	1	2		√	√	√				
	Cucumber, Fresh, Sliced # 1321	1/2cup	11	0	0	1	2	0	0								
	Garden Salad # 858	3/4 cup	20	0	0	14	0	1	1								
	Greenbeans, Ranchero # 1273 (Elementary)	1/2 cup	36	0	0	96	7	2	2								
	Greenbeans, Ranchero # 1259	1/2 cup	38	0	0	96	7	2	2								
	Greenbeans, Seasoned # 832	1/2 cup	32	1	0	147	3	1	1		√		√				
	Lettuce/Tomato Bits # 859	3/4 cup	16	0	0	10	3	1	1								
	Monterrey Veggie Blend # 567	1/2 cup	43	1	0	51	4	1	1		√		√				
	Pinto Beans # 837	1/2 cup	102	1	0	239	26	15	8		√						
	Potato, Baked, Half (No Cheese) # 990291	1/2 medium	32	2	0	39	2	0	0								
	Potato, Crinkle Cut # 1183	1/2 cup	123	3	0	41	20	1	2		√						
	Potato, Tater Gems # 860	10 each	160	9	0	230	19	1	2		√						
	Potato, Seasoned, Curly	2/3 cup	177	8	0	472	22	2	2		√	√					
	Potato, Sweet Criss Cut Waffle # 1274	2/3 cup	186	7	0	211	28	2	2			√					
	Tossed Salad # 882	3/4 cup	22	0	0	19	4	1	1								
	Whipped Potatoes # 9990198	1/4 cup	90	1	0	370	17	1	2				√				

	Crispy mashed potatoes, Emoticons	1/2 cup	120	4	0	80	19	2	2		?	√					
	Sweet Potato Crinkle Cut Fries	1/2 Cup	130	4.5	0.5	170	22	3	1			√					
	Sweet Potato Crisscut	1 cup	150	6	0	170	23	2	2			√					
	Roated Potato (Garlic, Rosemary, & Herb)		120	6	0	240	17	1	1		?	√					

Sesame

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Nutrition Information & Allergy Guide

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No.	Grains Product/Recipe	Nutritional Content								Allergen(s)							
		Portion Size	Calories (kcal)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Protein (g)	Wheat	Soy	Corn	Milk	Eggs	Peanut/Tree Nut	Pork	Fish/Shellfish
1	Breadstick	1each	100	3	0	95	15	1	1	√	√		√	√			
	Biscuit, Honey WG	1 each	170	5	0	280	26	2	4	√	√	√	√				
2	Chalupa, Shells, Corn	2each	140	6	0	90	20	2	2		√	√					
3	Chips, Cheetos, Baked	1pkg.	120	4.5	0	200	16	1	2			√	√				
4	Chips, Fritos,	1oz. Svg.	160	10	0	170	16	1	2			√					
5	Chips, Sun Chips, Original	1pkg.	140	6	0	110	19	2	2	√		√					
6	Chips, Sun Chips, Salsa	1pkg.	140	6	0	140	19	2	2	√		√	√				
7	Chips, Scoops, Corn, Baked, Tostitos	1pkg.	11	2	0	125	19	1	2			√					
8	Chips, Tostitos, Corn Chip Rounds	1pkg.	120	4	0	100	18	2	2			√					
9	Crackers, Savory	1pkg.	180	6	0	390	30	3	3	√	√						
10	Croissants	1each	170	5	0	300	29	2	5	√	√	√	√				
11	Hamburger Bun	1each	150	1.5	0	240	30	2	7	√	√						
	Hoagie Bun	1 each	140	1.5	0	200	29	2	6	√	√						
12	Hotdog Bun	1each	150	1	0	240	30	2	7	√	√						
	Cornmeal super-star WG	1 each	148	5	11	91	23	1.5	2.8	√	√	√	√	√			
13	Kaiser Bun	1each	120	0.5	0	200	26	3	4	√	√	√					
14	Pasta, Elbow	3.53 oz.	364	2	0	7	72	6	13	√							
15	Pasta, Lasagne	3.53 oz.	364	2	0	7	72	6	13	√							
16	Pasta, Rotini	3.53 oz.	364	2	0	7	72	6	13	√							
17	Pasta, Spaghetti	3.53 oz.	364	2	0	7	72	6	13	√		√					
18	Pretzel, Nuggets	1 piece	30	0	0	21	7	1	1	√							
19	Rice, Whole Grain	1/4 cup dry	160	1	0	0	34	1	4								
20	Roll, Dinner	1each	60	0	0	115	11	1	1	√	√	√	√				
21	Roll, Submarine	1each	160	3	0	180	29	3	6	√	√		√	√			
22	Sandwich Bread	1each	70	1	0	120	14	2	3	√	√						
23	Sandwich Bread, Frz.	1each	60	0.5	0	75	12	2	2	√	√						

24	Taco, Shells, Corn	2each	140	6	0	90	20	2	2		√	√					
25	Texas Toast, Garlic	1each	100	3.5	0	125	14	1	3	√	√	√	√				
26	Tortilla, Corn	1each	50	0	0	15	10	0	1			√					
27	Tortilla, Whole Wheat	1each	80	2	0	200	14	1	2	√	√	√	√				



Sesame

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Nutrition Information & Allergy Guide

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No.	Special Diets Product/Recipe	Nutritional Content								Allergen(s)							
		Portion Size	Calories (kcal)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Protein (g)	Wheat	Soy	Corn	Milk	Eggs	Peanut/Tree Nut	Pork	Fish/Shellfish
1	Bread, Bagels, Plain, Udis	1each	240	7	0	400	37	2	7			√		√			
2	Bread, Hamburger Bun, Udis	1 each	200	5	0	360	36	4	4			√		√			
3	Bread, Hot Dog Bun, Udis	1each	190	5	0	350	34	4	4			√		√			
4	Bread, Muffins, Blueberry, Udis	1each	300	10	65	270	43	0	3			√		√			
5	Bread, Sliced, Raisin, Udis	2 slices	110	0	0	200	25	1	4			√		√			
6	Bread, Sliced, Sprouted Grains, Artisan, Udis	2 slices	140	3	0	220	24	1	4					√			
7	Bread, Sliced, Soft White, Udis	2 slices	140	4	0	270	24	1	2								
8	Crackers, Animal, Kritters, GF	12 cookies	120	2	0	35	26	2	1								
9	Crackers, Saltines, GF, Dairy Free	6 each	160	4	0	230	29	2	1		√	√					
10	Crackers, Smoreables, Grahams, GF	2 cookies	150	6	0	160	24	1	1								
11	Crackers, Wafers, Vanilla, GF	8 each	160	5	0	130	27	1	1					√			
12	Egg, Beaters, Original	3 tbsp.	25	0	0	90	0	0	5					√			
13	Eggs, Fresh	1each	70	5	185	70	0	0	6					√			
14	Egg, Whites	3 tbsp.	25	0	0	75	0	0	5					√			
15	English Muffins, GF,Glutino	1each	180	1.5	4	500	37	0	4			√	√	√			
16	Juice, Apple	4 oz.	60	0	0	5	14	0	0					√			
17	Juice, Grape	4 oz.	80	0	0	10	19	0	0								
18	Juice, Grape	6 oz.	120	0	0	15	28	0	0								
19	Juice, Orange	6 oz.	90	0	0	5	20	0	1								
20	Milk, Fat Free, Lactaid	1/2 pt.	90	0	4	125	13	0	8								
21	Milk, Lactose Free, Oakfarms/Saputo	8 oz.	90	0	5	130	13	0	9				√				
22	Milk, Soy, Plain, Silk	8 oz.	110	4	0	90	9	2	8		√						
23	Pancake, Plain, GF, Vans	2each	200	4	0	260	38	2	3		√						
24	Pasta, Elbow, GF, HEB	1/2 cup dry	200	1	0	0	45	0	3			√					
25	Pasta, Penne, GF, HEB	2/3 cup dry	200	1	0	0	45	0	3			√					
26	Pasta, Spaghetti, GF, HEB	2 oz. dry	200	1	0	0	45	0	3			√					

