





## Middle and High School



**Middle and High School  
Lunch Carbohydrates and Allergens  
2024-2025**

**ALLERGEN LEGEND**

D - DAIRY	E - EGG
S - SOY	F - FISH
W - WHEAT	T - TREE NUTS*
SE - SESAME	

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
<b>A la Carte Items</b>									
Brownie	189	34g		S	W				
Cookie, Chocolate Candy, Small	100	18g		S	W	E			
Cookie, Chocolate Candy, Large	190	32g		S	W	E			
Cookie, Chocolate Chip, Small	100	18g		S	W	E			
Cookie, Chocolate Chip, Large	200	33g		S	W	E			
Cookie, Iced Sugar Cookie IW	172	27g	D	S	W	E			
Cookie, Sugar, Small	110	18g		S	W	E			
Cookie, Sugar, Large	200	33g		S	W	E			
Cookie, Red Velvet	190	32g		S	W	E			
Cookie, Chocolate	100	17g	D	S	W	E			
Cookie, Sugar Iced	170	27g	D	S	W	E			
Ice Cream, Fudge O	90	20g	D						
Ice Cream, Scooter Chocolate	170	26g	D	S	W				
Ice Cream, Scooter Strawberry	160	25g	D	S	W				
Ice Cream Cone, Cookies N' Cream	140	24g	D	S	W				
Ice Cream Cone, Crazy	140	26g	D	S	W				
Ice Cream Cone, Twist	140	23g	D	S	W				
Ice Cream Cup, Chocolate	80	12g	D						
Ice Cream Cup, Vanilla	70	14g	D						
Ice Cream Sandwich, Cookies & Cream	140	27g	D	S	W				
Ice Cream Sandwich, Vanilla	140	27g	D	S	W				
Ice Cream Twister, Cotton Candy	100	20g	D						
Ice Cream Twister, Blue Rasp	90	23g	D						
Jack Links Original Beef	70	5g							SE
Jack Links Sweet BBQ Chicken	70	7g							SE
Jalapeno Bites	290	28g	D		W				
Java House Latte	150	24h	D						
Java House Vanilla Latte	150	24g	D						
Mozzarella Sticks	332	27g	D		W				
Strawberry Banana Smoothie	130	36g	D						
Sparkling Ice Black Cherry	5	0g							
Sparkling Ice Cherry Limeade	5	0g							
Sparkling Ice Kiwi Strawberry	5	0g							
Sparkling Ice Strawberry Watermelon	5	0g							
Mango Pineapple Smoothie									

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
<b>CONDIMENTS</b>									
BBQ Sauce Cup	35	8g							T
Birria Sauce	64	5g							
Black Pepper Packet	0	0g							
Caesar Dressing Cup	210	1g	D	S				F	
Chicken Dippin' Sauce	130	6g				E			
Creamy Coleslaw (1/4 cup condimer)	85	10g				E			
Dynamite Cup	130	3g				E			
Gochujang Sweet Chili Sauce	60	14g							SE
Guacamole	43	2g							
Honey Mustard Cup	130	4g		S		E			
Honey BBQ	45	10g							
Honey Mustard Cup	130	4g		S		E			
Honey Packet	45	12g							
Hot Sauce	0	0g							
Italian Dressing , cup (portioned)	15	3g							
Jalapeno Peppers	0	1g							
Jelly, Strawberry	30	8g							
Jelly, Grape	35	9g							
Ketchup Packet	10	3g							
Korean BBQ Sauce	35	7.8g			S				
Lettuce w/Diced Tomatoes	17	3g							
Lettuce, Tomato & Pickle	9	2g							
Low Sodium Orange Sauce	25	7g							
Mango Habanero Suace	35	9g							
Margarine Cup	25	0g			S				
Mayonnaise Packet	40	1g				E			
Mustard Packet	4	0g							
Ranch Dressing, Indv. Cup	70	1g	D	S		E			
Ranch Dressing, 1oz Portion Cup	70	1g	D	S		E			
Pico de Gallo	17	3g					W		
Sabor Mexican Hot Sauce	2	0g			S				
Salsa Cup	25	5g							
Sour Cream	60	1g	D						
Sriracha Hot Chili Sauce	6	1g							