

2013 - 2014 Lunch Menu Carbohydrate & Allergen Chart

- An “X” indicates that the food product contains that particular allergen in the ingredient statement from the manufacturer.
- An “√” indicates that the allergen is not present in the ingredient statement from the manufacturer, but the allergen is present in the facility or on the production line where this food product is produced.
- Many of the products served contain “soy” as indicated on the chart. In many cases, the soy present is in the form of soybean oil or soy flour.
- This should only be used as a guide. Product substitution may occur or the manufacturer may change a product without notice.

Entrees									
Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
BBQ Baked Potato with Biscuit	1 serving	X		X	X	√	√		
BBQ Baked Potato with Roll	1 serving	X	√	X	X	√	√		
BBQ Chicken with Biscuit	1 serving	X		X	X	√	√		
BBQ Chicken Roll	1 serving	X	√	X	X	√	√		
Beef Steak Fingers with Roll	1 serving	X	√	X	X	√	√		
Beef Nachos	1 serving	X		X		√	√		
Beef Taco Bowl	1 serving			X	X	√	√		
Burrito, Bean & Cheese	1 each	X		X	X				
Cheese Enchiladas	1 serving	X		X	X	√	√		
Cheese Pizza	1 slice	X		X	X				
Cheese Quesadilla	1 each	X		X	X				
Cheeseburger	1 each	X		X	X				
Chicken Buffalo Ranch Wrap	1 each	X		X	X				
Chicken Grilled Sandwich	1 each	X		X	X				
Chicken Grilled Sandwich with Cheese	1 each	X		X	X				
Chicken Mandarin Orange Rice Bowl	1 serving	X		X	X				
Chicken Nuggets with Roll	1 serving	X	√	X	X	√	√		
Chicken Parmesan with Pasta	1 serving	X	√	X	X	√	√		
Chicken Patty Sandwich	1 each	X		X	X				
Chicken Quesadilla	1 each	X		X	X				
Chicken Soft Taco	1 each	X		X	X				
Chicken Teriyaki Rice Bowl	1 serving	X		X	X				sesame
Chicken Tenders with Roll	1 serving	X	√	X	X	√	√		
Chili, Southwest with Biscuit	1 serving	X		X	X	√	√		
Chili, Southwest with Roll	1 serving	X	√	X	X	√	√		
Corndog	1 each		X	X	X				
Fish Nuggets	4 each			X	X			X	
Fish Nuggets with Roll	1 serving	X	√	X	X	√	√	X	
Fish Taco	1 serving			X	X			X	
Fish w/ Cheese	1 each	X		X	X			X	
Fish w/ Cheese and Roll	1 each	X	√	X	X	√	√	X	
Grilled Cheese Sandwich	1 serving	X		X	X				
Grilled Cheese Sandwich, Spicy	1 serving	X		X	X				
Gumbo Soup with Rice	1 serving	X		X	X	√	√		
Hamburger	1 each	X		X	X				
Hot Dog	1 each			X	X				
Hot Dog with Chili & Cheese	1 each	X		X	X	√	√		
Lo Mein Pasta w/ Egg Roll	1 serving	X	X	X	X				sesame
Pasta with Meatsauce	1 serving	X	√		X	√	√		
Ravioli Pasta with Roll	1 serving	X	X	X	X	√	√		
Tomato Soup with Grilled Cheese Sandwich	1 serving	X		X	X	√	√		
Tomato Soup with Spicy Grilled Cheese Sandwich	1 serving	X		X	X	√	√		
Turkey Lasagna with Roll	1 serving	X	X	X	X	√	√		
Turkey Pepperoni Pizza	1 slice	X		X	X				

Custom Brothers Grill Line

Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
Cheeseburger	1 each	X		X	X				
BBQ Beef Burger	1 each	X		X	X				
Border Beef Burger	1 each	X		X	X				
Chili Beef Burger	1 each	X		X	X	√	√		
Pizza Beef Burger	1 each	X		X	X	√	√		
Chicken Whole Muscle Sandwich	1 each	X		X	X				

Green Street Deli

Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
Bread, Hoagie 4"	1 each			X	X				
Bread, Pullman	2 slices	√		X	X				
Bread, Wrap	1 each			X	X				
Cheese, American	2 slices	X		X					
Cheese, Cheddar	2 slices	X							
Cheese, Pepper Jack	2 slices	X							
Turkey, Bologna Sliced	2 slices								
Turkey, Ham Sliced	4 slices								
Turkey, Salami Sliced	3 slices								
Turkey, Sliced	3 slices								

Tortilla Line

Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
Beef Burrito	1 each	X		X	X	√	√		
Beef Burrito Bowl	1 each	X				√	√		
Beef Quesadilla	1 each	X		X	X	√	√		
Beef Nachos	1 serving	X		X		√	√		
Beef Taco Bowl	1 each	X			X	√	√		
Chicken Burrito	1 each	X		X	X				

Fruit

Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
Apple, Whole, Golden Delicious	1 each								
Apple, Whole, Red	1 each								
Applesauce	1 each					√	√		cinnamon
Apricots, Diced	1/2 cup								
Banana, Whole	1 each								
Fruit, Mixed Canned	1/2 cup								
Grapes	1/2 cup								
Orange, Whole Cut	1 each								
Oranges, Mandarin	1/2 cup								
Peaches, Diced	1/2 cup								
Pears, Diced	1/2 cup								
Pears, Whole	1 each								
Pineapple, Chunks	1/2 cup								

Vegetables

Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
Beans, Black	1/2 cup					√	√		
Beans, Charro	1/2 cup								
Beans, Refried	1/2 cup								
Beans, Pinto Salad	1/2 cup								
Bok Choy	1/2 cup			X	X				sesame
Broccoli Raw	1/2 cup								
Broccoli, Frozen	1/2 cup								
Carrots, Baby Raw	1/2 cup								
Carrots, Baby Roasted	1/2 cup					√	√		
Carrots, Frozen	1/2 cup					√	√		
Cauliflower, Raw	1/2 cup								
Celery, Raw	1/2 cup								
Corn, Mexicali	1/2 cup								
Corn, Frozen	1/2 cup								
Corn, Salad	1/2 cup								
Cucumber Slices, Raw	1/2 cup								
Fries	1/2 cup								
Green Beans	1/2 cup					√	√		
Greens, Collard	1/2 cup								
Peas	1/2 cup								
Peas & Carrots, Blend	1/2 cup					√	√		
Potato Wedges	2 1/2 oz								
Potato, Fries Sweet	2 1/2 oz								
Potatoes, Mashed	1/2 cup	X				√	√		
Salad, Side	1 Serving								
Spinach, Frozen	1/2 cup					√	√		
Sweet Potatoes, Roasted	1/2 cup					√	√		
Vegetables, Italian	1/2 cup					√	√		

Sides

Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
Brownie w/Cherry Topping	1 each	X	X	X	X	√	√		cinnamon
Macaroni & Cheese	1/4 cup	X	X	X	X	√	√		
Pudding, Chocolate	1/2 cup	X		X					
Pudding, Vanilla	1/2 cup	X		X					
Rice, Spanish Brown	1/2 cup								
Roll	1 each	X	√	X	X	√	√		

Condiments

Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
Bistro Sauce	1 fl oz								
Buffalo Wing Sauce	1 fl oz								
Jalapeno, Slices	1/4 cup								
Ketchup, PC	1 each								
Lettuce, Shredded	1/4 cup								
Mayonnaise, PC	1 each		X	X					
Mayonnaise, Spicy	1 ounce			X					
Mustard, PC	1 each								
Onion, Red	1 ounce								
Pickles	1 ounce								
Pico de Gallo	1 ounce								
Ranch, FF, PC	1 each	X							
Salsa, PC	1 each								
Tatar Sauce, PC	1 each		X	X					
Vegetable Stack	1 serving								

Beverages

Menu Item	Serving Size	Milk	Egg	Soy	Wheat/Gluten	Peanuts	Tree Nuts	Fish	Other
Apple Juice	4 oz								
Milk, 1% Plain	8 oz	X							
Milk, Skim Chocolate	8 oz	X							
Milk, Skim Plain	8 oz	X							

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