

**Arlington ISD Food and Nutritional Services
Nutritional and Allergen Information**

BREAKFAST ITEMS	Serving Size	Nutrition Information								Allergen Information											
		Calories	Total Fat (g)	Saturated Fat (g)	Carb Count (g)	Sugar (G)	Sodium (mg)	Dietary Fiber (g)	Protein (g)	Milk	Egg	Gluten	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Corn	Sesame Seeds	Pork	Red Dye
Bagel	2 oz	140	1	0	29	5	180	4	6	-	-	X	X	-	-	-	-	-	-	-	-
Biscuit	2.51 oz	220	10	5	28			2	5	X	-	X	-	-	-	-	-	-	-	-	-
Breakfast Bowl *	1	328	18.5	4.9	21.6	1	622	1.8	16.8	X	X	X	X	-	-	-	-	X	-	X	-
Breakfast Burrito	3.75 oz pkg	244.36	10.07	3.88	28.08	0.65	311.07	2.72	9.75	X	X	X	X	-	-	-	-	X	-	-	-
Breakfast on a Stick	2.85 oz pkg	200	10	2.5	17			3	7	-	X	X	X	-	-	-	-	X	-	-	-
Breakfast Pizza	3.31 oz	210	7	2	26	9	480	2	9	X	X	X	X	-	-	-	-	X	-	-	-
Breakfast Pizza	3.67 oz pkg	160	4	1.5	22			2	10	X	X	-	-	-	-	-	-	X	-	-	-
Breakfast Taco *	4 oz	200	12	3.5	27			2	12	X	X	-	X	-	-	-	-	-	-	X	-
Breakfast Wrap	2.5 oz pkg	154.88	6.88	2.99	15.78	0.49	209.52	2.4	8.26	X	X	X	X	-	-	-	-	X	-	-	-
Cereal, Cheerios	1 oz pkg	100	2	0.5	20	1	140	3	3	-	-	-	-	-	-	-	-	X	-	-	-
Cereal, Chex Rice	1 oz pkg	100	0.5	0	24			1	2	-	-	-	-	-	-	-	-	-	-	-	-
Cereal, Chex Rice Cinnamon	1 oz pkg	100	2	0	23			1	1	-	-	-	-	-	-	-	-	-	-	-	-
Cereal, Cinnamon Toast	1 oz pkg	110	3	0.5	22	8	160	2	1	-	-	-	-	-	-	-	-	-	-	-	-
Cereal, Coco Puffs	1 oz pkg	110	1.5	0	25	8	160	2	2	-	-	X	-	-	-	-	-	X	-	-	-
Cereal, Froot Loops	1 oz pkg	110	1	0.5	24	8	170	3	2	-	-	X	X	-	X	-	-	X	-	-	X
Cereal, Golden Grahams	1 oz pkg	110	1	0	24	9	220	1	1	-	-	-	-	-	-	-	-	X	-	-	-
Cheese Stick	1 oz	80	6	4	1			0	7	X	-	-	-	-	-	-	-	-	-	-	-
Chix Biscuit	2.51 oz	360	17	6	37			3	17	X	-	-	-	-	-	-	-	-	-	-	-
Cinnamon Roll	3 oz	260	10	5	37	10	270	5	7	X	X	X	X	-	-	-	-	X	-	-	-
Cinnamon Toast	1 oz slice	170.72	9.18	3.46	18.37	2.59	227.62	1.41	3.26	-	-	X	X	-	-	-	-	X	-	-	-
Cinnamon Toast, IW	2.9 oz pkg	210	7	1.5	29		320	3	3	-	X	X	X	-	-	-	-	X	-	-	-
Dutch Waffles	2.91 oz	316.55	13.67	3.08	45.12	12.42	351.7	3.33	4.01	X	X	X	X	-	-	-	-	-	-	-	-
EggStravaganza *	2 oz	120	9	3.5	1	0	280	0	8	X	X	-	X	-	-	-	-	-	-	X	-
French Toast Sticks	3.4 oz	300	13	3	43	15	400	2	6	X	X	X	X	-	-	-	-	X	-	-	-
Hotcake Sandwich	1 sandwich	394	18.6	3.2	40.3	5.8	572.8	2.9	25	-	-	-	-	-	-	-	-	-	-	-	-
Little Smokies	0.34 oz	100.26	9.02	3.01	2.51	1	305.81	0	3.51	-	-	-	-	-	-	-	-	X	-	X	-
Mini French Toast Sticks	3.03 oz pkg	210	5	1.5	37			3	4	X	X	-	X	-	-	-	-	-	-	-	-
Mini Pancakes	3.03 oz pkg	210	6	1	35			4	4	X	X	-	X	-	-	-	-	X	-	-	-
Mini Waffles	2.64 oz pkg	200	5	1.5	35			4	4	X	X	-	X	-	-	-	-	-	-	-	-
Muffin, Blueberry	2 oz pkg	180	6	2	30			2	3	-	X	X	X	-	-	-	-	X	-	-	-
Muffin, Chocolate Chip	2 oz pkg	190	6	2	32			2	4	X	X	X	X	-	-	-	-	X	-	-	-
Pancakes	1.14 oz	140	4	0	28	4	220	2	4	-	X	X	X	-	-	-	-	X	-	-	-
Sausage Patty	1.025 oz	60	4	1	0	0	80	0	6	-	-	-	-	-	-	-	-	-	-	-	-
Sausage Roll *	2 oz pkg	160	7	2	15			1	6	X	X	X	-	-	-	-	-	X	-	X	-
Sausage, Egg & Cheese Biscuit	5.6 oz	360.44	19.53	8.01	30.01	4.01	897.63	2	17.04	X	X	X	X	-	-	-	-	-	-	-	-
Scrambled Eggs w/ Cheese	2 oz	125.51	8.28	3.27	3.03	0.51	525.23	0.01	9.55	X	X	-	X	-	-	-	-	-	-	-	-
Strawberry & Banana Yogurt	4 oz	80	0.5	0	15	9	60	0	4	X	-	-	-	-	-	-	-	X	-	-	-
Strawberry Poptart	1 each	180	2	1	37.5			3	2	-	-	-	X	-	-	-	-	X	-	-	X
Toast	1 oz slice	154.17	8.51	3.38	16.25	2.17	225.92	1.08	3.25	-	-	X	X	-	-	-	-	X	-	-	-

* Foods that Contain Pork