

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

		Nutrition Information								Allergen Information											
VEGETABLES	Serving Size	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
Baby Carrots	4 oz	30	0	0	8			2.5	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	4 oz	131	0	0	22.5			5.5	6	-	-	-	X	-	-	-	-	X	-	-	-
Baked Potato	7.5 oz	168	0.1	0	38.4	1.3	10.6	2.7	4.5	-	-	-	-	-	-	-	-	-	-	-	-
Black Beans	4 oz	64.6	1.9	0	16.6	0.9	381	4.6	5.5	-	-	-	-	-	-	-	-	-	-	-	-
Broccoli, Fresh	4 oz	10.76	0.12	0.01	2.1	0.54	10.44	0.82	0.89	-	-	-	-	-	-	-	-	-	-	-	-
Broccoli, Steamed	4 oz	25	0	0	4			2	2	-	-	-	-	-	-	-	-	-	-	-	-
California Blend	4 oz	25.2	0	0	5	2	50.3	2	1	-	-	-	-	-	-	-	-	-	-	-	-
Corn	4 oz	157.6	1.8	0	32.7	9.7	416.1	2.4	3.6	-	-	-	-	-	-	-	-	X	-	-	-
Corn & Black Bean Fiesta	4 oz	155.2	3	0	25.1	69	238.7	6	6	-	-	-	-	-	-	-	-	X	-	-	-
Crinkle Cut Carrots	4 oz	38	0	0	2	4.36	84.28	3.27	1	-	-	-	-	-	-	-	-	-	-	-	-
Cucumber Slices	4 oz	9.7	0.1	0	2.4	1.1	1.3	0.3	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Edamame	0.5 cup	295	11.34	1.134	22.6	4.5	55.93	11.34	11.34	-	-	-	X	-	-	-	-	-	-	-	-
Green Beans	4 oz	30.4	0	0	4.9	1.2	210.5	2.4	1.2	-	-	-	-	-	-	-	-	-	-	-	-
Green Peas	4 oz	70	0	0	12			4	4	-	-	-	-	-	-	-	-	-	-	-	-
Hash Browns	8 oz	170	10	1	19			2	2	-	-	-	X	-	-	-	-	-	-	-	-
Marinara	3 oz	21	1	0	4			1	1	-	-	-	X	-	-	-	-	-	-	-	-
Marinara Cup	2.5 oz	21	1	0	4			1	1	-	-	-	X	-	-	-	-	-	-	-	-
Mashed Potatoes	4 oz	87.4	1.5	0	16.5	0.5	398.3	1	1.9	X	-	-	-	-	-	-	-	-	-	-	-
Mixed Vegetables	4 oz	69.6	0	0	13.9	3.5	86.9	3.5	3.5	-	-	-	-	-	-	-	-	X	-	-	-
Oven Fries	5 oz	156.6	5.9	0	22.2	0	194.5	2.6	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Pickles	2.5 oz	0	0	0	0	0	576	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Pinto Beans	4 oz	110	0.5	0	21			11	7	-	-	-	-	-	-	-	-	-	-	-	-
Red Bell Pepper Sticks	2.5 oz	22	0.213	0	4.274	2.977	2.835	1.488	0.702	-	-	-	-	-	-	-	-	-	-	-	-
Refried Beans w/ Cheese	4 oz	193	2.3	1	31.7	0.6	734.5	10.6	11.6	X	-	-	-	-	-	-	-	-	-	-	-
Salad Topper	2.6 oz	12.5	0.14	0.02	2.7	1.8	4.8	1	0.7	-	-	-	-	-	-	-	-	-	-	-	-
Salsa	3 oz	28.9	0	0	5.8	2.9	202	2.9	0	-	-	-	-	-	-	-	-	-	-	-	-
Salsa, Cup	3 oz	22.6	0	0	4.5	1.5	156.7	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Sandwich Fixins	2 oz	6	0.06	0	1			0.3	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Sonoma Blend	4 oz	38.9	0	0	6.7	3.3	75.9	2.2	1.1	-	-	-	-	-	-	-	-	-	-	-	-
Sugar Snap Peas	4 oz	39.8	0	0	7	3	72.6	2	2	-	-	-	-	-	-	-	-	-	-	-	-
Sweet Potato Waffle Fries	1 3oz	152	6.075	0.506	23.287	5.062	182.247	2.025	2.025	-	-	-	-	-	-	-	-	X	-	-	-
Tator Tots	8 each	174.5	10.3	1	19.5	0	30.8	2.1	2.1	-	-	-	X	-	-	-	-	-	-	-	-
Tossed Salad	4 oz	10.3	0	0	2.2	1.5	11.2	1	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Veggie Dippers	0.5 cup	17	0.136	0	3.799	0	29.483	1.153	0.595	-	-	-	-	-	-	-	-	-	-	-	-

* Foods that Contain Pork

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FRUITS	Serving Size	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
Apple Juice, Elementary	4 oz	60	0	0	14	12	5	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Apple Juice, Secondary	6 oz	80	0	0	21	19	8	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Apple, Gala	4 oz	60	0	0	8			3	1	-	-	-	-	-	-	-	-	-	-	-	-
Apple, Red Delicious	4 oz	60	0	0	8			3	1	-	-	-	-	-	-	-	-	-	-	-	-
Applesauce	4 oz	55	0	0	13.8	11	9.2	1.8	0	-	-	-	-	-	-	-	-	-	-	-	-
Applesauce Cup	4 oz	67	0	0	17.2	15.22	5.08	1.07	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Banana	4 oz	105	0.4	0	30			3	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Cantaloupe	4 oz	30	0	0	8			1	0	-	-	-	-	-	-	-	-	-	-	-	-
Craisins	1.6 oz	110	0	0	28	24	0	3	0	-	-	-	-	-	-	-	-	-	-	-	-
Diced Pears	4 oz									-	-	-	-	-	-	-	-	-	-	-	-
Fresh Strawberries	4 oz	25	0.23	0	6			1.5	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Juice Rush, Cherry Blue Rasp	4.4 oz	110	0	0	27	24	20	0	0	-	-	-	-	-	-	-	-	-	-	-	X
Juice Rush, Straw, Mango	5.4 oz	110	0	0	27	24	20	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Juice Rush, Lemon Orange	6.4 oz	110	0	0	27	24	20	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Mandarin Oranges	4 oz	87.8	0	0	19.5	17.6	19.5	1	1	-	-	-	-	-	-	-	-	-	-	-	-
Orange	4 oz	60	1	0	15			3	1	-	-	-	-	-	-	-	-	-	-	-	-
Orange Juice, Elementary	4 oz	60	0	0	13	12	1	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Orange Juice, Secondary	6 oz	80	0	0	22	19	2	0	1	-	-	-	-	-	-	-	-	-	-	-	-
Peach Cup	4 oz	52.98	0	0	13.99	12.21	11.3	1.25	0.5	-	-	-	-	-	-	-	-	X	-	-	-
Pear	4 oz	47	0	0	26			2.5	1	-	-	-	-	-	-	-	-	-	-	-	-
Pineapple Tidbits	4 oz	70.4	0	0	17.6	15	0	0.9	0	-	-	-	-	-	-	-	-	-	-	-	-
Sliced Peaches	4 oz	70	0	0	17	16	10	1	1	-	-	-	-	-	-	-	-	-	-	-	-
Sliced Pears	4 oz	80	0	0	20			2	1	-	-	-	-	-	-	-	-	-	-	-	-

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