

Arlington ISD Food and Nutritional Services
Nutritional and Allergen Information

GRAINS	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		490	2	5	X	-	X	-	-	-	-	-	-	-	-	-
Blueberry Muffin	2 oz pkg	180	6	2	30		130	2	3	-	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		250	1	2	-	-	-	-	-	-	-	-	-	-	-	-
Cereal, Chex Rice Cinnamon	1 oz pkg	100	2	0	23		170	1	1	-	-	-	-	-	-	-	-	-	-	-	-
Cereal, Cinnamon Toast	1 oz pkg	110	3	0.5	22	8	160	2	1	-	-	X	-	-	-	-	-	-	-	-	-
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	-	-	-
Chips, Cheetos Crunchy	1 pkg	120	4.5	0.5	17		190	0	2	X	-	-	-	-	-	-	-	X	-	-	-
Chips, Cheetos Flamin Hot	1 pkg	120	4.5	0.5	18		190	0	2	X	-	-	-	-	-	-	-	X	-	-	X
Chips, Cheetos Puffs	1 pkg	90	3.5	0	14		135	0	2	X	-	-	-	-	-	-	-	X	-	-	-
Chips, Cheetos Puffs Flamin Hot	1 pkg	90	3.5	0	14		135	0	2	X	-	-	-	-	-	-	-	X	-	-	X
Chips, Doritos Cooler Ranch	1 pkg	130	5	1	19		160	2	2	X	-	-	-	-	-	-	-	X	-	-	X
Chips, Doritos Nacho	1 pkg	130	5	0.5	20		200	2	2	X	-	-	-	-	-	-	-	X	-	-	X
Chips, Doritos Sweet Chili	1 pkg	130	5	0.5	20		200	2	2	X	-	-	-	-	-	-	-	X	-	-	-
Chips, Fantastix Chili	1 pkg	130	5	1	20		200	2	2	X	-	-	-	-	-	-	-	X	-	-	-
Chips, Fantastix Flamin Hot	1 pkg	130	5	1	20		200	2	2	X	-	-	-	-	-	-	-	X	-	-	X
Chips, Frito Corn Chip	1 oz	140	6	1	20		170	2	2	-	-	-	-	-	-	-	-	X	-	-	-
Chips, Nacho Chip	1 oz	140	7	3	17		115	1	2	-	-	-	X	-	-	-	-	X	-	-	-
Chocolate Chip Muffin	2 oz pkg	190	6	2	32		130	2	4	X	X	X	X	-	-	-	-	X	-	-	-
Chocolate Chocolate Chip Cookie	1 oz	100	5	1	17		80	1	1	X	X	X	X	X	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	-	-	-
Cornbread Dressing	2.65 oz	120	7	1	14		430	1	3	X	X	X	X	X	X	-	-	X	-	-	-
Garlic Bread Twist	2 oz	188	7.1	2.8	26	2	247.9	0	5	X	-	X	X	-	-	-	-	X	-	-	-
Garlic Wheat Roll	2.25 oz	210.6	9.1	3	27	5	260	2	5	X	X	X	X	-	-	-	-	-	-	-	-
Graham Crackers	0.7 oz pkg	90	2	0	16		102	1	1	-	-	X	-	-	-	-	-	-	-	-	-
Hamburger Bun	2 oz	160	2.5	0.5	29		280	3	7	-	-	X	X	-	-	-	-	X	X	-	-
Holiday Cookie	1.1 oz pkg	160	9	4.5	18		80	1	2	-	X	X	X	-	-	-	-	-	-	-	-
Hot Dog Bun	1.5 oz	120	1.5	0	21		210	2	5	X	-	X	-	-	-	-	-	X	-	-	-
Seasoned Rice	4 oz	124	2.71	0.85	21.09	0.83	276.67	1.42	3.8	X	-	-	X	-	-	-	-	X	-	-	-
Soba Noodles	2.06 oz	72	0	0	32	8	26	1	3	-	-	X	-	-	-	-	-	-	-	-	-
Spaghetti Noodles	4.8 oz	100	0.5	0	21		66	1	3.5	-	-	X	-	-	-	-	-	-	-	-	-
Spanish Rice	4 oz	83.2	0.5	0	17.2	0.7	346.4	0.6	1.8	X	-	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	-	-	-
Wheat Roll	2.25 oz	160	3.5	0.5	27	5	260	2	5	X	X	X	X	-	-	-	-	-	-	-	-

* Foods that Contain Pork