

Arlington ISD Food and Nutritional Services
Nutritional and Allergen Information

LUNCH ENTREES	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
Bacon	1 slice	20	1.5	0.5	0	0	110	0	2	-	-	-	-	-	-	-	-	-	-	-
Baked Ziti	3 oz	301.3	13.5	7	28.8	5.2	639.1	2.5	18.8	X	X	X	X	-	-	-	-	-	-	-
Bean & Cheese Burrito	5.2 oz pkg	291	8	4	41	1.33	478.94	8	16	X	-	X	X	-	-	-	-	X	-	-
Beef & Cheese Nachos, Elementary	6 oz	458	26	13	38.5			2	17	X	-	-	X	-	-	-	-	X	-	-
Beef & Cheese Nachos, Secondary	7 oz	506	28.5	15.5	39			2	22.5	X	-	-	X	-	-	-	-	X	-	-
Beef Soft Tacos	6.5 oz	420	19	8	31			2	31	X	-	X	X	-	-	-	-	X	-	-
Breaded Chicken Sandwich	5.49 oz	430	17.5	3	45			6	23	-	-	X	X	-	-	-	-	X	-	-
Canadian Bacon Pizza	6.31 oz	380	17	7.28	34	9	671.57	3	23.2	X	-	X	X	-	-	-	-	X	-	-
Cheese Pizza, Elementary	5 oz	290	16	7	32			4	18	X	-	X	X	-	-	-	-	X	-	-
Cheese Pizza, Secondary	6.31 oz	360	16	7	34	9	600	3	21	X	-	X	X	-	-	-	-	X	-	-
Cheese Quesadilla Dippers	4.4 oz	320	12	6	32	2	560	3	20	X	X	X	X	-	-	-	-	-	-	-
Cheese Sauce	3 oz	131	9	6	4	0	555.2	0	8	X	-	-	X	-	-	-	-	-	-	-
Cheese Stick	1 oz	80	6	4	1			0	7	X	-	-	-	-	-	-	-	-	-	-
Cheese Stuffed Breadsticks, Elementary	2 each	381	19.91	10.05	30	4	490	3	20	X	X	X	X	-	-	-	-	-	-	-
Cheese Stuffed Breadsticks, Secondary	3 each	547.2	27.19	13.86	45	6	650	4.5	30	X	X	X	X	-	-	-	-	-	-	-
Cheeseburger	4.95 oz	345	13.5	5.5	32			6	23	X	-	X	X	-	-	-	-	X	-	-
Chef Salad	18 oz	239.1	15.7	5.2	13.7	6.8	1133.6	2.6	16.6	X	-	-	-	-	-	-	-	-	-	-
Chicken Alfredo	6 oz	313.1	10.3	5.2	37	6.8	1115.1	1.1	17	X	X	X	X	-	-	-	-	X	-	-
Chicken Fajita Tacos	6.8 oz	430	19	7	32			2	34	X	-	X	X	-	-	-	-	X	-	-
Chicken Fried Steak Sandwich	5.8 oz	455	20.2	6.4	44.7	5	801.5	5	23	-	-	X	X	-	-	-	-	X	-	-
Chicken Parmesan Sandwich	1 sandwich	510	21.566	4.772	51.678	9.429	1074.311	7.3	27.915	X	-	X	X	-	-	-	-	X	-	-
Chicken Tenders	4.23 oz	240	9	1.5	15	1.5	405	1.5	24	-	-	X	X	-	-	-	-	-	-	-
Chili	2 oz	68	3.7	1.5	1.4	0.4	242.5	0.4	6.7	-	-	-	X	-	-	-	-	-	-	-
Corn Dog	4 oz	280	13	3.5	31	9	660	2	9	X	X	X	X	-	-	-	-	X	-	-
Crispy Chicken Sandwich	6 oz	400	13.5	2.5	43			5	28	-	-	X	X	-	-	-	-	X	-	-
Egg Roll	2.5 oz	150	4	1	20	1	200	2	10	-	-	X	X	-	-	-	-	X	-	-
Enchilada Bake	4.36 oz	383	11	3.3	54	3	1171	4	17	X	-	-	X	-	-	-	-	X	-	-
Fajita Chicken	2 oz	66	3.5	1	1	0	167	0	8.1	-	-	-	X	-	-	-	-	-	-	-
Fiesta Salad	10 oz	296	47.5	5	26.5			3.5	17	X	-	-	X	-	-	-	-	X	-	-
Fiestada Pizza	5.3 oz	340	14	6	39	9	850	4	17	X	-	X	X	-	-	-	-	X	-	-
Fish Fillet Sandwich	5.76 oz	320	8.5	1.5	42			3.5	21	X	X	X	X	-	-	X	-	X	-	-
Fish Nuggets	4 oz	240	9.3	0.7	22.7	0	333.3	1.3	14.7	-	-	X	X	-	-	X	-	X	-	-
Four Meat Pizza *	5.3 oz	370	17	7	36	9	650.33	3	20	X	-	X	X	-	-	-	-	X	-	X
Frito Pie	4 oz	512	24.456	7.55	51.024	5.512	1617.611	5.55	25.637	X	-	-	X	-	-	-	-	X	-	-
General Tso Chicken	3 oz	204	7.177	2.051	18.19	13.113	862.867	0	17.413	-	-	X	X	-	-	-	-	X	-	-
Grilled Chicken Patty	2.8 oz	130	7	2	2			0	15	-	-	-	-	-	-	-	-	-	-	-
Ham & Cheese Deli Sandwich	5.2 oz	277.68	6.71	2.23	36.81	8	877.51	3	20	X	-	X	X	-	-	-	-	X	-	-
Hamburger	4.45 oz	310	11.5	4.5	31			4	20	-	-	X	X	-	-	-	-	X	-	-

* Foods that Contain Pork

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Honey Fire Chicken	1	#6scoop	309	15	2.886	26	9.654	655.215	3.59	16.203	-	-	X	X	-	-	-	-	-	-	-	-	-
Hot & Spicy Chicken Sandwich	5.49	oz	430	17.5	3.5	46			6	22	-	-	X	X	-	-	-	-	X	-	-	-	-
Hot Dog	2	oz	300	18.5	7	22	4	450	2	11	X	-	X	-	-	-	-	-	X	-	-	-	-
Korean BBQ Meatballs	1	#6scoop	209	5.128	1.026	25.436	19.2	634.667	0	13.333	X	X	X	X	-	-	-	-	-	X	-	-	-
Lasagna	8.13	oz	323.7	13	7.4	34.6	7.32	779.3	3.32	20.5	X	X	X	X	-	-	-	-	-	-	-	-	-
Mac 'n Cheese	6.06	oz	290.66	11	6	31	6.01	982.21	2	17	X	X	X	-	-	-	-	-	-	-	-	-	-
Meatball Sub Sandwich	1	sandwich	355	10.223	2.77	46.67	10.987	1060	4.595	23.111	X	X	X	X	-	-	-	-	X	-	-	-	-
Orange Chicken	4.24	oz	309	14.73	2.83	27.15	10.27	482.61	3.4	15.87	-	-	X	X	-	-	-	-	X	-	-	-	-
Pepper Jack Cheese Enchiladas	6	oz	236.6	13.4	6.4	18.1	3.2	949.9	2.3	12	X	-	-	-	-	-	-	-	X	-	-	-	-
Pepperoni Pizza, Elementary *	5.3	oz	333	14.5	7	32			3	17	X	-	X	X	-	-	-	-	X	-	X	-	-
Pepperoni Pizza, Secondary	5.18	oz	370.2	16	7	34	9	660.3	3	21	X	-	X	X	-	-	-	-	X	-	-	-	-
Popcorn Chicken	3.5	oz	260.7	14.7	2.8	15.9	1.13	396.7	3.4	15.9	-	-	X	X	-	-	-	-	-	-	-	-	-
Ranch Chicken Wraps	2	each	354	14.2	4.4	30	3	1289.6	2	26.2	X	X	X	X	-	-	-	-	X	-	-	-	-
Roasted Turkey	5.3	oz	95	1	0	3			0	20	-	-	-	-	-	-	-	-	-	-	-	-	-
Signature Fajita Chicken Salad	1		242	12.2	5.6	12.4	4	873.6	3.1	25.1	X	-	-	X	-	-	-	-	X	-	-	-	-
Signature House Salad	1		165	5.6	2.9	13.3	6.3	806.3	4.2	19.6	X	-	-	-	-	-	-	-	-	-	-	-	-
Southwest Bowl	3.6	oz	277.8	14.2	4.6	23.7	1.4	820.9	2.2	15.8	X	-	-	X	-	-	-	-	X	-	-	-	-
Spaghetti w/ Meatsauce, Elementary	8	oz	261	8.5	3	29.5		860	2.5	15	-	X	X	X	-	-	-	-	-	-	-	-	-
Spaghetti w/ Meatsauce, Secondary	8	oz	260	8	3	30		860	2.5	18	-	X	X	X	-	-	-	-	-	-	-	-	-
Steak Fingers	3.6	oz	286	17.8	5.9	15.8	0	502.9	2	15.8	-	-	X	X	-	-	-	-	X	-	-	-	-
Strawberry & Banana Yogurt	4	oz	80	0.5	0	15	9	60	0	4	X	-	-	-	-	-	-	-	X	-	-	-	-
Turkey & Cheese Deli Sandwich	5.2	oz	266	4	1	37			5	22	X	-	X	X	-	-	-	-	X	-	-	-	-
Turkey Bacon Chipotle Wrap	1	serving	252	8.363	3.013	28.606	2.97	1149.546	2.463	23.167	X	X	X	X	-	-	-	-	X	-	-	-	-
Turkey Tetrizzini	10.6	oz	273.6	8.9	4	30	2.8	1191.3	1.2	21.5	X	X	X	X	-	-	-	-	X	-	-	-	-
Wow Butter	1.9	oz									-	-	-	X	-	-	-	-	-	-	-	-	-
Wow Butter Sandwich	3.33	oz	420	21.5	4	40			7	15	X	-	-	X	-	-	-	-	X	-	-	-	-

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