

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

BEVERAGE	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
Apple Cherry Juice, Elementary	4 oz	60	0	0	14	13	15	0	0												
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												
Chocolate Milk FF	8 oz	110	0	0	19	18	100	0	8	X											X
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												
Skim Milk	8 oz	80	0	0	12	12	125	0	8	X											
White Milk 1%	8 oz	100	2.5	1.5	12	12	125	0	8	X											

CONDIMENTS	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
BBQ Sauce	1 oz	35	0	0	8		370	0	0				x								x
Cream Cheese	2 oz	45	3.5	2	13	1	80	0	2	x											
Gravy	1 oz	22	1	0	4		175	0	0	x	x	x	x								x
Honey Mustard	0.8 oz	44	0	0	11		4	0	0												x
Jelly, Grape	0.5 oz	35	0	0	9		0	0	0												x
Jelly, Strawberry	1 oz	23	1	0	4		93	0	1												x
Ketchup	1 pkt	15	0	0	4		65	0	0												x
Margarine Cups, pc	1 pkt	20	0	0	6		170	0	0				x								
Mayonnaise	1 ea	25	2.5	0	0		40	0	0		x		x								x
Mustard	1 pkt	40	3	0	3		105	0	0												
Ranch Dressing	1 oz	70	6	0	5		125	0	0	x	x		x								x
Sauce, Cranberry	0.5 oz	35	0	0	9		0	0	0												x
Sour Cream	1 oz	60	5	3	2	1	49.9	0	0	x											
Syrup	1 oz	50	0	0	13		0	0	0												x
Tartar Sauce	1 pkt	45	4	0.5	2		85	0	0		x		x								x

ICECREAM	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
Chocolate Cup	3oz ea	70	1	0.5	12		12	0	2	x											x
Strawberry Cup	3oz ea	80	1	0.5	17		60	0	2	x											x
Vanilla Cup	3oz ea	60	1	0.5	12		45	0	2	x											x
Cookies N' Cream w/ Chocolate Cookie Sandwich	4oz ea	150	2.5	1.5	29		150	<1	4	x		x	x								x
Mini Vanilla w/ Chocolate Cookie Sandwich	2.5 oz ea	120	2.5	1	12		70	0	2	x		x	x								x
Minty Mint Sandwich	4oz ea	180	3.5	1.5	33		150	<1	4	x		x	x								x
Vanilla w/ Chocolate Cookie Sandwich	4oz ea	180	3.5	1.5	33		150	<1	4	x		x	x								x
Chocolate Fudge Bar	2.5 oz ea	80	0	0	16		80	0	3	x											x
Polar Blast Fruit Punch Bar	2.5 oz ea	70	0	0	16		5	0	0												x
Orange Blossom Bar	2.5 oz ea	70	1	0.5	14		50	0	1	x											x
Chocolate Scooter	2.75oz ea	140	5	1.5	22		100	0	1	x		x	x								x
Strawberry Scooter	2.75oz ea	140	5	1.5	22		50	0	1	x		x	x								x
Chocolate Cone w/ Cookies N' Cream & Cookie Bits	2.5 oz ea	120	1.5	1	25		100	1	2	x		x	x								x
Crazy Cone	2.5 oz ea	120	2	1	25		65	0	2	x		x	x								x
Juice Rush, Cherry Blue Raspberry	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												

* Foods that Contain Pork

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AFTER SCHOOL SNACKS	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
Apple	1 each	114	0	0	27		2	3	0.5												
Bug Bites, Graham Cracker	1 each	120	3.5	1	21		115	1	2			x	x								
Cereal Bar, Cinnamon Toast Crunch	1 each	150	3	0.5	30		115	3	3			x	x				x				
Cheese Stick, 25% RF Co-Jack	1 each	110	9	6	0		200	0	7	x											
Chewy, Granola Bar, Chocolate Chunk	1 each	80	6	4	0		200	0	6	x		x	x				x				
Elf Graham Cracker, Chocolate	1 each	90	2	0	19		80	<1	1			x	x								
Elf Graham Cracker, Cinnamon	1 each	120	4	1	20		125	2	2			x	x								
Goldfish, Cheddar	1 each	120	4	1	21		105	1	2	x		x	x								
Muffin, Blueberry	1 each	100	3.5	1	14		170	1	3		x	x	x				x				
Muffin, Chocolate	1 each	350	11	3.5	57		240	4	5	x	x	x	x				x				
Milk, Skim	1 each	340	10	3.5	56		232	4	7	x											
Nutri-Grain Bar, Apple Cinnamon	1 each	80	0	0	11		120	0	8	x		x	x				x				
Rice Krispies, Granola Bar, Berry	1 each	160	4	0.5	30		130	3	2	x			x				x				
Snack Mix, Cheddar	1 each	110	2.5	0.5	20		135	2	2	x		x	x				x				
Snack Mix, Strawberry Yogurt	1 each	120	3	1	23		55	2	2	x		x	x				x				

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