

Elementary Breakfast CHO Counts

Breakfast Items	Carbohydrates	Allergens
Apple Cinnamon Chewie	51.6g	Wheat, Egg
Apple Cinnamon Scone	40.7g	Wheat, Egg, Dairy
Banana	27.0g	
Banana Muffin	58.7g	Wheat, Egg, Dairy
Berry Apple Crisp Bar (Zee Zees)	24.0g	Wheat, Soy
Canned Fruit, Assorted	12.7g	
Cereal, Whole Grain	22.8g	Wheat
Cheese Toast	31.0g	Wheat, Dairy, Soy
Chicken Crispito	23.0g	Wheat, Soy
Cowgirl Muffin	59.4g	Wheat, Egg, Dairy
Cranberry Orange Farmer's Market Bar	47.3g	Wheat, Egg, Dairy
Danone Strawberry Smoothie	22.0g	Dairy
Focaccia Cheese Wheel	14.8g	Wheat, Dairy
Fresh Apple	25.0g	
Fresh Fruit, Assorted	14.2g	
Graham Crackers	17.0g	Wheat, Soy
Lactaid	13g	Dairy
Milk (NF)	13g	Dairy
Milk (1%)	16g	Dairy
Naked Berry Blast Juice	38.0g	
Naked Mighty Mango Juice	43.0g	
Naked Strawberry Banana Juice	38.0g	
Nature Valley Oatmeal Round	38.0g	Wheat, Egg, Dairy, Soy
Orange Juice (4oz)	14.0g	
Pancake with Pork Sausage	21.5g	Wheat, Egg, Dairy, Soy, Pork
Pillsbury Mini Blueberry Bash Waffles	37.0g	Wheat, Egg, Dairy, Soy
Pillsbury Mini French Toast, Triple Berry Blast	37.0g	Wheat, Egg, Dairy, Soy
Pillsbury Mini Pancakes	37.0g	Wheat, Egg, Dairy
Syrup Packet	21g	
Turkey Chorizo Cheese Bagel	23.0g	Wheat, Dairy, Soy
Turkey Sausage Breakfast Square	31.0g	Wheat, Dairy, Soy

Elementary Lunch CHO Counts

Lunch Items	Carbohydrates	Allergens
Applesauce Cup, Strawberry	14g	
Applesauce Cup, Unsweetened	14g	
Bagged Carrots	4g	
Bagged Grapes	13.7g	
Bean & Cheese Burrito	40g	Wheat, Dairy, Soy
Beef Cheeseburger	33g	Wheat, Dairy, Soy
Breaded Chicken Bites (5 pieces)	17g	Wheat, Dairy, Soy
Breaded Chicken Drumstick	11g	Wheat
Breaded Chicken Smackers (10 pieces)	16g	Wheat, Dairy, Soy
Bug Bites	21g	Wheat, Soy
Cheese Cubes	2g	Dairy
Cheese Pizza	34g	Wheat, Dairy, Soy
Cheez-It Crackers	14g	Wheat, Dairy, Soy
Cherries, Dried	31g	
Chick'n Dip'n Sauce	11g	Egg, Soy
Cranberries	29g	
Foster Farms Chicken Bold Bites	3g	Dairy
Foster Farms Corn Dog	30g	Wheat, Egg, Soy
Fresh Fruit	14.2g	
Fresh Plum	8g	
Fresh Strawberries (3)	4g	
Garlic French Bread Pizza	33g	Wheat, Dairy, Soy
Goldfish Pretzels	17g	Wheat, Dairy, Soy
Grilled Cheese Sandwich	30.5g	Wheat, Dairy, Soy
Hawaiian Brown Rice (1/2 C)	35g	
Hartzel Pretzels	15g	Wheat
Ketchup Cup	6g	
Lactaid	13g	Dairy
Juice, Apple (6oz)	23g	
Juice, Apple (4oz)	14g	
Juice, Very Berry (6oz)	26g	
Juice, Very Berry (4oz)	17g	
Juice, Fruit Punch (6oz)	25g	
Juice, Strawberry Kiwi (4oz)	14g	
Mac & Cheese	28g	Wheat, Egg, Dairy
Milk (1%)	16g	Dairy
Milk (Nonfat)	13g	Dairy
Miller's All Natural Beef Hot Dog	31g	Wheat, Dairy, Soy
Mini Corn Dog with Mac & Cheese	44g	Wheat, Egg, Dairy, Soy

Muchies Munch Snack Mix	17g	Wheat, Dairy
Mutigrain Sun Chips	19g	Wheat
Nature Valley Cinnamon Crisps	25g	Wheat, Dairy, Soy
Orange Chicken (1/2 C)	22g	Wheat, Egg, Soy
Pepperoni Pizza	33g	Wheat, Dairy, Soy, Pork
Pizza Pocket	30g	Wheat, Dairy, Soy
Raisins	29g	
Rotini w/Meat Sauce	26g	Wheat, Egg, Beef
Sabra Guacamole Tortilla Roll Snacker	18g	
Scooby Doo Bone Grahams	21g	Wheat, Soy
Strawberry Chex Mix	23g	Wheat, Dairy, Soy
Strawberry Waffle Graham	21g	Wheat
Sunbutter & Grape Sandwich	56g	Wheat, Soy
Tater Tots (8)	17g	Soy
Turkey Pepperoni Stuffed Sandwich	31g	Wheat, Egg, Dairy, Soy
Tyson Chicken Strips (3)	16g	Wheat, Soy
Whole Grain Breaded Chicken Sandwich	40g	Wheat, Dairy, Soy
Whole Grain Cheddar Chex Mix	20g	Wheat, Dairy, Soy
Wild Mike's Mozzarella Bites w/Marinara	13g/4g	Wheat, Dairy, Soy