

Summer CHO Counts / Allergens		
Breakfast Items	Carbohydrates	Major Allergens
Apple Cinnamon Chewie	51.6g	Wheat, Egg
Apple Cinnamon Oatmeal Round	38.0g	Wheat, Egg, Dairy, Soy
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
Berry Breakfast Scone	28.5g	Wheat,Dairy
Blueberry Muffin	54.7g	Wheat, Egg, Dairy
Blueberry Pancakes (2 pancakes)	36.0g	Wheat, Egg, Dairy, Soy
Canned Fruit, Assorted	12.7g	
Cereal, Whole Grain	22.8g	Wheat
Cowgirl Muffin	59.4g	Wheat, Egg, Dairy
Cranberry Orange Farmer's Market Bar	47.3g	Wheat, Egg, Dairy
Danone Strawberry Smoothie	22.0g	Dairy
Eggo Emoji Waffles (2 waffles)	29.0g	Wheat, Egg, Dairy, Soy
Focaccia Cheese Wheel	10.5g	Wheat, Dairy
Fresh Apple	25.0g	
Fresh Fruit, Assorted	14.2g	
Garlic Cheese Toast	28.0g	Wheat, Dairy, Soy
Graham Crackers	17.0g	Wheat, Soy
Lactaid	13.0g	Dairy
Milk (NF)	13.0g	Dairy
Milk (1%)	16.0g	Dairy
Naked Berry Blast Juice	38.0g	
Naked Mighty Mango Juice	43.0g	
Naked Strawberry Banana Juice	38.0g	
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	21.0g	
Turkey Sausage Breakfast Square	31.0g	Wheat, Dairy, Soy
Yogurt with Granola Clusters	66.0g	Wheat, Dairy, Soy
Yogurt (Upstate	19.0g	Dairy
Granola Clusters	47.0g	Wheat, Soy
Lunch Items	Carbohydrates	Major Allergens
Applesauce Cup, Strawberry	14.0g	
Applesauce Cup, Unsweetened	14.0g	
Apple Cinnamon Bear Grahams	21.0g	Wheat
Apple Strawberry Crisps	10.0g	
Bagged Carrots	4.0g	
Bagged Grapes	13.7g	
Bahn Mi Sandwich (beef)	47.4g	Wheat,Dairy, Soy

Bean & Cheese Burrito	40.0g	Wheat, Dairy, Soy
Bean & Cheese Burrito with Green Chili	35.0g	Wheat, Dairy
Beef Cheeseburger	33.0g	Wheat, Dairy, Soy
Beef pepperoni Stuffed Sandwich	31.0g	Wheat, Dairy, Egg, Soy
Beef Steak & Cheese Tornado (2)	46.0g	Wheat, Dairy, Soy
Breaded Chicken Bites (5 pieces)	17.0g	Wheat, Dairy, Soy
Breaded Chicken Drumstick	11.0g	Wheat
Popcorn Chicken Smackers (10 pieces)	17.0g	Wheat, Dairy, Soy
Bug Bites Crackers	21.0g	Wheat, Soy
Cheeseburger Sliders	31.3g	Wheat, Dairy, Soy
Cheese Cubes	2.0g	Dairy
Cheese Pizza	34.0g	Wheat, Dairy, Soy
Cheez-It Crackers	14.0g	Wheat, Dairy, Soy
Cherries, Dried	31.0g	
Chicken Caesar Salad	15.9g	Wheat, Dairy, Soy, Fish
Chicken & Cheese Pupusa	30.0g	Dairy
Chicken Corn Dog (1)	30.0g	Wheat, Soy, Egg
Chick'n Dip'n Sauce	11.0g	Egg, Soy
Deli Wrap with Roast Beef	35.8g	Wheat, Dairy, Soy
Edamame Salad	10.4g	Soy, Sesame
Foster Farms Chicken Bold Bites	3.0g	Dairy
Fresh Fruit	14.2g	
Fresh Plum	8.0g	
Fresh Strawberries (3)	4.0g	
Garlic Cheese Toast	28.0g	Wheat, Dairy, Soy
Garlic French Bread Pizza	33.0g	Wheat, Dairy, Soy
Goldfish Pretzels	17.0g	Wheat, Dairy, Soy
Graham Cracker	17.0g	Wheat, Soy
Grilled Cheese Sandwich	30.5g	Wheat, Dairy, Soy
Harvest Mixed Fruit Cup	19.0g	
Hawaiian Brown Rice (1/2 C)	26.0g	
Heartzel Pretzels	15.0g	Wheat
Homestyle Chicken Strips (3 Strips)	16.0g	Wheat, Soy
Ketchup Cup	6.0g	
Kickin' Nuggets (5 pieces)	13.0g	Soy, Wheat
Lactaid	13.0g	Dairy
Juice, Apple (6oz)	23.0g	
Juice, Apple (4oz)	14.0g	
Juice, Very Berry (6oz)	26.0g	
Juice, Very Berry (4oz)	17.0g	
Juice, Fruit Punch (6oz)	25.0g	
Juice, Strawberry Kiwi (4oz)	14.0g	
Milk (1%)	16.0g	Dairy
Milk (Nonfat)	13.0g	Dairy
Miller's All Natural Beef Hot Dog	31.0g	Wheat, Dairy, Soy
Mini Corn Dog with Mac & Cheese	44.0g	Wheat, Egg, Dairy, Soy
Muchies Munch Snack Mix	17.0g	Wheat, Dairy
Mutigrain Sun Chips	19.0g	Wheat

Nature Valley Cinnamon Crisps	25.0g	Wheat, Dairy, Soy
Mandarin Orange Chicken (1/2 C)	19.3g	Wheat, Egg, Soy
Mandarin Orange Chicken w/Rice	45.3g	Wheat, Egg, Soy
Pepperoni Pizza	33.0g	Wheat, Dairy, Soy, Pork
Potato Smiles (4 pieces)	25.0 g	Soy
Cheese Pizza Pocket	30.0g	Wheat, Dairy, Soy
Raisins	29.0g	
Scooby Doo Bone Grahams	21.0g	Wheat, Soy
South West Pasta		
Strawberry Waffle Graham	21.0g	Wheat
Sunbutter & Grape Sandwich (2.8oz)	33.0g	Wheat, Soy
Sunbutter & Strawberry Sandwich (2.8oz)	32.0g	Wheat, Soy
Sunbutter & Grape Sandwich (5.2oz)	56.0g	Wheat, Soy
Tater Tots (8)	17.0g	Soy
Turkey & Cheddar Ciabatta Sandwich	32.7g	Wheat, Soy, Dairy
Whole Grain Chicken Patty (Koch Foods)	14.0g	Wheat
Hamburger Bun	30.0g	Wheat, Dairy, Soy
Whole Grain Cheddar Chex Mix	20.0g	Wheat, Dairy, Soy
Wild Mike's Mozzarella Bites w/Marinara	13.0g/4.0g	Wheat, Dairy, Soy