

Elementary Breakfast CHO Counts / Allergens		
Breakfast Items	Carbohydrates	Major Allergens
Apple Cinnamon Oatmeal Round	38.0g	Wheat, Egg, Dairy, Soy
Apple Cinnamon Scone	40.7g	Wheat, Egg, Dairy
Bagel, Blueberry & Cream Cheese	34.0g	Wheat 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
Breakfast Bites, WG w/ Syrup	49.0g	Wheat, Dairy, Egg, Soy
Breakfast Bites (3 Each)	20.0g	Wheat, Dairy, Egg, Soy
Syrup Cup	29.0g	
Breakfast Sandwich	33.0g	Wheat, Egg, Dairy, Soy
Egg Patty	1.0g	Egg, Soy
Cheese (one slice)	2.0g	Soy
English Muffin	30.0g	Wheat, Egg, Dairy, Soy
Buttery Waffle	37.0g	Wheat, Dairy, Egg
Pancakes w/Blueberry Glaze, The Max (2 pancakes)	36.0g	Wheat, Egg, Dairy, Soy
Canned Fruit, Assorted	12.7g	
Cereal, Whole Grain	22.8g	Wheat
Chicken Crispito	23.2g	Wheat, Soy
Cowgirl Muffin	24.6g	Wheat, Egg, Dairy
Crisp, Blueberry Lemon Bites	24.6	Wheat
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
Grilled 'Dilla (True Natural)	29.0g	Wheat, Soy, Dairy
Soymilk	17.0g	Soy
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	
Oatmeal Round (Nature Valley)	38.0g	Wheat, Dairy, Soy, Egg
Orange Juice (4oz)	14.0g	
Pancake Chicken Bites (5 pieces)	17.0g	Wheat
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, Maple	37.0g	Wheat, Egg, Dairy

Pumpkin Spice Scone	67.8g	Wheat, Egg, Dairy
Scrambled Egg w/Tater Tots	31.0g	Dairy, Egg, Soy
Scrambled Egg	1.0g	Dairy, Egg
Tater Tots (8 Tots)	16.0g	Soy
Smoothie (BarFresh) Twist & Go Mango/Pineapple	36.0g	Dairy
Smoothie (BarFresh) Twist & Go Peach	35.0g	Dairy
Syrup Cup	29.0g	
Turkey Chorizo Breakfast Bagel	23.0g	Wheat, Dairy, Soy
Turkey Sausage Breakfast Square	31.0g	Wheat, Dairy, Soy
Wild Blueberry Muffin Square	60.7g	Wheat, Dairy, Egg
Yogurt with Granola	66.0g	Wheat, Dairy, Soy
Yogurt (Upstate)	19.0g	Dairy
Granola, Central Kitchen	16.86g	Wheat, Soy

Elementary Lunch CHO Counts / Allergens		
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	
BBQ Sauce Cup	8.0g	
Bean & Cheese Burrito	40.0g	Wheat, Dairy, Soy
Bean & Cheese Burrito with Green Chili	35.0g	Wheat, Dairy
Bean & Cheese Tamale (Padrino)	29.0g	Dairy, Soy
Beef Cheeseburger	33.0g	Wheat, Dairy, Soy
Beef Pepperoni Stuffed Sandwich	31.0g	Wheat, Dairy, Egg, Soy
Beef Soft Taco	17.3g	Wheat, Dairy, 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
Butternut Squash (1/4 c)	6.5g	Cinnamon
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 Alfredo	23.0g	Wheat, Dairy
Chicken & Waffles	77.0g	Wheat, Dairy, Soy, Egg
Chicken Tenders (2)	11.0g	Wheat
Waffle	37.0g	Wheat, Dairy, Egg
Syrup Cup	29.0g	
Chicken Tortilla Soup	15.6g	
Crispito (2)	46.4g	Wheat
Croutons, Yellow Pea	16.0g	
Dinner Roll (Artesano)	21.0g	Wheat, Soy
Chicken & Cheese Pupusa	30.0g	Dairy
Chicken Corn Dog (1)	30.0g	Wheat, Soy, Egg
Chick'n Dip'n Sauce	11.0g	Egg, Soy
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	29.0g	Wheat, Dairy, Soy
Goldfish Pretzels	17.0g	Wheat, Dairy, Soy
Grilled Cheese Sandwich	30.5g	Wheat, Dairy, Soy
Grilled 'Dilla Quesadilla (True Natural)	29.0g	Wheat, Dairy, Soy

Harvest Mixed Fruit Cup	19.0g	
Hawaiian Brown Rice (1/2 C)	26.0g	
Hawaiian Teriyaki Beef Dunkers (4 each)	20.6g	Wheat, Soy, Sesame
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
Kickin' Nugget & Waffles (3 Nuggets)	37.0g	Wheat, Soy
Kickin' Patty on a Bun	43.0g	Soy,, Wheat, Dairy
Kickin' Patty	13.0g	Soy, Wheat
Hamburger Bun	30.0g	Wheat, Dairy
Soymilk	17.0g	Soy
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	
Mexican Meatless Taco	16.0g	Wheat, Dairy, Soy
Milk (1%)	16.0g	Dairy
Milk (Nonfat)	13.0g	Dairy
Miller's All Natural Beef Hot Dog	31.0g	Wheat, Dairy, Soy
Muchies Munch Snack Mix	17.0g	Wheat, Dairy
Multigrain 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
Popcorn Chicken Smackers (10 pieces)	16.4g	Wheat, Soy Dairy
Pork Carnitas Taco	16.0g	Wheat, Soy, Dairy, Pork
Pepperoni Pizza	33.0g	Wheat, Dairy, Soy, Pork
Pepperoni Stuffed Sandwich	31.0g	Wheat, Dairy, Soy, Egg
Potato Smiles (4 pieces)	25.0 g	Soy
Potato Wedges (8 pieces)	21.0g	Soy
Cheese Pizza Pocket	30.0g	Wheat, Dairy, Soy
Quesadilla w/Red Sauce	39.0g	Wheat, Dairy, Soy
Raisins	29.0g	
Scooby Doo Bone Grahams	21.0g	Wheat, Soy
Soup, Chicken Tortilla	16.7g	Wheat, Soy
Strawberry Chex Mix	23.0g	Wheat, Dairy, Soy
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
Sunbutter Meal	47.0g	Wheat, Dairy, Soy
Sunbutter Sandwich (Grape)	33.0g	Wheat Soy
Yogurt (Upsate)	0.0g	Dairy

Cheez-Its Crackers	14.0g	Wheat, Dairy, Soy
Tater Tots (8)	16.0g	Soy
Tortilla Chips, (La Tapatia)1 oz	19.0g	Soy
Tyson Chicken Strips (3)	16.0g	Wheat, Soy
Vegetarian Bean Taco (1 taco)	42.3g	Wheat, Dairy, Soy
Whole Grain Chicken Patty	10.0g	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