

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
Blueberry Muffin Square	60.7g	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
Canned Fruit, Assorted	12.7g	
Cereal, Whole Grain	22.8g	Wheat
Chicken Crispito	23.2g	Wheat, Soy
Cowgirl Muffin	24.6g	Wheat, Egg, Dairy
Cranberry Orange Farmer's Market Bar	47.3g	Wheat, Egg, Dairy
Crisp, Blueberry Lemon Bites	24.6	Wheat
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
Milk (1%)	16.0g	Dairy
Milk (NF)	13.0g	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
Pancake, Maple Chip	25.5g	Wheat, Egg, Dairy, Soy
Pancakes w/Blueberry Glaze, The Max (2 pancakes)	36.0g	Wheat, Egg, Dairy, Soy
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
Scone, Various Flavors	34.7g	Wheat, Dairy

Scrambled Egg w/Tater Tots	31.0g	Dairy, Egg, Soy
Scrambled Egg	1.0g	Dairy, Egg
Tater Tots (8 Tots)	16.0g	Soy
Turkey Sausage	0.0g	
Smoothie (BarFresh) Twist & Go Mango/Pineapple	36.0g	Dairy
Smoothie (BarFresh) Twist & Go Peach	35.0g	Dairy
Soy milk	17.0g	Soy
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
Zee Zees Soft Baked Bar	24.0g	Wheat, Soy

Elementary Lunch CHO Counts / Allergens		
Lunch Items	Carbohydrates	Major Allergens
Apple Cinnamon Bear Grahams	21.0g	Wheat
Apple Strawberry Crisps	10.0g	
Apples, Roasted Cinnamon Fuji (1/2 c)	17.3	
Applesauce Cup, Strawberry	14.0g	
Applesauce Cup, Unsweetened	14.0g	
Bagged Carrots	4.0g	
Bagged Grapes	13.7g	
BBQ Pulled Pork Sandwich	46.1g	Wheat, Soy, Dairy, Pork
BBQ Sauce Cup	8.0g	
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 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
Broccoli Salad - Central Kitchen (1/4c)	9.1g	Egg
Bug Bites Crackers	21.0g	Wheat, Soy
Butternut Squash (1/4 c)	6.5g	Cinnamon
Caesar Salad (1/2 c)	5.3g	Wheat, Dairy, Soy, Egg, Fish
Carnitas Soft Taco	16.0g	Wheat, Dairy, Soy
Cheese Cubes	2.0g	Dairy
Cheese Pizza	34.0g	Wheat, Dairy, Soy
Cheese Pizza Pocket	30.0g	Wheat, Dairy, Soy
Cheeseburger	32.6g	Wheat, Soy, Dairy
Cheeseburger Sliders	31.3g	Wheat, Dairy, Soy
Cheez-It Crackers	14.0g	Wheat, Dairy, Soy
Cherries, Dried	31.0g	
Chick'n Dip'n Sauce	11.0g	Egg, Soy
Chicken & Cheese Pupusa	30.0g	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 Alfredo	23.0g	Wheat, Dairy
Chicken Corn Dog (1)	30.0g	Wheat, Soy, Egg
Chicken Patty on a Bun	46.0g	Wheat
Chicken Patty (Tyson)	16.0g	Wheat, Soy
Hamburger Bun	30.0g	Wheat, Dairy, Soy
Chicken Soft Taco	19.0g	Wheat, Dairy, Soy
Chicken Tortilla Soup	45.6g	
Soup	16.6g	

Bean & Cheese Tamale	29.0g	Dairy, Soy
Crispito (2)	46.4g	Wheat
Croutons, Yellow Pea	16.0g	
Dinner Roll (Artesano)	21.0g	Wheat, 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 'Dilla Quesadilla (True Natural)	29.0g	Wheat, Dairy, Soy
Grilled Cheese Sandwich	30.5g	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
Juice, Apple (4oz)	14.0g	
Juice, Apple (6oz)	23.0g	
Juice, Fruit Punch (6oz)	25.0g	
Juice, Strawberry Kiwi (4oz)	14.0g	
Juice, Very Berry (4oz)	17.0g	
Juice, Very Berry (6oz)	26.0g	
Ketchup Cup	6.0g	
Kickin' Nugget & Waffles (3 Nuggets)	37.0g	Wheat, Soy
Kickin' Nuggets (5 pieces)	13.0g	Soy, Wheat
Kickin' Patty on a Bun	43.0g	Soy,, Wheat, Dairy
Kickin' Patty	13.0g	Soy, Wheat
Hamburger Bun	30.0g	Wheat, Dairy
Mandarin Orange Chicken (1/2 C)	19.3g	Wheat, Egg, Soy
Mandarin Orange Chicken w/Rice	45.3g	Wheat, Egg, Soy
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
Pepperoni Pizza	33.0g	Wheat, Dairy, Soy, Pork
Popcorn Chicken Smackers (10 pieces)	16.4g	Wheat, Soy Dairy
Potato Smiles (4 pieces)	25.0 g	Soy
Potato Wedges (8 pieces)	21.0g	Soy
Quesadilla w/Red Sauce	39.0g	Wheat, Dairy, Soy
Raisins	29.0g	
Refried Beans (1/2 c)	27.0g	Soy
Scooby Doo Bone Grahams	21.0g	Wheat, Soy

Soy milk	17.0g	Soy
Strawberry & Cream Frozen Juice	23.0g	
Strawberry Chex Mix	23.0g	Wheat, Dairy, Soy
Strawberry Waffle Graham	21.0g	Wheat
Sun Chips, Multigrain	19.0g	Wheat
Sunbutter & Grape Sandwich (2.8oz)	33.0g	Wheat, Soy
Sunbutter & Grape Sandwich (5.2oz)	56.0g	Wheat, Soy
Sunbutter & Strawberry Sandwich (2.8oz)	32.0g	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 Cheddar Chex Mix	20.0g	Wheat, Dairy, Soy
Wild Mike's Mozzarella Bites w/Marinara	13.0g/4.0g	Wheat, Dairy, Soy