

## Summer Cold Transport Menu CHO Counts / Allergens

Breakfast Items	Carbohydrates	Major Allergens
Apple Cinnamon Oatmeal Round Meal	50.0g	Wheat, Egg, Dairy, Soy
Apple Cinnamon Oatmeal Round	38.0g	Wheat, Egg, Dairy, Soy
Peach Cup	12.0g	
Cranberry Orange Bar w/Smoothie	83.3g	Wheat, Egg, Dairy
Cranberry Orange Bar	47.3g	Wheat, Egg, Dairy
Mango Pineapple Smoothie	36.0g	Dairy
Cereal Meal	59.0g	Dairy
Cereal, Variety (1oz)	22.0g	Gluten Free
Applesauce Cup, Strawberry	14.0g	
Peach Cup	12.0g	
Apple Slices	11.0g	
Blueberry Bagel Meal	53.0g	Wheat, Dairy
Blueberry Bagel w/Cream Cheese	34.0g	Wheat, Dairy
Mixed fruit Cup	19.0g	
CK Shelf Stable Breakfast Meal	75.0g	Dairy
Honey Cheerios (2 oz)	44.0g	Gluten Free
Dried Cheerios	31.0g	
Shelf Stable Milk, 1% Low Fat	12.0g	Dairy
Lunch Items	Carbohydrates	Major Allergens
Pita Dipper Meal	31.0g	Wheat, Dairy, Soy
Pita Dippers (4 pitas)	4.0g	Wheat
Chesse Cuts (4 pieces)	1.0g	Dairy
Pepperoni, Turkey (13-14 slices)	2.0g	
Marinara Sauce Cup	0.0g	
Apple Crisps (1 pkg)	10.0g	
Cracker (1 pkg)	14.0g	Wheat, Dairy, Soy
Turkey Wrap Meal	52.7g	Wheat, Dairy, Soy
Turkey Wrap w/Cheese	33.5g	Wheat, Dairy, Soy
Mayo Packet	0.0g	
Mustard Packet	1.0g	
Apple Crisps (1 pkg)	10.0g	
Carrots, Baby (1 bag)	8.2g	
Beef Salami Meal	50.0g	Wheat, Dairy, Soy, Sesame
Slider Roll	22.0g	Wheat, Dairy, Soy, Sesame
Cracker Cut Cheese ( 4 pieces)	1.0g	Dairy
Beef Salami Slices (1PKG)	0.0g	
Mayo Packet	0.0g	
Mustard Packet	1.0g	
Apple Slices	11.0g	

Paradise Punch Juice 4 oz	15.0g	
CK Chicken Salad Meal	42.8g	Wheat, Dairy, Soy, Egg
CK Chicken Salad	1.6g	Egg
Pita Dippers (4 pitas)	4.0g	Wheat, Dairy, Soy
Veggie Crispy Cracker (1 PKG)	18.0g	Wheat, Dairy, Soy
Sliced Apples (1 bag)	11.0g	
Baby Carrots (1 bag)	8.2g	
Cuban Black Bean Dip Meal	52.5g	Gluten Free, Dairy
Bean Dip Cup	17.0g	
Tortilla Chips	20.0g	
Salsa Cup	2.0g	
Shredded Cheese, Mozzarella	3.5g	
Apple Crisps (1 pkg)	10.0g	
Sunbutter Meal (Vegetarian Option)	87.2g	Wheat, Dairy, Soy
Sunbutter Sandwich	32.0g	Wheat, Dairy, Soy
String Cheese	2.0g	Dairy
Cheez-It	14.0g	Wheat, Dairy, Soy
Carrots, Baby (1 bag)	8.2g	
Cherries, Dried	31.0g	
Shelf Stable Milk, 1% Low Fat	12.0g	Dairy