

Summer Hot Menu CHO Counts / Allergens		
Breakfast Items	Carbohydrates	Major Allergens
Buttery Waffle	37.0g	Wheat, Dairy, Egg
Chicken Crispito	23.2g	Wheat, Soy
Breakfast Pizza	26.9g	Wheat, Dairy, Soy
Breakfast Bites (3 Each)	20.0g	Wheat, Dairy, Egg, Soy
Breakfast Bake	33.9g	Wheat, Dairy, Egg
Waffle, Eggoji (2 waffles)	29.0g	Wheat, Egg, Dairy, Soy
French Toast Sticks (3 pieces)	28.0g	Wheat, Egg
Breakfast Sandwich	33.0g	Wheat, Egg, Dairy, Soy
Turkey Chorizo Breakfast Bagel	23.0g	Wheat, Dairy, Soy
Graham Crackers	17.0g	Wheat, Soy
Smoothie, Variety	35.6g	Dairy
Whole Grain Cereal, Variety (1 oz)	28.5g	Gluten Free
Pancakes w/Blueberry Glaze ( 2 pancakes)	36.0g	Wheat, Egg, Dairy, Soy
Canned Fruit, Assorted	12.7g	
Apple Slices	11.0g	
Blueberry Bagel w/Cream Cheese	34.0g	Wheat, Dairy
Mixed fruit Cup	19.0g	
Peach Cup	12.0g	
Fresh Fruit, Assorted	14.2g	
Applesauce Cup, Strawberry	14.0g	
Dried Cheerios	31.0g	
Salsa Picante (1/4 c)	1.0g	
Syrup Cup (1.4 oz cup)	29.0g	
Orange Juice, Singles	14.0g	
Milk (1%)	16.0g	Dairy
Soymilk	16.0g	Soy
Shelf Stable Milk, 1% Low Fat	12.0g	Dairy
Lunch Items	Carbohydrates	Major Allergens
Pizza, Pepperoni	36.9g	Wheat, Dairy, Soy, Pork
Pizza, Cheese	33.9g	Wheat, Dairy, Soy
Breaded Chicken Drumstick (1 drumstick)	6.0g	Wheat
Cheeseburger	32.6g	Wheat, Dairy, Soy
Sunbutter Meal	49.0g	Wheat, Dairy, Soy
Sunbutter Sandwich (Grape)	33.0g	Wheat, Soy
String Cheese	2.0g	Dairy
Cheez-Its or Goldfish Cracker	14.0g	Wheat, Dairy, Soy
Kickin' Patty on a Bun	43.0g	Wheat, Dairy, Soy

Quesadilla w/Red Sauce (The Max)	39.0g	Wheat, Dairy, Soy
Bean & Cheese Burrito	56.0g	Wheat, Dairy, Soy
Apple Crisps (1 pkg)	10.0g	
Carrots, Baby (1 bag)	8.2g	
Canned Fruit, Assorted (1/2 cup)	12.7g	
Canned Vegetables (1/2 cup)	93.8g	
Chicken Corn Dog (1)	30.0g	Wheat, Soy, Egg
Dinner Roll	21.7g	Wheat, Soy
Chicken Patty on a Bun	46.0g	Wheat, Dairy, Soy
Chicken Patty (Tyson)	16.0g	Wheat, Soy
Hamburger Bun	30.0g	Wheat, Dairy, Soy
Breaded Chicken Strips (3 strips)	16.0g	Wheat
Apple Slices	11.0g	
Paradise Punch Juice 4 oz	15.0g	
Peach Cup	12.0g	
Popcorn Chicken Smackers (10 pieces)	16.4g	Wheat, Soy, Dairy
Chicken & Cheese Pupusa	30.0g	Dairy
Beef Hot Dog	31.0g	Wheat, Dairy, Soy
Veggie Crispy Cracker (1 PKG)	18.0g	Wheat, Dairy, Soy
BBQ Cup	8.0g	
Potato Wedges (8 pieces)	18.1g	Wheat
Tater Tots (8 tots)	16.0g	Soy
Applesauce Cup, Strawberry	14.0g	
Mashed Potatoes (1/2 c)	13.8g	Dairy
Sorbet (1 cup)	34.0g	
Mixed fruit Cup	19.0g	
Ketchup ( 1 oz cup)	6.0g	
Salsa Picante (1/4 c)	1.0g	
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	
Milk (1%)	16.0g	Dairy
Soymilk	16.0g	Soy
Shelf Stable Milk, 1% Low Fat	12.0g	Dairy