

Elementary Breakfast CHO Counts / Allergens		
Breakfast Items	Carbohydrates	Major Allergens
Apple Juice	14.0g	
Bagel, Blueberry & Cream Cheese	34.0g	Wheat Dairy
Banana	27.0g	
Muffin Square, Various Flavors	28.1g	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
Turkey Sausage	0.0g	
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	
Canned Vegetables (1/2 cup)	93.8g	
Central Kitchen Lemon Strawberry Smoothie (blenderless)	41.0g	Dairy
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
French Toast Sticks (3 pieces)	28.0g	Wheat, Egg
Fresh Apple	25.0g	
Fresh Fruit, Assorted	14.2g	
Garlic Cheese Toast	28.3g	Wheat, Dairy, Soy
Graham Crackers	17.0g	Wheat, Soy
Granola (1/2 C)	16.7g	Wheat
Granola Bake	44.5g	Wheat, Dairy
Gravy Breakfast Pizza	18.0g	Wheat, Dairy
Grilled 'Dilla (True Natural)	29.0g	Wheat, Soy, Dairy
Hasbrowns Triangles (1/2 C)	14.0g	
Milk (1%)	16.0g	Dairy
Milk (NF)	13.0g	Dairy
Mini Strawberry Bagel Pull-Apart	42.0g	Wheat, 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 ( 1 package)	36.0g	Wheat, Egg, Dairy, Soy
Parfait Cup w/Berries	27.8g	Dairy
Pillsbury Mini Pancakes, Maple	37.0g	Wheat, Egg, Dairy
Pumpkin Spice Scone	67.0g	Wheat, Egg, Dairy
Scrambled Eggs	4.0g	Egg
Tater Tots (8 Tots)	16.0g	Soy
Turkey Sausage	0.0g	
Smoothie (BarFresh), Mango/Pineapple	36.0g	Dairy
Smoothie (BarFresh), Peach	35.0g	Dairy
Smoothie (BarFresh) Strawberry Banana	36.0g	Dairy
Smoothie, (Dannon) Various Flavors	22.0g	Dairy
Soymilk	17.0g	Soy
Syrup Cup	29.0g	
Tater Tots (8 tots)	15.9g	
Tortilla, 6 "	14.0g	Wheat
Turkey Chorizo Breakfast Bagel	23.0g	Wheat, Dairy, Soy
Turkey Sausage Breakfast Square	31.0g	Wheat, Dairy, Soy
Salsa Packet, Picante	1.0g	
Yogurt with Granola	66.0g	Wheat, Dairy, Soy
Yogurt (Upstate)	19.0g	Dairy
Granola, Central Kitchen	16.86g	Wheat, Soy
Vegetable Juice, 4 oz Various Flavors	13.0g	
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	45.0g	Wheat, Dairy, Soy, Pork
BBQ Sauce Cup	8.0g	
Bean & Cheese Burrito	51.0g	Wheat, Dairy, Soy
Beef Cheeseburger	33.0g	Wheat, Dairy, Soy
Beef Pepperoni Stuffed Sandwich	31.0g	Wheat, Dairy, Egg, Soy
Beef Soft Taco	18.5g	Wheat, Dairy, Soy
Beef Taco Bowl	61.0g	Wheat, Dairy, Soy
Black Bean Burger	55.0g	Weat, Dairy, Soy
Bread Stick, Garlic	15.0g	Wheat, Dairy, Soy, Egg
Breaded Chicken Bites (5 pieces)	17.0g	Wheat, Dairy, Soy
Breaded Chicken Drumstick	6.0g	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
Cheese Cubes	2.0g	Dairy
Cheese Bites (5 pieces)	34.5g	Wheat, Dairy
Cheese Pizza	33.9g	Wheat, Dairy, Soy
Cheese Pizza Pocket	30.0g	Wheat, Dairy, Soy
Cheeseburger Sliders	31.3g	Wheat, Dairy, Soy
Cheesy Cornbread Muffin	23.0g	Wheat, Eggs
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	Diary
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 Pasta	21.5g	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	Whaet, Dairy , Soy

Chicken Soft Taco	19.0g	Wheat, Dairy, Soy
Chicken Teriyaki	20.2g	Wheat, Soy
Chicken Tortilla Soup	15.6g	
Bean & Cheese Tamale	29.0g	Dairy, Soy
Crispito (2)	46.4g	Wheat
Crispy Beef Tacos ( 2 tacos)	25.0g	Dairy, Soy
Crackers, Dick & Jane	21.5g	Wheat, Dairy, Eggs
Croutons, Yellow Pea	16.0g	
Dinner Roll (Bimbo)	20.0g	Wheat, Soy, Sesame
Fresh Fruit (Assorted)	14.2g	
Fresh Plum	8.0g	
Fresh Strawberries (3)	4.0g	
French Bread Pizza	32.0g	Wheat, Dairy, Soy
Fries, Sidwinders (12 pieces)	15.1g	
Goldfish, Cheddar Crackers	14.0g	Wheat, Dairy
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
Honey Bunny Grahams, Annie's	24.0g	Wheat, Dairy, 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'n Tenders (3 Tenders)	13.0g	Wheat, Soy
Kickin' Patty on a Bun	43.0g	Soy,, Wheat, Dairy
Kickin' Patty	13.0g	Soy, Wheat
Hamburger Bun	30.0g	Wheat, Dairy
Mac & Cheese	28.0g	Wheat, Dairy, Egg
Mandarin Orange Chicken (1/2 C)	19.3g	Wheat, Egg, Soy
Mandarin Orange Chicken w/Rice	45.3g	Wheat, Egg, Soy
Marinara Sauce Dipping Cup	7.0g	
Mashed Potatoes & Gravy	15.9g	Wheat, Dairy
Milk (1%)	16.0g	Dairy
Milk (Nonfat)	13.0g	Dairy

Milk, Lactose Free (Borden) Fat Free	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
Pasta with Beef Marinara	21.7g	Wheat, Soy
Pepperoni Pizza	36.9g	Wheat, Dairy, Soy, Pork
Popcorn, Sweet & Salty	71.4g	
Popcorn Chicken Smackers (10 pieces)	16.4g	Wheat, Soy Dairy
Potato Smiles (4 pieces)	25.0 g	Soy
Potato Wedges (8 pieces)	18.1g	Wheat
Cheese Quesadilla w/Red Sauce	40.2g	Wheat, Dairy, Soy
Raisins	29.0g	
Sack Lunch Meal	27.0g	Soy
	84.0g	Wheat, Dairy Soy
Scooby Doo Bone Grahams	21.0g	Wheat, Soy
Soymilk	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)	19.0g	Dairy
Cheez-Its Crackers	14.0g	Wheat, Dairy, Soy
Tater Tots (8)	16.0g	Soy
Tortilla Chips, (La Tapatia)1 oz	19.0g	Soy
Tostitos Scoops	18.9g	
Triple Berry Blast	13.0g	
Turkey, Carved	1.0g	
Homestyle 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