

Item	CHO	Major Allergen
Yogurt, 4 oz (Upstate)	19.0g	Dairy
Cereal, Variety (1oz)	23.0g	Gluten Free
Cereal Honey Cheerios (2oz)	30.0g	
Cheese Stick	1.0g	Dairy
Pineapple Cup	16.0g	
Paradise Juice (4oz)	15.0g	
Peach Smoothie (Bar Fresh)	35.0g	Dairy
Cracker - Dick & Jane	22.0g	Wheat, Dairy, Egg
Apple Cinnamon Chickpea Spread	15.0g	
Yam Sticks	21.0g	
Ranch Dressing Cup	1.0g	Dairy, Egg
Turkey Coins (5 ea)	0.0g	
Mini Slider Bun (2 ea)	30.0g	Wheat, Soy
Sunflower Seeds	23.0g	
Fresh Fruit	14.0g	
Carrots, Baby (1 bag)	4.0g	
Mayo Packet	1.0g	Egg
Bean Dip, Cuban	17.0g	
Tortilla Chips	31.0g	
Cheese, Cubes	0.0g	Dairy
Salsa Cup	2.0g	
Fruit	14.0g	
Edamame	9.0g	Soy
Honey Cheerios (2 oz)	44.0g	Gluten Free
Pita Dippers (7 pieces)	24.0g	Wheat
Chesse Cuts (4 pieces)	1.0g	Dairy
Salami	2.0g	
Sliced Apples	11.0g	
Egg, Hard Boiled	0.0g	Egg
Cherries, Dried	31.0g	
Turkey & Cheese Hoagie	29.0g	Wheat, Dairy, Soy, Egg
Flat Bread Pita (1 piece)	29.0g	Wheat
Marinara Cup	0.0g	
Cheese, Mozz	0.0g	Dairy
Pineapple, Dried	84.0g	
Sunbutter Sandwich	32.0g	Wheat, Dairy, Soy
String Cheese	2.0g	Dairy

Cheez-It, Crackers	14.0g	Wheat, Dairy, Soy
Applesauce Cup	11.0g	
Applesauce, Strawberry Cup	14.0g	
Apple Crisps (1 pkg)	10.0g	
Wango Mango, Juice (4.23 oz)	14g	
Cherry Star, Juice (4.23 oz)	13g	
Dragon Punch, Juice (4.23 oz)	13g	
1% Milk (8oz carton)	12.0g	Dairy
NonFat (8oz Carton)	12.0g	Dairy
Shelf Stable Milk, 1% Low Fat	12.0g	Dairy