

Elementary Breakfast CHO Counts / Allergens		
Breakfast Items	Carbohydrates	Major Allergens
Apple Juice	14.0g	
Bagel w/Strawberry Cream Cheese	47.6g	Wheat,Dairy
Banana	27.0g	
Muffin Square, Various Flavors	28.1g	Wheat, Egg, Dairy
Breakfast Bites, WG (3 Each)	20.0g	Wheat, Dairy, Egg, Soy
Breakfast Taco	15.4g	Wheat,Dairy, Egg
Breakfast Turkey Croissant	29.0g	Wheat, Egg, Dairy, Soy
Buttery Waffle	37.0g	Wheat, Dairy, Egg
Canned Fruit, Assorted	12.7g	
Cereal, Whole Grain	22.8g	Wheat
Chicken & Biscuit Breakfast Sandwich	34.0g	Wheat, Dairy, Soy
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
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 Granola Cluster (1/2C)	3.5g	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
Milk, Lactose Free	12.0g	Dairy
Soymilk	17.0g	Soy
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 (Pancake Pup)	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	27.7g	Dairy
Pillsbury Mini Pancakes, Maple	37.0g	Wheat, Egg, Dairy
Pumpkin Spice Scone	67.0g	Wheat, Egg, Dairy
Rice, Brown Calrose (1/2 C)	26.0g	
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 Carton), Peach	35.0g	Dairy
Smoothie (BarFresh) Strawberry Banana	36.0g	Dairy
Smoothie, (Dannon) Various Flavors	22.0g	Dairy
Syrup Cup	29.0g	
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 (Upstate)	19.0g	Dairy
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 Sauce Cup	8.0g	
Bean & Cheese Burrito	51.0g	Wheat, Dairy, Soy
Beef Cheeseburger	31.9	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
Bug Bites Crackers	21.0g	Wheat, Soy
Bunny Grahams, Annies "Spring Feast"	25.0g	Wheat, Dairy, Soy
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 Pocket	35.0g	Wheat, Dairy
Cheeseburger Sliders	31.3g	Wheat, Daiy, 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	Diary
Chicken Alfredo Pasta	21.5g	Wheat, Dairy
Chicken Corn Dog (1)	30.0g	Wheat, Soy, Egg
Chicken Patty on a Bun	47.0g	Wheat, Dairy Soy
Chicken Patty (Tyson)	17.0g	Wheat, Dairy, Soy
Hamburger Bun	30.0g	Wheat, Dairy , Soy
Chicken Soft Taco	19.0g	Wheat, Dairy, Soy
Chicken Teriyaki (No Rice)	20.2g	Wheat, Soy
Chicken Tortilla Soup	15.6g	
Crackers, Bunny Shaped Honey Grahams (Annie's)	25.0g	Wheat, Dairy, Soy
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
Harvest Mixed Fruit Cup	19.0g	
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	21.5g	Soy, Wheat
Hamburger Bun	30.0g	Wheat, Dairy
Mac & Cheese (Spring Feast)	28.0g	Wheat, Dairy
Mandarin Orange Chicken w/Rice (1/2 C)	74.6g	Wheat, Egg, Soy
Marinara Sauce Dipping Cup	7.0g	
Mashed Potatoes & Gravy	15.9g	Wheat, Dairy
Mini Corn Dogs (6 Each)	30.0g	Wheat, Egg, Soy
Milk (1%)	16.0g	Dairy
Milk (Nonfat)	13.0g	Dairy
Milk, Lactose Free (Borden) Fat Free	12.0g	Dairy
Milk, Soy	17.0g	Soy
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
Peach Smoothie	35.0g	Dairy
Pepperoni Pizza	36.9g	Wheat, Dairy, Soy, Pork
Pita Dippers	28.0g	Wheat
Popcorn, Sweet & Salty	20.0g	
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

Quesadilla w/Red Sauce	40.2g	Wheat, Dairy, Soy
Raisins	29.0g	
Rice, Brown Calrose (1/2 C)	26.0g	
Sack Lunch Meal	84.0g	Wheat, Dairy, Soy
Savory Wheat Crackers	30.0g	Wheat
Scooby Doo Bone Grahams	21.0g	Wheat, 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
Sweet & Sour Chicken w/Rice	80.2g	Wheat, Egg, Soy
Tater Tots (8)	16.0g	Soy
Tortilla Chips, (La Tapatia)1 oz	19.0g	Soy
Tostitos Scoops	18.9g	
Trail Mix, Sweet Heat (Zee Zees)	37g	
Triple Berry Blast	13.0g	
Turkey, Carved	1.0g	
Homestyle Chicken Strips (3)	16.5g	Wheat
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