

Summer Hot Menu CHO Counts / Allergens

Breakfast Items	Carbohydrates	Major Allergens
Apple Slices	11.0g	
Applesauce Cup, Strawberry	14.0g	
Bagel, Plain	44.6g	Wheat
Strawberry Cream Cheese	3.0g	Dairy
Breakfast Pizza	26.9g	Wheat, Dairy, Soy
Cereal (2oz bowlpack))	45.2g	Wheat
Cereal (1oz bowlpack)	28.5g	
Chicken Crispito	23.2g	Wheat, Soy
French Toast Sticks (3 pieces)	28.0g	Wheat, Egg
Syrup Cup (1.4 oz cup)	29.0g	
Fruit, Assorted Canned	12.7g	
Fruit, Assorted Fresh	14.2g	
Fruit Cup, Mixed	19.0g	
Fruit Cup, Peach	12.0g	
Fruit, Dried Cherries	31.0g	
Garlic Cheese Toast	29.0g	Wheat, Dairy, Soy
Graham Crackers	17.0g	Wheat, Soy
Milk, 1% Low Fat White	16.0g	Dairy
Milk, Non Fat White	13.0g	Dairy
Milk, Lactaid	13.0g	Dairy
Milk, Soy	16.0g	Soy
Milk, 1% White Shelf Stable	13.0g	Dairy
Muffin Square, Variety	28.1g	Wheat, Dairy, Egg
Orange Juice, Singles	14.0g	
Salsa Picante (1/4 c)	1.0g	
Smoothie, Twist & Go Various Flavors (Bar Fresh)	35.6g	Dairy
Lunch Items	Carbohydrates	Major Allergens
Apple Slices (1 bag)	11.0g	
Applesauce Cup, Strawberry	14.0g	
Beef Hot Dog	31.0g	Wheat, Dairy, Soy
Beef & Cheese Tacos (2 tacos)	25.0g	Dairy, Soy
Bread Stick, Garlic	15.0g	Wheat, Dairy, Soy, Egg
Burrito, Bean & Cheese	44.0g	Wheat, Dairy, Soy
Carrots, Baby (1 bag)	8.2g	
Cavatapil Pasta w/Beef	21.0g	Wheat, Dairy
Cheeseburger	32.6g	Wheat, Dairy, Soy
Cheese Pocket	28.0g	Wheat, Dairy
Marinara Cup	3.0g	

Chicken, Breaded Strips	16.0g	Wheat
BBQ Sauce Cup	8.0g	
Chicken Patty on a WG Bun	43.0g	Wheat, Dairy, Soy
Chicken, Popcorn Smackers (10 pieces)	16.4g	Wheat, Soy, Dairy
Dinner Roll	21.7g	Wheat, Soy
Fruit, Assorted Canned	12.7g	
Fruit, Assorted Fresh	14.2g	
Fruit Cup, Mixed	12.0g	
Fruit Cup, Peach	12.0g	
Fruit, Dried Cherries	31.0g	
Fruit, Spectrum Blend (1/2c)	10g	
Juice, Paradise Punch (4oz)	15.0g	
Ketchup Cup	6.0g	
Mac & Cheese (4oz)	21.5	What, Dairy
Mashed Potatoes (1/2 c)	13.8g	Dairy
Pizza, Cheese	33.9g	Wheat, Dairy, Soy
Pizza, French Bread	32.g	Wheat, Dairy, Soy
Pizza, Pepperoni	36.9g	Wheat, Dairy, Soy, Pork
Pizza Quesadilla w/Red Sauce	40.2g	Wheat, Dairy, Soy
Potato Wedges (8 wedges)	18.1g	Wheat, 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
Tater Tots (8 tots)	14.4g	
Salsa Picante (1/4 c)	1.0g	
Milk, 1% Low Fat White	16.0g	Dairy
Milk, Non Fat White	13.0g	Dairy
Milk, Lactaid	13.0g	Dairy
Milk, Soy	16.0g	Soy
Milk, 1% White Shelf Stable	13.0g	Dairy