

Elementary Breakfast CHO Counts / Allergens			
Breakfast Items	Carbohydrates	Calories	Major Allergens
Apples, Roasted Cinnamon Fuji	17g	65	
Apple Slices (1/2c)	15g	60	
Bagel w/Cream Cheese	46g	287	Wheat,Milk
Breakfast Bites, Jimmy Dean	20g	340	Wheat, Milk, Egg, Soy
Breakfast Pizza	31g	210	Wheat, Milk, Soy
Buttery Waffle	37g	250	Wheat, Milk, Egg
Cereal, Whole Grain	23g	110	Wheat
Chicken & Biscuit Breakfast Sandwich	34g	335	Wheat, Milk, Soy
Cream Cheese	1g	70	Milk
Crispito, Chicken	23g	272	Wheat, Soy
Eggo Emoji Waffles (2 waffles)	29g	70	Wheat, Egg, Milk, Soy
French Toast Sticks (3 pieces)	28g	210	Wheat, Egg
Fruit, Canned (1/2c)	25g	101	
Fruit Cups (peach, mixed fruit, pineapple tidbits, applesauce)	14g	63	
Garlic Cheese Toast	28g	368	Wheat, Milk, Soy
Graham Crackers	17g	90	Wheat, Soy
Granola (1/2c)	4g	17	Wheat
Gravy Breakfast Pizza	18g	190	Wheat, Milk
Ham & Cheese Croissant	27g	300	Wheat, Milk, Egg, Soy
Hasbrowns Triangles (2 pcs))	14g	115	
Juice, Vegetable 4 oz Various Flavors	13g	50	
Juice, Orange (4oz)	14g	60	
Lunch Bunch Grapes	11g	45	
Mandarin Orange (1)	12g	47	
Milk (1%)	16g	130	Milk
Milk (NF)	13g	90	Milk
Milk, Lactose Free	12g	90	Milk
Mini Strawberry Bagel Pull-Apart	42g	230	Wheat, Milk
Muffin Square, Various Flavors	28g	177	Wheat, Egg, Milk
Naked Berry Blast Juice	38g	140	
Naked Mighty Mango Juice	43g	180	
Naked Strawberry Banana Juice	38g	150	
Orange Juice (4oz)	14g	60	
Pancake Chicken Bites (5 pieces)	17g	220	Wheat
Pancake with Pork Sausage (Pancake Pup)	22g	290	Wheat, Egg, Milk, Soy
Pancake, Maple Chip	26g	350	Wheat, Egg, Milk, Soy
Pancakes w/Blueberry Glaze, The Max (1 package)	36g	223	Wheat, Egg, Milk, Soy
Parfait Cup w/Berries	28g	130	Milk
Persimmon, Fresh (1)	25g	32	
Pillsbury Mini Pancakes, Maple	37g	130	Wheat, Egg, Milk
Plum, Fresh	8g	30	
Salsa Picante	1g	5	
Scrambled Eggs	4g	180	Egg
Smoothie (BarFresh), Mango/Pineapple	36g	130	Milk
Smoothie (BarFresh Carton), Peach	35g	125	Milk
Smoothie (BarFresh) Strawberry Banana	36g	130	Milk
Smoothie, (Dannon) Various Flavors	22g	110	Milk
Soymilk	17g	100	Soy
Syrup Cup	29g	110	
Tortilla, 6 "	14g	100	Wheat
Turkey Chorizo Breakfast Bagel	23g	174	Wheat, Milk, Soy
Turkey Sausage Patty, Egg & Cheese Croissant/Sandwich	29g	392	Wheat, Milk, Egg, Soy
Yogurt (Upstate)	19g	90	Milk

Elementary Lunch CHO Counts / Allergens			
Lunch Items	Carbohydrates	Calories	Major Allergens
Apple Cinnamon Bear Grahams	21g	120	Wheat
Apple, Fresh	25g	95	
Apple Slices (1/2c)	15g	60	
Apple Strawberry Crisps	10g	40	
BBQ Pulled Pork Sandwich	48g	232	Wheat, Milk, Soy
BBQ Sauce Cup	8g	35	
Bean, Refried	27g	160	
Bean & Cheese Burrito	40g	319	Wheat, Milk
Bean & Cheese Pupusa	35g	290	Milk
Beef Bolognese Pasta	38g	313	Wheat, Milk
Beef Cheeseburger	32g	402	Wheat, Milk, Soy
Beef Hot Dog	31g	292	Wheat, Milk, Soy
Beef Soft Taco (1 taco)	19g	354	Wheat, Milk
Biscuit, WG	22g	171	Wheat
Black Bean Burger	55g	350	Wheat, Milk, Soy
Bread Stick, Garlic	15g	100	Wheat, Milk, Soy, Egg
Breaded Chicken Drumstick (1 drumstick)	6g	220	Wheat
Broccoli Salad w/Poppy Seed Dressing	22g	96	Eggs
Bug Bites Crackers	21g	120	Wheat, Soy
Bunny Grahams, Honey	25g	160	Wheat, Milk, Soy
Cheese Bites (5 pieces)	35g	345	Wheat, Milk
Cheez-It Crackers	14g	100	Wheat, Milk, Soy
Cheese Pizza	34g	359	Wheat, Milk, Soy
Cheese Pocket	35g	320	Wheat, Milk
Cheese Sring, Mozzarella	2g	80	Milk
Cherries, Dried	31g	130	
Chick'n Dip'n Sauce	11g	230	Egg
Chicken Alfredo Pasta	37g	423	Wheat, Milk
Chicken Corn Dog (1)	30g	240	Wheat, Soy, Egg
Chicken Patty w/Cheese on a Bun	48g	455	Wheat, Milk, Soy
Chicken Teriyaki (No Rice)	35g	281	Wheat, Soy
CK Tortilla Soup	16g	136	
Crispito (2)	46g	544	Wheat
Crsip Ups, Beef Taco (2 tacos)	24g	360	Wheat, Milk, Soy
Crackers, Dick & Jane	22g	117	Wheat, Milk, Eggs
Cucumber , Coins (1/2)	2g	8g	
Dinner Roll (Bimbo)	20g	110	Wheat, Soy, Sesame
Edamame (1/2c)	9g	120	Soy
French Bread Pizza	32g	300	Wheat, Milk, Soy
Fruit, Canned (1/2c)	25g	101	
Fruit Cups (peach, mixed fruit, pineapple tidbits, applesauce)	14g	63	
Fruit Blend, Spectrum	13g	49	
Garlic Cheese Toast	28g	368	
Goldfish, Cheddar Crackers	14g	100	Wheat, Milk
Goldfish Pretzels	16g	90	Wheat, Milk, Soy
Grapes, Lunch Bunch	11g	45	
Grilled Cheese	39g	234	Wheat, Milk
Harvest Mixed Fruit Cup	19g	80	
Heartzel Pretzels	16g	80	Wheat
Homestyle Chicken Strips (3 Strips)	17g	285	Wheat, Soy
Juice, Sun Cup Various Flavors (4.23oz)	14g	60	
Juice, Sun Cup Various Flavors (6.75oz)	25g	90	
Juice, Strawberry Kiwi (4oz)	14g	60	
Juice, Very Berry (4oz)	17g	60	
Juice,Very Berry (6oz)	26g	100	

Ketchup Cup	6g	25	
Kickin' Nuggets (5 pieces)	13g	210	Soy, Wheat
Kickin'n Tenders (3 Tenders)	13g	210	Wheat, Soy
Kickin' Patty on a Bun	43g	370	Wheat, Milk, Soy
Kiwi, Fresh (1)	10g	42g	
Mac & Cheese (4oz), CK	22g	275	Wheat, Milk
Mandarin Orange (1)	12g	47	
Mandarin Orange Chicken (1/2c) No Rice	19g	150	Wheat, Egg, Soy
Marinara Sauce Dipping Cup	7g	40	
Mashed Potatoes (1/2 cup) w/Gravy	16g	83	Milk, Wheat
Mini Corn Dogs (6 Each)	30g	260	Wheat, Egg, Soy
Milk (1%)	16g	130	Milk
Milk (Nonfat)	13g	110	Milk
Milk, Lactose Free (Fat Free)	13g	90	Milk
Milk, Soy	16g	100	Soy
Miller's All Natural Beef Hot Dog	31g	290	Wheat, Milk, Soy
Muchies Munch Snack Mix	18g	110	Wheat, Milk
Multigrain Sun Chips	19g	140	Wheat
Nature Valley Cinnamon Crisps	25g	150	Wheat, Milk, Soy
Pasta with Beef Marinara	22g	163	Wheat, Soy
Pear, Fresh (medium)	27g	100	
Pepperoni Pizza	37g	400	Wheat, Milk, Soy
Persimmon, Fresh (1)	25g	32	
Pico De Gallo (1/2c)	3g	12	
Pita Dippers	36g	227	Wheat
Plum, Fresh	8g	30	
Popcorn, Sweet & Salty	20g	130	
Popcorn Chicken Smackers (10 pieces)	16g	250	Wheat, Milk, Soy
Potato Smiles (4 pieces)	20g	130	Soy
Potato Wedges (8 pieces)	18g	131	Wheat
Quesadilla w/Red Sauce	40g	371	Wheat, Milk, Soy
Ranch Dressing (2 Tbsp)	1g	130	Milk, Egg
Rice, Brown Calrose (1/2 C)	28g	128	
Sack Lunch Meal	84g	600	Wheat, Milk, Soy
Savory Wheat Crackers	30g	180	Wheat
Scooby Doo Bone Grahams	21g	120	Wheat, Soy
Strawberry Chex Mix	23g	130	Wheat, Milk, Soy
Strawberry Waffle Graham	21g	120	Wheat
Sun Chips, Multigrain	19g	140	Wheat
Sunbutter Sandwich	33g	310	Wheat, Soy
Sunbutter Meal (Sunbutter Sand, Yogurt, Crackers)	65g	500	Wheat, Milk, Soy
Sweet Potato Fries (1/2c)	24g	160	
Sweet & Sour Chicken	80g	433	Wheat, Egg, Soy
Tater Tots (8)	14g	110	Soy
Tomatoes, Cherry (1/2c)	3g	13	
Tortilla Chips (1 Bag)	16g	140	Soy
Triple Berry Blast	13g	60	
Vegetable Juice, 4 oz. Various Flavors	13g	50	
Yogurt, Upstate	19g	90	Milk
Whole Grain Cheddar Chex Mix	20g	110	Wheat, Milk, Soy