

Elementary Breakfast CHO Counts / Allergens			
Breakfast Items	Carbohydrates	Calories	Major Allergens
Apple Slices (1/2c)	15g	60	
Bagel w/Cream Cheese	46g	287	Wheat, Milk
Breakfast Bites, Jimmy Dean (3 pieces)	20g	340	Wheat, Milk, Egg, Soy
Breakfast Pizza	26g	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
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 Clusters (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, Apple Sun Cup (4oz)	14g	60	
Juice, Vegetable 4 oz Various Flavors	13g	50	
Juice, Orange Sun Cup (4oz)	14g	60	
Lunch Bunch Grapes	11g	45	
Mandarin Orange, Fresh (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 Slices, Fresh (4 slices)	8g	33	
Pancake with Pork Sausage (Pancake Pup)	22g	290	Wheat, Egg, Milk, Soy
Pancake, Maple Chip	26g	350	Wheat, Egg, Milk, Soy
Parfait Cup w/Strawberries	33g	130	Milk
Persimmon, Fresh (1)	25g	32	
Plum, Fresh	8g	30	
Raisins	78g	297	
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
<b>Chicken/Turkey Entrees</b>			
Chicken Alfredo Pasta	37g	423	Wheat, Milk
Chicken Corn Dog (1)	30g	240	Wheat, Soy, Egg
Corn Dogs, Mini (6 Each)	30g	260	Wheat, Egg, Soy
Chicken Drumstick, Breaded (1 drumstick)	6g	220	Wheat
Chicken, Mandarin Orange (1/2c) No Rice	19g	150	Wheat, Egg, Soy
Chicken Patty w/Cheese on a Bun	48g	455	Wheat, Milk, Soy
Chicken, Popcorn Smackers (10 pieces)	17g	250	Wheat, Milk, Soy
Chicken, Sweet & Sour	18g	140	Wheat, Soy, Egg
Chicken Teriyaki (No Rice)	38g	281	Wheat, Soy
Chicken Strips, Homestyle (3 Strips)	17g	285	Wheat, Soy
Crispito (2)	46g	540	Wheat
<b>Beef Entrees Entrees</b>			
Beef Bolognese Pasta	14g	313	Wheat, Milk
Beef Cheeseburger	31g	425	Wheat, Milk, Soy
Beef Hot Dog	31g	292	Wheat, Milk, Soy
Beef & Cheese Taco Crisp Up (2 tacos)	24g	360	Milk, Soy
Beef Soft Taco (1 taco)	19g	354	Wheat, Milk
<b>Pizza</b>			
Cheese, Pizza (pork)	34g	359	Wheat, Milk, Soy
Pizza, Pepperoni	37g	400	Wheat, Milk
<b>Pork Entrees</b>			
BBQ Pulled Pork Sandwich	37g	232	Wheat, Milk, Soy
Carnitas Soft Taco	16g	340g	Wheat, Milk, Soy
<b>Vegetarian Entrees</b>			
Bean & Cheese Burrito	44g	360	Wheat, Milk, Soy
Black Bean Burger	55g	350	Wheat, Milk, Soy
Cheese Pizza Pocket	28g	280	Wheat, Milk
Cheese Sring, Mozzarella	2g	80	Milk
Garlic Cheese Toast	28g	368	Wheat, Milk, Soy
Grilled Cheese	39g	234	Wheat, Milk
Kickin' Patty Sandwich	43g	370	Wheat, Milk, Soy
Kickin' Nuggets (5 pieces)	13g	210	Soy, Wheat
Kickin'n Tenders (3 Tenders)	13g	210	Wheat, Soy
Pupusa, Bean & Cheese	35g	290	Milk
Quesadilla w/Red Sauce	40g	372	Wheat, Milk, Soy
Sunbutter Meal	65g	500	Wheat, Milk, Soy
Sunbutter Sandwich	32g	310	Wheat, Soy
Yogurt, Upstate	19g	90	Milk
Goldfish Crackers	14g	100	Wheat, Milk
Sack Lunch Meal	88g	634	Wheat, Milk, Soy
<b>Sides</b>			
BBQ Baked Beans, Ck (1/2 C)	29g	152	
Beans, Refried Pinto Ck (1/2 C)	24g	142	
Bean, Refried	27g	160	
Biscuit, WG	29g	230	Wheat, Milk, Soy
Bread Stick, Garlic	15g	100	Wheat, Milk, Soy, Egg
Chicken Tortilla Soup, CK	16g	136	
Chow Mein (6oz)	42g	208	Wheat, Soy, Egg, Sesame
Dinner Roll (Bimbo)	20g	110	Wheat, Soy, Sesame
Mac & Cheese (4oz), CK	22g	275	Wheat, Milk
Mashed Potatoes	19g	104	Wheat, Milk
Mashed Potatoes (1/2 C)	15g	69	Dairy
Gravy (2 oz)	4g	35	Wheat
Pita Dippers	36g	227	Wheat

Popcorn, Sweet & Salty	20g	130	
Potato Smiles (4 pieces)	20g	130	Soy
Potato, Tater Tots (8Tots)	14g	113	
Potato Wedges (1/2C)	20g	120	Wheat
Rice, Brown Calrose (1/2 C)	28g	128	
Sun Chips, Multigrain	19g	140	Wheat
Sweet Potato Fries (1/2c)	24g	160	
Tortilla Chips (1 Bag)	19g	142	Soy
<b>Sauces/Condiments</b>			
BBQ Sauce Cup	8g	35	
Chick'n Dip'n Sauce	11g	230	Egg
Ketchup Cup	6g	25	
Marinara Sauce Dipping Cup	7g	40	
Mustard Packet	1g	0	
Ranch Dressing (2 Tbsp)	1g	130	Milk, Egg
Ranch Dressing Cup	2g	120	Milk, Egg
<b>Fruit/Vegetables</b>			
Apple, Fresh	25g	95	
Apple Slices (1/2c)	15g	60	
Apple Strawberry Crisps	10g	40	
Banana	27g	106	
Broccoli	4g	25	
Broccoli Salad w/Poppy Seed Dressing	22g	96	Eggs
Carrots, Baby	8g	35	
Celery Sticks	4g	7	
Cherries, Dried	31g	130	
Corn, Canned (1/2 C)	13g	60	
Cucumber , Coins (1/2)	2g	8g	
Edamame (1/2c)	9g	120	Soy
Fruit Blend, Spectrum	13g	49	
Fruit, Canned (1/2c)	25g	101	
Fruit Cups (peach, mixed fruit, pineapple tidbits, applesauce)	14g	63	
Fruit Cup, Mixed (Harvest)	19g	80	
Grapes, Lunch Bunch	11g	45	
Green Beans, Canned (1/2C)	4g	20	
Jicama	6g	23	
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, Triple Berry Blast	13g	60	
Juice, Vegetable 4 oz. Various Flavors	13g	50	
Juice, Very Berry (4oz)	17g	60	
Juice, Very Berry (6oz)	26g	100	
Mandarin Orange, Fresh (1)	12g	47	
Orange Slices, Fresh (4 slices)	8g	33	
Pico De Gallo (1/2c)	3g	12	
Plum, Fresh	8g	30	
Salad, Broccoli w/Poppy Seed Dressing	22g	96	Eggs
Salad w/Cilantro Lime Dressing	7g	127	Milk, Egg, Soy
Salad, Soil Born Salad Kit (1/2 C)	5g	17	
Salsa Picante	1g	5	
Spinach (1C)	1g	7	
Tomatoes, Cherry (1/2c)	3g	13	
<b>Milk/ Beverages</b>			
Milk (1%)	16g	130	Milk
Milk (Nonfat)	13g	110	Milk
Milk, Lactose Free ( Fat Free)	13g	90	Milk
Milk, Soy	16g	100	Soy

<b>Child Care/ASSP Snack</b>			
Bug Bites Crackers	21g	120	Wheat, Soy
Cereal, Whole Grain	23g	110	Wheat
Cheez-It Crackers	14g	100	Wheat, Milk, Soy
Chex Mix, Cheddar	20g	110	Wheat, Milk, Soy
Chex Mix, Strawberry	23g	130	Wheat, Milk, Soy
Chex Mix, Traditional	37g	210	
Crackers, Dick & Jane	22g	117	Wheat, Milk, Eggs
Fruit Cups (peach, mixed fruit, pineapple tidbits, applesauce)	14g	63	
Goldfish Crackers	14g	100	Wheat, Milk
Goldfish Pretzels	16g	90	Wheat, Milk, Soy
Graham Crackers	14g	100	Wheat, Milk
Heartzel Pretzels	16g	80	Wheat
Juice, Vegetable (6.75oz.) Various Flavors	21g	83	
Muchies Munch Snack Mix	18g	110	Wheat, Milk
Nature Valley Cinnamon Crisps	25g	150	Wheat, Milk, Soy
Savory Wheat Crackers	30g	180	Wheat
Scooby Doo Bone Grahams	21g	120	Wheat, Soy
Strawberry Waffle Graham	21g	120	Wheat
Yogurt, Upstate	19g	90	Milk