

<u>Item</u>	<u>Allergens*</u>	<u>Carb Counts</u>
French Toast with Sausage^	Eggs, Wheat	29
Pancakes with Sausage^	Eggs, Wheat	37
Syrup cup		31
Hashbrown	Soy	30
Toasted Cheese	Dairy, Wheat	31
Hamburger+ on a Bun	Wheat	25
Hotdog+ on a Bun	Wheat	21
Mini Corndogs (3)*	Wheat, Eggs	12
Corndog^ on a stick	Wheat, Eggs	30
Mega Minis Chicken	Wheat	10
Chicken nuggets	Wheat, Soy	13
Chicken tenders	Wheat, Soy	15
Breaded Chicken Sandwich	Wheat, Soy	35
Grilled Chicken Sandwich	Wheat, Soy	35
French bread pizza	Dairy, Wheat	33
Deep Dish pizza (round pizza)	Dairy, Wheat	40
Breaded Mozzarella sticks	Dairy, Wheat	33
Wild Mike's Pizza Slice	Dairy, Wheat	34
Beef Rib Patty on a Bun	Wheat	38
Wild Mike's Bites	Dairy, Wheat	28
Ham* & Cheese croissant	Dairy, Wheat	30
Turkey and Cheese sandwich	Dairy, Wheat	28
PB&J	Nuts, Wheat	32
CC Muffin, yogurt & chz stick	Dairy, Wheat, Egg, Soy	67
Blueberry Muffin, yogurt & chz stick	Dairy, Wheat, Egg, Soy	63
Apple Cinn Muffin, yogurt, chz stick	Dairy, Wheat, Egg, Soy	64
Banana Muffin, yogurt & chz stich	Dairy, Wheat, Egg, Soy	66
Bagel, yogurt & chz stick	Dairy, Wheat	44
Taco Bowl+ w/scoops, chz,salsa	Dairy, Soy	29
Bosco Cheese Sticks	Dairy, Wheat	17
Hot & Spicy Chicken Sandwich	Wheat, Soy	35
Mac & Cheese with mini corn dogs^	Dairy, Wheat, Eggs	53
Mandarin Chicken w/asian noodles	Dairy, Wheat, Eggs	55
Pasta w/meat sauce+	Wheat	53
Garlic bread	Dairy, Wheat, Soy	17
Hot Chicken Wings, bone in	Dairy, Soy	7
General TSO's chicken w/asian noodles	Wheat, Eggs, Soy	58
Tomatoes, grape, 1/2 cup		5
Broccoli, buds, 1/2 cup		7

<u>Item</u>	<u>Allergens*</u>	<u>Carb Counts</u>
Carrots, baby, 1/2 cup		12
Celery Sticks, 1/2 cup		3
Banana		27
Grapes		26
Orange		21
Apple		18
Peaches, cup		18
Pears, cup		19
Applesauce, cinn		15
Applesauce, Straw		15
Raisins		31
White Milk 1/2 pint	Dairy	11
Chocolate Milk, 1/2 pint	Dairy	20
Syrup Cup		31
Ketchup Packet		2
Ranch Cup	Dairy, Egg, Soy	2
Mustard Packet		0
Cream Cheese Cup	Dairy	1
Mayonnaise Packet	Egg	0
Relish Packet		3
Marinara Sauce Cup		3
BBQ Sauce Cup	Soy	10
Sweet and Sour Cup	Soy	11
Salsa Cup		3
Teddy Grahams	Wheat, Soy	16
Goldfish cheddar	Dairy, Wheat	14
Gripz Cinn	Dairy, Wheat, Soy	19
Gripz Choc	Dairy, Wheat, Soy	21
Elf Grahams	Wheat, Soy	21
Blueberry Lemon Cookie Bites	Wheat, Soy	21
Bug Bites	Wheat, Soy	21
Cheezits	Dairy, Wheat, soy	14
Heartzels	Wheat, Soy	16
Scoops		19
Baked Lays	Soy	22
Fritos		16
Honey Roasted Sunflower Nuts		10

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If blank no known allergens present		
* Turkey Product		
^ Chicken Product		
(+) Beef Product		
WE DO NOT SERVE ANY PORK PRODUCTS		
<i>IMPORTANT DISCLAIMER: Information concerning product allergens is obtained solely from the vendor or the manufacturer of the specific product. District 34 does not warrant or guarantee the information provided by the vendor or manufacturer. The information posted does not guarantee that the external manufacturers, producers and handlers of the food products have maintained an allergen-free environment.</i>		