

Allergen Chart

Grains and Breakfast Entrees							
Menu Item	Carbohydrate (Grams)	None Indicated	Egg	Wheat	Milk	Soy	Tree nuts
Bacon & Egg Breakfast Tacos - LR-1043	18		C	C	C		
Biscuit, Southern Easy Split - LR100898	29			C	C		
Breakfast Chicken and Waffles - LR100856	24		C	C	C	C	
Breakfast Honey Bun - LR100165	40		C	C	C	C	
Breakfast Sausage Pizza - LR-1371	27			C	C	C	
CEREAL BAR, TEAM CHEERIOS - LR100833	30			C			
CEREAL, HONEY CHEERIOS - LR100880	44	NI					
CEREAL, Honey Nut Cheerios -100655	45						C
CEREAL, Cinnamon Toast Crunch - 100652	44			C			
CEREAL, Cocoa Puffs - 100653	47	NI					
CEREAL, Lucky Charms - 100654	46	NI					
ChatSnax - LR100730	21			C		C	
Cheez It - LR100186	14			C	C	C	
Chicken Sausage Biscuit - LR100638	29			C	C		
CHIPS, SUNCHIP ORIGINAL - LR100869	19			C			
Donut with Chocolate Icing - LR100514	54		P	C	C	C	
Glazed Donut - LR-6015	37		P	C	C	C	
Donut Pwd Sugar - LR100871	43						
French Toast Sticks - LR100156	35			C		C	
Garlic Breadstick - 100249	17			C	C		
Goldfish crackers WG - LR100152	14			C	C		
Hawaiian Roll, WG - LR100887	18		C	C	C	C	
Kolache, Jalapeno & Cheese Sausage	32		C	C	C	C	
MUFFIN, BANANA, WG, IW - LR100879	47		C	C			
Pancake and Sausage on a Stick - LR-1328	16		C	C	C	C	
Strawberry Poptart - LR-1476	75			C		C	
Brown Sugar Poptart - LR100576	75			C		C	
Rice, Brown - LR100042	19						
Spanish Rice - LR-1036	23						
Texas Toast Garlic - LR100585	15			C	C	C	
Tortilla Chips, 2 oz - LR100742	36	Corn					