

Allergen Chart

Fruit		
Menu Item	Carbohydrate (Grams)	None Indicated
Apple Crisps - LR100747	10	NI
Apple, Gala - LR100689	20	NI
Apple, Granny Smith - LR100719	19	NI
Sliced Apples - LR100064	7	NI
Apple Sauce - LR100510	17	NI
Craisins - LR100622	28	NI
Orange Craisins - LR100482	28	NI
Craisins Raspberry Lemonade Flavor	27	NI
Strawberry Craisins - LR100150	28	NI
Craisins Watermelon Flavor - LR100656	27	NI
Fresh Fruit - Banana - LR100194	27	NI
Watermelon - LR100137	6	NI
Grapes - LR100204	14	NI
Oranges - LR-6002	16	NI
Pear - LR100123	19	NI
Diced Peaches - LR100650	18	NI
Mandarin Oranges - LR100177	20	NI
Diced Pears - LR-3005	19	NI
Pineapple Tidbits - LR100130	19	NI
Peaches, Frozen Fruit Cup - LR100473	13	NI
Raisin Box - LR100191	33	NI
Strawberries, Frozen Cup - LR100823	11	NI