

June - Allergen and Carb Info Elementary & Secondary Updated 5.21.24

COMBO LUNCH MENU ITEMS

(see next section for nutrition information on individual meal items)

CARBS	MENU ITEM	TOP 9 ALLERGENS <small>Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut</small>	OTHER NUTRITION INFO
45g + Chips	BBQ Pork Sandwich BBQ sauced shredded pork (1/2 cup), hamburger bun	Soy, Wheat, Sesame	Contains pork
54g CAV/HS 43g MS 29g ELEM	Beef Teriyaki Dippers with Rice Brown Rice, Teriyaki Beef Dippers	Soy, Wheat	
58g CAV 68g HS	Cheeseburger or Bacon Cheeseburger with Fries Beef patty, American cheese slice, hamburger bun, fries (3/4c CAV, 1c HS)	Milk, Soy, Wheat, Sesame	Bacon contains Pork
28g	Cheeseburger Beef patty, American cheese slice, hamburger bun	Milk, Soy, Wheat, Sesame	
49g	Cheesy Pillsbury Pull Apart & Tomato Bisque Soup 1 Cheesy Pull Apart, Tomato Bisque Soup (1 cup)	Milk, Soy, Wheat	Vegetarian
51g	Cheesy Pillsbury Pull Apart & Chicken Enchilada Soup 1 Cheesy Pull Apart, Chicken Enchilada/Tortilla Soup (1 cup)	Milk, Soy, Wheat	
47g	Cheese Filled Breadsticks & Tomato Bisque Soup 1 Cheesy Pull Apart, Tomato Bisque Soup (1 cup)	Egg, Milk, Soy, Wheat	Vegetarian
49g	Cheese Filled Breadsticks & Chicken Enchilada Soup 1 Cheesy Pull Apart, Chicken Enchilada/Tortilla Soup (1 cup)	Egg, Milk, Soy, Wheat	
32g	Chicken Caesar Wrap Diced chicken, cheese (parmesan), Caesar dressing, Tortilla	Eggs, Fish, Milk, Soy	
33g	Chicken (Patty) n' Waffles (CAV & LSHS) Chicken patty (Secondary), waffles (2)	Egg, Milk, Soy, Wheat	
32g	Chicken (Tenders) n' Waffles (MIDDLE) Chicken tenders (2), waffles (2)	Egg, Milk, Soy, Wheat	
43g	Chicken Burger (ELEMENTARY) Chicken patty breaded (Elementary), hamburger bun	Soy, Wheat, Sesame	
76g HS 66g CAV 56g MS	Chicken Burger (SECONDARY) with Fries Chicken patty breaded (Secondary), hamburger bun, fries (3/4c CAV, 1c HS)	Soy, Wheat, Sesame	
83g HS 73g CAV	Chicken Burger, Spicy (SECONDARY) with Fries Chicken patty breaded spicy (Secondary), hamburger bun, fries(3/4c CAV, 1cHS)	Soy, Wheat, Sesame	
76g CAV/HS 65g MS	Chicken General Tso with Rice Brown Rice, Chicken General Tso Breaded	Egg, Soy, Wheat	
70g CAV/HS 59g MS	Chicken Lemongrass with Rice Brown Rice, Lemongrass Chicken Breaded	Egg, Soy, Wheat	
70g CAV/HS 59g MS 48g ELEM	Chicken Orange with Rice Brown Rice, Chicken Orange Breaded	Egg, Soy, Wheat	
59g CAV/HS	Chicken Spicy Szechuan with Rice Brown Rice, Spicy Szechuan Chicken	Soy, Wheat, Sesame	
69g CAV/HS 58g MS	Chicken Sweet n Sour with Rice Brown Rice, Chicken Sweet n Sour Breaded	Egg, Soy, Wheat	
58g CAV/HS 47g MS	Chicken Teriyaki with Rice Brown Rice, Chicken Teriyaki	Soy, Wheat	
33g	Chili Dog Chili (1/4 cup) + Hot Dog & Bun + Cheese sprinkle	Milk, Soy, Wheat, Sesame	
57g	Chili with Cornbread Chili (1 cup) + Cornbread	Egg, Milk, Soy, Wheat	
28g	Deli Sandwich, Turkey (ELEMENTARY) Hamburger bun, deli meat (turkey), cheese (American) (2 slices)	Milk, Soy, Wheat, Sesame	
30g	Deli Sandwich, Turkey, Ham (SECONDARY) Hoagie roll, deli meat (turkey or ham), Cheese (cheddar or swiss) or Egg Salad	Milk, Soy, Wheat, Sesame	
36g	Deli Sandwich GLUTEN FREE, Turkey & Cheese GF Hamburger bun, deli meat (turkey), cheese (American) (2 slices)	Egg, Milk, Soy	

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30g	Gyro, Chicken Diced chicken (1/2 cup), Feta Cheese (1oz), Tzatziki sauce, Flatbread (1)	Milk, Soy, Wheat	
42g	Italian Meatball Sub (SECONDARY) Hoagie Roll, beef meatballs (6) with spaghetti sauce, mozzarella cheese	Milk, Soy, Wheat, Sesame	
34g	Nachos, Beef w/ Cheese Sauce Cup (ELEMENTARY) Corn tortilla chips 1oz, beef taco meat, cheese sauce cup	Milk, Soy	
20g	Nachos, Beef w/ Shredded Cheese (ELEMENTARY) Corn tortilla chips 1oz, beef taco meat, cheese (cheddar shred)	Milk, Soy	
39g	Nachos, Beans w/ Cheese Sauce Cup (ELEMENTARY) Corn tortilla chips, refried beans (1/4 cup), cheese sauce cup	Milk, Soy	Vegetarian
33g	Nachos, Chicken w/ Cheese Sauce Cup (ELEMENTARY) Corn tortilla chips 1oz, chicken taco meat, cheese sauce cup	Milk, Soy	
47g	Nachos, Cheese, Beef (SECONDARY) Corn tortilla chips 2oz, beef taco meat, cheese sauce	Milk, Soy	
52g	Nachos, Cheese, Beef AND Refried Bean (SECONDARY) Corn tortilla chips 2oz, refried beans (1/4 cup), beef taco meat, cheese sauce	Milk, Soy	Beans contain pork
44g	Nachos, Cheesy Beans & Chips (HS/CAV) Corn tortilla chips 2oz, refried beans (1/2 cup), cheddar cheese	Milk	Beans contain pork
46g	Nachos, Chicken w/ Cheese Sauce Cup (SECONDARY) Corn tortilla chips 2oz, chicken taco meat, cheese sauce cup	Milk, Soy	
50g + garlic toast(s)	Pasta with Chicken Alfredo Sauce (SECONDARY) Penne Pasta (1c), Alfredo Sauce with Chicken (1/2 cup)	Milk, Wheat	
32g + 1 garlic toast	Pasta with Marinara Meat Sauce (ELEM) Penne Pasta (1/2c), marinara meat sauce (1/2c), parmesan sprinkle	Milk, Soy, Wheat	
63g + garlic toast(s)	Pasta with Red Sauce & Beef (SECONDARY) Penne Pasta (1c), beef meatballs (6) with spaghetti sauce, mozzarella cheese	Milk, Soy, Wheat	
62g + 2oz roll	Popcorn Chicken & Mashed Potato Bowl (LSHS) Popcorn Chicken (12 pcs), Potatoes (1c), Gravy (1/4c), Corn & Cheese (2Tb)	Milk, Soy, Wheat	
68g + fruit	Protein Pack (Traditional) Benefit bar, cheese (string or cubes), yogurt + fruit variety	Eggs, Milk, Soy, Wheat	Vegetarian
31g + fruit	Protein Pack (Alternate) 2 Goldfish pkg, cheese (string or cubes), hard boiled egg, pepperoni + fruit	Eggs, Milk, Soy, Wheat	Contains Pork
60g	Rice with General Tso Sauce & Beef Brown rice, beef meatballs with general Tso sauce	Milk, Soy, Wheat	
4g + cornbread loaf	Salad- Chicken Caesar Lettuce (2 cups), Diced chicken, cheese (parmesan), Caesar packet	Eggs, Fish, Milk, Soy	
16g + cornbread loaf	Salad- Garden Lettuce (2 cups), Sunflower seeds, cheese (cheddar), ranch packet	Eggs, Milk, Soy	Vegetarian
4g + cornbread loaf	Salad- Chef's Lettuce (2 cups), Lunchmeat, Egg, Cheddar Cheese, ranch packet	Eggs, Milk, Soy	
4g + cornbread loaf	Salad- Chicken, Bacon Lettuce (2 cups), Chicken, Bacon, ranch packet	Eggs, Milk, Soy	
20g + cornbread loaf	Salad- Crispy Chicken, Bacon Lettuce (2 cups), Breaded Chicken, Bacon, ranch packet	Eggs, Milk, Soy, Wheat	
33g	Soft Taco, Beef (MIDDLE) Flour tortilla, beef taco meat, cheese (cheddar)	Milk, Soy, Wheat	
39g	Soft Taco, Beef AND Bean (MIDDLE) Flour tortilla, refried beans (1/4 cup), beef taco meat, cheese (cheddar)	Milk, Soy, Wheat	Beans contain pork
40g + Tortilla Chips 2oz	Tachos (HIGH SCHOOL) Tater Tots (1 c.), Cheese (1/2 c.), Bacon (1/4 c.), Dressing Drizzle, Green Onion	Egg, Milk, Soy, Wheat	Bacon Contains Pork
43g	Veggie Burger Black bean veggie patty OR Vegetarian Chicken Tenders, hamburger bun	Egg, Soy, Wheat, Sesame	Vegetarian

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ALPHABETICAL INDIVIDUAL LUNCH MENU ITEMS

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
3g	Alfredo Sauce with Chicken	Milk	
19g	Bagel, Mini	Soy, Wheat	Vegetarian, Vegan
33g	Bagel, Regular size	Soy, Wheat	Vegetarian, Vegan
42g	Bar, Zee Zee brand variety of flavors	Milk, Soy, Wheat	Vegetarian
18g	BBQ Shredded Pork (1/2 cup pork + 2 Tb BBQ Sauce)	X	Contains Pork
12g	Beans, Refried (1/2 cup)	X	Contains Pork
38g	Bean & Cheese Burrito SECONDARY	Milk, Soy, Wheat	Vegetarian
38g	Beef & Cheese Burrito SECONDARY	Milk, Soy, Wheat	
40g	Beef Meatballs (6) w/ BBQ Sauce (1/4 cup)	Milk, Soy, Wheat	
36g	Beef Meatballs (6) w/ General Tso Sauce (1/4 cup)	Milk, Soy, Wheat	
15g	Beef Meatballs (6) w/ Spaghetti Sauce (1/2 cup)	Milk, Soy, Wheat	
4g	Beef Meatballs (6) (Unsauced)	Milk, Soy, Wheat	
0g	Beef Patty	Soy	
1g	Beef Taco Meat (1/3 cup)	Soy	
9g	Beef Teriyaki Dippers (6) SECONDARY	Soy, Wheat	
6g	Beef Teriyaki Dippers (4) ELEMENTARY	Soy, Wheat	
47g	Benefit Bar: Oatmeal Choc or Ban Choc	Eggs, Milk, Soy, Wheat	Vegetarian
16g	Black Bean Veggie Patty	Egg, Soy, Wheat	Vegetarian
27g	Blueberry Loaf, Mini	Egg, Milk, Soy, Wheat	Vegetarian
12g	Bread, Garlic Toast Mini (1)	Egg, Milk, Soy, Wheat	Vegetarian
29g	Bread, Hoagie Whole Wheat	Soy, Wheat, Sesame	Vegetarian, Vegan
30g	Bread, Sliced Whole Wheat (2 slices)	Soy, Wheat	Vegetarian, Vegan
25g	Cereal: Granola 4oz cup	Soy, Wheat	Vegetarian
30g	Cheese Filled Breadsticks (2 sticks)	Egg, Milk, Soy, Wheat	Vegetarian
2g	Cheese, Shredded (2oz cup)	Milk	Vegetarian
1g	Cheese, American (2 slices- 1oz)	Milk, Soy	Vegetarian
1g	Cheese, Cheddar, Mozzarella, Swiss, Parmesan 1oz	Milk	Vegetarian
15g	Cheese Sauce 3oz (Cheddar or Jalapeno) (1)	Milk	Vegetarian
1g	Cheese, String 1oz	Milk	Vegetarian
32g	Cheesy Pillsbury Pull-Apart	Milk, Soy, Wheat	Vegetarian
31g	Chicken General Tsos Breaded (4oz) SECONDARY	Egg, Soy, Wheat	
25g	Chicken Lemongrass Breaded (4oz) SECONDARY	Egg, Soy, Wheat	
0g	Chicken Diced, 1/2 cup (Includes Chicken Taco Meat and Gyro Meat)	X	
32g	Chicken Enchilada Empanada	Milk, Soy, Wheat	
12g	Chicken Nugget/Chunk (6) CAV & LSHS	Soy, Wheat	
15g	Chicken Nuggets (5) ELEM	Soy, Wheat	
18g	Chicken Nuggets (6) MIDDLE	Soy, Wheat	
23g	Chicken Nuggets Meatless (6) SECONDARY		
19g	Chicken Orange Breaded (3oz) ELEM	Egg, Soy, Wheat	
25g	Chicken Orange Breaded (4oz) SECONDARY	Egg, Soy, Wheat	
16g	Chicken Patty, Breaded ELEM	Soy, Wheat	
9g	Chicken Patty, Breaded SECONDARY	Soy, Wheat	
16g	Chicken Patty, Breaded Spicy SECONDARY	Soy, Wheat	
17g	Chicken, Popcorn (10 pcs) ELEM	Milk, Soy, Wheat	
20g	Chicken, Popcorn (12 pcs) LSHS	Milk, Soy, Wheat	
15g	Chicken Spicy Szechuan (4oz) SECONDARY	Soy, Wheat, Sesame	
24g	Chicken Sweet n Sour Breaded (4oz) SECONDARY	Egg, Soy, Wheat	

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11g	Chicken Tenders (4)	Soy, Wheat	
	Chicken Tenders Meatless (4) SECONDARY	Soy, Wheat	Vegetarian, Vegan
13g	Chicken Teriyaki (4oz) SECONDARY	Soy, Wheat	
31g	Chips, Corn Tortilla Sabroso 2oz bag	X	Vegetarian, Vegan
18g	Chips, Corn Tortilla Tostitos 1oz bag	X	Vegetarian, Vegan
19g	Chips, SunChips, Cheddar	Milk, Wheat	Vegetarian
17g	Chocolatey Chickpea Spread "The Amazing Chickpea" 1.12oz	X	Vegetarian, Vegan
25g	Chili, Beef & Bean (1 cup)	Soy	
30g	Corn Dog	Egg, Soy, Wheat	
30g	Corn Dogs, Mini (6)	Egg, Soy, Wheat	
32g	Cornbread Loaf, Mini	Egg, Milk, Soy, Wheat	Vegetarian
20g	Crackers (variety-precise carbs listed on each package)	Milk, Soy, Wheat	Vegetarian
1g	Cream Cheese Cup, Plain	Milk	Vegetarian
3g	Cream Cheese Cup, Strawberry	Milk	Vegetarian
42g	Cream Cheese Mini Bageler, Strawberry or Cinnamon	Milk, Soy, Wheat	Vegetarian
0g	Deli Meat Roll-Up (Turkey or Ham)	X	
0g	Deli Meat, Turkey Ham, PRE-SLICED	X	
0g	Deli Meat, Turkey, PRE-SLICED	X	
0g	Egg (hard boiled)	Egg	Vegetarian
1g	Egg Patty	Egg, Milk, Soy	Vegetarian
22g	English Muffin	Soy, Wheat, Sesame	Vegetarian, Vegan
28g	Flatbread, 2.2oz Whole Grain	Milk, Soy, What	Vegetarian
5g	Fortune Cookie	Egg, Soy, Wheat	Vegetarian
37g	French Toast, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
38g	French Toast Sticks (2 large sticks or 4 small)	Egg, Milk, Soy, Wheat	Vegetarian
20g	Fries: Tater Tots or Potato Wedges (1/2 cup) ELEM & MIDDLE	Soy, Wheat	Vegetarian, Vegan
30g	Fries: Tater Tots or Potato Wedges (3/4 cup) CAV	Soy, Wheat	Vegetarian, Vegan
40g	Fries: Tater Tots or Potato Wedges (1 cup) LSHS	Soy, Wheat	Vegetarian, Vegan
3g	Gravy, Chicken (1/4 cup)	Milk, Soy, Wheat	
0g	Ham, Diced	X	Contains Pork
27g	Hamburger Bun	Soy, Wheat, Sesame	Vegetarian, Vegan
35g	Hamburger Bun or Bagel, GLUTEN FREE	Egg	Vegetarian
27g	Hot Dog with Bun	Soy, Wheat, Sesame	
18g	Hummus Cup	X	Vegetarian, Vegan
36g	Mac n' Cheese 3/4 cup ELEM	Egg, Milk, Wheat	Vegetarian
48g	Mac n' Cheese 1 cup MIDDLE & LSHS	Egg, Milk, Wheat	Vegetarian
41g	Mac n' Cheese 1 cup CAV	Milk, Soy, Wheat	Vegetarian
25g	Nutrigrain Bar, Apple, Strawberry, or Raspberry	Milk, Soy, Wheat	Vegetarian
47g	Pasta Penne (Whole Wheat, Pre Cooked) 1 cup	Wheat	Vegetarian, Vegan
40g	Pizza Bagel (Cheese or Pepperoni) ELEM	Milk, Wheat	
33g	Pizza, Calzone Large (Cheese or Pepperoni) SECONDARY	Milk, Soy, Wheat	Pepperoni contains pork
35g	Pizza French Bread (Cheese or Pepperoni)	Milk, Soy, Wheat	Pepperoni contains pork
27g	Pizza Personal (Cheese or Pepperoni) ELEM	Milk, Soy, Wheat	
37g	Pizza Pockets Mini (3) (Cheese or Pepperoni)	Milk, Soy, Wheat	Pepperoni contains pork
34g	Pizza Slice Cheese ELEM	Milk, Soy, Wheat	Vegetarian
43g	Pizza Slice Cheese or Pepperoni SECONDARY	Milk, Soy, Wheat	Pepperoni contains pork
45g	Pizza Slice Hawaiian SECONDARY	Milk, Soy, Wheat	Ham contains pork
27g	Pizza Square Rippers Pepperoni	Milk, Soy, Wheat	Pepperoni contains pork
17g	Potatoes, Mashed 1/2 cup ELEM	Milk	Vegetarian
34g	Potatoes, Mashed 1 cup LSHS	Milk	Vegetarian

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30g	Pretzel, Soft	Soy, Wheat	Vegetarian, Vegan
45g	Rice (Brown) (1 cup) CAV/HS	X	Vegetarian
34g	Rice (Brown) (3/4 cup) MIDDLE	X	Vegetarian
23g	Rice (Brown) (1/2 cup) ELEMENTARY	X	Vegetarian
47g	Rice, Fried (1 cup)	Egg, Milk, Soy, Wheat	Vegetarian
13g	Roll, 1oz ELEM	Soy, Wheat, Sesame	Vegetarian, Vegan
28g	Roll 2oz (pre-packaged) SECONDARY	Soy, Wheat	Vegetarian, Vegan
0g	Sausage Links (2)	X	Contains Pork
33g	Sunbutter Grape Jelly Sandwich	Soy, Wheat	Vegetarian, Vegan
11g	Sunflower Seeds (Honey Roasted)	X	Vegetarian
19g	Soup, Chicken Enchilada/Tortilla (1 cup)	Milk, Soy	
40g	Soup, Baked Potato Bacon	Milk, Soy, Wheat	Contains Pork
17g	Soup, Tomato Bisque (1 cup)	Milk	Vegetarian
31g	Tortilla Flour 10"	Soy, Wheat	Vegetarian, Vegan
2g	Tzatziki Sauce (1oz)	Milk	Vegetarian
37g	Waffles, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
24g	Waffles, Round Flat (2) (for Chicken n' Waffles)	Egg, Milk, Soy, Wheat	Vegetarian
53g	Wowbutter Grape Jelly Sandwich	Milk, Soy, Wheat	Vegetarian
20g	Yogurt (Variety of Flavors) 4oz	Milk	Vegetarian

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MILK & CONDIMENTS

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
MILK			
22g	Milk, Fat Free Chocolate	Milk	Vegetarian
13g	Milk, Fat Free or 1% White	Milk	Vegetarian
12g	Soy Milk (offered as substitute)	Soy	Vegetarian, Vegan
CONDIMENTS			
5g	Crouton Packet	Milk, Wheat	Vegetarian
18g	BBQ Sauce 2 Tb	x	Vegetarian, Vegan
22g	Black Bean & Corn Mix 1/2 cup	x	Vegetarian, Vegan
1g	Caesar Dressing Packet 1.5oz	Egg, Fish, Milk, Soy	Vegetarian
16g	General Tso Sauce (Minor's Brand)	Soy, Wheat	Vegetarian
6g	Honey Mustard Cup 1oz	Egg, Soy	Vegetarian
10g	Ketchup 2 Tb	x	Vegetarian, Vegan
3g	Italian Dressing Packet 1.5oz	Soy	Vegetarian
5g	Marinara 1/4 cup	X	Vegetarian, Vegan
1g	Mayonnaise Packet	Eggs, Soy	Vegetarian
0g	Mustard Packet	x	Vegetarian, Vegan
1g	Olives 2Tb	x	Vegetarian, Vegan
18g	Orange Sauce 2Tb (Minor's Brand)	Soy, Wheat, Sesame	Vegetarian, Vegan
1g	Pickles 1/4 cup	x	Vegetarian, Vegan
2g	Ranch or Spicy Ranch Dressing 1.5oz	Egg, Milk, Soy	Vegetarian
2g	Salsa 2Tb	X	Vegetarian, Vegan
1g	Sour Cream 2Tb	Milk	Vegetarian
1g	Sriracha Sauce 1tsp	X	Vegetarian
17g	Sweet Chili Sauce 2Tb (Frank's Brand)	X	Vegetarian, Vegan
7g	Sweet n' Sour Sauce 2Tb (Minor's Brand)	Soy	Vegetarian, Vegan
31g	Syrup Maple 1.5oz	X	Vegetarian, Vegan
8g	Teriyaki Sauce 2Tb (Minor's Brand)	Soy, Wheat, Sesame	Vegetarian, Vegan
FRUITS & VEGETABLES			
5g	1/2 cup Non-starchy Veggies (carrot, cucumber, cauliflower, broccoli, celery, tomato, bell pepper)	x	Vegetarian, Vegan
15g	1/2 cup starchy veggies (peas, corn)	x	Vegetarian, Vegan
1g	1 cup lettuce/salad mix	x	Vegetarian, Vegan
14g	Juice, 4oz	x	Vegetarian, Vegan
14g	1/2 cup canned fruit or applesauce cup	x	Vegetarian, Vegan
27g	1/4 cup dried fruit	x	Vegetarian, Vegan
8g	1/2 cup fresh fruit (sliced apples or oranges, grapes, strawberries, or melon (cantaloupe, honeydew)	x	Vegetarian, Vegan
23g	1 small whole banana, apple, or pear	x	Vegetarian, Vegan
16g	1 medium plum		
10g	1 kiwi or small tangerine/mandarin orange	x	Vegetarian, Vegan

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BREAKFAST		TOP 9 ALLERGENS <small>Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut</small>	Other Nutrition Info
42g	Bageler Mini (Pillsbury), Strawberry or Cinnamon	Milk, Soy, Wheat	Vegetarian
22g	Bagel, Mini w/ Strawberry Cream Cheese	Milk, Soy, Wheat	Vegetarian
36g	Bagel, Regular w/ Strawberry Cream Cheese	Milk, Soy, Wheat	Vegetarian
45g	Banana Bread or Pumpkin Bread Slice	Eggs, Milk, Soy, Wheat	Vegetarian
23g	Bar, Strawberry (Appleway brand)	Eggs, Milk, Soy, Wheat	Vegetarian
42g	Bar, Zee Zee brand variety of flavors	Milk, Soy, Wheat	Vegetarian
47g	Benefit Bar: Oatmeal Choc or Ban Choc	Eggs, Milk, Soy, Wheat	Vegetarian
39g	Breakfast Oat Round, Apple Cinn or Ban Choc	Eggs, Milk, Soy, Wheat	Vegetarian
24g	Breakfast Sandwich English muffin, egg patty, American cheese, deli meat turkey ham	Egg, Milk, Soy, Wheat	May contain Pork
35g	Breakfast Bagel Sandwich Bagel, egg patty, American cheese, deli meat ham	Egg, Milk, Soy, Wheat	Contains Pork
1g	Cheese, String	Milk	Vegetarian
30g	Cereal Bar: Cinn Toast Crunch, Cocoa Puffs, or Trix	Soy, Wheat	Vegetarian, Vegan
23g	Cereal: Cinnamon Chex Bowl	X	Vegetarian, Vegan
22g	Cereal: Cinnamon Toast Crunch Bowl	Soy, Wheat	Vegetarian, Vegan
25g	Cereal: Cocoa Puffs	X	Vegetarian, Vegan
24g	Cereal: Trix	X	Vegetarian, Vegan
47g	Cereal: Granola Package 2oz	Soy, Wheat	Vegetarian, Vegan
43g	Cherry Apple Oat Crunch Breakfast Bar	Milk, Soy, Wheat	Vegetarian
40g	Cinnamon Bun	Eggs, Milk, Soy, Wheat	Vegetarian
52g	Cinnamon Crumble Square (aka Cinnamon Coffee Cake)	Eggs, Milk, Soy, Wheat	Vegetarian
40g	Cinni Mini (Pillsbury)	Milk, Soy, Wheat	Vegetarian
30g	Donut Bar w/ Cinnamon Sugar or Icing	Egg, Milk, Soy, Wheat	Vegetarian
43g	Donut Buttermilk Glazed Dunkers (twin-pack)	Egg, Milk, Soy, Wheat	Vegetarian
39g	Donut Buttermilk Glazed Bar (one-pack)	Egg, Milk, Soy, Wheat	Vegetarian
45g	Dutch Waffle w/ Powdered Sugar (aka Funnel Cake)	Egg, Milk, Soy, Wheat	Vegetarian
37g	French Toast, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
19g	French Toast Sticks (1 large stick or 2 small)	Egg, Milk, Soy, Wheat	Vegetarian
45g	French Toast, Apple Cinnamon Texas Style	Milk, Soy, Wheat	Vegetarian
36g	Fruidel, Cherry or Apple (Pillsbury)	Milk, Soy, Wheat	Vegetarian
27g	Mini Loaf (Blueberry, Banana, or Apple)	Egg, Milk, Soy, Wheat	Vegetarian
39g	Muffin, Blueberry 3oz	Egg, Milk, Soy, Wheat	Vegetarian
40g	Muffin, Chocolate Chip 3oz	Egg, Milk, Soy, Wheat	Vegetarian
25g	Nutrigrain Bar, Apple, Strawberry, or Raspberry	Milk, Soy, Wheat	Vegetarian
17g	Pancake Wrapped Sausage on a Stick	Egg, Soy, Wheat	
37g	Poptart, Strawberry or Cinnamon	Soy, Wheat	Vegetarian, Vegan
0g	Sausage Links (2 links)	X	Contains Pork
31g	Syrup Maple 1.5oz	X	Vegetarian, Vegan
34g	Waffle, Belgian (Blueberry, Maple, or Straw)	Egg, Milk, Soy, Wheat	Vegetarian
37g	Waffles, Mini (Pillsbury)	Egg, Milk, Soy, Wheat	Vegetarian
36g	Waffle Sticks, Belgian (4 sticks)	Egg, Milk, Soy, Wheat	Vegetarian
20g	Yogurt (Variety of Flavors) 4oz	Milk	Vegetarian
78g	Yogurt Parfait 1 Yogurt, 1/2 cup frozen strawberries, 1 pkg Granola 2oz	Milk, Soy, Wheat	Vegetarian

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A LA CARTE ITEMS

CARBS	MENU ITEM	TOP 9 ALLERGENS Egg, Milk, Soy, Wheat, Sesame, Fish, Shellfish, Tree Nut, Peanut	OTHER NUTRITION INFO
0g	Drink, ICE, Sparkling Black Raspberry 17oz bottles	x	Vegetarian
0g	Drink, ICE, Sparkling Orange Mango 17oz bottles	x	Vegetarian
0g	Drink, ICE, Sparkling Strawberry Watermelon 17oz bottles	x	Vegetarian
24g	Drink, Juice 100%, Izze Apple 8oz cans	x	Vegetarian
21g	Drink, Juice 100%, Izze Clementine 8oz cans	x	Vegetarian
22g	Drink, Juice 100%, Izze Blackberry 8oz cans	x	Vegetarian
38g	Drink, Juice 100%, Naked Berry Blast 10oz bottle	x	Vegetarian
50g	Drink, Juice 100%, Naked Blue Machine 10oz bottle	x	Vegetarian
39g	Drink, Juice 100%, Naked Green Machine 10oz bottle	x	Vegetarian
43g	Drink, Juice 100%, Naked Mighty Mango 10oz bottle	x	Vegetarian
38g	Drink, Juice 100%, Naked Strawberry Ban 10oz bottle	x	Vegetarian
17g	Chip, Cheetos Hot Crunchy Baked .88oz	Milk	Vegetarian
16g	Chip, Cheetos Original Baked .88oz	Milk	Vegetarian
17g	Chip, Potato Sour Cream & Cheddar .8oz	Milk, Soy	Vegetarian
15g	Chip, Potato Plain 1oz	Soy	Vegetarian
20g	Chip, Doritos Cheese Red Fat 1oz	Milk	Vegetarian
20g	Chip, Doritos Cool Ranch Red Fat 1oz	Milk	Vegetarian
20g	Chip, Doritos Flame Red Fat 1oz	Milk	Vegetarian
31g	Brownie 2oz	Egg, Milk, Soy, Wheat	Vegetarian
23g	Cookie, Brookee (Brownie/Cookie) 1.5oz	Egg, Milk, Soy, Wheat	Vegetarian
27g	Cookie, Chocolate Candy Pieces 1.5oz	Egg, Milk, Soy, Wheat	Vegetarian
27g	Cookie, Chocolate Chip 1.5oz	Egg, Milk, Soy, Wheat	Vegetarian
27g	Cookie, Sugar Plain 1.5 oz	Egg, Soy, Wheat	Vegetarian
27g	Cookie, Sugar Iced Pink 1.5 OZ	Egg, Milk, Soy, Wheat	Vegetarian
31g	Cookie, Triple Chocolate Fudge Filled 1.7oz	Egg, Milk, Soy, Wheat	Vegetarian
32g	Cookie, Red Velvet 1.9oz	Egg, Milk, Soy, Wheat	Vegetarian
6g	Jerky, Beef Original .85oz	x	
6g	Jerky, Beef Teriyaki .85oz	Soy, Wheat	
34g	Rice Crispy Choc Chip 1.59oz	Milk, Soy	Vegetarian
30g	Rice Crispy Regular 1.59oz	Milk, Soy	Vegetarian
23g	Sidekick Frozen: Lemon Blue Raspberry 4.4oz cups	x	Vegetarian
23g	Sidekick Frozen: Strawberry Mango 4.4oz cups	x	Vegetarian
20g	Snack Mix Chex Cheddar .92oz	Milk, Soy, Wheat	Vegetarian
22g	Snack Mix Chex Choc Caramel .92oz	Soy, Wheat	Vegetarian
23g	Snack Mix Chex Strawberry Yogurt .92oz	Milk, Soy, Wheat	Vegetarian