Breakfast Carbohydrate/Allergens

2022-2023 School Year

Menu Item	Amount	Carbohydrates (CHO) (g)	Allergens
Bagel Sandwich	**1 each**	**31**	**Wheat, Milk, Soy**
Cheese sticks	**1 stick**	**2**	**Milk and Soy**
Cereal Bar, Cinnamon Toast Crunch	**1 bar**	**30**	**Wheat**
Cereal Bar, Cocoa Puffs	**1 bar**	**30**	**Wheat and Soy**
Cereal Bar, Golden Graham	**1 bar**	**30**	**Wheat and Soy**
Cinnamon Pretzel Stick	**1 pretzel**	**30**	**Wheat, Milk, Egg**
Cinnamon Roll, Pull Apart	**1 package**	**40**	**Wheat and Milk**
Egg and Cheese Taquito	**1 rolled taco**	**17**	**Wheat, Milk, Egg**
Egg Wickmuffin	**1 english muffin**	**23**	**Wheat, Milk, Egg, Soy**
French Toast Bites	**6 each**	**38**	**Wheat, Milk, Egg, Soy**
French Toast, Mini, WG	**1 package**	**37**	**Wheat, Milk, Egg, Soy**
Fruit, Apple (Fuji)	**1 each**	**18**	**None**
Fruit, Apple (Golden Delicious)	**1 each**	**18**	**None**
Fruit, Apple Slices	**1 package**	**7**	**None**
Fruit, Orange	**1 each**	**21**	**None**
Fruit, orange wedges	**1 package (4 slices)**	**11**	**None**

Fruit, Pear	**1 each**	**25**	**None**
Fruit, Strawberry	**~7 strawberries (4.5 oz)**	**10**	**None**
Juice, Apple	**1 container**	**13**	**None**
Juice, Fruit Punch	**1 container**	**14**	**None**
Juice, Grape	**1 container**	**19**	**None**
Juice, Orange	**1 container**	**13**	**None**
Milk, Fat Free Chocolate	**1 container**	**23**	**Milk**
Milk, 1%	**1 container**	**12**	**Milk**
Milk, Strawberry	**1 container**	**23**	**Milk**
Nutrigrain Bar, Blueberry	**1 bar**	**30**	**Wheat, Milk, Soy**
Nutrigrain Bar, Strawberry	**1 bar**	**30**	**Wheat, Milk, Soy**
Pancakes, WG Maple + Syrup	**1 package (pancakes); Syrup (1 each)**	**Pancakes = 35 Syrup = 30**	**Wheat, Milk, Egg and Soy**
Pop tart, Blueberry	**1 pastry**	**38**	**Wheat and Soy**
Pop tart, Cinnamon	**1 pastry**	**38**	**Wheat and Soy**
Pop tart, Strawberry	**1 pastry**	**38**	**Wheat and Soy**
Sausage Pancake Wrap	**1 each**	**17**	**Wheat, Egg, Soy**
Strudel, Apple	**1 pastry**	**36**	**Wheat and Milk**
Super Donut, WG	**1 donut**	**29**	**Wheat, Milk, Egg and Soy**
Waffles, WG Mini + Syrup	**1 package (Waffles); Syrup (1 each)**	**Waffles = 35 Syrup = 30**	**Wheat, Egg, Milk, Soy**
Yogurt, Cherry	**1 container**	**15**	**Milk**
Yogurt, Strawberry Banana	**1 container**	**15**	**Milk**

Zee Zee Bar	**1 bar**	**33**	**Wheat and Soy**