

## Allergen & Carbohydrates List

Updated 10/21/21

Breakfast & Lunch Item	Eggs	Dairy	Soy	Wheat	Carbs (g)
Italian Sub Sandwich		X	X	X	24
Calzone, Cheese (3)		X	X	X	40
Calzone, Pepperoni		X	X	X	30
Chicken Tenders, Tyson (3)			X	X	16
Chicken Drumstick, Tyson (3)				X	6
WG Dinner Roll, IW				X	34
Macaroni & Cheese, 6 oz	X	X		X	23
Rotini w/ Meat Sauce, 7.44 oz	X			X	24
Enchilada Taquito (IW)		X	X	X	29
Chicken & Cheese Tamale (IW)		X			45
Burger (IW), 4.25 oz			X	X	29
Tortillas, Flour (2)			X	X	28
<b>WG Twin Bar Peanut Free Facility</b>	X	X	X	X	43
WG Doritos, Ranch/Nacho		X			20
WG Cheetos		X			16
Bean & Cheese Burrito		X	X	X	41
Corn Dog WG Jumbo Chicken Don Lee Farms	X	X	X	X	28
Cornmeal Superstar, Corn Muffin	X	X	X	X	37
Mini Cheeseburger		X	X	X	30
SunFlower Butter & Jelly Sandwich <b>Nut Free</b>			X	X	33
Mucho Queso Cheese Dip Cup		X			15
Land O Lakes® String Cheese		X			2
Tony's Galaxy Pepperoni Pizza		X	X	X	26
Bean & Two Cheese Dip		X	X		16
Tortilla Chips			X-oil		31
Grilled Cheese on WG w/ Reduced Fat American Cheese		X	X	X	32
<b>Red Gold Marinara Dipping Cup- No Allergens</b>					7
Turkey & Cheese Hoagie		X	X	X	24
WG Soft Pretzel				X	30
Savory Wheat Crackers				X	30
Sunbutter Sunflower Butter Cup, Creamy			X		14
Whole Grain Turkey Ham & Cheese Croissant Sandwich		X	X	X	30
Sabra Hummus Cup, 2 oz			X-oil		9
Yogurt - Upstate Farms		X			19
Chile Cheese Flaquitos		X	X	X	30
Spaghetti w/ Meat Sauce	X			X	29
Double Dogs-Beef				X	41
Cheese Quesadilla		X	X	X	25

All Sport Bites Crackers (MJM) - Vanilla			X-oil	X	20
All Sport Bites Crackers (MJM) - Chocolate			X-oil	X	21
Chocolate Chip Cookie (Buena Vista Foods)	X			X	27
Graham Crackers, Cinnamon or Honey (MJM)			X-oil	X	21
Granola - Rockin Ola			X		24
Smart Food 4 Schools Cookies (Hugs not Drugs/ABC 123)				X	21
Whole Grain Cheddar Goldfish Crackers		X		X	14
Whole Grain Giant Goldfish Grahams			X-oil	X	19
Rosati's Italian Ice - <b>No Allergens</b>					25
Sunflower Seeds - Sunopta Brand - Honey Roasted -					11
Sunflower Seeds - Sunopta Brand - Lightly Salted -					6
Cereal, Honey Scooters (2 oz)				X	46
Cereal, Cinnamon Toasters (2 oz)			X	X	44
Maple Burst Mini Pancakes	X			X	39
Turkey Sausage Breakfast Pizza		X	X	X	31
Whole Grain Bagel (4oz)				X	60
Cream Cheese Cup (1 oz)		X			1
Cinnamon Breakfast Square	X	X	X-oil	X	44
Honey Lemon Loaf	X		X-oil	X	31
Blueberry Muffin (3 oz), DAVES	X	X	X-oil	X	38.5
Banana Square- <b>Nut Free</b>	X	X	X-oil	X	47
Breakfast Burrito, Egg, Cheese, Bacon	X	X	X-oil	X	21
Benefit Bar, Oatmeal Raisin	X	X	X	X	47
Mini Waffles Maple Madness	X	X	X	X	38
Carrots - Fresh- <b>No Allergens</b>					7
Fruit- Applesauce Cups					14
Fruit- Craisins			X-oil		28
Fruit- Raisins, box- <b>No Allergens</b>					30
Fruit- Frozen Cup					21
Fruit- Mixed Fruit Cup in light syrup					17
Fruit - Fresh- <b>No Allergens</b>					8-15
Milk, White, Hollandia		X			16
Milk, Chocolate, Hollandia		X			20
Milk, Shelf Stable, White		X			12
Milk, Shelf Stable, Chocolate		X			25
Milk, Soy, Chocolate			X		18
Milk, Almond, Chocolate- <b>Contains Tree Nuts</b>					23

Milk, Soy, Vanilla			X		17
Milk, Almond, Vanilla- <b>Contains Tree Nuts</b>					16
Juice, Hollandia- <b>No Allergens</b>					14
Juice, Paradise Punch, 100% Veggie Juice- <b>No Allergens</b>					14
<b>Afterschool Snack Items</b>					
Choc Chip Mini Muffin	X	X	X	X	20
Munchies Kid Mix		X		X	17
BeneFIT bar, Oatmeal Chocolate Chip	X	X	X	X	24
Annie's™ Organic Cheddar Bunnies		X	X	X	13
Alpha Bits Cereal				X	23