

Summer 2025 Carb Counts & Allergies				
Breakfast Items	Serving Amount	Total CHO (g)	Major Allergens	
Applesauce (1/2 cup)	1 each	14	No major allergens	
Banana Bread, 3.45oz	1 each	45	Wheat, milk, eggs, soy (unspecified)	
Capri Sun 100% Juice Pouch, 6 oz	3/4 cup = 1/2 cup	21	No major allergens	
Cheddar Chex Mix, 0.92oz, 1G Equiv.	1 each	20	Wheat, milk, soy (vegetable oil)	
Cheez-its, WG, 0.75 oz, 1G Equiv.	1 each	14	Wheat, milk, soy (soybean oil, soy lecithin)	
Chocolate Chip Crisps, 1.2 oz	1 each	24	Milk and soy (soy lecithin)	
Chocolate Chip Muffin, 3.6oz, 2G	1 each	52	Wheat, egg, milk, soy	
Cinnamon Bun, WG, Hadley Farms, 2.7 oz	1 each	38	Wheat, soy (soybean oil, soy lecithin)	
Cinnamon Toast Crunch, RS Cereal, 1.0 oz	1 each	22	Wheat, Soy (soy lecithin)	
Cocoa Puffs, RS Cereal, 1.06 oz	1 each	25	No major allergens	
Flavored Sour Raisins, 1.33oz	1 pkg = ½ cup Fruit	29	No major allergens	
Frosted Flakes, RS Cereal, 1.0 oz	1 each	25	Wheat	
Honey Wheat Bar, 2.5 oz	1 each	43	Wheat, Soy (defatted soy flour, soy lecithin, soybean oil), Milk, Eggs	
Orange 100% Juice Box, 4 oz	1/2 cup	15	No major allergens	
Plain Raisins, 1.5 oz	1 pkg = ½ cup Fruit	29	No major allergens	
Strawberry Poptart, WG, Kellogg's, 1.75 oz	1 each	36	Wheat, Soy (soybean oil, soy lecithin)	
String Cheese, 1 oz	1 each	0	Milk	
Milk	Serving Amount	Total CHO (g)	Major Allergens	
Lactose Free	1 each	13	Milk	
Low Fat White	1 each	13	Milk	
Non Fat Chocolate	1 each	19	Milk	
Lunch Entrees:	Serving Amount	Total CHO (g)	CHO Note:	Major Allergens
Beef Hot Dog on a WW Bun (EE-36)	1 each	21	HD 1g, B 20g	hot dog: No major allergens / bun: Wheat, soy (soybean oil)
Cheeseburger on a Bun (EE35)	1 each	21	B 20g, HB 0g, C 1g	bun: Wheat, soy (soybean oil) / burger: caramel color / cheese: milk, soy(soy lecithin)
Cheeze Pizza Slice (SEM-77)	1/8th Slice	34		Wheat, Soy (vegetable oil), Milk
Chicken Patty on a WW Bun (SEE-15)	1 each	47	CP 19g, B 28g	Chicken patty: Wheat, Soy (soy protein concentrate, vegetable oil), Milk / bun: Wheat, Soy (soybean oil)
Crispy Chicken Tenders (EM-16)	3 each	12		Wheat, milk, soy (soybean oil)
Hamburger on a Bun (EE35)	1 each	20	B 20g, HB 0g	bun: Wheat, soy (soybean oil) / burger: caramel color
PB&J Uncrustable & String Cheese (EEE-111)	1 each / 1 each	32		Uncrsutable: Wheat , Peanut, soy (soybean oil) / String cheese: milk
Penne Pasta with Meat Sauce w/ Mozzarella (SEH-66)	1 cup / 6oz spdl / 2 TBSP	53	Meat Sauce 11g, Pasta 42g	Meat sauce: soy (soybean oil) / Pasta: Wheat
RF WG Mozzarella Sticks with Dipping Sauce (SEM-50)	6 each / 1/2 cup <u>OR</u> 1 each	33		Wheat, Soy (soybean oil), Milk
Turkey & Cheese Sandwich (EE112)	1 each	22	T 1g, C 1g, B 20g	Turkey: caramel color / Cheese: Milk, soy (soy lecithin) / Bun: Wheat, Soy (soybean oil)
WG Chicken Nuggets (SEM-10)	6 each	19		Wheat, Soy (soy protein isolate, vegetable oil), Milk
WG Tortilla Rounds with Taco Meat & Cheese (SEE-55)	1ea / #12 scoop / 2 TBSP	23	Rounds, 19g, TM 5g, C1g	Tortilla Rounds: soy (vegetable oil) / Taco meat: soy (soy flour), caramel color / Cheese: milk
WG Tortilla Scoops with Taco Meat & Cheese			Scoops 22g, TM 5g, C 1g	Tortilla Scoops: Soy (vegetable oil) / Taco Meat: soy (soy flour), caramel color / Cheese: milk
Yogurt, Bagel, String Cheese (EE-110)	1 each / 1 each / 1 each	49	Y: 19g, B: 30g, SC: 0g	Yogurt: Milk / Bagel: Wheat / String cheese: milk
Macaroni and Cheese (EM-40)		27		Wheat, egg , milk

Lunch Sides:	Serving Amount	Total CHO (g)	Major Allergens
Fresh Baby Carrot Cup (2.5 oz)	1 each / 1 each	2.5	no major allergens
BBQ Sauce Cup, 1 oz	1 each	10	no major allergens
Broccoli Florets	1/2 cup	5	no major allergens
Capri Sun 100% Juice Pouch, 6 oz	6 oz = 1/4 C Juice	21	no major allergens
Fresh Celery Stick Cup (2.2 oz)	1 each / 1 each	2.5	no major allergens
Cheez-its, WG, 0.75 oz, 1G Equiv.	1 each	14	Wheat, milk, soy (soybean oil, soy lecithin)
Corn	1/2 cup	15	no major allergens
Cucumber Slice Cup (2.5 oz)	1 each / 1 each	2.5	no major allergens
Flavored Sour Raisins, 1.33oz	1 each	29	no major allergens
Fresh Fruit Choice: Apple, Orange, Peach, Nectarine, Grapes	1 each	~15	no major allergens
Grape Jelly Cup	1 each	9	no major allergens
Ketchup Packets, 9g	1 each	2	no major allergens
Light Mayo Packet, 7/16 oz	1 each	<1	Soy (soybean oil), egg
Light Ranch Dip	1 each	5g	Soy (soybean oil, soy lecithin), milk, cellulose gel
Margaine Spread	1 each	0	Soy (vegetable oil, soy lecithin)
Mashed Potatoes (S-20)	1/2 cup	17	artificial color [unspecified]
Salsa Cup, 3 oz	1 each	2	No major allergens
Seasoned Potato Wedges (S-36722)	1/2 cup	19	Soy (vegetable oil)
Sliced Carrots	1/2 cup	5	no major allergens
Sweet & Savory Baked Beans (S-2)	1/2 cup	25	no major allergens
Veggie Juice Slushie, 4 oz	1 ea = 1/4 C Fruit	20	no major allergens
WG Choc Chip Cookies, 1.4 oz	1 each	25	Wheat, egg, milk, soy (soy lecithin, soybean oil)
Applesauce (1/2 cup)	1 each	14	no major allergens
Fresh Grape Tomato Cup	1 each	2.5	no major allergens
Green beans	1 each	5	no major allergens