

## Elementary CHO-Allergens



** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Dairy	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
<b>Breakfast Entrees</b>												
Chicken Biscuit	36.5		X	X	X							
Sausage Biscuit	29.0		X	X								
Cinnamon Rolls	19.0		X	X	X					X		X
Plain Biscuit	28.0		X	X								
Breakfast Pocket, Sausage & Egg	16.0		X	X	X					X		
Cinni Mini	40.0		X	X								X
Poptart, cinnamon, 1 pack	37.0			X	X							
Poptart, cinnamon, 2 pack	73.0			X	X							
Poptart, strawberry, 1 pack	36.0			X	X							
Poptart, strawberry, 2 pack	73.0			X	X							
Poptart, blueberry, 1 pack	36.0			X	X							
Poptart, blueberry, 2 pack	76.0			X	X							
Poptart, fudge, 1 pack	36.0			X	X							
Poptart, fudge, 2 pack	73.0			X	X							
Mini Bagels, cinnamon	42.0		X	X								X
Mini Bagels, strawberry	42.0		X	X								
Breakfast Bun	39.0		X	X	X					X		X
Texas Toast, apple cinnamon	45.0		X	X	X							X
Frudel, apple	36.0		X	X								
Frudel, cherry	36		X	X								
Mini Pancakes, maple	35.0		X	X	X					X		
Mini Pancakes, strawberry	39.0		X	X						X		
Mini Pancakes, confetti	36		X	X	X					X		
French Toast Sticks (4 each)	38			X	X							
Mini French Toast, berry	36		X	X	X					X		
Mini French Toast, cinnamon	37		X	X	X					X		X
Mini French Toast, maple	37		X	X	X					X		
Mini French Toast, chocolate chip	37		X	X	X					X		
Mini Waffle, blueberry	35		X	X	X					X		
Mini Waffle, maple	37		X	X	X					X		
Mini Waffle, cinnamon	34		X	X	X					X		X
Muffin, chocolate chip	46		X	X	X					X		



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BBQ Sandwich**	43			X	X							
16" Pizza, cheese**	24		X	X	X							
16" Pizza, pepperoni**	22		X	X	X							
Burrito, chicken	33		X	X	X							
Quesadilla	25.7		X	X								
Beef Tacos	32	X	X	X								
Fish Nuggets	20			X	X			X				
Chicken Nuggets**	16		X	X	X							
Chicken Alfredo** + Garlic Toast	32		X	X	X							
Corndog	31			X	X					X		
Chicken Sandwich	35			X	X							
Grilled Cheese**	26		X	X	X							
Personal Pan Pizza, pepperoni**	30		X	X								
Personal Pan Pizza, cheese**	33		X	X								
Mandarin Orange Chicken w/Rice	44			X	X					X		
General Tso Chicken w/ Rice	48		X	X	X					X		
Spaghetti**	54		X	X								
Cheeseburger**	27		X	X								
Hamburger**	26			X								
Hot Dog + Bun	30			X								
Turkey + Cheese Kit	16		X	X	X							
French Toast + Sausage	39		X	X	X							
Mozzarella Bread Bites	33		X	X	X							
Chicken + Waffle	37		X	X	X					X		
CF Steak + Gravy	22		X	X	X					X		
Lasagna Rollup	30		X	X						X		
Smoky Rib Sandwich	36		X	X	X							
French Bread Pizza, Cheese Garlic	30		X	X	X							
4x6 Pizza, pepperoni**	33		X	X	X							
4x6 Pizza, cheese**	34		X	X	X							
Pizza Kit, cheese	34		X	X								
Pizza Kit, pepperoni	35		X	X								
Chicken and Rice Casserole	20		X	X	X					X		
Fish Sandwich	43		X	X				X				
Uncrustables Sandwich, Strawberry (2.6 oz)	32		X	X		X						
Uncrustables Sandwich, Strawberry (5.3 oz)	64		X	X		X						
Uncrustables Sandwich, PB & J (2.6 oz)	32		X	X		X						





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Pineapple Tidbits	19.2	X										
Apple slices	14.4	X										
Banana	27	X										
Pear Halves	14	X										
Italian Ice, tangerine	22	X										
Italian Ice, watermelon	25	X										
Italian Ice, mango	22	X										
Apple	25	X										
Mexican-style Rice	22.8	X										
Mozzarella Cheese Stick (1 oz)	2		X									
Mild Cheddar Cheese Stick (1 oz)	0	X	X									

**Condiments**

	Carbohydrates per serving (g)	Gluten-free	Dairy	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Ketchup	2	X										
Mustard	0	X										
Honey Mustard	7	X								X		
BBQ Sauce	5	X										
Ranch - cups	5		X							X		
Ranch - homemade	4.5		X	X	X					X		
Buttermilk Ranch - homemade	4	X	X									
Salsa	3	X										
Sour Cream	4	X	X									
Jalapenos	1	X										
Taco Sauce	1	X			X							
Tartar Sauce	2	X			X					X		
Cranberry Sauce	28	X										
Mayonnaise	1	X			X					X		
Hot Sauce	0	X										
Syrup	4	X										
Jelly, grape	9	X										
Jelly, assorted	9	X										

**Milk**

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	Carbohydrates per serving (g)	Gluten-free	Dairy	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Skim	12	X	X									
Low-fat 1%	13	X	X									
Strawberry fat-free	18	X	X									
Soy	9	X			X							
Lactose-Free Milk	13	X	X									
<b>À la Carte</b>												
	Carbohydrates per serving (g)	Gluten-free	Dairy	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Doritos, Nacho Cheese (1oz)	20		X									
Doritos, Cool Ranch (1oz)	20		X									
Doritos, sweet Chili (1oz)	20			X	X							
Doritos, White Nacho (1oz)	20		X									
Doritos, Chili Lime (1oz)	20		X									
Cheetos, Puffs (1 pkg)	13	X	X									
Cheetos, Baked Hot Limon	15	X	X									
Cheetos, Baked	16	X	X									
Cheetos, Baked Flamin' Hot	16	X	X									
Cheetos, Baked Fantastix Chili Chz	20		X									
Funyuns	14		X									
Mini Chocolate Chips (1 pkg)	25		X	X	X	X	X					
Graham Crackers, Cinnamon (1 pkg)	21			X	X							
Chatsnax, Vanilla Crunch Crackers (1 pkg)	21			X	X							
Graham Crackers, Chocolate (1 pkg)	20			X	X							
Cheez-It Cheddar Crackers (1 pkg)	14		X	X	X							
Goldfish Cheddar Crackers (1 pkg)	14		X	X	X							
Cookie Bites, Blueberry Lemon (1 pkg)	21		X	X	X							
Smartfood White Cheddar Popcorn (1 pkg)	10		X									
Chex Mix Snack Mix, Cheddar (1 pkg)	20		X	X								
Chex Mix Snack Mix, Strawberry Yogurt (1 pkg)	23		X	X	X							
Chex Mix Snack Mix, Chocolate Caramel (1 pkg)	22			X								
Rice Krispie Treat, Regular	30		X		X							

