

Elementary CHO-Allergens



** indicates that an item can be made gluten free or has a GF version	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Breakfast Entrees												
Chicken Biscuit	37		X	X	X							
Sausage Biscuit	29		X	X								
Cinnamon Rolls	19		X	X	X					X		X
Plain Biscuit	28		X	X								
Breakfast Pocket, Sausage & Egg	16		X	X	X					X		
Muffin, Double Chocolate (4 oz)	54		X	X	X					X		
Muffin, Blueberry (4 oz)	54		X	X	X					X		
Cinni Mini	35		X	X								X
Poptart, Cinnamon, 1 Pack	37			X	X							
Poptart, Cinnamon, 2 Pack	73			X	X							
Poptart, Strawberry, 1 Pack	36			X	X							
Poptart, Strawberry, 2 Pack	73			X	X							
Poptart, Blueberry, 1 Pack	36			X	X							
Poptart, Blueberry, 2 Pack	76			X	X							
Poptart, Fudge, 1 Pack	36			X	X							
Poptart, Fudge, 2 Pack	73			X	X							
Mini Bagels, Cinnamon	42		X	X								X
Mini Bagels, Strawberry	42		X	X								
Texas Toast, Apple Cinnamon	45		X	X	X							X
Frudel, Apple	36		X	X								
Frudel, Cherry	36		X	X								
Mini Pancakes, Maple	35		X	X	X					X		
Mini Pancakes, Strawberry	39		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, Double Chocolate (4 oz)	54		X	X	X					X		

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Muffin, Blueberry (4 oz)	54		X	X	X					X		
Granola, Cinnamon	17			X	X							X
Waffle, Whole Grain	14		X	X	X					X		
Mini Donuts, Powdered	41		X	X	X					X		X
Mini Donuts, Chocolate	41		X	X	X					X		X
Donut Holes, Powered	42		X	X	X					X		X
Donut Holes, Blueberry	39		X	X	X					X		X
Cereal Bar, Lucky Charms	51			X	X							
Cereal Bar, Cinnamon Toast Crunch	52			X	X							X
Cereal Bar, Peach Cheerio	51			X	X							
Cereal Bar, Cocoa Puffs	29			X	X							
Cereal, Honey Nut Cheerios 2oz	45	X					X					
Cereal, Cinnamon Toast Crunch 2oz	44			X	X							X
Cereal, Lucky Charms 2oz	46	X										
Cereal, Trix 2oz	47											
Cereal, Cocoa Puffs 2oz	47											
Cereal, Rice Chex Blueberry 2oz	46	X										
Cereal, Rice Chex Cinnamon 2oz	33	X										X

Lunch Entrees

	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Chicken Tenders**	12		X	X	X							
Chicken Tacos, soft**	27		X	X								
Mac n Cheese**	62		X	X								
Chicken Bites, Plain	17		X	X								
Asian Chicken Bites	19		X	X	X							
Buffalo Chicken Bites	18		X	X	X							
Dill Chicken Bites	10		X	X	X							
Cheesy Nachos	45	X	X									
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	26		X	X								
Beef Tacos	32	X	X	X								
Fish Nuggets	20			X	X			X				
Chicken Nuggets**	16		X	X	X							

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Strawberry Fat-Free	18	X	X									
Soy	9	X			X							
Almond Milk, Plain	1	X					X					
Almond Milk, Vanilla	16	X					X					
Lactose-Free Milk	13	X	X									

À la Carte

	Carbohydrates per serving (g)	Gluten-free	Milk	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								
Frito Lay Baked, Sour Cream & Cheddar	18		X		X							
Frito Lay Baked, BBQ	19	X	X		X							
Frito Lay Baked, Sour Cream & Onion	18	X	X		X							
Frito Lay Baked, Regular	20	X			X							
Frito Lay Baked, Salt & Vinegar	28											
Scooby Snack	21			X								
Rice Cakes, Caramel	25		X		X							

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Rice Cakes, Ranch	13		X									
Rice Krispie Treat, Regular	30		X		X							
Rice Krispie Treat, Confetti	32		X		X							
Rice Krispie Treat, Chocolate Chip	34		X		X							
Pretzels (1 pkg)	15			X								
Fruit Juice, Carbonated Apple	29	X										
Fruit Juice, Carbonated Kiwi Berry	30	X										
Fruit Juice, Carbonated Fruit Punch	30	X										
Gluten Free Items												
	Carbohydrates per serving (g)	Gluten-free	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
GF Chicken Sandwich	40	X			X					X	X	
GF Hamburger	40	X			X					X	X	
GF Cheeseburger	41	X	X		X					X	X	
GF Grilled Cheese	48	X	X		X							
GF BBQ Pork Sandwich	47	X			X					X	X	
GF Tortilla Chips (2 oz)	40	X										
GF Chicken Taco	27	X	X									
GF Chicken Chunks (5 pieces)	32	X			X							
GF Crispy Chicken Salad	32	X	X		X							
GF Buffalo Chicken Salad	36	X	X		X							
GF Pizza (1/2 pizza)	62	X										
GF Hotdog	43	X			X							
GF Ham & Cheese	36	X	X		X							
GF Turkey & Cheese	34	X	X		X							
GF Corndog	20	X			X					X		
Tamale, red sauce	26	X	X									
Tamale, green chile	29	X	X									
GF Mac & Cheese (Side)	24	X	X									
GF Mac & Cheese (Entree)	48	X	X									
GF Spaghetti	43	X	X									
GF Alfredo	48	X	X									
GF Garlic Toast	23	X	X		X							
GF Muffin (Blueberry)	43	X			X					X	X	
GF Muffin (Double Chocolate)	39	X			X					X	X	

