














Menu Item	Serving Size	CHO Gram									
			wheat	milk	eggs	peanut	fish	Tree nuts	soy	pork	Misc

Ham & Cheese Bagel	Each	33.31	X	X						X	corn
Mango Smoothie	Each	67.17		X							
Mozzarella Cheese Stick	1 oz	1		X							
Oatmeal	½ cup	10.96	X								
Omelet, IW, <b>BIC</b>	Each	1.5		X	X						
Pancakes, Regular Size	2	28	X		X				X		
Peach Smoothie	Each	66.64		X							
Rice Chex	Bowlpak	24									<i>rice</i>
Sausage (Chicken) Patty	1 Each	1									
Sausage Biscuit	Each	24.25	X	X	X						
Scrambled Eggs	2 oz	.36		X	X						
Strawberry Smoothie	Each	56.32		X							
Toast (HOMEMADE)	Full Slice ½ slice	26.36 13.18	X	X							<i>rice</i>
Waffles, mini	Pouch	35	X	X	X						
Waffle Sticks	2 each	27	X	X	X						<i>rice</i>
Yogurt Basket, breakfast	Each	34	X	X							<i>rice</i>
Yogurt Parfait	Each	31.7	X	X							
Zucchini Bread, IW <b>BIC</b>	Slice	46	X	X	X						<i>Rice cinnamon</i>
<b>JUICE BOX, 4.23 oz</b>											
Apple Juice	Each	14									
Orange Tangerine Juice	Each	12									
<b>JUICE CARTON 4 oz</b>											
Apple Juice	Carton	14									
Orange Juice	Carton	15									
<b>Milk</b>	<b>Serving Size</b>	<b>CHO gram</b>									
Skim White	½ pint	13		X							
1% White	½ pint	13		X							
Chocolate Skim	½ pint	20		X							







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Strawberries, fresh or frozen	½ cup	7.07									
Strawberries, fresh or frozen	1 cup	14.14									
Watermelon	½ cup	13.64									
Watermelon	1 cup	27.28									

**\*These allergens are not ingredients but the item was processed in a plant where these allergens may be present.**

**This list indicates items containing soy protein. Items containing soy oil and/or soy lecithin are listed separately as these substances do not usually cause allergic reactions.**

**PLEASE NOTE:**

- **The ingredients are accurate to the best of our knowledge based on information from the manufacturer. The information provided is meant as a guide to the ingredients in our food products and is not definitive. The Food Services Department is not responsible for any adverse medical events incurred as a result of using this guide. The ingredients in a product and/or method of production may be changed by the manufacturer without our knowledge.**