

Menu Item	Carb Count	Allergies	Allergy Legend
			D- Dairy
<u>Entrees</u>			W-Gluten
Assorted Cereal	*See Package	W	E- Egg
String Cheese	1g	D	P-Peanuts
Yogurt	23g	D	F-Fish
Granola Bar	16g	S,N,P	SF-Shellfish
Graham Crackers	17g	W,S	N-Nuts
Strawberry Poptart	38g	W,S	S-SOY
Waffles	64g	W,E,D,S	
Syrup	24.6g		
Maple Burst pancakes	34g	W,D,E	
French Toast Sticks	45g	E,W,D,S	
Cheese Omelets	2g	E,D	
Breakfast Pizza	23g	W,E,D,S	
Sausage, egg and cheese biscuit	23.2g	E,W,D	
Egg and Cheese Biscuit	24.2g	E,W,D	
Ham, Egg and Cheese Bagel	27.9g	E,W,D, S	
Egg sausage and cheese muffin	29.6g	E,W,D, S	
Bacon, egg and Cheese Biscuit	28.6g	E,W,D	
Breakfast Burritos	20.3g	E,W,D	
Bacon, Egg and Cheese Muffin	27.6g	E,W,D, S	
Bagel	26g	W,S	
Cream Cheese	1g	D	
Cinnamon Glazed French toast	34g	W, E, S	
Egg and Ham Burrito	21g	W,D,E	
Sausage, egg and cheese bagel	28.2g	E,W,D, S	
ham, egg and cheese muffin	29.1g	E,W,D, S	

NOTICE: The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

