

Menu Item	Carb Count	Allergies	Allergy Legend
			D- Dairy
<u>Entrees</u>			W-Gluten
Assorted Cereal	*See Package	*See Package	E- Egg
String Cheese	1.1g	D	P-Peanuts
Yogurt	23g	D	F-Fish
Granola Bar	16g	S,N,P	G-Shellfish
Graham Crackers	17g	W,S	N-Nuts
Oatmeal Square	34.5g	W,E,S,N,P	SES - Sesame
Strawberry Poptart	38g	W,S	S- Soy
Waffles	64g	W,E,D,S	
Syrup	24.6g		
Pancakes	34g	W,D,E	
French Toast Sticks	45g	W,D,S	
Cheese Omelets	2g	E,D	
Breakfast Pizza	21.8g	W,E,D,S	
Scambled Eggs	1.1g	E	
Bacon	.1g		
Egg and Cheese Biscuit	24.2g	W,E,D	
Ham, Egg and Cheese Bagel	39.5g	W,E,D,S	
Egg, Sausage and Cheese Bagel	38.2g	W,E,D,S	
Bacon, egg and Cheese Biscuit	24.6g	W,E,D	
Bacon, Egg and Cheese Muffin	28.6g	W,E,D,S	
Egg, Sausage and cheese muffin	29.6g	W,E,D,S	
Bacon, egg and cheese breakfast burrito	23.4g	W,E,D	
Ham, egg and cheese biscuit	24.9g	W,E,D	
Chicken Biscuit	35g	W,E,D,S	
chicken and waffles	39.1g	W,E,D,S,N	
Egg, bacon and cheese quesadilla	19.9g	W,E,D	
Egg, Ham and Cheese Croissant	28g	W,E,D,S	

Egg, Sausage and cheese biscuit	25.2g	W,E,D
Egg Ham and cheese muffin	29.1g	W,E,D,S
Pepperjack, egg and Salsa Burrito	21.9g	W,E,D
Mozzarella Bacon Ranch Bagel	37.7g	W,E,D,S
Bacon, egg and cheese croissant	27.3g	W,E,D,S
Bacon, Egg and Cheese Bagel	37.2g	W,E,D,S
Egg, Sausage and Cheese Quesadilla	20.9g	W,E,D
Mixed Fruit	18.1g	
Applesauce	23.1g	
Peaches	18.3g	
Pineapple	19.9g	
Mandarin Oranges	19g	
Tropical Fruit	20g	
Pears	19g	
Tater Tots	17.8g	S
Breakfast Potatoes	22.7g	W
bagels	57g	W,S
Cream Cheese	1.2g	D
Choc Chip Muffin	29g	W,D,E,S
Blueberry Muffin	27g	W,D,S
1%White Milk	13g	D
FF Chocolate Milk	24g	D
FF Strawberry Milk	23g	D
Fat Free Skim Milk	13g	D

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.

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