

### March 2025 Carbohydrate & Allergen Chart

Meal	Menu Item	Recipe Number	Allergens	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
B	Apple Cinnamon Muffin (add string cheese)	SR1165	M E W S	180	6	2.0	0	35	90	31	2	16	3
B	Bagel, Whole Wheat (add cream cheese)	SR1168	E W S	180	1	0	0	0	310	35	4	3	6
B	Banana Bread Slice	SR2440	M E W S	260	8	1.5	0	0	240	45	2	24	5
B	Banana Mini Muffin (add grahams)	SR1591	E W S	190	6	2	0	40	130	30	2	17	3
B	Benefit Bar, Banana Chocolate Chunk	SR1753	M E W S	280	8	3	0	15	220	48	3	23	5
B	Benefit Bar, Oatmeal Chocolate Chip	SR2093	M E W S	290	9	3	0	20	240	47	3	22	5
B	Blueberry Muffin (add string cheese)	SR1454	E W S	190	6	2.0	0	30	130	30	2	16	3
B	Cheerios (add grahams)	SR1160		101	2	0	0	0	136	21	3	1	4
B	Chocolate Chip Mini Muffin (add grahams)	SR1592	M E W S	190	6	2	0	35	130	33	2	17	3
B	Cinnamon Bug Bites Crackers	SR3037	W S	120	4	1	0	0	115	21	1	8	2
B	Cinnamon Bun	SR2926	M E W S	240	7	3	0	5	280	40	3	16	5
B	Cinnamon Chex (add grahams)	SR2336		117	3	0	0	0	173	23	1	6	1
B	Cinnamon Toast Crunch (add grahams)	SR1164	W S	158	3	0	0	0	122	30	3	8	2
B	Concha	CAR1403	E W M	200	6	2	0	5	90	34	2	8	5
B	Cream cheese cup	SR1169	M	45	4	2	0	13	80	2	0	1	2
B	Graham Cracker	SR2366	S W	90	3	0	0	0	95	17	1	4	2
B	Nutrigrain Bar, Strawberry	SR1353	M, S, W	150	4	1	0	0	150	30	3	14	2
B	Pop Tart, Cinnamon Frosted 2 ct	SR1463x2	W S	340	6	2	0	0	240	74	6	30	4
B	Pop Tart, Strawberry Frosted 2 ct	SR3403	W S	360	5	2	0	0	370	76	6	30	4
B	Powdered Mini WG Donuts	CAR1456	M E W S	270	11	4.5	0	0	290	41	2	19	4
B	Pumpkin Bread	SR3015	M E W S	261	8	2	0	0	241	44	2	24	5
B	String Cheese Mozzarella	CAR1211	M	80	6	4	0	15	200	1	0	0	6
B	Sunflower Seeds Salted	CAR2015	W S	170	14	2	0	0	110	6	3	1	6
B	Ultimate Breakfast Round, Chocolate Chip	SR1173	M E W S	270	8	3	0	5	180	44	5	19	5
B	Ultimate Breakfast Round, Cinnamon	SR1976	M E W S	270	8	3	0	5	180	44	5	18	5
B	Whole Grain Croissant	CAR2363	M W S	210	9	4	0	4	220	28	3	3	5

B	Yogurt, Cup Danimals Strawberry (add grahams)	CAR1036	M	60	0	0.0	0	5	60	12	0	10	4
B	Yogurt, Cup Danimals Vanilla (add grahams)		M	70	0	0.0	0	3	70	12	0	9	4
F	100% Apple Juice -(4fl oz cup)	SR4145		60	0	0	0	0	10	15	0	14	0
F	100% Orange/tangerine Juice (4oz)	SR4142		60	0	0	0	0	10	15	0	13	0
F	Apple extra small (2-1/2" dia)	SR1216		48	0	0	0	0	1	13	2	10	0
F	Banana	SR1166		105	0	0	0	0	1	27	3	14	1
F	Diced Peaches	SR3040		59	0	0	0	0	5	14	1	13	0
F	Diced Pears	CAR1238		60	0	0	0	0	10	15	2	11	0
F	Mixed Fruit	CAR2242		98	0	0	0	0	0	24	1	21	0
F	Orange Whole	SR1171		45	0	0	0	0	0	11	2	9	1
L	All Beef Hot Dog, Miller's Uncured	CAR2365	W	270	14	5	0	20	780	28	3	5	12
L	Bacon Cheeseburger	CAR2164	M W	376	22	9	0	55	556	27	3	4	20
L	BBQ Beef Riblet on a Bun	SR5083 +	M W S	340	14	6	1	30	930	39	3	13	17
L	Bean & Cheese Burrito	CAR1378	M W S	321	9	4	0	15	475	44	8	2	17
L	Bean & Cheese Pupusa	CAR1511	M	290	11	4	0	15	580	35	4	1	13
L	Breaded Chicken Drumstick	SR3363	W	220	13	3	0	60	530	6	1	0	19
L	Breadstick	SR5044	M E W S	80	2	0	0	0	65	14	1	1	1
L	Brown Rice 1/2 cup	SR1098		117	1	0	0	0	2	25	1	0	3
L	Cheese Enchiladas, Pepper Jack	CAR2243	M	375	23	13	0	57	831	25	5	2	19
L	Cheese Lasagna Roll up	SR3374	M W	295	8	3	0	5	373	40	3	11	16
L	Cheeseburger, All Beef	CAR1080	M W	356	20	9	0	50	461	27	3	4	18
L	Cheesy Caesar Salad	CAR2323	M E W S	386	28	10	0	45	932	16	2	1	18
L	Cheesy French Bread Pizza	SR2459	M S W	290	11	4	0	20	440	33	0	4	17
L	Cheesy Italian Pull Apart	CAR2298	M W	300	13	6	0	30	520	32	2	5	14
L	Chicken & Waffle	CAR1798	M E W S	350	17.5	3	0	25	555	31	3.5	3	17
L	Chicken Corn Dog	CAR1452	E W S	240	8	2.5	0	40	390	30	5	5	9
L	Chicken Nuggets 5 ea	SR1367	W S	240	14	2.5	0	25	440	16	3	1	14
L	Chicken Quesadilla	CAR2153	M W S	373	18	10	0	69	750	36	1	1	21

L	Chicken Soft Tacos	CAR1160	W	273	9	3	0	1	368	29	4	2	16
L	Chicken Vegetable Dumplings (add brown rice)	SR2605	W S Sesame	120	3.5	0.25	0	175	275	16	2	1.5	8.5
L	Coyote Grill Quesadilla	SR2548	M E W S	309	12	6	0	45	559	32	3	3	19
L	Crispy Chicken Sandwich	CAR1082	W S	380	16.5	3	0	25	720	45	6	5	19
L	Dinner Roll	CAR1977	W	140	2.5	0.5	0	0	280	26	3	4	4
L	Galaxy Cheese Pizza	SR2537	M W S	280	12	6	0	30	410	26	3	8	15
L	Galaxy Pepperoni Pizza		M W S	285	13	7	0	30	420	26	3	8	15
L	Garlic Bread, Texas Toast		W S	100	4	1	0		120	14	1	1	3
L	Glazed Chicken Drumstick (add garlic bread)	SR2447		249	16	4	0	140	498	3	0	0	25
L	Hot Ham & Cheese on a Bun	CAR1034	M W	296	13	6	0	48	652	29	3	5	18
L	Miller's Uncured Beef Hot Dog	CAR2365	W	270	13	4	0	20	780	28	3	5	12
L	Mozzarella Quesadilla 6", House Made	CAR2027	M W	362	17	9	0	30	765	30	2	0	18
L	Mozzarella Stuffed Breadsticks	SR1625	M E W S	290	11	6	0	30	500	28	2	5	13
L	Pasta Alfredo	CAR2124	M W	335	14	7	0	38	766	36	1	7	18
L	PB & J Uncrustable (add string cheese)	SR2840	P W	300	17	3	0	0	280	32	4	14	9
L	Popcorn Chicken	SR1413	W S	255	14	3	0	22	387	15	3	0	16
L	Protein Pack	CAR1159	M S W	540	24	6	0	15	595	66	7	29	17
L	Spaghetti w/All Beef Meat Sauce	CAR1988	W	246	10	3	0	25	357	27	3	4	14
L	String Cheese Mozzarella	CAR1211	M	80	6	4	0	15	200	1	0	0	6
L	Sunflower Seeds Salted	CAR2015	S W	170	14	2	0	0	110	6	3	1	6
L	Teriyaki Beef Dippers	CAR1018	S W	160	8	4	1	40	440	6	1	4	14
L	Turkey & Cheese Sub Sandwich	CAR1993	M W	350	13	6	0	50	870	34	5	2	25
L	Whole Grain Biscuit	SR1598	M W	190	9	6	0	0	310	24	2	2	4
M	1% Milk	CAR1587	M	120	3	2	0	15	160	15	0	15	10
M	Chocolate Milk	CAR1586	M	120	0	0	0	5	200	21	0	(M)	8
V	Baby Carrot	SR1016		24	0	0	0	0	57	6	2	3	0
V	Black Beans	SR2006		131	1	0	0	0	153	25	7	1	8
V	Broccoli	SR1027		11	0	0	0	0	11	2	1	1	
V	Cauliflower	SR3388		21	0	0	0	0	25	4	2	2	2

V	Celery	SR1014		10	0	0	0	0	52	2	1	1	0
V	Cherry Tomato	SR3522		13	0	0	0	0	4	3	1	2	1
V	Corn	CAR1029		92	1	0	0	0	7	17	3	4	1
V	Cucumber Slices	SR1013		9	0	0	0	0	1	2	0	1	0
V	Garbanzo Beans	SR1048		138	2	0	0	0	149	22	4	4	7
V	Smile Fries	SR3502		131	5	1	0	0	180	20	2	0	2
V	Tater Tots	SR1450		110	6	1	0	0	312	14	1	1	1
Allergen Key-M=Milk, E=Egg, W=Wheat/Gluten, S=Soy, P=Peanut, T=Tree Nut, F=Fish, C=Shellfish, SM=Sesame													

Key-B=Breakfast, L=Lunch, F=Fruit, V=Vegetable, M=Milk