

May 2025 Carbohydrate & Allergen Chart

Meal	Menu Item	Recipe Number	Allergens	Calories	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	6.0	2.0	0.0	35	90	31	2	16	3
B	Bagel, Whole Wheat (add cream cheese)	SR1168	W S	170	1.0	0.0	0.0	0	310	35	4	3	6
B	Banana Bread Slice	SR2440	M E W S	260	8.0	1.5	0.0	0	240	45	2	24	5
B	Banana Mini Muffin (add graham's)	SR1591	E W S	190	6.0	2.0	0.0	40	130	30	2	17	3
B	Benefit Bar, Banana Chocolate Chunk	SR1753	M E W S	280	8.0	3.0	0.0	15	220	48	3	23	5
B	Benefit Bar, Oatmeal Chocolate Chip	SR2093	M E W S	280	8.0	3.0	0.0	15	230	47	3	20	5
B	Blueberry Muffin (add string cheese)	SR1454	E W S	190	6.0	2.0	0.0	30	130	30	2	16	3
B	Cheerios (add graham's)	SR1160		100	2.0	0.0	0.0	0	140	21	3	1	4
B	Cinnamon Bug Bites Crackers	SR3037	W S	120	3.5	1.0	0.0	0	115	21	1	8	2
B	Cinnamon Bun	SR2926	M E W S	240	7.0	3.0	0.0	5	280	40	3	16	5
B	Cinnamon Chex (add graham's)	SR2336		120	2.5	0.0	0.0	0	170	23	1	6	1
B	Cinnamon Toast Crunch (add graham's)	SR1164	W S	120	2.5	0.0	0.0	0	160	22	3	6	1
B	Concha	CAR1403	M E W S	200	6.0	1.5	0.0	5	90	34	2	8	5
B	Cream cheese cup	SR1169	M	45	3.5	2.0	0.0	13	80	2	0	1	2
B	Graham Cracker	SR2366	S W	90	2.5	0.0	0.0	0	90	17	1	5	1
B	Maple Syrup cup	CAI100118		80	0.0	0.0	0.0	0	20	20	0	14	0
B	Nutrigrain Bar, Strawberry	SR1353	M, S, W	150	3.5	0.5	0.0	0	150	30	3	14	2
B	Pop Tart, Cinnamon Frosted 2 ct	SR1463x2	W S	350	6.0	2.0	0.0	0	240	73	6	30	4
B	Pop Tart, Strawberry Frosted	SR3403	W S	340	5.0	1.5	0.0	0	230	73	6	29	4
B	Powdered Mini WG Donuts	CAR1456	M E W S	270	11.0	4.5	0.0	0	290	41	2	19	4
B	Pumpkin Bread	SR3015	M E W S	261	8.0	1.5	0.0	0	241	44	2	24	5
B	String Cheese Mozzarella	CAR1211	M	80	6.0	4.0	0.0	15	200	1	0	0	6
B	Sunflower Seeds Salted	CAR2015	W S	170	15.0	1.0	0.0	0	65	7	2	3	5

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B	Ultimate Breakfast Round, Chocolate Chip	SR1173	M E W S	270	8.0	3.0	0.0	5	180	44	5	19	5
B	Ultimate Breakfast Round, Cinnamon	SR1976	M E W S	270	8.0	3.0	0.0	5	180	44	5	18	5
B	Yogurt, Cup Danimals Strawberry (add grahams)	CAR1036	M	60	0.0	0.0	0.0	3	60	12	0	9	4
B	Yogurt, Cup Danimals Vanilla (add grahams)	SR3886	M	70	0.0	0.0	0.0	3	70	12	0	9	4
F	100% Apple Juice - (4fl oz)	SR4145		60	0.0	0.0	0.0	0	10	15	0	14	0
F	Tropical Fruit Punch 4 oz			60	0.0	0.0	0.0	0	5	15	0	13	0
F	Apple extra small 198 ct (2-3/4" dia)	SR1216		77	0.3	0.0	0.0	0	1	21	4	15	0
F	Apple 125 ct (3" diameter)	SR2870		95	0.3	0.0	0.0	0	2	25	4	19	0
F	Banana 1 med	SR1166		105	0.4	0.1	0.0	0	1	27	3	14	1
F	Kiwi	SR1582		52	0.0	0.0	0.0	0	3	13	3	8	1
F	Orange Whole	SR1171		45	0.1	0.0	0.0	0	0	11	2	9	1
F	Tangerine	SR3520		40	0.2	0.0	0.0	0	1	10	1	8	1
L	Baked Biscuit, Mini 1 oz	CAR1746	M W S	100	4.5	3.0	0.0	0	150	12	1	1	2
L	Baked Mac and Cheese	CAR2016	M W	331	19.0	11.0	0.0	56	721	25	1	2	18
L	BBQ Beef Riblet on a Bun	SR5083 + bun	M W S	340	13.5	5.5	0.5	30	930	39	6	13	17
L	Bean & Cheese Burrito	CAR1378	M W S	321	9.0	3.5	0.0	15	475	44	8	2	17
L	Bean & Cheese Pupusa	CAR1511	M	290	11.0	3.5	0.0	15	580	35	4	1	13
L	Breaded Chicken Drumstick	SR3363	W	342	20.0	4.7	0.0	93	823	9	2	0	30
L	Brown Rice 1/2 cup	SR1098		103	0.9	0.0	0.0	0	2	22	1	0	2
L	Cheeseburger, All Beef	CAR1080	M W	356	20.0	9.0	0.0	50	461	27	3	4	18
L	Chicken Corn Dog	CAR1452	E W S	240	8.0	2.5	0.0	40	390	30	5	5	9
L	Chicken Nuggets 5 ea	SR1367	W S	241	14.0	2.5	0.0	25	442	16	3	1	14
L	Chicken Vegetable Dumplings (add brown rice)	SR2605	W S Sesame	120	3.5	0.3	0.0	18	275	16	2	2	9
L	Coyote Grill Quesadilla	SR2548	M E W S	309	12.0	6.0	0.0	45	559	32	3	3	19
L	Crispy Chicken Sandwich	CAR1082	W S	380	17.0	3.0	0.0	25	720	43	6	5	18
L	Dinner Roll	CAR1977	W	149	2.0	0.0	0.0	0	239	31	5	3	5
L	Galaxy Cheese Pizza	SR2537	M W S	280	12.0	6.0	0.0	30	410	26	3	8	15

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L	Galaxy Pepperoni Pizza		M W S	285	13.0	7.0	0.0	30	420	26	3	8	15
L	Garlic Bread, Texas Toast		M W S	100	3.5	0.5	0.0	0	120	14	1	1	3
L	Grilled Cheese	CAR1017	M W	277	13.0	7.0	0.0	30	569	26	2	4	15
L	Hot Ham & Cheese on a Bun	CAR1034	M W	296	13.0	6.0	0.0	48	652	29	3	5	18
L	Miller's All Beef Uncured Hot Dog	CAR2365	W	270	14.0	4.5	0.0	20	780	28	3	3	12
L	Mozzarella Quesadilla 6", House Made	CAR2027	M W	362	17.0	9.0	0.0	30	765	30	2	0	18
L	Mozzarella Stuffed Breadsticks	SR1625	M E W S	290	11.0	6.0	0.0	30	500	28	2	5	19
L	PB & J Uncrustable (add string cheese)	SR2840	W P	300	16.0	3.5	0.0	0	280	32	4	15	9
L	Popcorn Chicken 12 pc	SR1413	W S	255	14.0	2.8	0.0	22	388	16	3	1	16
L	Protein Pack	CAR1159	M S W	520	21.0	4.5	0.0	10	600	68	8	31	16
L	String Cheese Mozzarella	CAR1211	M	80	6.0	4.0	0.0	15	200	1	0	0	6
L	Teriyaki Beef Dippers (add brown rice 1/2 c)	CAR1018	S W	160	8.0	3.5	0.5	40	440	6	1	4	14
M	1% Milk	CAR1587	M	120	2.5	1.5	0.0	15	160	15	0	15	10
M	Chocolate Milk	CAR1586	M	120	0.0	0.0	0.0	5	200	21	0	21	8
V	Baby Carrot	SR1016		24	0.1	0.0	0.0	0	57	6	2	3	0
V	Black Beans	SR2006		131	0.6	0.0	0.0	0	153	25	7	1	8
V	Broccoli	SR1027		11	0.1	0.1	0.0	0	13	2	1	1	1
V	Cauliflower	SR5395		19	0.2	0.1	0.0	0	23	4	2	1	1
V	Celery	SR1014		10	0.1	0.0	0.0	0	52	2	1	1	0
V	Cherry Tomato	SR3522		22	0.0	0.0	0.0	0	3	4	2	3	1
V	Corn	CAR1029		92	1.3	0.0	0.0	0	7	17	3	4	1
V	Cucumber Slices	SR1013		9	0.1	0.0	0.0	0	1	2	0	1	0
V	Garbanzo Beans	SR1048		138	2.1	0.0	0.0	0	149	23	4	4	7
V	Smile Fries	SR3502		131	4.5	0.5	0.0	0	181	20	2	0	2
V	Tater Tots	SR1450		111	6.0	1.0	0.0	0	312	14	1	1	1

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

Allergen Key-M=Milk, E=Egg, W=Wheat/Gluten, S=Soy, P=Peanut, T=Tree Nut, F=Fish, C=Shellfish, SM=Sesame