

September 2026 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	6.0	2.0	0.0	35	90	31	2	16	3
B	Apple Frudel	SR1747	M W	210	5.0	1.0	0.0	0	270	38	3	10	5
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)	SR1591	E W S	190	6.0	2.0	0.0	40	130	30	2	17	3
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)	SR1160		100	2.0	0.0	0.0	0	140	21	3	1	4
B	Benefit Bar	SR1743	E W S M	280	8.0	3.0	0.0	15	220	48	3	23	5
B	Bug Bite Graham	SR3037	W S	120	3.5	1.0	0.0	0	115	21	1	8	2
B	Chocolate Mini Donuts	SR4819	M E W S	320	16.0	9.0	0.0	0	309	42	3	19	5
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)	SR2336		120	2.5	0.0	0.0	0	170	23	1	6	1
B	Cinnamon Toast Crunch (add graham)	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	1	0	1	2
B	Graham Cracker	SR2366	S W	90	2.5	0.0	0.0	0	90	17	1	5	1
b	Jelly	SR5417		35	0.0	0.0	0.0	0	5	9	0	8	0
B	Lemon Bread	SR6072	E W M S	230	8.0	1.5	0.0	0	250	44	2	15	5
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

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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	Honey Roasted Sunflower Seeds		W S	170	15.0	1.0	0.0	0	65	7	2	3	5
B	Ultimate Breakfast Round, Chocolate Chip	SR1173	M E W S	270	8.0	3.0	0.0	5	180	42	6	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 W S	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	Banana 1 med	SR1166		105	0.4	0.1	0.0	0	1	27	3	14	1
F	Grapes. red			52	0.1	0.0	0.0	0	2	14	1	12	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	Pears	SR1585		101	0.2	0.0	0.0	0	2	27	6	17	1
F	Tangerine	SR3520		40	0.2	0.0	0.0	0	1	10	1	8	1
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	3	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	Beef Meatballs (in Marinara, add Penne Pasta)	CAR1919	M W S	200	11.0	3.9	0.0	36	636	10	3	5	16

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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	Buttermilk Pancakes (2ea)	SR2010	M E W S	160	2.0	0.3	0.0	10	407	31	4	5	4
L	Cheeseburger, All Beef	CAR1080	M W	356	20.0	9.0	0.0	50	461	26	2	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 Gyro Wrap	SR6052	M W Sesame	378	15.0	3.0	0.0	80	1078	36	5	3	27
L	Chicken Nuggets 5 ea	SR1367	W S	241	14.0	2.5	0.0	25	442	16	3	1	14
L	Chicken Pasta Alfredo	CAR2125	W S M	289	12.0	5.0	0.0	50	626	30	1	6	17
L	Chicken Pesto Pasta	CAR2410	M E W	254	11.0	2.0	0.0	44	228	20	3	0	18
L	Chicken Quesabirria	CAR2153	M S W	383	17.0	8.0	0.0	68	790	37	1	0	20
L	Chicken Tenders	CAR1492	W S	263	15.0	2.5	0.0	25	395	16	3	1	15
L	Cheese Quesadilla (CG)	SR2548	M E W S	309	12.0	6.0	0.0	45	559	32	3	3	19
L	(Crispy) Chicken Patty 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	34	5	3	5
L	Galaxy Cheese Pizza	SR2537	M W S	280	12.0	6.0	0.0	30	410	26	3	8	15
L	Garlic Bread, Texas Toast	CAR2532	M W S	100	3.5	0.5	0.0	0	120	14	1	1	3
L	Miller's Uncured Beef Hot Dog	CAR2365	W	270	14.0	4.5	0.0	20	780	28	3	3	12
L	Mozzarella Stuffed Breadsticks	SR1625	M E W S	290	11.0	6.0	0.0	30	500	28	2	5	19
L	Orange Chicken w/Brown Rice	CAR1447	W S Sesame	419	15.0	3.0	0.0	22	514	52	4	16	18
L	PB & J Uncrustable (add string cheese)	SR2840	W P	300	16.0	3.5	0.0	0	280	32	4	15	9
L	Penne Pasta (add Beef Meatballs)	CAR2025	W	394	23.0	1.6	0.0	0	202	43	2	2	7
L	Pepperoni Pizza (Galaxy)	SR2537	M S W	298	12.0	6.0	0.0	29	507	28	3	7	16
L	Soft Chicken Tacos	CAR2007	W	271	8.0	3.0	0.0	48	446	29	2	0	16
L	String Cheese Mozzarella	CAR1211	M	80	6.0	4.0	0.0	15	200	1	0	0	6
L	Sweet and Sour Chicken	CAR2240	W S	321	14.0	2.0	0.0	21	632	32	3	16	15
L	Syrup	CAR1066		80	0.0	0.0	0.0	0	20	20	0	14	0

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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
L	Teriyaki Chicken and Rice	CAR1309	W S Sesame	279	9.0	1.9	0.0	77	754	34	1	8	18
M	1% Milk	CAR2527	M	130	2.5	1.5	0.0	15	160	16	0	15	11
M	Chocolate Milk FF	CAR2526	M	120	0.0	0.0	0.0	5	150	21	0	19	9
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