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A la Carte Allergen Chart

8/3/2018

SNACKS AND SIDES									
ITEM	Crustacean Shellfish	Egg	Fish	Milk	Peanuts	Soy	Tree nuts	Wheat	Carbohydrates (g)
Cereal Bar, Cereal On the Go, Cinnamon Toast Crunch						C		C	22
Cereal Bar, Cinnamon Toast Crunch								C	30
Cereal Bar, Nutri Grain Bar, Apple Cinnamon				C		C		C	24
Cereal Bar, Nutri Grain Bar, Blueberry				C		C		C	24
Cereal Bar, Nutri Grain Bar, Strawberry				C		C		C	24
Cereal Bar, Quaker Chewy Granola Bar				C	MC	C	MC	C	28
Cereal Bar, Team Cheerios								C	30
Cereal Bar, Trix Cereal								C	30
Chips, Baked Lays, BBQ				C		C		C	19
Chips, Baked Lays, Original						C			20
Chips, Baked Lays, Sour Cream & Onion				C		C			19
Chips, Lays Kettle Sea Salt & Vinegar Potato Chips									27
Chips, Cheetos, Baked Crunchy Cheese				C		C			17
Chips, Cheetos, Baked Flamin Hot				C					17
Chips, Cheetos, RF Flamin Hot Puffs				C					14
Chips, Fantastix, Chili & Cheese				C					19
Chips, Fantastix Flamin' Hot				C					20
Chips, RF Doritos, Cool Ranch				C		C			19
Chips, RF Doritos, Flamas				C		C			20
Chips, RF Doritos, Nacho Cheese				C		C			20
Chips, RF Doritos, Spicy Sweet Chili						C		C	20
Chips, Ruffles Baked Sour Cream & Onion				C		C			17
Chips, Funyuns				C					14
Cinnamon Apple Sticks - Bosco						C		C	38

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SNACKS AND SIDES (Continued)									
ITEM	Crustacean Shellfish	Egg	Fish	Milk	Peanuts	Soy	Tree nuts	Wheat	Carbohydrates (g)
Cookie, BeneFIT, M&M (1 Cookie)		C		C		C		C	33.51
Cookie, BeneFIT, Double Chocolate (1 Cookie)		C		C		C		C	33.21
Cookie, BeneFIT, Chocolate Chip (1 Cookie)		C		C		C		C	33.51
Cookie, BeneFIT, Oatmeal Raisin (1 Cookie)		C		C		C		C	32.63
Cookie, BeneFIT, Sugar (1 Cookie)		C		C		C		C	34.55
Cookie, Gingerbread People								C	
Cracker, Animal						C		C	21
Cracker, Bug Bites Cinnamon Grahams						C		C	21
Cracker, Bunny Grahams, Chocolate & Honey						C		C	25
Cracker, Cinnamon Dispicable Me Theme				C		C		C	22
Cracker, Cheez-Its				C		C		C	14
Cracker, Giant Goldfish Grahams, Chocolate						C		C	19
Cracker, Goldfish, Blasted, Hot N Spicy				C		C		C	14
Cracker, Goldfish, Cheddar				C		C		C	14
Cracker, MJM Bear Grahams, Chocolate						C		C	21
Cracker, Teddy Grahams, Cinnamon						C		C	21
Cupcake, Chocolate w/ Filling		C		C		C		C	25
Ice Cream, Chocolate Sundae Crunch Bar (Blue Bunny)				C	P	C	P	C	25
Ice Cream, Sandwich, LF (Blue Bunny)				C	P	C	P	C	25
Ice Cream Cup, Chocolate & Vanilla, LF (Blue Bunny)				C	P		P		14
Ice Cream, Strawberry Sundae Crunch Bar (Blue Bunny)				C	P	C	P	C	26
Ice Cream, Strawberry Chunk Fruit Bar (Blue Bunny)					P		P		33
Ice Cream, Fudge Bar (Blue Bunny)				C	P		P		25
Ice Cream, Orange Dream Bar (Blue Bunny)				C	P		P		19

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SNACKS AND SIDES (Continued)									
ITEM	Crustacean Shellfish	Egg	Fish	Milk	Peanuts	Soy	Tree nuts	Wheat	Carbohydrates (g)
Jerky, Chicken Strip, Jack Links								C	6
Popcorn, Smartfood Delight, White Cheddar				C					9
Popcorn, Smartfood Delight, Sea Salt Caramel				C					10
Pirate's Booty, White Cheddar				C					14
Pudding, Snack Pack, Chocolate				C					20
Snack, Brownie, Buena Vista		C		C		C		C	29
Snack, Mott's, Mixed Berry									38
Snack, Welch's, Assorted Fruit Flavor									38
Snack Fruit Roll Ups, Reduced Sugar, Crazy Colors									11
Snack, Hot & Spicy Chex Mix				C		C		C	18
Snack, Peaches in Strawberry Gel, Dole									23
Snack, Rice Krispies, WG Large				C		C			31
Snack, Rice Krispies, WG Mini				C		C			9
Snack, Simply Chex, Cheddar				C		C		C	18
Snack, Simply Chex, Chocolate Caramel				C		C		C	20
Snack, Simply Chex, Habanero Lime						C		C	20
Snack, Simply Chex, Strawberry Yogurt				C		C		C	20
Sunflower Kernals, Honey Roasted (ZeeZee's)									6
YoDots, Chocolate & Vanilla				C, P	P	P	P	P	24
YoDots, Cookies 'N Cream				C, P	P	C, P	P	C, P	27
YoDots, Cookie Dough				C, P	P	C, P	P	C, P	29
YoDots, Cotton Candy				C, P	P	P	P	P	23
YoDots, Red Berry Sherbet Sour Patch				C, P	P	C, P	P	P	25
Yogurt, Greek, Blueberry, Oikos				C					16
Yogurt, Greek, Strawberry, Oikos				C					15

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SNACKS AND SIDES (Continued)									
ITEM	Crustacean Shellfish	Egg	Fish	Milk	Peanuts	Soy	Tree nuts	Wheat	Carbohydrates (g)
Yogurt, Light N Fit, All Flavors				C				MC	16
Yogurt, Menchie's, Strawberry Sorbet		MC, P		MC, P		MC, P	MC, P		29
Yogurt, Menchie's, Milk Chocolate				C					25
Yogurt, Menchie's, Vanilla				C					22
Yogurt, Menchie's, Cookies & Cream		P		C, P	P	C, P	P	C, P	24

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ENTRÉE ITEMS									
ITEM	Crustacean Shellfish	Egg	Fish	Milk	Peanuts	Soy	Tree nuts	Wheat	Carbohydrates (g)
Bosco Stick, Cheddar Pretzel				C		C		C	26
Egg Roll, Chicken		C		C		C		C	20
Pizza, Cheese Cici's (HS ONLY)				C		C		C	
Pizza, Pepperoni Cici's (HS ONLY)				C		C		C	
Potato, Baked (Plain)									64.11
Potato, Baked w/ 0.5oz Cheese)				C					65.123
Salad, Garden w/ Yogurt & Crackers w/ Ranch		C		C		C		C	40.067
Salad, Secondary Garden w/ Yogurt & Crackers w/ Ranch		C		C		C		C	36.067
Tornado, Southwestern Chicken				C		C		C	23
Turkey Breast Sti ck									0
Yogurt Parfait, Strawberries (1/2c) & Bulk Granola (1oz)				C		C			37
Yogurt Parfait, Blueberries (1/2c) & Bulk Granola (1oz)				C		C			37
Yogurt Parfait w/ Granola (Fieldstone) Indv. Pkg				C		C	MC	C	53.18
Yogurt Parfait, Strawberries (1/2c) & Choc pkg Granola (1oz)				C		C		C	48.344
Yogurt Parfait, Strawberries (1/2c) & Straw pkg Granola (1oz)				C		C		C	48.344

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FRUIT AND VEGETABLE SIDES									
ITEM	Crustacean Shellfish	Egg	Fish	Milk	Peanuts	Soy	Tree nuts	Wheat	Carbohydrates (g)
Hash Brown Rounds (2 EA)						C			16
Onion Rings (5 EA)				C		C		C	28
Potato, Fries, Crinkle Cut						C			15
Potato, Fries, Seasoned 8 Cut Wedge, McCain						C			20
Tator Tots (Not the same as Spudbites) Serving =8pc						C			14

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BEVERAGES									
ITEM	Crustacean Shellfish	Egg	Fish	Milk	Peanuts	Soy	Tree nuts	Wheat	Carbohydrates (g)
Gatorade, G2, All Flavors									7
Capri Sun, Fruit Punch, 6oz									11.246
Coffee, Iced (8oz)				C					6
Juice, Apple & Eve, Fruit Punch, 6oz									24
Juice, Apple & Eve, Apple Juice, 6oz									21
Juice, Apple & Eve, Very Berry, 6oz									24
Juice, NAKED, Berry Blast									37
Juice, NAKED, Blue Machine									50
Juice, NAKED, Green Machine									41
Juice, NAKED, Mango									44
Juice, NAKED, Strawberry Banana									38
Juice, Sparkling, Envy, 8oz (All flavors, excluding Tropical Orange)									29
Juice, Sparkling, Envy, 8oz, Tropical Orange									31
Juice, Sparkling, Epic, 8oz									30
Slushie, Rips, All Flavors, 4oz pouch									28
Slushie, Trident, All Flavors									29
Sparkling Water, Le Croix, 12oz									0
Sparkling Water, ICE, All Flavors, 17oz									0
Smoothie, V8, Peach Mango, 8oz									29
Smoothie, V8, Strawberry Banana, 8oz									30
Smoothie, V8, Tropical Fruit, 8oz									31
Smoothie, V8, Watermelon Raspberry, 8oz									29
Tea, Sweet, 12oz, JB's									17