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# A la Carte Allergen Chart

9/19/2018

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
Yogurt, Menchie's, Cake Batter		C, P		C, P	P	C, P	P	C, P	23

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# A la Carte Allergen Chart

9/19/2018

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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9/19/2018

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

