



ASEP Carbohydrates and Allergens 2024-2025

ALLERGEN LEGEND	
D - DAIRY	E - EGG
S - SOY	F - FISH
W - WHEAT	T - TREE NUTS*
SE - SESAME	

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
ENTREES									
Cheetos Crunchy Cheese	120	16g	D						
Food & Nutrition Education Crackers	120	22g	D		W	E			
Crunchmania	210	37g	D	S	W				
Doritos Nacho Cheese	130	20g	D						
Muffin, Apple Cinnamon	140	24g	D	S	W	E			
Muffin, Chocolate Chip	270	45g	D	S	W	E			
Muffin, Blueberry	250	42g	D	S	W	E			
Giant Goldfish, Cinnamon	120	19g			W				
Graham Squares	90	17g		S	W				
Graham Crackers, Bone Shaped	120	21g		S	W				
Simply Chex Strawberry Yogurt	130	23g	D	S	W				
Simple Chex Chocolate Caramel	130	22g		S	W				
Cheezits	100	14g	D	S	W				
Honey Graham Little Squares									

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
MILK									
Plain 1% Milk	110	13g	D						
Plain Skim Milk	90	13g	D						
Chocolate Skim Milk	120	20g	D						
Strawberry Skim Milk	110	19g	D						
Lactose Free Plain Skim Milk	90	13g	D						
JUICE									
Apple Juice (6 oz)	85	20g							
Fruit Punch Juice (6 oz)	85	21g							
FRUIT									
Apple, Whole	78	20g							
Apple Slices	30	8g							
Applesauce	56	14g							
Banana	110	30g							