



K-12 Breakfast 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
HOT ENTREES									
Apple Cinnamon Texas Toast	310	44g	D	S	W				
Apple Frudle Stick	265	45g	D		W				
Strawberry Boli	240	41g	D		W				
Big Daddy's Cheese Stuffed Sandwich	150	19g	D	S	W				
Biscuit, Chicken	280	37g	D	S	W				
Biscuit, Sausage (Chicken Sausage)	260	29g	D	S	W				
Bread, Lemon	230	44g	D	S	W	E			
Bread, Cocoa	250	43g	D	S	W	E			
Bread, Banana	260	45g	D	S	W	E			
Breakfast Bites, French Toast	210	38g		S	W				
Breakfast Bun, IW	250	39g	D	S	W	E			
Breakfast Croissant	190	19g	D	S	W	E	--	--	--
Breakfast									

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
Cereal									
Cheerios Cereal	100	21g							
Cinnamon Toasters Cereal	120	21g		S	W				
Cinnamon Chex Cereal	120	23g							
Lucky Charms Cereal	110	23g			S				
Strwb Frosted Shredded Wheat Cereal	100	23g			W				
Honey Bunches of Oats, Honey Crunch	110	23g			W				
Cocoa Puff Cereal Bar	160	30g		S	W				
Apple NutriGrain Bar	150	30g	D	S	W				
Blueberry NutriGrain Bar	150	30g	D	S	W				
Strawberry NutriGrain Bar	150	30g	D	S	W				

