PRESCHOOL CARB/ALLERGEN LIST

Menu Item or Recipe Name	Brand Name	Total Carbs (g)	Milk Allergen	Peanut Allergen	Fish Allergen	Soybeans Allergen	Eggs Allergen	Treenuts Allergen	Shellfish Allergen	Wheat Allergen	Sesame Allergen
ANYTIMERS* Cheese& Pepperoni Pizza TWP	Anytime Foods	34	CONTAINS			CONTAINS				CONTAINS	
ANYTIMERS* Turkey Ham& Cheese TWP	Anytime Foods	33	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
APPLESAUCE, UNSWEETENED TWP	MONARCH	12									
Appleways Blueberry Lemon Crispy Bites, WG IW 1 oz TWP	Appleways	21	CONTAINS			CONTAINS				CONTAINS	
Appleways Cheddar Cheese Crispy Crackers, IW WG 0.9 oz TWP	Appleways	17	CONTAINS			CONTAINS				CONTAINS	
Appleways Vegetable Crackers, WG IW 1oz TWP	Appleways	18	CONTAINS			CONTAINS				CONTAINS	
Bagel, Mini Strawberry Neufchatel Cheese Filled IW TWP	Pillsbury	41	CONTAINS							CONTAINS	
Bagel, Whole Grain, Sliced, IW 1.9 oz	Bake Crafters	26	MAY		UNDECLARED	MAY			UNDECLARED	CONTAINS	MAY
Beef and American Cheese Taco Snack Bulk	LOS CABOS	33.27	CONTAINS			CONTAINS				CONTAINS	
Blazin' Buffalo Hummus	Lancaster Hummus	10									
Cheerios(TM) Cereal Single Serve Bowlpak 1 oz TWP	Cheerios	21									
CHIP, PITA PLAIN TFF SS	STACY'S PITA CHIP	28								CONTAINS	
Chocolate Chip Waffle WG IW FZN 2.4 oz	Tasty Brands	37				CONTAINS				CONTAINS	
Churro, Apple 51% WG 1.9 oz	TIO PEPES	27	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
Craisins Cherry Flavored Pouch	Craisins	28									
Del Monte* Diced Peaches in 100% Juice, 72ct 4oz, Plastic Cup	DEL MONTE	12									
Del Monte* Diced Pears in 100% Juice, 72ct 4oz, Plastic Cup	DEL MONTE	13									
DWB WG Stawberry Mini Pancakes	DEWAFELBAKKERS PANCAKES	39	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
Eggo French Toast Original French Toast Minis 3.03oz	Kellogg's Eggo	37	CONTAINS	NOT INTENTIONAL	NOT INTENTIONAL	CONTAINS	CONTAINS	NOT INTENTIONAL	NOT INTENTIONAL	CONTAINS	
Goldfish Pretzel Crackers WG SS .75 oz TWP	Pepperidge Farms	16	CONTAINS							CONTAINS	
Graham Cracker Square IW TWP	Nabisco	11								CONTAINS	
Grilled Cheese on WG w/ Reduced Sodium American Cheese& Mozzarella- IW	HOT OFF THE GRILL	30.96									
Hot Off The Grill Beef Cheeseburger Slider Whole Grain IW FZN	Hot Off The Grill	29.82	CONTAINS			CONTAINS				CONTAINS	
Hummus, Cheezy Pizza SS FZN	Lancaster Hummus	10									
Hummus, Garlic Garlic SS FZN	Lancaster Hummus	10									
JIF PEANUT BUTTER 1.1 OZ TWP	Jif	8		CONTAINS							
Jimmy Dean Pancake Wrapped and Turkey Sausage Sticks TWP	Jimmy Dean	16	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
JUICE, APPLE 100% FROZEN PLASTIC CUP TWP	Ardmore Farms	14									
JUICE, ORANGE 100% SS CUP FROZEN TWP	SUN CUP	13									
Kellogg's Eggo Pancakes Confetti 3.03oz	Kellogg's Eggo	36	CONTAINS	NOT INTENTIONAL	NOT INTENTIONAL	CONTAINS	CONTAINS	NOT INTENTIONAL	NOT INTENTIONAL	CONTAINS	NOT INTENTIONAL
Kellogg's Eggo Waffles Cinnamon Toast 2.64oz	Kellogg's Eggo	35	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
Mango Vegetable Juice	V Blend	14									
Maple Mini Pancakes WG IW 3 oz	De Wafelbakkers	36	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D		12.2	CONTAINS								
Mozzarella String Cheese Stick TWP	LAND O LAKES	2	CONTAINS	NOT INTENTIONAL	NOT INTENTIONAL	NOT INTENTIONAL	NOT INTENTIONAL	NOT INTENTIONAL	NOT INTENTIONAL	NOT INTENTIONAL	MAY
MUFFIN BLUEBERRY WG RF IW	OTSPKMY	29.84				CONTAINS	CONTAINS			CONTAINS	
MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN	OTIS SPUNKMEYER DELICIOUS ESSENTIAL	33	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
Multigrain Cheerios(TM) Cereal Single Serve Bowlpak 1 oz	Cheerios	23									
PPI Single Serve Fat Free Buttermilk Ranch Dressing, 12 gr. Packets (Pack of 200)	PPI	2	CONTAINS								
Quesadilla WGR Cheese Twice Grilled FZN IW	Hot off the Grill	31	CONTAINS			CONTAINS				CONTAINS	
Rice Chex(TM) Cereal Single Serve Bowlpak 1 oz	Chex	24									
Rich's Nut Free Chocolate Chip Cookie	Rich's	30	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
SANDWICH, BEEF MAPLE SAUSAGE PATTY PANCAKE IW FROZEN BREAKFAST	HOT OFF THE GRILL	15.7	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
SANDWICH, BEEF SAUSAGE and CHEESE BAGEL WHOLE GRAIN IW FROZEN MINI	HOT OFF THE GRILL	26.27	CONTAINS			CONTAINS				CONTAINS	
Sandwich, English Muffin Egg American Cheese IW FZN	Tasty Brands	24	CONTAINS				CONTAINS			CONTAINS	
Sandwich, Maple Pancake, Whole Grain, Chicken Sausage& Cheese, IW TWP	Bake Crafters	18	CONTAINS		UNDECLARED	CONTAINS	CONTAINS		UNDECLARED	CONTAINS	UNDECLARED
Sandwich, Maple Waffle, Chicken Sausage and Cheese, WG IW TWP	Bake Crafters	16	CONTAINS		UNDECLARED	CONTAINS	CONTAINS		UNDECLARED	CONTAINS	UNDECLARED
SANDWICH, SOY BUTTER AND JELLY GRAPE CRUSTLESS WGR TWP	EZ JAMMERS	28									
Soy Nut Butter, Spread Creamy SS 1.12 oz	WOWBUTTER	8				CONTAINS					
TONY'S™ SMARTPIZZA* Pizza Cheese TWP	TONY'S™	35	CONTAINS			CONTAINS				CONTAINS	
Turkey Pretzel Dog WG 4 oz	ES Foods	30								CONTAINS	
Upstate Farms Blueberry Nonfat Yogurt 4oz TWP	Upstate Farms	19	CONTAINS								
Upstate Farms Cherry Vanilla Yogurt TWP	Upstate Farms	19	CONTAINS								
Upstate Farms Peach Yogurt TWP	Upstate Farms	19	CONTAINS								
WG Fruity Pancake Bowl, Blueberry	Buena Vista Foods	42	CONTAINS			CONTAINS	CONTAINS				
WG Fruity Pancake Bowl, Peach TWP	Buena Vista Foods	41	CONTAINS			CONTAINS	CONTAINS				
Whole Grain PizzaBoli	Tasty Brands	34	CONTAINS							CONTAINS	
Whole Grain Turkey Ham& cheese Croissant Sandwich	TASTY BRANDS	30	CONTAINS			CONTAINS	CONTAINS			CONTAINS	
Yogurt, Simply Berry Go-GURT	Yoplait	2.66	CONTAINS								
Zee Zees Applesauce Cup, Original, Unsweetened, 4.5 oz. TWP	Zee Zees	14									
Zee Zees Applesauce Cup, Strawberry, Unsweetened, 4.5 oz. TWP	Zee Zees	14									