

**Supper Carbohydrates and Allergens  
2023-2024**

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

\*Tree Nuts identifier is cautionary, items does not contain tree nuts.

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
<b>ENTREES</b>									
Bean and Cheese Dip	175	16g	D	S	-	-	-	-	-
Brunch 4 Supper- Waffle Sandwich	330	24g	D	S	W	E	-	-	-
Cheese Pocket	290	30g	D	S	W	-	-	-	-
Cheeseburger Sliders	272	30g	D	S	W	-	-	-	-
Grilled Cheese Sandwich	280	31g	D	S	W	-	-	-	-
Italian Hoagie, IW	330	27g	D	S	W	-	-	-	-
Nacho Bag (Cheese Dip, Chips, String Cheese, Salsa)	585	58g	D	-	-	-	-	-	-
Pizza Boil	310	34g	D	-	W	-	-	-	-
Turkey & Cheese Wedge Sandwich	300	30g	D	S	W	-	-	-	-
Veggie Pinwheel	300	34g	D	S	W	-	-	-	-
Pizza Munchable	370	35g	D	S	W	E	-	-	-
Pretzel Bites w/ Jalapeno Queso	510	51g	D	S	W	-	-	-	-
Turkey & Cheese Croissant	320	31g	D	S	W	E	-	-	-
Wowbutter & Grape Jelly Sandwich	540	53g	D	S	W	-	-	-	-
Yogurt Bag (may include the following)									
<i>8oz Cherry Vanilla Yogurt</i>	90	19g	D	-	-	-	-	-	-
<i>8oz Strawberry Yogurt</i>	90	19g	D	-	-	-	-	-	-
<i>Mozzarella String Cheese</i>	60	1g	D	-	-	-	-	-	-
<i>Lemon Bread</i>	230	44g	D	S	W	E	-	-	-
<i>Banana Bread</i>	260	45g	D	S	W	E	-	-	-

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
<b>MILK</b>									
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	-	-	-	-	-	-
<b>JUICE</b>									
Apple Juice Cup	60	14g	-	-	-	-	-	-	-
Fruit Punch Juice Cup	60	14g	-	-	-	-	-	-	-
Grape Juice Cup	80	19g	-	-	-	-	-	-	-
Orange Juice Cup	60	14g	-	-	-	-	-	-	-
Apple Juice (6 oz)	85	20g	-	-	-	-	-	-	-
Fruit Punch (6 oz)	85	20g	-	-	-	-	-	-	-
Wango Mango (6.75 oz)	80	22g	-	-	-	-	-	-	-
<b>FRUIT</b>									
Whole Apple	78	20g	-	-	-	-	-	-	-
Apple Crisp Snack	183	46g	-	-	-	-	-	-	-
Apple Slices	30	8g	-	-	-	-	-	-	-
Applesauce	56	14g	-	-	-	-	-	-	-
Banana	110	30g	-	-	-	-	-	-	-
Diced Peaches	75	19g	-	-	-	-	-	-	-
Orange Wedges	83	20g	-	-	-	-	-	-	-
Strawberries, Indv. Cup	90	22g	-	-	-	-	-	-	-
Strawberry Applesauce Cup	90	23g	-	-	-	-	-	-	-
Raisins	120	29g	-	-	-	-	-	-	-
Raisels, Tropical Flavor	130	29g	-	-	-	-	-	-	-
Craisin, Original	110	28g	-	-	-	-	-	-	-
Craisins, Raspberry Lemonade	110	27g	-	-	-	-	-	-	-
Craisins, Strawberry	110	28g	-	-	-	-	-	-	-
Mandarin Cup	56	15g	-	-	-	-	-	-	-
<b>VEGETABLES</b>									
Sunset Sip (Veg. Juice)	45	11g	-	-	-	-	-	-	-
Carrots w/Ranch Dip	97	11g	D	S	-	E	-	-	-
Celery Stick, Snack Pack	15	3g	-	-	-	-	-	-	-
Salsa Cup	25	5g	-	-	-	-	-	-	-