

Breakfast Carbohydrates and Allergens

Item	Amount	Carbohydrates	Allergens
Apple	¼ cup	14g	N/A
Apple Cinnamon Cereal Bar	1.41 ounce	30g	Wheat, soy
Apple Granola Bar	1.5 ounces	30g	Wheat, soy, eggs
Apple Juice	½ cup	13g	N/A
Apple Slices	½ cup	8g	N/A
Bagel	2 ounces	28g	Wheat, soy
Banana	½ cup	19g	N/A
Banana Bread	3.4 ounces	44g	Wheat, soy, egg
Banana Chocolate Bar	2.5 ounces	48g	Wheat, milk, soy, egg
Banana Muffin	2 ounces	31g	Wheat, egg, soy
Blueberry Muffin	2 ounces	30g	Wheat, soy, egg
Breakfast Bosco	2.5 ounces (2.29 ounces)	17g	Wheat, milk, egg, soy
Breakfast Round	2.2 ounces (2.5 ounces)	44g	Wheat, milk, soy, egg
Breakfast Sandwich	2.35 ounces (2.32 ounces)	19g	Wheat, milk, soy, eggs
Bug Bites	1.1 ounce (0.99 ounces)	21g	Wheat, soy
Cherry Coco Bar	1.8 ounces	33g	Wheat, soy
Chocolate Muffin	2 ounces	32g	Wheat, milk, egg, soy
Chocolate Oatmeal Bar	1.2 ounces	23g	Wheat, milk, soy, eggs
Cinnamon Bun	2.9 ounces	38g	Wheat, milk, egg, soy
Cinnamon Pop Tart	1.76 ounces	38g	Wheat, soy
Coco Puff Cereal Bar	1.41 ounces	30g	Wheat, soy
Cream cheese	1 ounce/1 each	1g	Milk
Dried Cranberries	¼ cup	33g	N/A
Golden Graham Cereal Bar	1.41 ounces	30g	Wheat, soy
Golden Graham Cereal Bowl	0.987 ounces	24g	Wheat
Goldfish Crackers	0.75 ounces (0.74 ounce)	14g	Wheat, milk
Grips	0.88 ounces	19g	Wheat, milk, soy
Hard boiled Egg	1 ounce (1.76 ounces for 1 egg)	1g	Egg
Keebler Dinosaur Honey Graham Crackers	1 ounce	21g	Wheat, milk, soy
Max Egg and Turkey Pizza	3.09 ounces (3.19 ounces)	25g	Wheat, milk, soy, egg
Milk (Chocolate) Fat Free	1 carton	20g	Milk
Milk (white) Fat Free	1 carton	13g	Milk
Mini Blueberry Pancakes	3.03 ounces	35g	Wheat, milk, egg, soy
Orange Juice	½ cup	14g	N/A
Oranges	½ cup (3 slices)	15g	N/A
Pancake Wrap	2.85 ounces	18g	Wheat, soy, egg
Raisins	¼ cup	31g	N/A
Strawberry Nutrigrain Bar	1.55 ounces	30g	Wheat, soy, milk
Strawberry Poptart	1.76 ounces	38g	Wheat, soy
Texas French Toast	3.3 ounces	45g	Wheat, milk, soy
Trix Cereal Bar	1.42 ounces (1.41 ounces)	30g	Wheat, soy
Yogurt	4 ounces	15g	Milk