

BREAKFAST MENU ITEMS	CARBS	MILK	EGGS	FISH	PEANUTS	TREE NUTS	SESAME SEEDS	SOY	WHEAT
BANANA MUFFIN	30		X					X	X
BENEFIT BAR BANANA CHOCO	47	X	X					X	X
BENEFIT BAR APPLE	46	X	X					X	X
BENEFIT BAR APPLE CINNAMON	46	X	X					X	X
BENEFIT BAR BLUEBERRY	47	X	X					X	X
BENEFIT BIRTHDAY CAKE	47	X	X					X	X
BLUEBERRY MUFFIN	30		X					X	X
BREAKFAST WG CINNAMON BUN	30	X	X					X	X
CEREAL CHEERIOS	14								
CEREAL COCOA PUFFS	25								
CEREAL APPLE CINN CHEERIOS	23								
CEREAL FROSTED FLAKES (listed as "may contain")	25	x	x		x			x	x
CEREAL FRUIT LOOPS									X
CEREAL GOLDEN GRAHAMS	24								X
CEREAL LUCKY CHARMS	23								
CEREAL TOASTED CINN TOASTER	21	X						X	x
CEREAL TRIX	23								
CHOCOLATE MUFFIN	33	X	X					X	X
CONFETTI PANCAKES EGGO	36	X	X					X	X
DONUT	29	X	X					X	X
MINI WAFFLE BLUEBERRY BASH	35	X	X					X	X
MOZZ STRING CHEESE	1	X							
TURKEY SAUSAGE PANCAKE WRAP	16	X	X					X	X
WAFFLES (1 PER SERVING)	12	X	X					X	X
WAFFLES (EGGO 2 PER SERVING)	30	X	X					X	X

LUNCH MENU ITEMS	CARBS	MILK	EGGS	FISH	PEANUTS	TREE NUTS	SESAME SEEDS	SOY	WHEAT
ALFREDO SAUCE 2 OZ.	4	X							
BEEF BURGER	0								
BEEF SLOPPY JOE	6							X	
BREADED CHICKEN CHUNKS	15							X	X
BREADED CHICKEN NUGGETS	16							X	X
BREADED POPCORN CHICKEN	20	X							X
CHEESE BURRITO	40	X						X	X
CHEESE PIZZA	28	X						X	X
CHICKEN CORN DOG	26	X	X					X	X
CHICKEN DRUMSTICK	6								X
CHICKEN PATTIE	12							X	X
CHICKEN TENDERS	16							x	x
DICED CHICKEN	1								
GRILLED CHEESE SANDWICH	31	X							X
GRILLED CHICKEN BREAST	2							X	
HOT DOG TURKEY		3							
LASAGNA ROLL-UP PASTA	29	X							X
MAC & CHEESE	43	X	X						X
MEATBALLS	8	X						X	X
PANCAKE (ON LUNCH MENU)	41	X						X	X
PASTA PENNE RIGATE	41								X
PASTA ROTINI	44								X
PEPPERONI CALZONE	32	X						X	X
TURKEY SAUSAGE (ON LUNCH MENU)	1								
VEGETABLE FRIED RICE	32						X	X	

MISC.	CARBS	MILK	EGGS	FISH	PEANUTS	TREE NUTS	SESAME SEEDS	SOY	WHEAT
AMERICAN CHEESE	1	X						X	
BUN HAMBURGER	23						X		X
GFISH CINN CRAHAM CRACKER	19								X
HONEY CRAHAM CRACKER	11							X	X
KETCHUP	3								
MARGARINE	0								
MUSTARD	0								
RANCH DRESSING	2	X	X						
SWEET & SOUR SAUCE	14								
TOMATO SAUCE	4								
TURKEY BREAST DELI MEAT	0								
ORANGE ZESTY SAUCE	18						X	X	X