

<u>Item</u>	<u>Allergens*</u>	<u>Carb Counts</u>	<u>Notes & Comments</u>
(SUB) Bread Slice: Banana (3.4 oz)	Dairy, Wheat, Egg, Soy	45	
(SUB) Bread Slice: Blueberry (3.4 oz)	Dairy, Wheat, Egg, Soy	45	
(SUB) Bread Slice: Chocolate (3.4 oz)	Dairy, Wheat, Egg, Soy	43	
(SUB) Bread Slice: Chocolate Chip (2 oz)	Dairy, Wheat, Egg, Soy	27	
(SUB) Bread Slice: Zucchini (3.4 oz)	Dairy, Wheat, Egg, Soy	44	
Apple Cinn Muffin, yogurt, chz stick	Dairy, Wheat, Egg, Soy	64	
Banana Bread, yogurt & chz stich	Dairy, Wheat, Egg, Soy	61	
Banana Muffin, yogurt & chz stich	Dairy, Wheat, Egg, Soy	66	
BBQ Chicken Flatbread	Dairy, Wheat, Soybean Oil	38	
Beef Rib Patty on a Bun	Wheat	38	
Black Bean Veggie Burger	Egg, Milk, Soy, Wheat	44	
Blueberry Bread, yogurt & cheese stick	Dairy, Wheat, Egg, Soy	61	
Blueberry Muffin, yogurt & chz stick	Dairy, Wheat, Egg, Soy	63	
Biscuit	Milk, Wheat, Soy	13	
Bosco Cheese Sticks	Dairy, Wheat, Soybean Oil	17	
Breaded Chicken Sandwich	Wheat, Soy Protein Isolate	35	
Breaded Mozzarella sticks	Dairy, Wheat, Soybean Oil	33	
Breadstick, Garlic 1 oz	Wheat	12	
Breakfast Bar: Apple Cinnamon	Dairy, Wheat, Egg, Soy	48	
Breakfast Bar: Banana Chocolate Chunk	Dairy, Wheat, Egg, Soy	48	
Breakfast Bar: Cherry Cocoa	Wheat, Soy	33	
Breakfast Bar: Oatmeal Chocolate Chip	Dairy, Wheat, Egg, Soy	47	
CC Muffin, yogurt & chz stick	Dairy, Wheat, Egg, Soy	67	
Cereal: Apple Jacks	Wheat	24	
Cereal: Cinnamon Frosted Flakes	Wheat	24	
Cereal: Cocoa Puffs	none reported	47	
Cereal: Frosted Flakes	Wheat	24	
Cereal: Frosted Mini Wheats	Wheat	24	
Cereal: Fruit Loops	Wheat	24	
Cereal: Rice Krispies	none reported	23	
Cheeseburger + on Bun	Wheat, Milk, Soy	29	
Chicken and waffles Sandwich	Dairy, Wheat, Soy Protein Isolate	53	
Chicken nuggets	Wheat, Soy Protein Isolate	13	
Chicken tater bowl + roll	Wheat, Soy, Milk	63	
Chicken tenders	Wheat, Soy Protein Isolate	12	
Cornbread	Dairy, Wheat, Soy, Eggs	26	
Corndog^ on a stick	Wheat, Eggs	30	
Deep Dish pizza (round pizza)	Dairy, Wheat, Soy Protein Isolate, Soy Oil	40	
French bread pizza	Dairy, Wheat, Soybean Oil	33	
Garlic bread	Dairy, Wheat, Soybean Oil	17	
General TSO's chicken w/asian noodles	Wheat, Eggs, Soybean Oil	58	
Gilardi Three Cheese Calzone (4.69 oz)	Dairy, Wheat, Soy Flour, Soybean Oil	33	
Grilled Chicken Sandwich	Wheat, Soy Protein Isolate	35	
Ham* & Cheese croissant	Dairy, Wheat	30	
Hamburger+ on a Bun	Wheat	25	
Hot & Spicy Chicken Sandwich	Wheat, Soy Protein Isolate	35	
Hot Chicken Wings, bone in	Dairy, Soy	7	
Hotdog+ on a Bun	Wheat	21	
Mac & Cheese Bowl	Dairy, Wheat, Eggs	30	
Mac & Cheese with mini corn dogs^	Dairy, Wheat, Eggs, Soy	45	
Mandarin Chicken w/asian noodles	Dairy, Wheat, Eggs	55	
Meatloaf Patty (not including bun)	Dairy, Wheat	8	This carb count does not include bread or bun
Mega Minis Chicken	Wheat, Soybean Oil	14	
Mini chocolate donuts	Dairy, Wheat, Egg, Soy	42	
Mini Corndogs (6)*	Wheat, Eggs	24	
Mini powdered donuts	Dairy, Wheat, Egg, Soy	41	
Mozzarella Cheese Stick	Milk	2	
Muffin, yogurt & chz stick	Dairy, Wheat	44	
Pancakes with Bacon* or Sausage*	Eggs, Wheat, Dairy	37	
Pasta w/meat sauce+	Wheat	53	

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PB&J uncrustable, large	Nuts, Wheat	64	
PB&J uncrustable, small	Nuts, Wheat	32	
Popcorn Chicken	Wheat, Soy	15	
Pretzel Rod, 1 oz	Wheat	15	
Quesadilla, Cheese	Dairy, Wheat, Soy Protein Isolate	39	
Quesadilla, Chicken	Dairy, Wheat, Soy Protein Isolate	38	
S&F Mini Cheese Calzones (3 ea = 5oz)	Dairy, Wheat, Soy Flour, Soybean Oil	41	
Salisbury Steak Sandwich	Dairy, Wheat, Soy Protein Isolate	40	
Super Donut	Dairy, Wheat, Egg, Soy	29	
Taco Nachos with cheese and salsa	Dairy, Soy Protein Isolate	29	
Toasted Cheese	Dairy, Wheat	31	
Turkey and Cheese sandwich	Dairy, Wheat	28	
Turkey and Cheese Wrap	Dairy, Wheat	25.125	
Waffles with Sausage*	Dairy, Wheat, Egg, Soy	37	
Wild Mike's Bites	Dairy, Wheat	28	
Wild Mike's Pizza Slice	Dairy, Wheat, Soybean Oil	34	
Wild Mike's Stuffed Crust Bites- MOZZ	Dairy, Wheat	28	
Wild Mike's Stuffed Crust Bites-CHEDD	Dairy, Wheat		
WOWbutter and Jelly Sandwich	Dairy (modified whey), Wheat, Soybean Oil	28	
Yogurt Parfait (with granola)	Milk, soy	80	
Fruit & Vegetable Sides			
Apple	none	18	
Apple slices	none	8	
Applesauce, cinnamon	none	14	
Applesauce, plain	none	14	
Applesauce, Strawberry	none	14	
Banana, 1 each	none	27	
Broccoli, buds, 1/2 cup	none	7	
Cantaloupe, 1/2 cup	none	7	
Carrots, baby, 1/2 cup	none	12	
Celery Sticks, 1/2 cup	none	3	
Craisins	none	27	
Fries, Crinkle Cut, 1/2 cup (2.07 oz)	none	14	
Grapes, 1/2 cup	none	10	
Hash brown rounds (2 each)	none	15	
Honeydew, 1/2 cup	none	6	
Orange	none	21	
Peaches, 1/2 cup	none	18	
Pears, 1/2 cup	none	19	
Potato Smiles	none	20	
Raisins	none	31	
Refried Beans, 1/2 cup	none	23	
Tomatoes, grape, 1/2 cup	none	4	
Tater Tots, 8 each or 1/2 cup	none	16	
Watermelon, 1/2 cup	none	6	
Plain Milk 1%, 1/2 pint	Milk	13	
Chocolate Milk, 1/2 pint	Milk	20	
Condiments			
BBQ Sauce Cup	Soy	10	
Chicken Dipping Sauce	Egg	6	
Cream Cheese Cup	Milk	1	
Ketchup Packet		2	
Marinara Sauce Cup		3	
Mayonaisse Packet	Egg	0	
Mustard Packet		0	
Ranch Cup	Milk, Egg, Soy	2	
Relish Packet		3	
Salsa Cup		3	
Sweet and Sour Cup	Soy	11	

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Syrup Cup		30	
Snacks			
Baked Lays	Soy	22	
Blueberry Lemon Cookie Bites	Wheat, Soy	21	
Bug Bites	Wheat, Soy	21	
Cheezits	Dairy, Wheat, soy	14	
Elf Grahams	Wheat, Soy	21	
Fritos		16	
Goldfish cheddar	Dairy, Wheat	14	
Gripz Choc	Dairy, Wheat, Soy	21	
Gripz Cinn	Dairy, Wheat, Soy	19	
Heartzels	Wheat, Soy	16	
Honey Roasted Sunflower Nuts		10	
Scoops		19	
Teddy Grahams	Wheat, Soy	16	
If blank no known allergens present			
* Turkey Product			
^ Chicken Product			
(+) Beef Product			
WE DO NOT SERVE PORK PRODUCTS			
IMPORTANT DISCLAIMER: Information concerning product allergens is obtained solely from the vendor or the manufacturer of the specific product. District 34 does not warrant or guarantee the information provided by the vendor or manufacturer. The information posted does not guarantee that the external manufacturers, producers and handlers of the food products have maintained an allergen-free environment.			

updated 8-23-22