

<b>Breakfast Item</b>	<b>Calories</b>	<b>Carbohydrates</b>	<b>Allergens</b>
French Toast	240	38	Egg, Milk, Soy, Wheat
UBR	280	44	Egg, Milk, Soy, Wheat
Bagel w/ Cream Cheese	273	36.5	Wheat, <b>Milk (cheese)</b>
Mini Maple Waffles	200	35	Egg, Milk, Soy, Wheat
Apple Frudal	210	36	Milk, Wheat
Sweet Pot. Mf. Top	260	43	Egg, Wheat
Mini Maple Pancakes	210	35	Egg, Milk, Soy, Wheat
Tortilla Wrapped Omelet	180	13	Egg, Milk, Wheat
Blueberry Muffin	223	38.5	Eggs, Milk, Soy, Wheat
Benefit bar	290	47	Egg, Milk, Soy, Wheat
Multigrain Chee. Cereal	100	23	NONE
Cinnamon Chex, Cereal	110	23	NONE
Golden Graham, Cereal	100	24	Wheat
Apple Cin. Chee., Cereal	110	22	NONE
String Cheese	80	1	Milk

<b>Lunch Items</b>	<b>Calories</b>	<b>Carbohydrates</b>	<b>Allergens</b>
Bean & Cheese Burrito	326	44	Milk, Soy, Wheat
Wild Mikes Pizza	360	34	Milk, Soy, Wheat
Orange Chicken w/ Rice	280	46	Egg, Soy, Wheat
Hot Dog	330	31	Wheat (Bun)
Chicken Nuggets	260	16	Soy, Wheat
Chicken Tamale	290	26	NONE
Chicken Sandwich			Soy, Wheat
Pizza Crunchers	420	41	Milk. Wheat
Hamburger	268	29.6	Wheat (Bun)
Brunch 4 Lunch	280	28	Egg, Soy, Wheat
Yogurt & Granola	420	77	Milk

<b>Additional Items</b>	<b>Calories</b>	<b>Carbohydrates</b>	<b>Allergens</b>
Milk, 1% White 8oz	120	16	Milk
Milk, NF Chocolate 8oz	110	20	Milk
Juice, Appleberry 4oz	55	13.5	NONE
Juice, Apple 4oz	55	14	NONE
Ranch Cup	130	1	Egg, Milk

Ketchup Packet	10	3	
Mayo Packet	25	1	
Mustard Packet	5	0	
Apple, Fresh	95	25	NONE
Nectarine, Fresh	70	16	NONE
Pear, Fresh	101	27	NONE
Mango, Cupped	51	13	NONE
Banana, Fresh	105	27	NONE
Carrots, Bagged	30	7	NONE
Carrot/Broccoli, Bagged	20	7	NONE
Celery, Bagged	15	7	NONE
Jicama, Bagged	25	11	NONE
Celery/Carrot, Bagged	20	8	NONE
Applesauce Cup	51	13.75	NONE
Craisins	130	33	NONE
Berry Fruit Cup	90	20	NONE