

# CARBS AND ALLERGEN LIST

Description	Carb	Allergens
<b>CHICKEN / TURKEY</b>		
CHICKEN, BITE, BUFFALO, BREADED, TYSON	18g	Wheat, Corn Eggs, Red Dye, Milk
CHICKEN, CHUNK, HOT & SPICY, BREAD , KD	13g	Wheat, Corn, Soy, Milk, Tomato
CHICKEN, DICED 1/2"	0g	None
CHICKEN, DRUMSTICKS, BREAD FRZN, TYSON	5g	Wheat, Soy, Egg, Corn
CHICKEN, NUGGET, BREADED, KING DELIGHT	13g	Soy, Corn, Wheat,
CHICKEN, NUGGET, W/ BAGS CLUX DELUX	13g	Wheat, Corn, Soy
CHICKEN, PATTY, BREADED, ADV	12g	Soy, Wheat, Corn
CHICKEN, PATTY, BREADED, HOT & SPICY, KD	8g	Wheat, Soy, Egg, Corn
CHICKEN, PATTY, BREAKFAST, KING DELIGHT	8g	Wheat, Corn, Soy
CHICKEN, PATTY, GRILL, UNBREADED, TYSON	1g	Soy
CHICKEN, PATTY, W/BAGS, CLUX DELUX	17g	Wheat, Soy, Milk, Corn
CHICKEN, POPCORN, BREADED, GOLDKIST	13g	Wheat, Soy, Egg, Corn, Milk
CHICKEN, RING, BREADED BREAST, KD	15g	Wheat, Soy, Corn, Milk
CHICKEN, STRIP, FAJITA BRST, TYSON	2g	None
CHICKEN, TENDER, TYSON	21g	Wheat, Corn
CHICKEN, TNDRLN FRITTERS F/C KD	16g	Wheat, Corn, Soy
CHICKEN, WING, BUFFALO, UNBRD, TYSON	1g	Wheat, Soy, Corn
CHICKEN, WING, HOT & SPICY BRD, KING DEL	18g	Wheat, Corn, Soy, Egg
CHICKEN, WING, SWEET BBQ, UNBRD, TYSON	7g	Wheat, Tomato, Corn
TURKEY, DICED, ½" OVEN RSTD BRST, JEN-O	3.26g	none
TURKEY, SLICED, BOLO HAM SALA COMBO, JEN-O	.98, 3.09, .98	Corn Syrup
TURKEY, SLICED, SANDWICH, BUDDIG	2	Corn Starch
TURKEY, SLICED, SEASONAL, JEN-O	2.27g	none
<b>JERKY</b>		
JERKY, BEEF BLCK PEPPER, IW, JACK LINKS	2g	MSG
JERKY, BEEF ORIGINAL, IW, JACK LINKS	2g	MSG
JERKY, BEEF STICKS, IW, JACK LINKS	0g	Pork, MSG
JERKY, BEEF TERIYAKI, IW, JACK LINKS	5g	Wheat, Soy
<b>FROZEN FRUIT / PACKAGED FRUIT</b>		
BLUEBERRIES, FRZN	10.5g	
STRAWBERRIES, SUGAR ADDED, FRZN	38g	
<b>EGGS</b>		
EGG, FRESH, GRADE A LARGE, CAL MAINE	1G	Egg, Dairy
EGG, FROZ/PASTURIZED, GOLDENOVAL	1G	Egg, Dairy
<b>PUDDING PRE-PACKAGED</b>		
PUDDING, CHOCOLATE	26g	Milk, Cocoa, Coconut Oil
PUDDING, VANILLA	21g	Milk, Coconut Oil
Description	Carb	Allergens
<b>DOGS / MAC n CHEESE / ITALIAN / MEXICAN / ORIENTAL</b>		

Description	Carb	Allergens
<b>BEEF / PORK / SEAFOOD</b>		
BACON, SLICED, RAW 18-22 SLICES PER LB	0g	Pork
BEEF, BBQ, CHOPPED, FROZEN, SADLERS	21g	Tomato, Corn, Soy
BEEF, CHILI MEAT W / SAUCE, SADLERS	8g	Tomato, Corn, Soy
BEEF, FAJITAS, FROZEN / FC, ADV	2g	Soy
BEEF, FINGER, BREADED / FC, ADVANCE	19g	Wheat, Soy, Corn, Milk
BEEF, GROUND, FROZEN / RAW (8/5 LB)	0g	
BEEF, MEATBALLS, CHARBROILED / FC	4g	Wheat, Soy, Corn, Milk
BEEF, PATTIE, BREADED RED FAT / FC, ADVANCE	18g	Wheat, Soy, Corn, Milk
BEEF, PATTIE, FLAMEBROILED HMBURGER ADV	1g	Soy
FISH, CATFISH BREADED, AMERICAS		Fish
FISH, OCEAN TREASURES, TRIDENT	18g	Wheat, Corn, Soy, Milk, Fish
FISH, STRIPS BREADED /BATTERED, TRIDENT	19g	Wheat, Corn, Soy, Milk, Fish
FISH, TORTILLIA CRISP STRIP 36 / 3 STRIP SVG	30g	Wheat, Corn, Soy, Milk, Fish
HAM 4X4 Not available	2.8g	Pork
HAM, DICED 1/4" CUBES	2g	Pork
HAM, SLICED, FOR SANDWICHES, BUDDIG	.5g	Pork
SAUSAGE, LIL' SMOKIES COCKTAIL /.32 OZ.	3g	Corn, Pork
SAUSAGE, PATTIE FC FRZN, JIMMY DEAN	1g	MSG, Pork
SAUSAGE, PATTIE RAW, JIMMY DEAN	0g	Pork
SHRIMP, BREADED FROZEN FC	38g	Wheat, Corn, Soy, Milk, Egg, Shrimp
TUNA, CANNED, STARKIST	0g	Fish, Soy
<b>BREAKFAST FOODS</b>		
BURRITO, POT & SAUSAGE	41g	Dairy, Soy, Wheat, Corn
BURRITO, SAUS, EGG & CHS, LOS CABOS		NO LABEL
OMELET, COLBY CHS, CN LABEL, SF	1g	Soy, Egg, Dairy
POCKET, TURKEY SAUS, EGG, CHS	18g	Wheat, Soy, Dairy, Egg
SAUSAGE, PANCAKE STICK, LEON	22g	Wheat, Corn, Dairy, Pork
SAUSAGE, ROLL, CN, IND WRP, EDDY	18g	Wheat, Corn, Soy, Milk, Egg, Pork
SAUSAGE, ROLL, CN, EDDY	18g	Wheat, Corn, Soy, Milk, Egg, Pork
TURKEY SAUS, BAGEL W/CHS, IW, TONY'S	19g	Wheat, Corn, Tomato, Dairy, Soy
TURKEY SAUS, PANCAKE STICK, FOST FARM	18g	Wheat, Soy, Egg, Gluten
<b>SPECIAL DIET</b>		
MILK, LACTOSE & FAT FREE MILK, LACTAID	6g	
MILK, NON-FAT DRY POWDERED, RAMSEN	51g	Milk
SOY MILK, CHOCOLATE	25g	Soy, Cocoa
SOY MILK, VANILLA	19g	Soy
Description	Carb	Allergens
<b>CHEESE</b>		

ALFREDO SAUCE (BUDS)	8g	Milk
BURRITO, BEEF, CHS & BEAN, FERNANDOS	33g	Wheat, Corn, Milk, Soy, Tomato
BURRITO, RED CHILI, FERNANDOS	40g	Wheat, Corn, Soy, Tomato
CALZONE, CHEESE KIT, WHOLE GRAIN, AF	38g	
CALZONE, PEPPERONI KIT	42g	
CHEESE STICK, MOZZARELLA, BREADED, FR	23g	Wheat, Corn, Milk, Soy, Egg
CORN DOG, ALL MEAT FRZN FC HONY BTTR, SF	27g	Wheat, Corn, Soy, Pork
CORN DOG, TURKEY, FOSTER FARMS	27g	Wheat, Corn, Soy, Egg, Turkey
CORN DOG, TURKEY, MINI, SF	31.5g	Wheat, Corn, Soy, Egg, Turkey
CRISPITO, CHICKEN & CHEESE, TYSON	22g	Wheat, Soy, Milk, Corn
EGG ROLL, VEGETABLE, MINH	20g	Corn, Wheat, Egg, Cottonseed Oil
EGG ROLL, PORK 1OZ MMA / 1GB, MINH	22g	Wheat, Eggs, Soy, Pork
ENCHILADA, AMERI. CHEESE, FERNANDOS	43g	Corn, Milk, Tomato
ENCHILADA, BEEF, FERNANDOS	30g	Wheat, Corn, Soy
FRANKS, FRZN, BEEF, KENT	3g	Beef
MAC & CHEESE, HOMESTYLE RED FAT	29g	Milk, Egg, Wheat
PIZZA, 6" FRENCH BRD, MULTICHEESE, TONY'S	36g	Milk, Soy, Wheat,
PIZZA, 6" FRENCH BRD, PEPPERON, TONY'S	37g	Wheat, Soy, Milk, Tomato, Pork
PIZZA, 7" RND, CHEESE, RED BARRON	71g	Wheat, Soy, Corn, Milk, Tomato
PIZZA, 7" RND, PEPPRONI, RED BARRON	69g	Wheat, Soy, Corn, Milk, Tomato
PIZZA, 16" CHEESE, <b>WHOLE GRN</b> , ALPHA	41g	Wheat, Soy, Corn Starch, Milk, Tomato
PIZZA, 16" PEPPERONI, <b>WHOLE GRN</b> , ALPHA	40g	Wheat, Soy, Corn Starch, Milk, Tomato
PIZZA, 16" CHEESE, <b>WHOLE GRN</b> , BIG DADDY	46g	Wheat, Soy, Milk, Tomato
PIZZA, 16" PEPPERONI, <b>WHOLE GRN</b> , BIG DADDY	47g	Wheat, Soy, Milk, Tomato, Pork
PIZZA, STIX CHEESE FILLED, MAXSTIX	17g	Wheat, Soy, Corn, Milk
PIZZA, STRIP PEPPERONI, IW, TONYS	28g	Wheat, Milk, Soy, Tomato, Pork
POCKET, HAM & CHEESE, CHEF AMER	43g	Wheat, Pork, Milk, Soy, Cottonseed Oil, Egg
POCKET, TURKEY PEPPERONI, CHEF AMER	33g	Milk, Corn, Wheat, Tomato, Soy, Egg
QUESADILLA, CHICKEN, COYOTE GRILL	34g	Wheat, Soy, Egg, Milk,, Tomato
RAVIOLI, BEEF, CHEF BOYARDEE	30g	Wheat, Tomato, Corn, Soy
RAVIOLI, CHEESE MEDIUM	24g	Milk, Wheat, Eggs
STRFRY, ORNG CHK, MIN serv=2 oz chic/2 oz sauce	76g	Soy, Wheat, Fish, Corn
STRFRY, SWTSR CHK, MIN serv=2 oz chic/2 oz sauce	72g	Tomato, Soy, Fish, Corn
STRFRY, SZECHWAN CHK/VEG, MIN	16g	Soy, Mushroom, Corn, Dairy, Wheat
STRFRY, TERIYAKI BEEF, MIN	17g	Soy, Wheat, Corn,

AMERICAN, SHRED, SCHCHOICE	1g	Milk
AMERICAN, SLICED, FOR SANDWICH	1g	Milk, Soy
CHEDDAR MILD, IW, LAND O LAKES	0g	Milk
COLBY-JACK, STICKS, LAND O LAKES	0g	Milk
CREAM CHEESE, LF, IND CUP,	2g	Milk
CREAM CHEESE, STRAWBERRY	4g	Milk, Red 40
MOZZARELLA, SHRED, PART SKIM, SCHRE	1g	Milk
MOZZARELLA, STRING CHEESE, IW	3.1g	Milk
PARMESAN, GRATED, 12/1#, SCHREIBER	0g	Milk
PARMESAN, PORTION PACK, N'JOY		
SAUCE, CHEESE, CANNED (For Dipping Sauce)	4g	Milk
SWISS, PRE SLICED .5 OZ, SCHREIBER	0g	Milk

MARGARINE / SOUR CREAM / WHIPPED TOPPING / YOGURT		
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SOUR CREAM, FAT FREE, CUP, LAND O LAKES	4g	Milk
YOGURT, BLUEBERRY, NONFAT, DANNON	16g	Milk, Red #40
YOGURT, PEACH, NONFAT, DANNON	16g	Milk, Red #40
YOGURT, RASPBERRY RAINBOW, TRIX	17g	Milk, Red #40, Corn
YOGURT, STRWBERRY, DANIMALS, DANNON	19g	Milk
YOGURT, STRWBERRY, LIGHT NON FAT, DANNON	16g	Milk, Red #40
YOGURT, VANILLA POUCH, LOWFAT, YOPLAIT	18.5g	Milk

Description	Carbs	Allergens
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FROZEN VEGETABLES		
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BEANS, REGULAR CUT	0g	
BROCCOLI, BLEND, NORMANDY	5g	
BROCCOLI, FLORETS	2g	
CARROTS, CRINKLE CUT	4.5g	
CORN, 5-WAY, GRNBN, CAR, GRN PS	7.25g	
CORN, BLEND, CHUCKWAGON	11.25g	
CORN, COB 3"	13g	
CORN, WHOLE KERNAL	15g	
ITALIAN, BLEND	5.25g	
ORIENTAL, STIR FRY MIX	6.75g	
PEAS AND DICED CARROTS	6.75g	
PEAS, GREEN	9g	
SQUASH, YELLOW, SLICED & FROZEN	1.5g	
SQUASH, ZUCCHINI, SLICED & FROZEN	1.5g	
VEGGIE STICKS, BREADED (67 svg @ 5 per svg)	22g	
WINTER MIX	2g	

Description	Carb	Allergens
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BREADS PRODUCTS		
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APPLE STICKS BREADED, FARM RICH	31g	
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Description	Carb	Allergens
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BREADS PRODUCTS continued....		
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PRETZEL, KING SIZE, J&J SNACKS	76g	Wheat, Corn
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BAGEL, PARBAKED	58g	Wheat, Corn	WAFFLES STIX, CHEF AMERICAN	56g	Wheat, Corn, Milk, Soy, Egg
BISCUIT, BTTERMLK,EASY SPLIT, PILLSB	31g	Wheat, Soy & Cottonseed Oil, Milk	PRETZEL, SOFT PREBAKED, J&J SNACKS	38g	Wheat, Corn
BREAD, LOCO, 6", THE FATHER	23g	Wheat, Corn, Soy	PRETZEL, KING SIZE, J&J SNACKS	76g	Wheat, Corn
BREAD, TEXAS TOAST, BAKERCRAFT	27g	Wheat, Corn, Soy	PRETZEL, ROD, WHL WHEAT, J&J SNACKS	14g	Wheat, Corn
BREAD, WHEAT SANDWCH, FRZN, PLLMN	28g	Wheat, Soy	ROLL, DINNER, BRIDGEOFORD	26g	Wheat, Soy, Milk
BREAD, WHITE SANDWCH, FRZN, PLLMN	20g	Wheat, Soy, Corn	ROLL, DOUGH, HOMESTYLE, ORTHO	29g	Wheat, Milk, Eggs, Soy
BREADSTCK, CHEESY GARLIC, BRIDGFRD	10g	Wheat, Soy, Egg, Milk, Corn	ROLL, DOUGH, PRF & BK, BRIDGEOFORD	22g	Wheat, Milk, Soy
BREADSTCK, FRENCH PARBAKED, RICHES	27g	Wheat, Soy	ROLL, DOUGH, WHEAT, ORTHO	24g	Wheat, Corn, Soy, Dairy
BREADSTCK, WHL WHEAT, PIERRE	21g	Wheat, Soy, Corn	ROLL, YEAST SWEET, HMSTYLE, RICHES	24g	Wheat, Milk, Soy
BREADSTCK, PROOFnBAKE, BRDGFORD	19g	Wheat, Soy, Milk	SUB ROLL, FRENCH, PRF & BK, RICHES	74g	Wheat, Corn, Soy, Milk, Egg
BUN, HAMBURGER SLDER, 2.5", BAKE CRAFTERS	196g	Wheat, Corn	SUB ROLL, WHEAT, PRF & BK, RICHES	59g	Wheat, Corn, Soy, Egg, Sesame
BUN, HAMBURGER WHEAT 4", FRZN, ROTELLA	37g	Wheat, Corn, Soy	TACO TOSTADA BOWL, 5", SMOKEWOOD	23g	Wheat, Corn, Soy, Milk
BUN, HAMBURGER WHITE, 4" FRZN, EURO	31g	Wheat, Soy, Corn	TACO SHELL, 5", MISSION	14g	Corn
BUN, HAMBURGER WHITE, 5" FRZN, EURO	50g	Wheat, Corn, Soy	TORTILLA, CORN 6", RUDYS	22g	Corn, Soy, Wheat
BUN, HOT DOG 6", FRZN, EURO	24g	Wheat, Soy	TORTILLA, FLOUR 6", RUDYS	14g	Wheat, Corn, Soy
BUN, HOT DOG 6", FRZN, WHL GRN, BK CRFT	21g	Wheat, Soy,	TORTILLA, FLOUR 8", RUDYS	19g	Wheat, Corn, Soy
CINNAMON ROLL, FROZEN, RICHES	35g	Wheat, Soy, Corn, Eggs			
CINNAMON ROLL, IW, OTIS SPUNK	39g	Wheat, Soy, Eggs, Milk, Corn	<b>Description</b>	<b>Carbs</b>	<b>Allergens</b>
CORN BREAD MIX, MORRISONS	25g	Corn, Wheat, Soy	<b>CEREALS / GRAIN BARS</b>		
CROISSANT, ROUND, SLICED, SARA LEE	25g	Wheat, Eggs, Milk, Soy	CEREAL, ASSORTED CUP		Corn, Soy, Wheat
FRENCH TOAST, STICK, BUTTERWORTHS	41g	Wheat, Soy, Milk, Corn	CEREAL, RICE KRISPIES, BOWL, KELLOGS	18g	Corn predict
HOAGIE 6", FRZN, BAKE CRAFTERS	49g	Wheat, Soy	CEREAL, SPECKAL K, BOWL, KELLOGS	18g	Wheat, Corn, Milk
HOAGIE 7", FRZN, WHL GRAIN,, BAKE CRAFT	44g	Wheat, Soy	CEREAL, RAISIN BRAN, BOWL, KELLOGS		
HOAGIE 8", FRZN, ROTELLAS CUT (DIAGNALLY)	9.5g	Wheat, Corn, Soy	CHEWY BARS, APPLE CRISP, QUAKER	26g	Wheat, Soy, Milk, Corn, Peanut (trace)
HUSH PUP, OVEN READY, LONE STAR	19g	Corn, Wheat, Soy, Milk, Eggs	CHEWY BARS, CHOC CHIP, QUAKER	18g	
MUFFIN, APPLE, IW, OTIS SPUNK	22g		CHEWY BARS, CHOC CHUNK, LOW FAT, QKR	19g	
MUFFIN, APPLE CINNAMON, IW, OTIS SPUNK	30g	Wheat, Eggs, Soy, Milk	CHEWY BARS, PB & CHOC CHIP	19g	
MUFFIN, BANANA NUT, FRZN, OTIS SPUNK	23g		CHEX MIX, CHEDDAR, WL WHT	27g	Wheat, Soy, Corn, Milk
MUFFIN, BANANA NUT, FRZN, IW, OTIS SPUNK	29g	Wheat, Soy, Eggs, Nuts, Milk	CHEX MIX, CHOCOLATE, WL WHT	26g	Wheat, Corn, Milk, Soy, Cocoa
MUFFIN, BLUEBERRY, FRZN, OTIS SPNK	22g		CHEX MIX, STRAWBERRY YOGURT	27g	Wheat, Corn, Milk, Soy
MUFFIN, BLUEBERRY, FRZN, IW, OTIS SPUNK	26g	Wheat, Soy, Eggs, Milk	GRANOLA, OAT & HONEY, ORGANIC, GM		
MUFFIN, CHOC CHIP, FRZN, IW, OTIS SPUNK	28g	Wheat, Eggs, Soy, Milk	NUTRIGRAIN BAR, APPLE CINN	24g	Corn, Wheat, Milk, Soy
MUFFIN, ENGLISH, PLAIN, SPLIT, SL	28g	Wheat, Soy, Corn	NUTRIGRAIN BAR, BLUEBERRY	24g	Corn, Red 40, Wheat, Milk, Soy
WAFFLES STIX, CHEF AMERICAN	56g	Wheat, Corn, Milk, Soy, Egg	NUTRIGRAIN BAR, STRAWBERRY	24g	Corn, Red 40, Wheat, Milk, Soy
PRETZEL, SOFT PREBAKED, J&J SNACKS	38g	Wheat, Corn	OAT TO GO BAR, APPLE CINNAMON	44g	Corn, Soy, Egg, Wheat, Trace Nuts
			OAT TO GO BAR, BROWN SUGAR	43g	Corn, Soy, Egg, Wheat, Trace Nuts

Description	Carb	Allergens
<b>PASTA</b>		
PASTA, LASAGNA RIBBED 10"	38g	Wheat, Egg
PASTA, MACARONI, ELBOW	74g	NEED INGREDIENT LABEL

Description	Carb	Allergens
<b>TOMATO PRODUCTS</b>		
CRUSHED, ANGELA MIA	8g	Tomato
DICED, ANGELA MIA	5g	Tomato

BARILLA PLUS	56g	Wheat, Egg
PASTA, ROTINI SMALL, SPIRAL	74g	
PASTA, SPAGHETTI THIN 10"	74g	
SPIRALS TRI-COLORS 7-12 ONLY	74g	
NOODLES, LA CHOY CHOW MEIN	19g	Wheat

#### CANNED FRUIT

APPLE SAUCE, SWEETENED, CND	22g	Corn Product
APPLE SLICED IN WATER LUCKY LEAF	12g	
CHERRIES, HALVES, MARA -GARNISH	2g	
CHERRY, PIE FILLING		
FRUIT, COCKTAIL, LT SYRUP	19g	Corn product
FRUIT, TROPICAL MIX, LT SYRUP,	20g	
ORANGES, MANDARIN , BRKN PIECES	17g	
PEACHES, DICED, LT SYRUP	17g	Corn product
PEACHES, SLICED, LT SYRUP	17	Corn product
PEARS, DICED, LIGHT SYRUP	20g	Corn product
PINEAPPLE, TIDBITS	20g	

#### CANNED VEGETABLES

BEANS, BAKED, VEGETARIAN	30g	Corn
BEANS, KIDNEY	22g	
BEANS, CHILI MEXICAN STYLE, BUSH	25g	Wheat, Tomato
BEANS, PINTO, HANOVER	20g	
BEANS, PINTO, REFRIED, CASA FIESTA	19g	
BEETS, SLICES, FANCY - SALAD BAR	2g	
OLIVES, SLICED, SEVILLE - GARNISH	1g	
PEPPERS, CHERRY-RED, SLICED - GARNISH	1g	
PEPPERS, CHILIES, GREEN DICED, ROSRTA - GARN	1g	
PEPPERS, JALEPENO, SLICED, LACOMADRE	1g	
PICKLES, DILL SLICED, CRINKLE CUT, CHEF SUP		
PICKLES, SPEARS, KOSHER DILL	2g	
PICKLES, WHOLE DILL, BEST MAID - SNACK	4g	
PIMENTO, DICED	0g	
RELISH, DILL	1g	
RELISH, SWEET	5g	Corn syrup

DICED, W/ JALAPENOS, ROTEL	5g	Tomato
MARINARA SAUCE, HEINZ	3.5g	Tomato
PASTE, HUNTS	2.5g	Tomato
PUREE, HUNTS	2.5g	Tomato
SAUCE, HEINZ	3g	Tomato
SPAGHETTI SAUCE, PARADISO	6g	Tomato

#### CHIPS BULK

CORN CHIPS, WHLE GRN, FRITOS 1oz=10g fat	15g	Corn
TORTILLA CHIPS, WHITE, RUDY'S	19g	Corn, Soy
TORTILLA ROUNDS, YELLOW, RUDY'S	19g	Corn, Soy
TORTILLA SCOOPS, BAKED, TOSTITO	22g	Corn, Soy
TORTILLA THICK CUT, TOSTITOS	18g	Corn, Soy

#### POTATOES / FRIES

FRIES, 1/4" CURLY SEASONED	20g	Wheat, Soy, Corn
FRIES, 1/4" SHOESTRING, SUNCROP	19g	Wheat, Soy, Milk
FRIES, CRINKLE CUT 1/2", SUPREME	18g	
FRIES, CROSS CUT OVENABLE, TATER PAL	19g	Soy
FRIES, LATTICE CUT OVNBL, SKINCREDB	22g	Soy
FRIES, WEDGE 8 CUT, OVN RSTED, FF, SUPR	20g	
FRIES, WEDGE 10 CUT, SKINCREDB	19g	Soy
HASBROWNS, BASIC AMR	16g	
POTATO, PEARLS, BASIC AMR	15g	Milk
POTATO, REAL MASH W/VIT C, IDAHOAN	17g	Milk, Soy
POTATO, SLICED, DEHY, IDAHOAN	23g	
POTATO, SMILES, ORE IDA	20g	Soy
TATER GEMS, OVN, SIMPLOT	19g	Soy

#### SOFT DRINKS - 9-12 ONLY

COKE CLASSIC	27g	
DIET COKE	.1g	
DIET COKE, CAFFEINE FREE	.1g	
SPRITE, CANNED	26g	
MOUNTAIN DEW		

Description	Carb	Allergens
<b>INGREDIENTS</b>		
BROWNIE MIX, PILSBURY	18g	Made on Equipment containing: Wheat, Sov, EGG, Corn, Tree Nuts
CAKE MIX, CHOCOLATE DEVILS FOOD	36g	Made on Equipment containing: Wheat, Sov, EGG, Corn, Tree Nuts, Milk
CAKE MIX, YELLOW	37g	Made on Equipment containing: Wheat, Sov, EGG, Corn, Tree Nuts, Milk

Description	Carb	Allergens
<b>SOUP</b>		
CHICKEN GUMBO, CREOLE, CHEF FRAN (TUB)	13g	No Ingredient Label
CHICKEN NOODLE, FRZN, CAMPBELLS	15g	Wheat, Corn, Egg, Soy
CHICKEN NOODLE, FRZN, KNORR	16g	Dairy, Soy, Pork, Wheat, Red #3

DRESSING, RANCH MIX, Foothill	0g	MSG
GELATIN, CITRUS (4 ea of Orange, Lemon, Lime), JELLO	NL	Pork
GELATIN, STRAWBERRY, JELLO	17g	Pork
GRAVY MIX, PEPPER, FAT FREE, PIONEER	8g	Dairy, Pork, Corn, Soy, Wheat, MSG
GRAVY MIX, POULTRY, MORRISON	4g	Wheat, Soy, Dairy, MSG, Egg, Corn
ICING, VANILLA, GEN MILLS	19g	Corn, Dairy
KETCHUP, HUNTS	5g	Tomato, Corn
SALAD DRESSING, REGULAR	2g	Soy, Egg, Corn
SAUCE, BBQ MILD, BEST MAID	10g	Tomato, Corn Syrup
SAUCE, PICANTE	2 g	Tomato

#### FRUIT DRINKS / JUICES / JUICE BARS

JUICE BAR, VERY BERRY 100% Juice J&J SNACKS	10g	
JUICE, 100%, APPLE, OCEAN SPRAY	16g	
JUICE, APPLE, 100%, FRZN VITA FRESH	15g	
JUICE, APPLE, TROPICANA 100%	34g	
JUICE, BLENDED, 100%, FRZN, VITA FRESH	15g	
JUICE, CRABERRY COCKTAIL (9-12 ONLY)	21g	
JUICE, FRUIT DIVE 100%, CAPRI SUN	23g	
JUICE, GRAPE, 100% FRZN, VITA FRESH	22g	
JUICE, ORANGE, 100%, FRZN, VITA FRESH	14g	

#### COOKIE DOUGH

COOKIE DOUGH, BUTTER SGAR RF, OS K-6	19g	Wheat, Egg, Milk, Soy
COOKIE DOUGH, CHOC CHIP RF, OS K-6	19g	Wheat, Soy, Egg, Milk
COOKIE DOUGH, OATML RAISIN RF, OS K-6	18g	Wheat, Egg, Milk, Soy
COOKIE DOUGH, CARNIVAL, OS 9-12		NO LABEL
COOKIE DOUGH, BUTTER SUGAR, OS 9-12	35g	Wheat, Egg
COOKIE DOUGH, CHOC CHIP, OS 9-12	35g	Wheat, Egg, Dairy, Soy
COOKIE DOUGH, DBLE CHOC CHIP, OS 9-12	34g	Wheat, Egg, Dairy, Soy

#### SNACKS 9-12 ONLY

CRAZY COLORS BETTY CROCKER	11g	Corn product, Red 40
POPTART, BRWN SGAR/CINN-FRSTED, 2 ct pck	69g	Wheat, Corn product, Soy
POPTART, S'MORES FROSTED	72g	Wheat, Corn product, Soy, Milk, Egg
POPTART, STRAWBERRY FROSTED POUCH	75g	Wheat, Corn product, Soy, Red 40
RICE KRISPIE TREAT, COCO	26g	Corn product, Milk, Soy
RICE KRISPIE TREAT, REGULAR	28g	Corn product, Milk, Soy
SNACK BAR, CHOCOLATE CHIP, POWER ALLY	36g	Corn, Milk, Soy, prod in plant w/nuts, wheat, egg, sesame

Description	Carb	Allergens
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#### CANDY 9-12 ONLY

ALMOND JOY BAR	27g	Corn Products, Peanuts, Milk, Soy
BUTTERFINGER 656843, NESTLE	44g	Corn Products, Peanuts, Milk, Soy, Red 40
HERSHEY BAR W / ALMONDS BAR, 1.45OZ	21g	Milk, Soy, Almonds
COOKIES, CREAM, HERSHEY, 1.55 OZ,	24g	

CHICKEN NOODLE, ROASTED, CAMPBELLS	9g	Wheat, Egg, Soy, Milk
CHICKEN W/ STARS, CANNED, CAMPBELLS	11g	Wheat, Egg, Soy, Milk, Corn
CHICKEN W/ WILD RICE, SOUP WORKS	26g	Wheat, Corn, Milk, Soy
CREAM OF BROCCOLI, CHEF FRAN (BAG)		No ingredient Label
CREAM OF MUSHROOM, HEINZ	10g	Wheat, Mushrooms, Corn, Dairy, Soy
CREAM OF POTATO, CHEF FRAN (BAG)	22g	Milk, Corn, Pork, Wheat, Soy
MINISTRONE, CAMPBELLS	12g	Tomato, Wheat, Egg, Corn, Dairy
TOMATO, CANNED, CAMPBELLS	19g	Tomato, Corn, Wheat, Soy
CHICKEN TORTILLA, CHEF FRAN (BAG)	15g	
VEGETABLE GARDEN RTU, CHEF FRAN (BAG)		Tomato, Dairy, Wheat, Soy
VEGETABLE W / BEEF, CAMPBELLS	14g	Tomato, Corn, Wheat

#### FRUIT / JUICE DRINKS - 9-12 ONLY

ALL STARS, BERRY	21g	
ALL STARS, FRUIT PUNCH	21g	
ALL STARS, ICE PUNCH	21g	
ALL STARS, LIME	21g	
CRYSTAL LIGHT, OTG, LEMONADE	0g	
CRYSTAL LIGHT, OTG, PEACH TEA	0g	
CRYSTAL LIGHT, OTG, RASBERRY	0g	
GATORADE, COOL BLUE RASBERRY	35g	
GATORADE, G2 FIERCE GRAPE	17.5g	Corn Syrup, Red 40
GATORADE, G2 FRUIT PUNCH	17.5g	
GATORADE, G2 GRAPE	10.5g	Corn Syrup
GATORADE, G2 ORANGE	10.5g	Corn Syrup
GATORADE, G2 GLACIER FREEZE	10.5g	Corn Syrup
JUICE, V8 SPLASH BERRY BLEND	27g	Corn Syrup, Red 40
JUICE, V8 SPLASH POMEGRA BLUBRRY	18g	Corn Syrup
JUICE, V8 SPLASH STRAWBERRY KIWI	26g	Corn Syrup, Red 40
PUNCH, TROPICAL, HAWAIIAN PUNCH	45g	Corn, Red 40

#### COOKIES

COOKIE, CHIPS AHOY 100 CAL NABISCO	18g	
COOKIE, OREO 100 CAL NABISCO	19g	
COOKIE, ELF GRAHAMS CHOCOLATE	21g	Wheat, Corn product, Soy
COOKIE, FORTUNE	1g	Wheat, Soy

Description	Carb	Allergens
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#### CHIPS K-6

CHIPS, BAKED, BBQ KC MASTER, LAYS	19g	Wheat, Corn, Soy, Dairy, Tomato
CHIPS, BAKED, CHEDDAR & SR CRM, LAYS	14g	Dairy, Corn products
CHIPS, BAKED, CHEETOS FLAMIN HOT RF	15g	Corn products, Red 40, Dairy, Soy
CHIPS, BAKED, CHEETOS REDUCED FAT	17g	Corn products, Soy, Dairy

HERSHEY BAR, PLAIN CHOC CANDY BAR, 1.55 OZ	26g	Milk, Soy	CHIPS, BAKED, REGULAR, LAYS	20g	Soy
KIT KAT, HERSHEY, 1.5 OZ	28g	Wheat, Milk, Soy, prod in plant w/nuts	CHIPS, BAKED, SR CRM & ONION, LAYS	19g	Corn product, Dairy, Soy
M&M PEANUT CANDY 1.74 OZ	30g		CHIPS, FANTASTIX, BAKED, CHEETOS CHILI CHS		
M&M PLAIN CANDY 1.69 OZ	30g		CHIPS, FANTASTIX, BAKED, CHEETOS, HOT	20g	Corn, Soy, Dairy, MSG, Tomato, Red 40
MILKY WAY	41g		CHIPS, FUNYUNS	18g	Corn, Dairy, Soy, MSG
REESE'S PB	24g	Milk, Soy, Peanuts	CHIPS, RF, DORITOS, COOL RANCH	19g	Soy, Tomato, Corn, Dairy
REESE'S PIECES	25g	Peanuts, Corn Products, Red 40, Soy, Milk	CHIPS, RF, DORITOS, NACHO CHEESE	18g	Corn products, Soy, Dairy, Red 40
ROLLO CARAMELS	33g	Milk, Soy, Corn Products	CHIPS, RF, DORITOS, SPICEY SWT CHILI	20g	Wheat, Corn, Soy
SKITTLES ORIGINAL, M&M MARS	54g	Soy, Corn products, Gelatin, Red 40	CHIPS, SNACK MIX KIDS MIX	18g	Corn, Wheat, Dairy, Soy, Tomato, MSG
SKITTLES TROPICAL, M&M MARS	51g		CHIPS, SUNCHIPS, FRENCH ONION	18g	Corn, Wheat, Dairy, Soy, Red 40
SKITTLES, WILD BERRY	56g		CHIPS, SUNCHIPS, GARDEN SALSA	19g	Corn, Wheat, Tomato, Dairy, Red 40
SNICKERS BAR, M&M MARS	35g	Milk, Soy, Corn Products, Egg, Peanuts	CHIPS, SUNCHIPS, HARVEST CHEDDAR	18g	Corn, Dairy, Wheat
STARBURST ORIG FRUIT CHEW, M&M MARS	48g		CHIPS, SUNCHIPS, MULTIGRAIN ORIGINAL	18g	Corn, Wheat
STARBURST TROPICAL FRUITCHEW, M&M MARS	49g		CHIPS, TOSTITOS SCOOPS	19g	Soy, Corn
THREE MUSKETEERS	48g		MORNING MIX-UPS		
TWIX CARAMEL COOKIE BARS 1.6, M&M MARS	??		POPCORN, WHITE CHEDDAR, SMARTFOOD	19g	Soy, Dairy, Corn
<b>CHIPS 9-12 ONLY</b>					
CHIPS, BAKED BBQ KC MASTER LAYS	24g	Soy, Wheat, Tomato, Corn products, Egg, Milk	PRETZELS, CLASSIC HEARTS, ROLD GOLD	23g	Wheat, Corn product
CHIPS, BAKED REGULAR LAYS	23g	Soy, Corn Products	PRETZELS, CLASSIC TWISTS, ROLD GOLD	34g	Wheat, Corn product
CHIPS, BAKED CHEETOS, REDUCED FAT	29g	Soy, Corn, Dairy	SNAPZ, APPLE		
CHIPS, BAKED CHEETOS FLAMIN HOT RED FAT	29g	Corn, Red 40, Dairy, Soy	<b>CRACKERS / CROUTONS</b>		
CHIPS, DORITOS, TORTILLA, COOL RANCH LSS	18g	Corn, Soy, Dairy, Red 40	CRACKER, RITZ BITS, CHEDDAR CHEESE	25g	
CHIPS, DORITOS, NACHO CHEESE, BAKED	21g	Wheat, Tomato, Corn, Soy, Dairy, Red 40	CRACKER, CHEESE NIPS, 100 CAL NABISCO	14g	
CHIPS, DORITOS, NACHO CHEESE	17g	Soy	CRACKER, CHEEZ-IT REDUCDFAT	28g	Wheat, Dairy, Soy
CHIPS, CHEDDAR & SOUR CRM, BAKED RUFFLS	21g	Dairy, Soy, Corn	CRACKER, CLUB		Wheat, Corn product, Soy
CHIPS, FUNYUNS BIG GRAB	18g	Corn, Soy, Dairy	CRACKER, GOLDFISH	14g	Wheat, Dairy, Soy
CHIPS, SUNCHIPS, VARIETY PACK	18g	Corn, Wheat, Dairy	CRACKER, GOLDFISH, CHEDDAR		
CHIPS, POTATO REGULAR LSS	15g		CRACKER, GOLDFISH, CHEDDAR, WHL GRN	14g	Wheat, Dairy, Soy
<b>SNACKS 7-12 ONLY</b>					
CRACKER, GRAHAM, CHOC, ELF			CRACKER, GOLDFISH, KICKIN RANCH		
POPART, BLUEBERRY FROSTED 1 ct pck	38g	Gel/Pork, Wheat, Corn product, Red 40, Soy	CRACKER, SALTINE, NABISCO	9g	
POPART, BRWN SGAR/CINN-WHL GRN 1 ct pck	34g	Gel/Pork, Wheat, Corn product, Soy	CRACKERS, WHEATSWORTH	8g	Sesame, Wheat
POPART, STRAWBERRY-WHL GRN 1 ct pck	35g	Gel/Pork, Wheat, Corn product, Soy, Red 40	CROUTONS, PORTION PACK, FRESH GOUR	5g	Wheat, Dairy, Corn product, Dairy

Description	Carb	Allergens
<b>PC - CONDIMENTS</b>		
BACON BITS, NJOY 3 GM	1g	Soy, Red 3, Red 40
CREAMER, NON DAIRY 2.5 GM	2g	Corn products, Dairy
DRESSING SALAD 12 GM	2g	Soy, Corn products, Egg
HONEY 9 GM	7g	NONE
JAMS & JELLIES ASSORTED .5 OZ	9g	Corn syrup
KETCHUP, PORTION, HUNTS 7 GM	2g	Tomato, Corn syrup

Description	Carb	Allergens
<b>PRODUCE</b>		
APPLE GRANNY SMITH regular size	22g	
APPLE, GOLD regular size	22g	
APPLE, RED regular size	22g	
APPLE, RED FANCY (AL A CARTE ONLY) medium	30g	
APPLE, RED FANCY medium	30g	
APPLE, RED FANCY large	34g	

LEMON JUICE, POCO PACK 4 GM	.05g	NONE
MAYO, RED CAL PORTION 12 GM	1.35g	Soy, Egg, Corn products
MUSTARD, PORTION PACK 5.5GM	0g	NONE
PEPPER, BLACK	0g	NONE
RELISH, SWEET 9 GM	2g	Corn syrup
SALT, IODIZED 3GM	0g	NONE
SAUCE, BBQ PORTION PACK 1 OZ	10g	Corn syrup, Tomato
SAUCE, HONEY MUSTARD 1 OZ	15.89g	Soy, Corn Syrup, Egg
SAUCE, PICANTE .5 OZ	1g	Tomato
SAUCE, SOY, 9GM	0g	Soy, Corn protein
SAUCE, SWEET & SOUR 1 OZ	11.34g	Corn products
SAUCE, TACO 9 GM	1g	Tomato, Corn syrup
SAUCE, TARTAR 9 GM	1g	Soy, Corn products, Egg
SUGAR, PORTION PACK IMPERIAL	3g	
SUGAR, SUBSTITUTE SPLENDA .35 oz	0g	
SUGAR, SUBSTITUTE, PINK, ASPARTAME IMPERIAL	0g	Aspartame
SYRUP, MAPLE CUP 1.5 oz	31g	Corn products
SYRUP, MAPLE CUP, 1 OZ, SUGAR FREE	5g	
<b>SALAD DRESSING K-6</b>		
BUTTERMILK RANCH, FAT FREE 1.5 OZ TP	6g	Corn products, Dairy
BUTTERMILK RANCH, FAT FREE, PPI 12 GM	30g	Corn products, Dairy, MSG
BUTTERMILK RANCH, LOW CAL, TP 1.5 OZ	5g	Soy, Corn product, Egg, Dairy
BUTTERMILK RANCH, PPI 12 GM	1g	Soy, Corn products, Dairy, Egg, MSG
FRENCH, PACO PACK 12 GM	2g	Soy, Corn products
ITALIAN, FAT FREE, TP 1.5 OZ	3g	Corn products
RASBERRY VINAGRETTE, FF, KRAFT 1.5 OZ	9g	
<b>SALAD DRESSING 7-12 ONLY</b>		
1000 ISLAND, 12 GM	3g	Soy, Dairy
BLUE CHEESE, KRAFT, 1.5 OZ	2g	Eggs, Dairy
BUTTERMILK RANCH, KENS 1.5 OZ CUP	2g	Milk, Egg, Corn Products, MSG
BUTTERMILK RANCH, TASTE PLEASER 1.5 OZ	2g	Soy, Dairy, Corn Products, Egg
CAESAR, KENS 1.5 OZ	2g	Soy, Milk, Corn products, Fish
CAESAR-GORMET, TASTE PLS	2g	Dairy
FRENCH, TP 1.5 OZ	14g	Soy, Corn products, Tomato
ITALIAN, TP 1.5 OZ	4g	Soy, Corn products

AVOCADO 1/5 slice	3g	
BANANA, BANANA PETITES	28g	
BANANA, BANANA QUAD PACK	30g	
BROCCOLI, CROWN ½ c	4g	
BROCCOLI, BROCCOLI FLORETS ½ c	8g	
CARROT, CARROT MINI	4g	
CAULIFLOWER	5g	
CELERY, STICKS	5g	
CITRUS, GRAPEFRUIT - RUBY ½	15g	
CITRUS, LEMON 165 CT	1g	
CITRUS, LIME	1g	
CITRUS, ORANGE, 88 CT FANCY Large (AL A CARTE O	21g	
CITRUS, ORANGES 138 CT FCY	14.14g	
CUCUMBER, 1/3 medium	2g	
GRAPE, GRAPES RED SEEDLESS ½ c	14g	
GRAPE, GRAPES GREEN SEEDLESS ½ c	14g	
KIWI FRUIT 39 SIZE	7g	
LETTUCE, ROMAINE 24 (BOX SALAD)	3g	
MELON, CANTALOUPE ½ c	12g	
MELON, HONEYDEW MELONS ½ c	24g	
MELON, WATERMELON ½ c	5.33g	
MUSHROOMS - BUTTON 5 medium	3g	
NECTARINES medium	15g	
PEARS medium	26g	
PLUMS medium	9.5g	
POTATO, 1	26g	
STRAWBERRIES ½ c	11g	
SPINACH ½ c	3g	
SQUASH ½ c	5g	
ZUCCHINI ½ c	2 g	