



Breakfast Choices: Allergens and Carbohydrates

Cereal Bowl/Pouch Choices			
Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
Apple Cinnamon Cheerios	1-1oz. Bowl	none	23g
Apple Jacks	1-1 oz bowl	wheat, gluten, food dyes; coconut oil	24g
Cinnamon Chex	1-1oz bowl	none	23g
Cinnamon Toast Crunch	1-1oz bowl	wheat, gluten, soy	22g
Cocoa Krispies	1-1.13 oz bowl	Coconut oil; Malt flavor	28 g
Fruity Cheerios	1-1.13 oz bowl	pear puree	25g
Fruit Loops	1-1 oz. bowl	wheat, gluten, food dyes; coconut oil	24g
Golden Grahams	1-1 oz bowl	wheat gluten	34g
Lucky Charms	1 each	gelatin + food dyes	23g
Trix Cereal bowl, reduced sugar	1 each	none noted (natural colors from blueberries, purple carrots, and tumeric)	24 g
Strawberry Chex	1- 1oz pouch	Milk, soy, wheat, gluten	23g
INDICATES GLUTEN FREE CEREALS			
Bulk Cereal Choices- "Big Bowls"			
Cheerios	2 cups	None noted	38 g
Lucky Charms	1 1/2 c	gelatin + food dyes	45 g
Marshmallow Mateys (look like lucky charms)	2 cups	Wheat, gluten, food dyes	56 g
Cap'N Crunch, plain	~1.5-2 oz	coconut oil	35 g
Malt O' Meal Colossal Crunch	1 1/3 cup	Soy, food dyes	35 g
Cap'N Crunch Wildberries	~1.5-2 oz	coconut oil, strawberry juice, food dyes	22 g
Malt O' Meal Honey Buzzers	1 ¾ cup	Wheat, gluten, food dye	35 g
Corn Pops	~1.5-2 oz	wheat, gluten, coconut + soybean oil blend	36g
Tootie Fruities (look like fruit loops)	2 cups	Wheat, gluten, food dyes	48 g
Frosted Mini-Wheats	~1.5-2 oz	wheat, gluten, gelatin	51 g
Frosted Flakes	2 cups	Malt flavoring	66 g
Cinnamon Toast Crunch	2 cups	wheat, gluten, soy	66 g
Cereal Bar Choices			
Cinnamon Toast Crunch CEREAL BAR	1 each	wheat, gluten	30 g
Cocoa Puffs CEREAL BAR	1 each	wheat, gluten, soy	30 g
Golden Grahams CEREAL BAR	1 each	wheat, gluten, gelatin, soy	30 g
Trix CEREAL BAR	1 each	wheat, gluten	29 g
Lemon Chip Crunch Bar (Dunker)	1 each	wheat, gluten, milk, soybean oil	42 g

Triple Berry Crunch Bar (Dunker)	1 each	Wheat, gluten, milk, soybean oil	43 g
Meat/Meat Alternate Options			
Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
Yogurt	1- 4oz. Cup	milk	14 g
Cheese stick	1- 1oz stick	milk	1 g
Other Grain Options			
Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
Bug Bites	1 each	wheat, gluten, soy	21 g
Chat Snax	1 each	wheat, gluten, soy	21 g
Goldfish Grahams	1 each (0.9oz pack)	wheat, gluten	19 g
Elf Chocolate Grahams	1 each	wheat, gluten, soy	20 g
Scooby Doo Grahams	1 each	wheat, gluten, soy	21 g
Chocolate Graham Gripz	1 each	wheat, gluten, soy, milk/dairy	20 g
Cinnamon Graham Gripz	1 each	wheat, gluten, soy, milk/dairy	19g
Teddy Grahams	1 each	wheat, gluten, soy	21 g
Animal Crackers	1 each	wheat, gluten, soy	22 g
Cinnamon Raisin Bagel	1- 2.25 oz bagel	wheat, gluten, soy	34 g
Mini Bagels with Cinnamon Cream Cheese	1 each (2.43 oz.pack)	milk, wheat, gluten, soybean oil	42 g
Mini Bagels with Strawberry Cream Cheese	1 each (2.43 oz.pack)	milk, wheat, gluten, soybean oil	42 g
Apple Frudel	1 each (2.29 oz. pack)	milk, wheat, gluten, soybean oil	36 g
Cherry Frudel	1 each (2.29 oz. pack)	milk, wheat, gluten, soybean oil	37 g
Blueberry Muffin	1 each (2oz. Muffin)	eggs, wheat, gluten, soybean/canola oil	30 g
Apple Cinnamon Muffin	1 each (2oz. Muffin)	egg, soy, wheat, gluten	32 g
Double Chocolate Muffin	1 each (2oz. Muffin)	eggs, milk, soy, wheat, gluten	27 g
Cinnamon Poptarts	1 each (2pack)	wheat, gluten, soy	76 g
Strawberry Poptarts	1 each (2pack)	wheat, gluten, soy	76 g
Super Bakery Banana bread slice	1 each (3.4 oz slice)	wheat, gluten, eggs, soy, milk/dairy	45 g

Super Bakery Cocoa bread slice	1 each (3.4 oz slice)	wheat, gluten, eggs, soy, milk/dairy	43g
Super Bakery Wild berry bread slice	1 each (3.4 oz slice)	wheat, gluten, eggs, soy, milk/dairy	46 g
Blueberry Mini Pancakes	1 each	wheat, gluten, eggs, soy, milk/dairy	35 g
Maple Mini Waffles	1 each	wheat, gluten, eggs, soy, milk/dairy	35 g
Super Bakery Mini Chocolate Donuts	1 each (3oz pack)	wheat, gluten, eggs, soy, milk/dairy	42 g
Super Bakery Mini Powdered Donuts	1 each (3oz pack)	wheat, gluten, eggs, soy, milk/dairy	41 g
Glazed Donut Ring	1 each	wheat, gluten, eggs, soy, milk/dairy	29 g
Cinnamon French Toast Sticks	1 each	wheat, gluten, eggs, soybean oil	29 g
Mini Chocolate Chip French Toast	1 each	wheat, gluten, eggs, soy, milk/dairy	35 g
Mini Original French Toast	1 each	wheat, gluten, eggs, soy, milk/dairy	37 g
Sunny Fresh Cinnamon Glazed French Toast Sticks (clear bag)	1 each	wheat, gluten, eggs, soybean oil	29g
Maple Waffles	1 each	wheat, gluten, eggs, soy, milk/dairy	35 g
Cinnamon Waffles	1 each	wheat, gluten, eggs, soy, milk/dairy	35 g
Cinnamon Buns	1 each	wheat, gluten, eggs, soy, milk/dairy	40 g
Cinnamon Toast Crunch BREAKFAST BAR	1 each	wheat, gluten, milk/dairy, soybean oil	41g
Chocolate Crescent	1 each	wheat, gluten, milk, soybean oil	37 g
Ultimate Breakfast Bar (UBR) - Oatmeal Chocolate Chip OR Cinnamon	1 each	wheat, gluten, milk/dairy, soy, eggs	44 g (both flavors)
Benefit Bar * -Banana Chocolate Chunk	1 each	wheat, gluten, milk/dairy, egg, soy	48 g
Whole Wheat Banana mini-loaf *	1 each (2 oz)	Wheat, gluten, milk, egg, soy, cinnamon	27 g
Whole Wheat Blueberry mini-loaf *	1 each (2 oz)	Wheat, gluten, milk, egg, soy	26 g
Whole Wheat Chocolate Chip mini-loaf	1 each (2 oz)	Wheat, gluten, milk, egg, soy	27g
Triple Berry Crunch Bar*	1 each	wheat, gluten, soy	43 g
Lemon Crunch Bar*	1 each	wheat, gluten,milk, soy	42 g
Nutrigrain Bar*	1 each	wheat, gluten, milk, soy, cinnamon	25 g

BIG Blueberry Muffin	1 each	wheat, gluten, milk, egg, soy	48 g
BIG Banana Muffin	1 each	wheat, gluten milk, egg, soy	51 g
BIG Apple Cinnamon Muffin	1 each	wheat, gluten, milk, egg, soy	49 g

Updated August 26, 2021

Questions about food allergens or carbohydrate counts for menued foods?

Contact School District U-46 District Registered Dietitian, Christine Cliff at 847-888-5000 x5034 or at ChristineCliff@u-46.org.

**= only offered at secondary schools*