



Grab 'n Go Breakfast Choices Allergens and Carbohydrates

Updated 11/21/22

Cereal Bowl Choices			
Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
Apple Cinnamon Cheerios	1-1oz. Bowl	GF Oats, cinnamon, apple puree	23g
Apple Jacks	1-1 oz bowl	wheat, gluten, food dyes; coconut oil, oats	24g
Cinnamon Chex	1-1oz bowl	cinnamon	23g
Cinnamon Toast Crunch, reduced sugar	1-1oz bowl	wheat, gluten, soy, cinnamon	22g
Cocoa Krispies	1-1.13 oz bowl	MAY contain Coconut and/or soybean oil; Malt flavor,	28 g
Fruit Loops	1-1 oz. bowl	wheat, gluten, food dyes; coconut oil, oat	24g
Golden Grahams	1-1 oz bowl	Wheat, gluten, Sunflower Oil	34g
Lucky Charms	1 each	Gelatin, food dyes, GF oats	23g
Trix Cereal bowl, reduced sugar	1 each	none noted (natural colors from blueberries, purple carrots, and turmeric)	24 g
BIG 2 OZ CEREAL BOWLS			
Cheerios, Honey Nut*	1- 2 oz bowl	Tree nuts (almond), GF oats, Sunflower oil	45 g
Cheerios, HONEY	1- 2 oz bowl	GF oats, Sunflower oil	44 g
Cinnamon Toast Crunch	1- 2 oz bowl	Wheat, gluten, soy, caramel color, cinnamon	44 g
Cocoa Puffs	1- 2 oz bowl	Caramel color, Sunflower Oil	47 g
Lucky Charms	1- 2 oz bowl	Gelatin, food dyes, GF oats	46 g
INDICATES GLUTEN FREE (GF) CEREALS			
Cereal Bar Choices			
Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
Cinnamon Toast Crunch CEREAL BAR	1 each	wheat, gluten, caramel coloring, oats, cinnamon	30 g
Cocoa Puffs CEREAL BAR	1 each	Wheat, gluten, oats, caramel coloring, MAY CONTAIN soy	30 g
Golden Grahams CEREAL BAR	1 each	wheat, gluten, caramel coloring, gelatin, oats, MAY CONTAIN SOY	30 g

Trix CEREAL BAR	1 each	wheat, gluten, oats, fruit & vegetable juice (for color)	29 g
Lemon Chip Crunch Bar (Dunker)*	1 each	wheat, gluten, milk, soy, oats	42 g
Triple Berry Crunch Bar (Dunker)*	1 each	wheat, gluten, milk, soybean oil, apple	43 g

Meat/Meat Alternate Options

Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
Danimals, Strawberry Smash Yogurt	1- 4oz. Cup	Milk, strawberry, fruit & vegetable juice (for color)	12 g
Trix Yoplait Strawberry Banana Bash	1-4 oz cup	Milk, vegetable juice (for color)	15 g
Trix Yoplait Raspberry Rainbow Yogurt	1-4oz. cup	Milk, fruit & vegetable juice (color)	15 g
Trix Yoplait Triple Cherry	1-4oz. cup	Milk, strawberry, fruit & vegetable juice (for color)	15g
Upstate Strawberry Yogurt	1-4oz. cup	Milk, strawberry	19 g
Upstate Strawberry Banana Yogurt	1-4oz. cup	Milk, strawberry	19 g
Upstate Peach Yogurt	1-4oz cup	Milk, peach	19 g
Upstate Blueberry Yogurt	1-4oz. cup	Milk, blueberry	19 g
Cheese stick	1- 1oz stick	Milk	1 g
Dried Chickpeas- Ranch or Chili Lime	1-0.75 oz. pack	Chickpea (legume)	12 g
Dried Chickpeas- Sea Salt	1-0.75 oz. pack	Chickpea (legume)	14 g
Sunflower Seeds- Honey Roasted	1-1.2 oz. pack	Sunflower	10 g
Sunflower Seeds- Sea Salt or Spicy	1-1.2 oz. pack	Sunflower (Both flavors) Soybean oil (spicy only)	8 g
Chocolate Banza Butter (chickpea-based)	1 each	chickpea (legume), pea (legume), sunflower oil	15 g

Breakfast Kits

Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
-----------	---------	--	---------------

Lucky Charms Cereal Breakfast Kit, with Giant Goldfish Grahams & Fruit Punch (ES Foods) BREAKFAST KIT	Kit contains: cereal- 1- 1oz bowl Strawberry mini-bites: 1.1 oz Juice- 4 fl oz	wheat, gluten, milk, egg, soy, sunflower, food dyes, gelatin	cereal: 23g Grahams:20 g Juice: 15g TOTAL for Kit: 58g
Multi-Grain Cheerios + Goldfish + apple juice (ES Foods) BREAKFAST KIT	Kit contains: cereal- 1- 1oz bowl Grahams 0.9 oz Juice- 4 fl oz	wheat, gluten, milk, egg, soy, sunflower oil	Total for the Kit: 58 g
Trix + Mini-Animal Crackers + 100% fruit juice (ES Foods) BREAKFAST KIT	Kit contains: cereal- 1- 1oz bowl Grahams 0.9 oz Juice- 4 fl oz	wheat, gluten, milk, egg, soy, caramel coloring, sunflower, pear, vegetable & fruit juice (for coloring)	cereal: 24 g Grahams:18 g Juice: 15g TOTAL for Kit: 57g
Cinnamon Toast Crunch (25% Less Sugar) (WG) Breakfast Breaks (ES Foods) BREAKFAST KIT	Kit contains: cereal- 1- 1oz bowl Grahams 0.9 oz Juice- 4 fl oz	wheat, gluten, egg, soy, milk, sunflower	cereal: 22 g Grahams:18 g Juice: 15g TOTAL for Kit: 55g
Coco Puffs Cereal Breakfast Kit, with Cheez-Its & Fruit Punch (ES Foods) BREAKFAST KIT	Kit contains: cereal- 1-1 oz bowl Grahams 0.95 oz Juice- 4.23 fl oz	wheat, gluten, milk, soy, pear, caramel coloring, possibly pear (in juice)	cereal: 25 g Grahams:14 g Juice: 15g TOTAL for Kit: 54g
Poptart and Graham BREAKFAST KIT	Kit contains: Poptart x1 Grahams 1 oz Juice- 4.23 fl oz	wheat, gluten, soy, oat, gelatin, caramel coloring, cinnamon, possibly pear (in juice)	Poptart: 37 g Grahams: 20 g Juice: 15g TOTAL for Kit: 52g

Grahams

Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
Animal Crackers	1 each	wheat, gluten, soy	22 g
Bug Bites	1 each	wheat, gluten, soy, cinnamon	21 g
Chat Snax	1 each	wheat, gluten, soy	21 g
Crunchmania Cinnamon Bun Snack, Cinnamania	1 each	Wheat, gluten, soy, cinnamon	37 g
Goldfish Grahams, Cinnamon	1-2 pack	wheat, gluten, soybean oil, cinnamon	19 g
Goldfish Grahams, VANILLA	1-2 pack	wheat, gluten, soy	19 g

Gripz, Cinnamon Graham	1 each	wheat, gluten, milk, soy, cinnamon	19g
Gripz, Chocolate Graham	1 each	wheat, gluten, milk, soy	21 g
Scooby Doo Grahams	1 each	wheat, gluten, soy, cinnamon	21 g
Teddy Grahams, Cinnamon	1 each	wheat, gluten, soy, cinnamon	21 g
Waffle Snaps, Chocolate Chip	1 each	wheat, gluten, soy milk, apple puree	40 g
Waffle Snaps, Maple	1 each	wheat, gluten, soy, milk, apple puree	40 g
Bagels, Biscuits, Bread Slices, Muffins and Pastries			
Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates
Bagel, Cinnamon Raisin	1- 2.25 oz bagel	wheat, gluten, soybean, cinnamon	34 g
Bagels, Mini with Strawberry Cream Cheese	1 each (2.43 oz. pack)	wheat, gluten, milk, soybean oil, strawberry	42 g
Bread loaf, Mini- Banana*	1 each (2 oz)	Wheat, gluten, milk, egg, soy, cinnamon	27 g
Bread slice, Banana	1 each (3.4 oz slice)	wheat, gluten, eggs, soy, milk, cinnamon	45 g
Bread slice, Blueberry	1 each (3.4 oz slice)	wheat, gluten, eggs, soy, milk, cinnamon, blueberry	45 g
Bread slice, Lemon	1 each (3.4 oz slice)	wheat, gluten, eggs, soy, milk, cinnamon	44 g
Breakfast BENEFIT Bar * - Apple Cinnamon	1 each	wheat, gluten, milk, egg, soy, oats, cinnamon	48 g
Breakfast BENEFIT Bar * - Banana Chocolate Chunk	1 each	wheat, gluten, milk, egg, soy, oats, "spice"	48 g
Breakfast BENEFIT Bar * - Oatmeal Chocolate Chip	1 each	wheat, gluten, milk, egg, soy, oats	47 g
Breakfast Bar, Cinnamon Toast Crunch w/ cream cheese filling	1 each	wheat, gluten, milk, soybean oil	41g
Breakfast bar- Nutrigrain-Apple Cinnamon	1 each	wheat, gluten, milk, soy, cinnamon	25 g
Breakfast Round, Banana Chocolate Chip Oatmeal (Nature Valley)	1 each	wheat, gluten, OATS, milk, soy, egg, CINNAMON	39 g
Breakfast Round, Ultimate-Cinnamon (Rich's)- <u>individually wrapped</u>	1 each	wheat, gluten, OATS, milk, soy, egg, CINNAMON <i>MADE IN PEANUT & TREE NUT FREE FACILITY</i>	44 g

Breakfast Round, Ultimate-Cinnamon (Rich's)* BAKED AT SECONDARY SCHOOLS ONLY	1 each	wheat, gluten, OATS, milk, soy, egg, cinnamon, MAY CONTAIN PEANUTS AND/OR TREE NUTS	42 g
Cinnamon Bun	1 -2.9 oz. bun	wheat, gluten, eggs, soy, milk, cinnamon	40 g
Crescent, Chocolate	1 each	wheat, gluten, milk, soybean oil	37 g
Donut Ring, Glazed	1 each	wheat, gluten, eggs, soy, milk	29 g
French Toast Bites, Mini Original (Eggo)	1 each	wheat, gluten, eggs, soy, milk	37 g
French Toast Bites, Mini Cinnamon (Pillsbury)	1 each	wheat, gluten, eggs, soy, milk, cinnamon	37 g
Frudel, Apple	1 each (2.29 oz. pack)	wheat, gluten, milk, soybean oil, apple, "spice"	36 g
Honey Bun Yeast-Raised, Glazed	1 each	wheat, gluten, milk, egg, soy, cinnamon	34 g
Muffin, BIG- Blueberry	1 each	wheat, gluten, milk, egg, soy, powder fruit juice	48 g
Muffin, BIG- Banana	1 each	wheat, gluten milk, egg, soy	51 g
Muffin, BIG- Apple Cinnamon	1 each	wheat, gluten, milk, egg, soy, powder fruit juice	49 g
Muffin, BIG- Chocolate Chip	1 each	wheat, gluten, milk, egg, soy, powder fruit juice	52 g
Muffin Top/Snack'N Round- Apple Cinnamon	1 each	wheat, gluten, milk, soy, eggs, oats, cinnamon	39 g
Muffin Top/Snack'N Round- Chocolate Chip	1 each	wheat, gluten, milk, soy, eggs, oats, cinnamon	38 g
Pancakes, Mini- Confetti	1 each	wheat, gluten, eggs, soy, milk	36 g
Poptart, Blueberry-frosted	Single pack	wheat, gluten, soy, blueberry, apple, grape, gelatin, food dyes (red & blue)	36 g
Poptarts, Blueberry -frosted	1 each (2pack)	wheat, gluten, soy, blueberry, apple, grape, gelatin, food dyes (red & blue)	73 g
Poptart, Brown Sugar Cinnamon-frosted	Single pack	wheat, gluten, soy, cinnamon, gelatin	37 g
Poptarts, Brown Sugar Cinnamon-frosted	1 each (2pack)	wheat, gluten, soy, cinnamon, gelatin	73 g

Poptart, Fudge-frosted	Single pack	wheat, gluten, soy, gelatin	36 g
Poptarts, Fudge-frosted	1 each (2pack)	wheat, gluten, soy, gelatin	73 g
Poptart- Strawberry-frosted	Single pack	wheat, gluten, soy, pear, apple, strawberry, gelatin	36 g
Poptarts, Strawberry-frosted	1 each (2pack)	wheat, gluten, soy, pear, apple, strawberry, gelatin	73 g
Waffle, Belgium, Blueberry	1 each	wheat, gluten, milk, egg, soybean oil, apple, blueberry	33 g
Waffles, Maple	1 each	wheat, gluten, eggs, soy, milk	35 g
Waffles, Cinnamon	1 each	wheat, gluten, eggs, soy, milk	35 g

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*