



Hot Elementary Breakfast Choices

Allergens and Carbohydrates

Updated 2/16/23

Menu Name	Portion	Allergens and Other Ingredients of Concern	Carbohydrates (g)	Sodium (mg)
Bagel, Breakfast- Egg & Cheese	1 each	wheat, gluten, milk, egg, soybean oil	23	380
Burrito, Breakfast- Turkey Sausage, Egg & Cheese	1 each	wheat, gluten, milk, egg, soy	20	300
French Toast, Mini- Cinnamon	1 pack	wheat, gluten, milk, egg, soy	37	200
Omelet, Cheesy with Tater Tots	1 omelet with 4 tater tots	Omelet: Egg, milk, soybean oil Tater Tots: Soybean oil, sunflower oil	Omelet: 1 Tater Tots: 7	Omelet: 290 Tater Tots: 85
Pancake Bowl, Blueberry	1 each	wheat, gluten, milk, egg, soy, blueberry, CINNAMON	42	330
Pancake Bowl, Strawberry	1 each	wheat, gluten, milk, egg, soy, strawberry	39	340
Pizza, Breakfast- Turkey Sausage	1 each	wheat, gluten, milk, soy, caramel coloring	31	490
Sandwich, Maple Pancake & Chicken Sausage	1 each	wheat, gluten, milk, egg, sunflower	18	350
Slider, Turkey & Cheese on Hawaiian Bun	1 each	wheat, gluten, milk, soy	27	392
Waffle, Belgium, Blueberry	1 each	wheat, gluten, milk, egg, apple, blueberry	33	200
Waffles, Mini-Maple	1 pack	wheat, gluten, milk, egg, soy	37	170

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.