

| BREAKFAST Menu item | Carbs (grams) | Gluten | Egg | Dairy | Meat | Trace |
|---|----------------------|---------------|------------|--------------|-------------|-------------------------|
| The Bread Project Breakfast burrito, egg & cheese | 32 | Y | Y | | N | |
| Full Bloom Banana muffin | 54 | Y | Y | Y | N | peanuts, tree nuts, soy |
| Full Bloom Blueberry muffin | 52 | Y | Y | Y | N | peanuts, tree nuts, soy |
| Full Bloom Cinnamon raisin scone | 50 | Y | Y | Y | N | peanuts, tree nuts, soy |
| Full Bloom Toasted oatmeal bar | 23 | Y | Y | Y | N | peanuts, tree nuts, soy |
| Full Bloom Corn muffin | 42 | Y | Y | Y | N | peanuts, tree nuts, soy |
| Full Bloom Parmesan basil scone | 31 | Y | Y | Y | N | peanuts, tree nuts, soy |
| Nature Valley Granola - Oats 'n Honey | 38 | N | N | N | N | wheat |
| The Bread Project Pumpkin bread | 30 | Y | | | N | |
| The Bread Project Banana bread | | Y | Y | | N | |
| Cheerios, multi-grain | 24 | Y | N | N | N | n/a |
| Cheerios, whole grain | 20 | Y | N | N | N | n/a |
| Cheerios, honey nut | 22 | Y | N | N | N | n/a |
| Raisin Bran | 27 | Y | N | N | N | n/a |
| Rice Krispies, whole grain | 15 | N | N | N | N | n/a |
| Bagel, whole grain (Manhattan Bagel) | 71 | Y | N | N | N | soy |
| Yogurt (strawberry/banana) | 18 | N | N | Y | N | n/a |
| Raisins (Sysco brand) | 34 | N | N | N | N | n/a |
| String cheese | 0 | N | N | Y | N | n/a |

| LUNCH Recipe Item | Carbs (grams) | Gluten | Egg | Dairy | Meat | Trace |
|--|----------------------|---------------|------------|--------------|-------------|--------------|
| Chicken Bun | 17 | Y | N | N | Y | n/a |
| Hearst Ranch grass-fed beef patties | 1.6 | N | N | N | Y | n/a |
| American Beef Packers Inc. Ground Beef 10 lb. packages | | N | N | N | Y | n/a |
| Southern Hens Inc. frozen cooked diced chicken meat | 0 | N | N | N | Y | n/a |
| Pilgrim's young chicken frozen 8 piece w/o necks and giblets | 0 | N | N | N | Y | n/a |
| Tiptop cooked dark chicken fajita strips char-marked | 2 | Y | N | N | Y | n/a |
| Hormel natural choice uncured pepperoni | 0 | N | N | N | Y | n/a |
| Applegate organic turkey bacon | 0 | N | N | N | Y | n/a |
| Frozen ready to to cook turkey roasts | 0 | N | N | N | Y | n/a |
| The Hain Celestial Group, veggie dogs | 2 | Y | N | N | N | eggs |
| Cheddar cheese | 0 | N | N | Y | N | n/a |
| Saputo Cheese USA, Inc. mozzarella cheese | 0 | N | N | Y | N | n/a |
| Wholesome farms, Grade A Cultured Sour Cream | 2 | N | N | Y | N | n/a |
| Sour Cream | | N | N | Y | N | |
| Sysco blackeye peas | 16 | N | N | N | N | n/a |
| Casa Solana black beans | 18 | N | N | N | N | n/a |
| Sysco garbanzo beans | 14 | N | N | N | N | n/a |
| Casa Solano pinto beans | 17 | N | N | N | N | n/a |
| Casa Solano refried beans | 20 | N | N | N | N | n/a |
| Sysco chopped collard greens | 3 | N | N | N | N | n/a |
| Sysco whole edamame | 4 | N | N | N | N | n/a |
| Chef's Corner potato samosa | 6 | | | | N | n/a |
| Chef's Corner veggie spring roll | 12 | Y | N | N | N | n/a |
| Flowers Bakeries Mountain Farm 24 oz. Pullman | 15 | Y | N | N | N | n/a |
| Vital Vittles bread | 26 | Y | N | N | N | n/a |
| Shannon's Imperial Brand whole wheat 4" honey burger bun | 28 | Y | N | N | N | n/a |
| Shannon's Impreial Brand whole wheat 1 oz. honey bread stick | 16 | Y | N | N | N | n/a |
| Shannon's Imperial Brand whole wheat 1.7 oz. honey bread stick | 27 | Y | N | N | N | n/a |
| Shannon's Imperial Brand whole wheat mini hoagie roll | 27 | Y | N | N | N | n/a |
| Shannon's Imperial Brand whole wheat 6" hoagie roll | 39 | Y | N | N | N | n/a |
| Shannon's Imperial Brand whole wheat 6" hot dog bun | 30 | Y | N | N | N | n/a |
| Guistos pilaff bulgar | 17 | Y | N | N | N | n/a |
| Corn meal - Sysco | 21 | N | N | N | N | n/a |

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| Guistos Couscous | 18 | Y | N | N | N | n/a |
| Full Bloom pizza crust | 14 | Y | N | N | N | peanuts, tree nuts, dairy, soy, eggs |
| Full Bloom focaccio tomato cheese bread | 56 | Y | N | Y | N | peanuts, tree nuts, dairy, soy, eggs |
| 16" wheat sheeted pizza dough | 24 | Y | N | N | N | n/a |
| Massa Organics California whole grain brown rice | 34 | N | N | N | N | n/a |
| Enriched macaroni - whole grain | 41 | Y | N | N | N | egg |
| Whole grain rotini | | | | | | |
| Whole wheat spaghetti | | | | | | |
| Vital Vittles real rolls | 28 | Y | N | N | N | |
| Parmesan basil scone | 31 | Y | Y | Y | N | peanuts, tree nuts, & soy |
| Taco bowl | 21 | N | N | N | N | n/a |
| Taco shell prefried 5" corn | 21 | N | N | N | N | n/a |
| All Star Tamales, black bean and cheese enchilada | 27 | | | | N | |
| Sonoma Foods corn tortillas | 12 | N | N | N | N | n/a |
| Warnock Food Products, Inc. corn tostada bowl | 14 | N | N | N | N | n/a |
| Warnock Food Products, Inc. 12 lb. bulk white triangle tortilla chips (currently not using) | 18 | N | N | N | N | milk, soy, wheat, sesame |
| Warnock Food Products, Inc. yellow round chips | 18 | N | N | N | N | milk, soy, wheat, sesame |
| Warnock Food Products, Inc. yellow triangle tortilla chips | 18 | N | N | N | N | n/a |
| Mission Foods flour tortillas, stretched style | 14 | Y | N | N | N | n/a |
| Sonoma Foods whole wheat tortillas | 26 | Y | N | N | N | n/a |
| Rosarita enchilada sauce | 3 | N | N | N | N | n/a |
| Del Sol nachos jalapenos | 1 | N | N | N | N | n/a |
| Chelton House ketchup | 3 | N | N | N | N | n/a |
| Sysco heavyduty mayonnaise | < 1 | N | Y | N | N | n/a |
| French's Mustard | 0 | N | N | N | N | n/a |
| Simply delicious, organic dijon mustard | 0 | N | N | N | N | n/a |
| Lindsay sliced olives | 1 | N | N | N | N | n/a |
| Heinz thin kosher dill pickle slices | 0 | N | N | N | N | n/a |
| Tabasco Sauce | 0 | N | N | N | N | n/a |
| Heinz tomato paste | 5 | N | N | N | N | n/a |
| Cottage Cheese | 5 | N | N | Y | N | n/a |
| Turkey meatballs | | | | | | |
| Fajita beef | | | | | | |
| Lo mein noodle | 31 | Y | N | N | N | n/a |
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