

*All foods are Nut Free

BREAKFAST MENU ITEMS CARB AND ALLERGEN INFO

Menu Item	Carbs (g)	Fiber (g)	Gluten	Egg	Dairy	Meat	Soy	Trace Amounts
4 TH Street Bagels	37g	1.5	Y	N	N	N	N	n/a
Cereal Granola Oats n Honey	38	3	Y	N	N	N	Y	n/a
Raisin Bran Cereal	27	4	Y	N	N	N	N	n/a
Kellogg's Rice Krispies Cereal	15	<1	N	N	N	N	N	n/a
Cheerios Cereal	14	2	Y	N	N	N	N	n/a
Rice Chex Cereal	24	1	N	N	N	N	N	n/a
Cinnamon Chex Cereal	23	<1	N	N	N	N	N	n/a
Purple Corn Back to The Roots Cereal	34	3	Y	N	N	N	N	n/a
Cinnamon Back To The Roots Cereal	26	4	Y	N	N	N	N	n/a
Multi Grain Cheerios	23	2	Y	N	N	N	N	n/a
Reduced Fat Banana Blueberry Muffin	24	2	Y	Y	Y	N	N	n/a
Corn Muffin	21	2	Y	Y	Y	N	N	n/a
Whole Wheat Honey Apple Muffin	24	2	Y	Y	Y	N	N	n/a
Morning Glory Muffin	25	2	Y	N	N	N	N	n/a
Whole Grain Blueberry Ginger Scone	27	2	Y	Y	Y	N	N	n/a

Whole Grain Cranberry Flax Seed Scone	27	3	Y	Y	Y	N	N	n/a
Raspberry Jammer	28	3	Y	Y	Y	N	N	n/a
Turkey Breakfast Sausage Links	0	0	N	N	N	Y	N	n/a

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SNACK MENU ITEMS CARB AND ALLERGEN INFO

Menu Item	Carb (g)	Fiber (g)	Gluten	Egg	Dairy	Meat	Soy	Trace Amounts
Baby Carrots (Bunny Luv)	5	1	N	N	N	N	N	n/a
White Popcorn	10	2	N	N	N	N	N	n/a
Pretzels (Snyder's)	35	1	Y	N	N	N	N	*
Apple Cinnamon Waffle	20	2	Y	N	N	N	Y	n/a
Maple Waffle Grahams	20	6	Y	N	N	N	Y	n/a
Lemon Dinosaur Grahams	20	1	Y	N	N	N	Y	n/a
Chocolate Bear Grahams	21	2	Y	N	N	N	Y	n/a
Whole Grain Goldfish Crackers	14	1	Y	N	N	N	Y	n/a
Multigrain Harvest Cheddar Chips	19	2	Y	N	Y	N	N	n/a
Whole Grain Cheezits Crackers	14	1	Y	N	Y	N	Y	n/a

Tortilla Chips	17	1	N	N	N	N	N	n/a
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GLUTEN FREE MENU ITEMS CARB AND ALLERGEN INFO

Menu Item	Carb (g)	Fiber (g)	Gluten	Egg	Dairy	Meat	Soy	Trace Amounts
Udi's Bluberry Muffins GF	40	1	N	Y	N	N	N	n/a
Udi's Lemon Streusel Muffins GF	43	0	N	Y	N	N	N	n/a
Honey Grahams GF	26	1	N	N	Y	N	N	**
Chocolate Grahams GF	28	1	N	N	Y	N	N	**
Cinnamon Grahams GF	27	1	N	N	Y	N	N	**
Glutino Pretzel Twists GF	24	3	N	N	N	N	Y	n/a

* Produced in a facility that also produces peanut butter

** Produced in a facility that also produces peanuts, nuts, coconut, eggs, soy and milk