**ES Foods Breakfast Break Allergen & Carb List 2023-2024**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food Items** | **Allergens** | **Carbs** | **Food Item** | **Allergens** | **Carbs** |
| Cheeze-Its (Whole Grain)  | Gluten/Wheat, Soy, Milk | 14 | Cereal(Froot-Loops)(Multi-Grain Cheerios)(Cinnamon Toast Crunch)(Cocoa Puffs)(Lucky Charms)(Trix) | **(Froot-Loops**) Corn, Gluten/Wheat, (Red, Blue, Yellow Dye); **(Multi-Grain Cheerios)** Corn (Gluten-Free); **(Cinnamon Toast Crunch)** Gluten/Wheat, Soy, Cinnamon; **(Cocoa Puffs)** Corn **(Lucky Charms)** Corn, Red, Blue, Yellow**(Trix)** Corn | 24 (FL)23 (MG)22 (CTC)25 (CP)23 (LC)24 (Trix) |
| Mini-Animal Cinnamon Grahams | Gluten/Wheat, Egg, Soy, Milk | 18 | Cinnamon Toast Crunch Bar | Gluten/Wheat, Corn, Soy | 30 |
| ES Foods Animal Crackers | Gluten/Wheat, Soy, Egg, Milk | 21 | Trix Cereal Bar | Gluten/Wheat, Corn, Soy | 29 |
| Pepperidge Farm Giant Goldfish | Gluten/Wheat, Soy | 19 | Cocoa Puffs Cereal Bar | Gluten/Wheat, Corn, Soy | 29 |
| Muffin Tops (Apple Cinnamon) (Chocolate Chip)(Blueberry) |  **(Apple Cinnamon)**Gluten/Wheat, Milk, Egg, Soy & Corn**(Chocolate Chip & Blueberry)**Gluten/Wheat, Milk, Egg, Soy | 27 (AC)29 (CC)26 Blue | Strawberry Oatmeal Bar | Gluten/Wheat, Corn, Eggs, Corn, Milk, Soy | 46 |
| ES Foods Crunchy Granola(Apple) | Gluten/Wheat, Soy, Cinnamon | 21 | Berry Granola Bar | Milk, Soy, Corn | 27 |
| ES Foods Crunchy Granola(Blueberry) | Gluten/Wheat, Soy, Cinnamon | 21 | Cheerio Bar | Gluten/Wheat, Corn, Soy | 30 |
| Yogurt (Upstate) Strawberry or BlueberryDanimals – All Flavors | Milk, CornMilk | 1916 | Apple Juice | None | 15 |
| ES Foods Wheat Crackers | Gluten/Wheat, Soy, Milk | 19 | Ardmore FarmsTropical Fruit Punch | None | 15 |
| ES Foods Strawberry Mini Bites | Gluten/Wheat, Egg, Soy, Milk | 21 | Suncup Totally JuiceFruit Punch | None | 15 |
| Pop Tarts (Fudge or Cinnamon) | Gluten/Wheat, Corn, Soy | 38(Both) | 100% Juice Breaks  (Fruit Punch/Apple) | None | 15 (A)16 (FP) |
|  |  |  | Assorted Fruit Cup | Corn | 15-20 |