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

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| **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 Blueberry  Danimals – All Flavors | Milk, Corn  Milk | 19  16 | Apple Juice | None | 15 |
| ES Foods Wheat Crackers | Gluten/Wheat, Soy, Milk | 19 | Ardmore Farms  Tropical Fruit Punch | None | 15 |
| ES Foods Strawberry Mini Bites | Gluten/Wheat, Egg, Soy, Milk | 21 | Suncup Totally Juice  Fruit 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 |