

**ASEP Carbohydrates and Allergens
2023-2024**

ALLERGEN LEGEND	
D - DAIRY	E - EGG
S - SOY	F - FISH
W - WHEAT	T - TREE NUTS*
SE - SESAME	

*Tree Nuts identifier is cautionary, items does not contain tree nuts.

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
ENTREES									
Nutri-Grain, Apple Cinnamon	150	30g	D	S	W	-	-	-	-
Nutri-Grain, Blueberry	150	30g	D	S	W	-	-	-	-
Nutri-Grain, Strawberry	150	30g	D	S	W	-	-	-	-
Cheetos Crunchy Cheese	120	16g	D	-	-	-	-	-	-
Food & Nutrition Education Crackers	120	22g	D	-	W	E	-	-	-
Crunchmania	210	37g	D	S	W	-	-	-	-
Doritos Nacho Cheese	130	20g	D	-	-	-	-	-	-
Muffin, Apple Cinnamon	140	24g	D	S	W	E	-	-	-
Muffin, Chocolate Chip	270	45g	D	S	W	E	-	-	-
Muffin, Blueberry	250	42g	D	S	W	E	-	-	-
Giant Goldfish, Cinnamon	120	19g	-	-	W	-	-	-	-
Graham Squares	90	17g	-	S	W	-	-	-	-
Graham Crackers, Bone Shaped	120	21g	-	S	W	-	-	-	-
Simply Chex Strawberry Yogurt	130	23g	D	S	W	-	-	-	-
Simple Chex Chocolate Caramel	130	22g	-	S	W	-	-	-	-
Cheezits	100	14g	D	S	W	-	-	-	-
Honey Graham Little Squares (3 ct.)	90	17g	-	S	W	-	-	-	-
Tiger Bites	120	21g	-	S	W	-	-	-	-

Menu Item Name	Cal	Carb	D	S	W	E	F	T	SE
MILK									
Plain 1% Milk	110	13g	D	-	-	-	-	-	-
Plain Skim Milk	90	13g	D	-	-	-	-	-	-
Chocolate Skim Milk	120	20g	D	-	-	-	-	-	-
Strawberry Skim Milk	110	19g	D	-	-	-	-	-	-
Lactose-Free Plain Skim Milk	90	13g	D	-	-	-	-	-	-
JUICE									
Apple Juice (6 oz)	85	20g	-	-	-	-	-	-	-
Fruit Punch Juice (6 oz)	85	21g	-	-	-	-	-	-	-
FRUIT									
Whole Apple	78	20g	-	-	-	-	-	-	-
Apple Slices	30	8g	-	-	-	-	-	-	-
Applesauce	56	14g	-	-	-	-	-	-	-
Banana	110	30g	-	-	-	-	-	-	-
Diced Peaches	75	19g	-	-	-	-	-	-	-
Orange Wedges	83	20g	-	-	-	-	-	-	-
Strawberries, Indv. Cup	90	22g	-	-	-	-	-	-	-
Strawberry Applesauce Cup	90	23g	-	-	-	-	-	-	-
Raisins, Ind. Box	120	29g	-	-	-	-	-	-	-
Raisels, Tropical Flavor	130	29g	-	-	-	-	-	-	-
Craisins, Original	110	28g	-	-	-	-	-	-	-
Craisins, Raspberry Lemonade	110	27g	-	-	-	-	-	-	-
Craisins, Strawberry	110	28g	-	-	-	-	-	-	-