

milk, eggs, fish, tree nuts, peanuts, wheat/gluten, soybeans, and sesame.

03-11-2024

Menu Item	Allergens	Carbohydrate Count
BBQ Beans	Corn	1/4 cup - 16-18g
BBQ Sauce	Corn	2T - 13g
Berry Compote	Corn	1/4 cup - 7g
Butternut Squash and Apples	None	1/2 cup - 15g
Candy Corn Parfait	Corn and Milk	Pineapple in 100% juice - 1/4c = 11g Diced Peaches in Extra Light Syrup - 1/4c = 8g Whipped Topping (2T) - 2g
Canned Fruit	None	Diced Pears - 1/2c = 14g Pineapple in 100% juice - 1/2c = 22g Diced Peaches in Extra Light Syrup - 1/2c = 16g Unsweetened Applesauce - 1/2c = 18g
Chili Lime Corn Salad	Corn, Egg and Soy	1/4 cup - 10g
Cucumber and Strawberry Salad		

Allergens and Carbohydrate Counts | Salads, Sides and Condiments

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Menu Item	Allergens	Carbohydrate Count
Roasted Broccoli	None	1/4 cup - 3g
Roasted Potatoes	None	1/2 cup - 15g
Salad Dressings	Dragon Dressing - Gluten, Soy and Wheat Balsamic Vinaigrette - None Citrus Pear Vinaigrette - None	Dragon Dressing (2T) - 4g Balsamic Vinaigrette (2T) - <1g Citrus Pear Vinaigrette (2T) - 6g
Salsa	None	2T - 2g
Sour Cream	Milk	2 T - 1g
Sriracha	None	2T - 2g
Sweet and Spicy Brussels Sprouts	Corn and Eggs	5 Each - 20g
Sweet Thai Chili Sauce	None	2T - 17g