

<b>BREAKFAST ENTREE ALLERGENS</b>			Updated 10/28
<b>The Big 9 Allergens:</b>	<b>Peanuts, Tree Nuts, Milk, Soy, Wheat, Egg, Fish, Shellfish, Sesame</b>	<b>Manufacturer Allergen Statements</b>	<b>Carb Counts</b>
Banana Bread Slice	Wheat, Milk, Egg, Soy	Manufactured in a Tree Nut / Peanut Free Facility	44g
Apple Frudel	Wheat, Milk	Peanut / Tree Nut Free	38g
Benefit Bar	Wheat, Milk, Egg, Soy	J&J Snack Foods Corp guarantees that the products for each customer are produced in facilities that are certified to the GFSI standard and have Allergen Preventative Controls in place.	47g
Whole Grain Pop-Tarts 1ct	Wheat, Soy	Peanut / Tree Nut Free	37g
Whole Grain Cereal Bars	Wheat, Soy	Peanut / Tree Nut Free	29g
UBR Oatmeal Bar	Wheat, Milk, Egg, Soy	Manufactured in a Tree Nut / Peanut Free Facility	44g
Mini Cinni Roll	Wheat, Milk	Peanut / Tree Nut Free	41g
Chef Pierre Muffins	Wheat, Egg		29g
Arytza Muffins	Wheat, Milk, Egg, Soy		30g
Cooper Street Granola Bar	Wheat, Egg	Peanut / Tree Nut Free, Dairy Free, Soy Free	38g
Mini Eggo Pancake	Wheat, Milk, Egg, Soy		35g
Mini Bagel-Fuls	Wheat, Milk, Egg, Soy	Peanut / Tree Nut Free	41g
Nutri-Grain Bar	Wheat, Milk, Soy	Peanut / Tree Nut Free	25g
Dunker's Crunch Bar	Wheat, Milk, Soy	Peanut / Tree Nut Free	42g
Snack'n Waffle	Wheat, Milk, Egg	Manufactured in a Tree Nut / Peanut Free Facility	37g
Soft Baked Breakfast Bar Zee Zee's	Wheat, Soy	Peanut, tree nut, milk, egg, sesame and artificial coloring free. Nut-free and sesame-free product.	24-33g
Goldfish Graham	Wheat		19g
Vanilla Goldfish Graham	Wheat	Peanut / Tree Nut Free	19g
Vanilla Chat Snax Grahams	Wheat, Soy	Peanut / Tree Nut Free	21g
Cinnamon Bug Bite Grahams	Wheat, Soy	Peanut / Tree Nut Free	21g
String Cheese	Milk		2g
Danimals Yogurt Cup	Milk		12g
Go-Gurt Yogurt	Milk		8g
<b>SECONDARY ONLY BREAKFAST ITEMS</b>			
Large Cereal Bowls			
<i>Lucky Charms</i>		GLUTEN FREE	47g
<i>Cocoa Puffs</i>	May Contain Wheat		47g
<i>Cinnamon Toast Crunch</i>	Wheat, Soy		44g
Large Cereal Bar			
<i>Cinnamon Toast Crunch</i>			52g
<i>Cocoa Puff</i>			52g
Bagel w/ cream cheese	Wheat / Milk		28g / 2g
Pop-Tart 2ct	Wheat, Soy	Peanut / Tree Nut Free	73g
Whole Grain Mini Donuts	Wheat, Milk, Egg, Soy	Peanut / Tree Nut Free	41g
<b>Turkey Sausage, Egg &amp; Cheese Bagel</b>			<b>32g</b>
<i>Turkey Sausage</i>	None		2g
<i>Egg Patty</i>	Milk, Egg		1g
<i>Cheese Slice</i>	Milk, Soy		1g
<i>Whole Grain Bagel</i>	Wheat	Made in a bakery that may also use Sesame	28g
<b>Turkey Sausage, Egg English Muffin</b>			<b>24g</b>
<i>Turkey Sausage</i>	None		2g
<i>Egg Patty</i>	Milk, Egg		1g
<i>English Muffin</i>	Wheat, Soy		21g
<b>Turkey Ham &amp; Cheese Croissant Melt</b>			<b>32g</b>
<i>Sliced Turkey Ham</i>	None		1g
<i>Cheese Slice</i>	Milk, Soy		1g
<i>Croissant</i>	Wheat, Soy, Milk		30g