

The following chart identifies the:

Food Allergies, Carbohydrates, Special Handling & Cooking Instructions – that are associated with various foods that may be included in the **Backpack N' Go** meal packages.

Cereals	Food Allergies	Carbohydrates(g)	Special Handling	Cooking Instructions
Rice Chex	Gluten-Free	22	Shelf Stable	None
Mini Wheats	Wheat/Gluten	24	Shelf Stable	None
Trix	Corn, No Dyes	24	Shelf Stable	
Lucky Charms	Gluten Free, Corn, Dye – Yellow, Red & Blue	23	Shelf Stable	None
Cinnamon Toast Crunch	Wheat/Gluten, Soy	22	Shelf Stable	None
Juices				
Dragon Punch	None	13	Refrigerated	None
Apple Juice	None	14	Refrigerated	None
Orange Juice	None	14	Refrigerated	None
Grape Juice	None	19	Refrigerated	None
Cherry Star Juice	None	13	Refrigerated	None
Fruits				
Apple	None	19	Shelf Stable	None
Applesauce Cup	None	14	Shelf Stable	None
Banana	None	23	Shelf Stable	None
Assorted Fruit Cup	Corn	15	Refrigerated	None
Strawberry Cup	None	21	Refrigerated	None
Vegetables				
Salad Mix	None (No Dressing); (Italian Dressing) Soy, Corn, Dye - Yellow	3 (No Dressing); 3 (2TB Italian Salad Dressing)	Refrigerated	None
Smile Fries	Soy, Corn	20	Frozen	Heat to 140 degrees
Tater Tots	Soy, Corn	23	Frozen	Heat to 140 degrees
Breads				
Cinni-Mini	Wheat/Gluten, Milk, Soy, Corn, Tree Nuts	40	Frozen	350 Degrees, 10-12 minutes
Maple Pancakes Maple Burstin'	Wheat/Gluten, Milk, Eggs, Corn, Tree Nuts	37	Frozen	Thaw & Serve or 350 degrees, 10-12 minutes
Hamburger Roll	Wheat/Gluten, Soy	26	Shelf Stable	None
Blueberry Muffin	Wheat/Gluten, Soy, Egg, Milk	26	Shelf Stable	None
Dairy				
Yogurt	Milk	(Vanilla) 15 (Raspberry) 16 (Strawberry-Banana) 15	Refrigerated	None
White Milk	Milk	12	Refrigerated	None
Chocolate Milk	Milk, Corn	24	Refrigerated	None
Meat/Entrees				
Hamburger on Bun	(Patty) Corn; (Roll) Wheat/Gluten, Soy	(Patty) 0; (Bun) 26	Frozen	350 degrees, 8-12 minutes
Chicken Patty on Bun	(Patty) Wheat/Gluten, Soy; (Roll) Wheat/Gluten, Soy	(Patty) 13; (Bun) 26	Frozen	350 degrees, 12-15 minutes
Individual Pizza (Wild Mikes)	(Cheese & Pepperoni) Wheat/Gluten, Milk	(Cheese & Pepperoni) 34	Frozen	325 degrees, 12-15 minutes