

RMS Breakfast												Gluten Free
Menu Items for 23/24	GFS#	Serving	Serv/case	Credit	Cal	Fat	Sodium	Carb	Fiber	Sugar	Protein	Allergens
Cake Donut	509942	1 ea	80	1 Grain	150	5	190	23	1	12	4	Egg, Milk, Wheat, Soy
Glazed Donut	668181	1 ea	80	2 Grain	230	11	260	29	2	6	5	Egg, Milk, Wheat, Soy
Blueberry Donut Holes	371065	1 pkg	60	2 Grain	260	11	230	39	2	18	4	Egg, Milk, Wheat, Soy
Powdered Donut Holes	371058	1 pkg	60	2 Grain	280	12	230	42	2	21	4	Egg, Milk, Wheat, Soy
Banana Bread	230361	1 ea	70	2 Grain	260	8	240	45	2	24	5	Egg, Milk, Wheat, Soy
Bagel	217911	1 ea	72	2 Grain	140	1	160	28	4	5	6	Wheat
Banana Chocolate Chip Oatmeal Round	806082	1 ea	72	2 Grain	280	12	240	37	4	15	5	Egg, Milk, Wheat, Soy
Apple Fritter	327003	1 ea	60	2 Grain	320	18	260	36	3	12	5	Egg, Milk, Wheat, Soy
Udi's GLUTEN FREE Blueberry Muffin	614871	1 ea	36	-	270	250	9	39	1	22	3	-
Udi's GLUTEN FREE Bagel	213541	1 ea	24	-	300	510	9	47	2	5	8	-
Blueberry PopTart	865101	1 pkg - 2pcs	72	2.25 Grain	360	6	360	76	6	30	4	Wheat, Soy
Strawberry PopTart	123031	1 pkg - 2pcs	72	2.25 Grain	340	5	230	73	6	29	4	Wheat, Soy
Fudge PopTart	452082	1 pkg - 2pcs	72	2.5 Grain	370	6	390	76	6	30	5	Wheat, Soy
Cinnamon PopTarts	123081	1 pkg - 2pcs	72	2.5 Grain	350	6	240	73	6	30	5	Wheat, Soy
Lucky Charms Cereal Bar	268248	1 ea	48	2 Grain	280	6	170	51	5	16	5	Wheat, Soy
Cocoa Puffs Cereal Bar	265901	1 ea	96	1 Grain	160	3.5	105	30	3	9	3	Wheat, Soy
Cinnamon Toast Crunch Cereal Bar	265891	1 ea	96	1 Grain	160	3.5	120	30	3	8	2	Wheat
Strawberry Cream Cheese	863106	1 ea	100	-	90	8	85	4	0	3	1	Milk
Cream Cheese	257737	1 ea	100	-	70	7	115	1	0	1	1	Milk
Apple Juice	118921	4oz	72	.5 Fruit	50	0	0	13	0	12	0	-
Apple Slices	620594	4oz	100	.5 Fruit	35	0	0	8	1	6	0	-