

GLUTEN FREE ITEMS WITH CARB COUNTS (Updated 8/26/22)

Food Item	Serving Size	Carbs
Arrezzio Imperial 4 Cheese Gluten Free Tortelloni Pasta	1 cup	25 g
Perdue Chicken Breaded Tenders Gluten Free	2 pieces	10 g
Schar Hamburger Buns	1 bun	40 g
Canyon Bakehouse Gluten Free Bagel	1 bagel	53 g
Canyon Bakehouse Gluten Free Country White Bread	1 slice	13 g
Schar Multigrain Bread	2 slices	32 g
Glutino Pretzels	30 g (about 16 pretzels)	21 g
Glutino Chocolate Chip Cookies	2 cookies	20 g
Annie's Gluten Free Cocoa & Vanilla Bunny Grahams	30 g (30 cookies)	23 g
Kinnikinnick Vanilla Wafers	8 wafers	27 g
Schar Honeygrams	3 cookies	18 g
Pop Chips – Sea Salt Gluten-Free Chip	.8 oz bag	Please refer to food label

*Brands/Food Items subject to change. Please reach out to Cafeteria Manager and/or Dietitian for additional information if needed