

Secondary Breakfast CHO Counts	
Breakfast Items	Carbohydrates
Banana	27g
Breakfast Pizza	31g
Chicken Crispito (1)	23g
Dannon Fruit Smoothie	22g
Eggstravaganza w/Tots, Biscuit and Cheese	18.1g
Fresh Baked Muffin	57.7g
Fresh Fruit, Assorted	14.2g
Fruit Canned, Assorted	12.7g
Graham Crackers	17g
Lactaid	13g
Milk (1%)	16g
Milk (NF)	13g
Naked Berry Blast Juice	38g
Naked Mighty Mango Juice	43g
Naked Strawberry Banana Juice	38g
Orange Juice (4oz)	14g
Raisins	29g
Steak & Cheese Tornado	24g
WG Cereal	45g
Yogurt Bento Box	61.2g

Secondary Lunch CHO Counts	
Lunch Items	Carbohydrates
Antipasto Salad w/Por Salami	12g
Avocado Dipper	18g
Bagged Carrots	4g
Caprese Salad	14g
Cheese Pizza	34g
Cheeseburger	60.3g
Chicken Alfredo Bowl	61.2g
Chicken Caesar Salad w/Pizza Pocket	56.4
Chicken Meal Strip	75.6
Deluxe Caesar Salad with Chicken	14g
Focaccia Cheese Wheel	31g
Fruit, Canned Assorted	12.7
Fruit, Fresh Assorted	14.2
Green Chili & Cheese Burrito	56g
Hot Dog (2)	62g
Hummus Salad	56.9g
Lactaid	13g
Milk 1%	16g
Milk Nonfat	13g
Nashville Hot Style Chicken Sandwich	78.4g
Pepperoni Pizza	33g
Pizza Pocket	30g
Santa Fe Chicken Salad	19g
Sun Chips	19g
Teriyaki Chicken Bowl	65.3g
Ultimate BLT Salad with Chicken	10g