

Secondary Breakfast CHO Counts

Breakfast Items	Carbohydrates	Allergen
Banana	27g	
Breakfast Pizza	31g	Wheat, Dairy, Egg, Soy
Chicken Crispito (1)	23g	Wheat, Soy
Dannon Fruit Smoothie	22g	Dairy
Eggstravaganza w/Tots, Biscuit and Cheese	18.1g	Egg, Dairy, Soy, Pork
Fresh Baked Muffin	57.7g	Wheat, Dairy, Egg
Fresh Fruit, Assorted	14.2g	
Fruit Canned, Assorted	12.7g	
Graham Crackers	17g	Wheat, Soy
Lactaid	13g	Dairy
Milk (1%)	16g	Dairy
Milk (NF)	13g	Dairy
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	Wheat, Dairy, Soy
WG Cereal	45g	Wheat
Yogurt Bento Box	61.2g	Wheat, Dairy, Soy

Secondary Lunch CHO Counts

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