

Secondary Breakfast CHO Counts / Allergens

Breakfast Items	Carbohydrates	Allergen
Banana	27g	
Breakfast Pizza	31g	Wheat, Dairy, Egg, Soy
Chicken Crispito (1)	23g	Wheat, Soy
Dannon Fruit Smoothie	22g	Dairy
Breakfast Bowl	39.3g	Egg, Dairy, Soy, Pork
Eggstravaganza	1.25g	Soy, Dairy, Pork
Tater Tots	16.0g	Soy
Biscuit	22g	Wheat, Dairy
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 Meal	80.2g	Wheat, Dairy, Soy
Yogurt Assorted Flavors	19 g	Dairy
Fruit, Fresh Assorted	14.2 g	
Granola	47 g	Wheat, Soy

Secondary Lunch CHO Counts / Allergens

Lunch Items	Carbohydrates	Allergen
Antipasto Salad w/Pork Salami (5 Star)	12g	Wheat, Dairy, Pork
Avocado Dipper	18g	
Bagged Carrots	4g	
Caprese Salad (5 Star)	14g	Dairy
Cheese Pizza	34g	Wheat Dairy, Soy
Cheeseburger Meal	60g	Wheat, Dairy, Soy
Hamburger Patty	0g	
Hamburger Bun	30g	Wheat, Dairy Soy
Cheese, Slice	0g	Dairy
Sun Chips, Original	19g	Wheat
Chick'n Dip'n Sauce	11g	Soy, Egg
Ketchup (1 oz cup)	6g	
Alfredo Bowl with Garlic Cheese Toast	61.2g	Wheat , Dairy, Soy
Alfredo	30.2g	Wheat, Dairy
Cheese Toast	31g	Wheat, Dairy, Soy
Chicken Caesar Salad with Garlic Cheese Toast	56.4g	Wheat, Egg, Dairy, Soy, Fish
Salad	22.4g	Wheat, Dairy
Chicken, Diced	3g	Dairy
Caesar Dressing Pouch	1g	Fish, Dairy, Soy
Cheese Toast	31g	Wheat, Dairy, Soy
Chicken Meal Strip Meal	72.3g	Wheat, Dairy, Soy
Chicken Strips (4 Strips)	21.3g	Wheat, Soy
Mashed Potatoes with Gravy	21g	Wheat , Dairy, Soy
Biscuit	22.0g	Wheat, Dairy
Honey Packet	7g	
Dressing, Ranch Dip Cup	1g	Dairy, Egg, Soy
Popcorn Chicken Bowl	71.2g	Wheat, Dairy, Soy, Egg
Mashed Potatoes with Gravy	21g	Wheat, Dairy, Soy
Corn	11.2g	
Chicken (10 pieces)	17g	Wheat, Dairy, Soy
Cheese	0g	Dairy
Biscuit	22g	Wheat, Dairy
Deluxe Caesar Salad with Chicken	14g	Wheat, Egg, Dairy, Soy, Fish
Focaccia Cheese Wheel	31g	Wheat Dairy, Soy
Fruit, Canned Assorted	12.7g	
Fruit, Fresh Assorted	14.2g	
Spicy Chicken Sandwich Meal	69.5g	Wheat, Dairy, Soy
Chicken Sandwich	9g	Wheat, Soy
Hamburger Bun	30g	Wheat, Soy, Dairy
Pickles	.50g	
Chick'n Dip'n Sauce	11g	Egg, Soy
Sunchips Original	19 g	Wheat
Green Chili & Cheese Burrito Meal	79g	Wheat, Dairy
Burrito	56 g	Wheat, Dairy
Cheese and Meat Sauce	4g	Dairy
Chips, Tostitos	19 g	Wheat
Hot Dog (2)	62g	Wheat, Dairy, Soy
Hot Dog (1)	1g	
Hot Dog Bun	30g	Wheat, Dairy Soy
Pita Salad	56.9g	Wheat, Soy, Sesame, Dairy

Salad	16.9g	Dairy
Hummus (Sabra)	8.9g	Soy, Sesame
Stacy's Pita Chips	28g	Wheat
Dressing Balsamic Vinaigrette Packet	3g	Soy
Lactaid	13g	Dairy
Milk 1%	16g	Dairy
Milk Nonfat	13g	Dairy
Nashville Hot Style Chicken Sandwich	78 g	Wheat, Dairy, Egg, Soy
Chicken Patty	9 g	Wheat, Soy
Hamburger Bun	30 g	Wheat, Soy, Dairy
Chick'n Dip'n Sauce	11 g	Egg, Soy
Coleslaw	9 g	Egg, Soy
Sun Chips, Original	19 g	Wheat
Chicken Ranch Wrap	42.8	Wheat, Soy, Dairy, Egg
Lavash	29.5g	Wheat
Chicken Patty	10g	Wheat, Dairy, Soy
Cheese, Slice	1.3g	Dairy
Ranch Dressing	1g	Egg, Dairy
Seasoning	1g	
Pepperoni Pizza	33g	Wheat, Dairy, Soy, Pork
Pizza Pocket	30g	Wheat, Dairy, Soy
Santa Fe Chicken Salad with Garlic Cheese Toast	19g	Wheat, Dairy, Egg, Soy
Salad	19g	Dairy, Egg
Cheese Toast	31g	Wheat, Soy
Sun Chips, Garden Salsa/Cheddar	19g	Wheat, Dairy
Teriyaki Chicken Bowl	65.3g	Wheat, Soy
Rice	52.1 g	
Teriyaki Sauce	11.2 g	Wheat, Soy
Chicken	1g	
Sriracha Packet	1g	
Ultimate BLT Salad with Garlic Cheese Toast	41g	Wheat, Dairy Egg, Soy
Salad	10g	Wheat, Dairy Egg, Soy
Cheese Toast	31g	Wheat, Dairy, Soy
Mac and Cheese Bowl with Garlic Cheese Toast	61g	Wheat, Dairy, Soy, Egg
Mac and Cheese Bowl	30g	Wheat, Dairy, Egg
Cheese Toast	31g	Wheat, Dairy, Soy
Rotini Bowl with Garlic Cheese Toast		Wheat, Dairy, Egg, Soy
Rotini Bowl	29g	Wheat, Egg
Cheese Toast	31g	Wheat, Dairy, Soy
Tornados (2 each)	46g	Wheat, Dairy, Soy