

Secondary Breakfast CHO Counts / Allergens

Breakfast Items	Carbohydrates	Major Allergens
Banana	27.0g	
Breakfast Pizza	31.0g	Wheat, Dairy, Egg, Soy
Chicken Crispito (1)	23.0g	Wheat, Soy
Dannon Fruit Smoothie	22.0g	Dairy
Breakfast Bowl	39.3g	Egg, Dairy, Soy, Pork
Eggstravaganza	1.25g	Soy, Dairy, Pork
Tater Tots	16.0g	Soy
Biscuit	22.0g	Wheat, Dairy
Breakfast Burrito	73.9g	Wheat,Dairy, Soy, Pork
Fresh Baked Muffin	57.7g	Wheat, Dairy, Egg
Fresh Fruit, Assorted	14.2g	
Fruit Canned, Assorted	12.7g	
Graham Crackers	17.0g	Wheat, Soy
Lactaid	13.0g	Dairy
Milk (1%)	16.0g	Dairy
Milk (NF)	13.0g	Dairy
Naked Berry Blast Juice	38.0g	
Naked Mighty Mango Juice	43.0g	
Naked Strawberry Banana Juice	38.0g	
Orange Juice (4oz)	14.0g	
Pancake and Sausage (2 each with syrup cup)	72.0g	Wheat,Dairy, Soy, egg
Raisins	29.0g	
Steak & Cheese Tornado (1)	23.0g	Wheat, Dairy, Soy
WG Cereal	45.0g	Wheat
Yogurt Bento Box Meal	80.2g	Wheat, Dairy, Soy
Yogurt Assorted Flavors	19.0g	Dairy
Fruit, Fresh Assorted	14.2g	
Granola	47.0g	Wheat, Soy

Secondary Lunch CHO Counts / Allergens		
Lunch Items	Carbohydrates	Major Allergens
Antipasto Salad w/Pork Salami (5 Star)	12.0g	Wheat, Dairy, Pork
Bagged Carrots	4.0g	
Caprese Salad (5 Star)	14.0g	Dairy
Cheese Pizza	34.0g	Wheat Dairy, Soy
Cheeseburger Meal	63.9g	Wheat, Dairy, Soy
Hamburger Patty	0.0g	
Hamburger Bun	30.0g	Wheat, Dairy Soy
Cheese, Slice	0.0g	Dairy
Tater Tots	16.9g	Soy
Chick'n Dip'n Sauce	11.0g	Soy, Egg
Ketchup (1 oz cup)	6.0g	
Alfredo Bowl with Nardone's Garlic Cheese Toast	58.2g	Wheat , Dairy, Soy
Alfredo	30.2g	Wheat, Dairy
Cheese Toast	31.0g	Wheat, Dairy, Soy
Chicken Caesar Salad with French Bread Pizza	51.1g	Wheat, Egg, Dairy, Soy, Fish
Salad (romaine, cheese and croutons)	19.1g	Wheat, Dairy
Chicken, Diced	3.0g	Dairy
Caesar Dressing Pouch	1.0g	Fish, Dairy, Soy
Garlic French Bread Pizza	28.0g	Wheat, Dairy, Soy
Orange Chicken Bowl	56.1g	Wheat, Dairy, Soy
Orange Chicken (1/2 Cup)	19.1g	Wheat, Soy
Rice (1Cup)	37.0g	Wheat , Dairy, Soy
Dressing, Ranch Dip Cup	1.0g	Dairy, Egg, Soy
Popcorn Chicken Bowl	71.2g	Wheat, Dairy, Soy, Egg
Mashed Potatoes with Gravy	21.0g	Wheat, Dairy, Soy
Corn	11.2g	
Chicken (10 pieces)	17.0g	Wheat, Dairy, Soy
Cheese	0.0g	Dairy
Biscuit	22.0g	Wheat, Dairy
Deluxe Caesar Salad with Chicken (5 Star)	14.0g	Wheat, Egg, Dairy, Soy, Fish
Dinner Roll, Alfaro's Artesano	22.0g	Wheat, Soy
Focaccia Cheese Wheel	31.0g	Wheat Dairy, Soy
Fruit, Canned Assorted	12.7g	
Fruit, Fresh Assorted	14.2g	
Grilled Cheese Sandwich	31.0g	Wheat, Dairy, Soy
House Salad, Entree	55.5g	Wheat,Dairy, Egg,Soy
Salad	30.5g	Wheat, Dairy, Egg, Soy
Dinner Roll	22.0g	Wheat, Soy
Spicy Chicken Sandwich Meal	68.9g	Wheat, Dairy, Soy
Chicken Patty	9.0g	Wheat, Soy
Hamburger Bun	30.0g	Wheat, Soy, Dairy
Pickles	2.0g	
Chick'n Dip'n Sauce	11.0g	Egg, Soy
Tater Tots	16.9g	Soy
Green Chili & Cheese Burrito Meal	79.0g	Wheat, Dairy
Burrito	56.0g	Wheat, Dairy
Cheese and Meat Sauce	4.0g	Dairy
Chips, Tostitos	19.0g	Wheat
Chicken Drumstick (2 Drumsticks) w/Dinner Roll	33.8g	Wheat, Soy
Hot Dog (2)	79.0g	Wheat, Dairy, Soy
Hot Dog (1)	1.0g	

Hot Dog Bun	30.0g	Wheat, Dairy Soy
Munchies	17.0g	Wheat, Dairy
Roast Turkey Sandwich	42.5g	Wheat, Dairy, Soy, Sesame
Pita Salad	56.9g	Wheat, Soy, Sesame, Dairy
Salad	16.9g	Dairy
Hummus (Sabra)	8.9g	Soy, Sesame
Stacy's Pita Chips	28.0g	Wheat
Dressing Balsamic Vinaigrette Packet	3.0g	Soy
Lactaid	13.0g	Dairy
Milk 1%	16.0g	Dairy
Milk Nonfat	13.0g	Dairy
Nashville Hot Style Chicken Sandwich	75.9g	Wheat, Dairy, Egg, Soy
Chicken Patty	9.0g	Wheat, Soy
Hamburger Bun	30.0g	Wheat, Soy, Dairy
Chick'n Dip'n Sauce	11.0g	Egg, Soy
Coleslaw	9.0g	Egg, Soy
Tater Tots	16.9g	Soy
Chicken Ranch Wrap	71.3g	Wheat, Soy, Dairy, Egg
Tortilla 12"	49.0g	Wheat
Chicken Patty	17.0g	Wheat, Dairy, Soy
Cheese, Slice	1.3g	Dairy
Ranch Dressing	1.0g	Egg, Dairy
Seasoning	1.0g	
Boom Boom Sauce	2.0g	Egg, Soy
Pepperoni Pizza	33.0g	Wheat, Dairy, Soy, Pork
Pizza Pocket	30.0g	Wheat, Dairy, Soy
Veggie French Bread Pizza	32.3g	Wheat, Dairy, Soy
Santa Fe Chicken Salad with Garlic Cheese	19.0g	Wheat, Dairy, Egg, Soy
Salad	19.0g	Dairy, Egg
Cheese Toast	31.0g	Wheat, Soy
Sun Chips, Garden Salsa/Cheddar	19.0g	Wheat, Dairy
Sun Chips, Original	19.0g	Wheat
Teriyaki Chicken Bowl	65.3g	Wheat, Soy
Rice (1cup)	37.0g	
Teriyaki Sauce	11.2 g	Wheat, Soy
Chicken	1.0g	
Sriracha Packet	1.0g	
BLT Salad with Grilled Cheese	41.0g	Wheat, Dairy Egg, Soy
Salad	10.0g	Wheat, Dairy Egg, Soy
Grilled Cheese	31.0g	Wheat, Dairy, Soy
Mac and Cheese Bowl with Garlic Cheese Toast	61.0g	Wheat, Dairy, Soy, Egg
Mac and Cheese Bowl	30.0g	Wheat,Dairy, Egg
Cheese Toast	31.0g	Wheat, Dairy, Soy
Rotini Bowl with Garlic Cheese Toast	60.0g	Wheat, Dairy, Egg, Soy
Rotini Bowl	29.0g	Wheat, Egg
Cheese Toast	31.0g	Wheat, Dairy, Soy
Tornados (2 each)	46.0g	Wheat, Dairy, Soy