

Secondary Breakfast CHO Counts / Allergens		
Breakfast Items	Carbohydrates	Major Allergens
Applesauce Cup, Strawberry	14.0g	
Banana	27.0g	
Breakfast Pizza	31.0g	Wheat, Dairy, Egg, Soy
Cereal, Wg	45.0g	Wheat
Chicken Crispito (1)	23.0g	Wheat, Soy
Dannon Fruit Smoothie	22.0g	Dairy
Blueberry Bagel & Cream Cheese	34.0g	Weat, Dairy
Breakfast Bowl	20.9g	Egg, Dairy, Soy, Pork
Breakfast Burrito	73.9g	Wheat,Dairy, Soy, Pork
Breakfast Burrito	57.0g	Wheat, Dairy, Soy, egg
Tater Tots (8 tots)	16.0 g	Soy
Egg & Cheese Breakfast Sandwich	30.0g	Wheat, Dairy, Egg, Soy
Fresh Fruit, Assorted	14.2g	
Fresh Baked Muffin	59.1g	Wheat, Dairy, Egg
Fruit Canned, Assorted	12.7g	
Graham Crackers	17.0g	Wheat, Soy
Soymilk	17.0g	Soy
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	
Oatmeal Round (Nature Valley)	38.0g	Wheat, Dairy, Soy, Egg
Orange Juice (4oz)	14.0g	
Pancake and Sausage (2 each with syrup cup)	72.0g	Wheat,Dairy, Soy, egg
Raisins	29.0g	
Smoothie, Peach	35.0g	Dairy
Steak & Cheese Tornado (1)	23.0g	Wheat, Dairy, Soy
Turkey Chorizo Bagel	23.0g	Wheat, Dairy, Soy
Yogurt Bento Box Meal	80.2g	Wheat, Dairy, Soy
Yogurt Assorted Flavors	19.0g	Dairy
Fruit, Fresh Assorted	14.2g	
Granola	16.93g	Wheat, Soy

Secondary Lunch CHO Counts / Allergens		
Lunch Items	Carbohydrates	Major Allergens
Bagged Carrots	4.0g	
BBQ Chicken Sandwich	50.0g	Wheat, Soy
Sandwich	35.6g	
Tater Tots (8)	14.4g	Soy
Cheese Pizza	34.0g	Wheat Dairy, Soy
Cheeseburger Meal	68.0g	Wheat, Dairy, Soy
Hamburger Patty	0.0g	
Hamburger Bun	30.0g	Wheat, Dairy Soy
Cheese, Slice	0.0g	Dairy
Potato Wedges	21.0g	Soy
Chick'n Dip'n Sauce	11.0g	Soy, Egg
Ketchup (1oz cup)	6.0g	
Chicken Alfredo w/Side Caesar Salad	61.2g	Wheat , Dairy, Soy
Alfredo	56.6g	Wheat, Dairy
Side Caesar Salad	4.6g	Wheat, Dairy, Soy
Chicken Caesar Salad Entree	45.1g	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
Dinner Roll	22.0g	Wheat, Dairy, Soy
Ck Pasta Salad	41.3g	Wheat, Dairy, Egg
Orange Chicken Asian Pail	72.2g	Wheat, Dairy, Soy
Orange Chicken (1/2 Cup)	35.2g	Wheat, Soy
Rice (1Cup)	37.0g	Wheat , Dairy, Soy
Dressing, Ranch Dip Cup	1.0g	Dairy, Egg, Soy
Popcorn Chicken Bowl	82.9g	Wheat, Dairy, Soy
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
Side Salad	15.g	Dairy, Egg
Southwest Chicken Salad	573.7g	Wheat, Dairy, Soy
South West Chicken Salad	554,7	Wheat, Dairy, Soy
Tostito Scoops	19.0g	
Spicy Chicken Sandwich Meal	65.5g	Wheat, Dairy, Soy
Chicken Patty	9.0g	Wheat, Soy
Hamburger Bun	30.0g	Wheat, Soy, Dairy

Chick'n Dip'n Sauce	11.0g	Egg, Soy
SunChips	21.0g	Soy
Green Chili & Cheese Burrito Meal	112.0g	Wheat, Dairy
Burrito (2 burrito)	112.0g	Wheat, Dairy
Chips, Tostitos	19.0g	Wheat
Chicken Drumstick (2 Drumsticks) w/Dinner Roll	33.8g	Wheat, Soy
Chicken Drumstick (2 Drumsticks) w/CK Pasta Salad	19.1g	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
Soymilk	17.0g	Soy
Milk 1%	16.0g	Dairy
Milk Nonfat	13.0g	Dairy
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
Tater Tots (8)	14.4g	Soy
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