

Secondary Breakfast CHO Counts / Allergens		
Breakfast Items	Carbohydrates	Major Allergens
Applesauce Cup, Strawberry	14.0g	
Apple Juice	14.0g	
Banana	27.0g	
Blueberry Bagel & Cream Cheese	49.0g	Weat, Dairy
Blenderless Smoothie w/Granola	74.6g	Wheat, Dairy
Breakfast Bowl	20.9g	Egg, Dairy, Soy, Pork
Breakfast Burrito	73.9g	Wheat,Dairy, Soy, Egg, Pork
Breakfast Pizza	27.0g	Wheat, Dairy, Egg, Soy
Breakfast Sandwich	30.0g	Wheat, Dairy, Egg, Soy
Cereal, WG	45.2g	Wheat
Chicken Crispito (1)	23.0g	Wheat, Soy
Cinnamon Roll w/Strawberry Topping and Glaze	52.2g	Wheat, Egg
Fresh Fruit, Assorted	14.2g	
Fruit Cup	16.3g	
Fruit Canned, Assorted	12.7g	
Graham Crackers	17.0g	Wheat, Soy
Granola (1/2 C)	16.7g	Wheat
Granola Bake	44.5g	Wheat, Dairy
Milk (1%)	16.0g	Dairy
Milk (NF)	13.0g	Dairy
Muffin, Variety	34.9g	Wheat, Dairy, Egg
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
Pancake Pups	21.5g	Wheat,Dairy, Soy, Egg
Parfait Cup w/Berries	27.8g	Wheat, Dairy
Raisins	29.0g	
Smoothie, Mango/Pineapple (Barfresh) Twist & Go	36.0g	Dairy
Smoothie, Peach (Barfresh) Twist & Go	35.0g	Dairy
Smoothie, Strawberry Banana Twist & Go	35.6g	Dairy
Smoothie, Strawberry (Danone)	22.0g	Dairy
Soymilk	17.0g	Soy
Steak & Cheese Tornado (1)	23.0g	Wheat, Dairy, Soy
Turkey Chorizo Bagel	23.0g	Wheat, Dairy, Soy
Turkey Sausage Patty (Jennie O)	0.0g	
Yogurt Bento Box Meal	53.0g	Wheat, Dairy, Soy
Yogurt Assorted Flavors	19.0g	Dairy
Apples, Roasted (1/2 cup)	17.1g	
Granola	16.9g	Wheat, Soy

Secondary Lunch CHO Counts / Allergens		
Lunch Items	Carbohydrates	Major Allergens
Bagged Carrots	4.0g	
BBQ Chicken Sandwich	63.0g	Wheat, Dairy, Soy
Bean & Cheese Burrito (House Made)	107.8g	Wheat, Dairy
Bean & Cheese Tamale (Padrino)	29.0g	Dairy, Soy
Beef Frito Burrito	81.7g	Wheat, Dairy, Soy
Beef Short Rib Meal	73.6	Wheat, Dairy, Soy, Sesame
Beef Ribs	16.3g	
Mashed Potatoes (1/2 C)	14.0g	Dairy
Honey Roasted Carrots	21.3g	
Roll (Artesano)	22.0g	Wheat, Soy, Sesame
Biscuit	22.1g	Wheat, Dairy
Black Bean Burger	55.0g	Wheat, Dairy, Soy
Bread Stick, Garlic	15.0g	Wheat, Dairy, Soy, Egg
Broccoli Salad Mix (1/4 c)	9.1g	Egg
Brown Rice (1c)	26.0g	
Cheese Pizza	34.0g	Wheat Dairy, Soy
Cheeseburger Meal	56.2g	Wheat, Dairy, Soy
Cheeseburger	32.1g	
Potato Wedges (1/2 c)	18.1g	Wheat
Ketchup (1oz cup)	6.0g	
Chicken Alfredo	55.0g	Wheat , Dairy, Soy, Egg
Alfredo	40.0g	Wheat, Dairy
Bread Stick	15.0g	Wheat, Dairy, Soy, Eggs
Chicken Burrito w/Red Sauce	69.3g	Wheat, Dairy, Soy
Chicken Caesar Salad Entree	51.9g	Wheat, Dairy, Fish
Salad	29.9g	Dairy, Fish
Roll (Artesano)	22.0g	Wheat, Soy, Sesame
Chicken Corndog and Tater Tot Meal	81.4g	
Chicken Corn Dog (2)	60.0g	Wheat, Soy, Egg
Tater Tots (8 tots)	14.4g	
Ketchup Cup	6.0g	
Mustard Packet	1.0g	
Chicken Drumstick (2 Drumsticks) w/CK Pasta Salad	19.1g	Wheat, Soy
Chicken Drumstick (2 Drumsticks) w/Dinner Roll	33.8g	Wheat, Soy
Chicken Drumstick, Mango Habanero	51.2g	Wheat, Soy
Chicken Drumstick	9.0g	
Cornbread	42.2g	Wheat, 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

Chicken Tortilla Soup	15.6g	
Chicken Teriyaki Bowl w/Vegetables	44.6g	Wheat, Soy
Chicken Teriyaki Drumstick Rice Bowl	40.4g	Wheat, Soy
Drumstick (2 drumsticks)	6.4g	Wheat, Soy
Rice (1c)	26.0g	
Vegetables	8.0g	
Chips, Tostitos	19.0g	Wheat
Cilanto Lime Rice (1 c)	57.6g	
Ck Pasta Salad	41.3g	Wheat, Dairy, Egg
Crispito Flauta Meal	74.8	Wheat, Dairy
Crispitos (2)	46.3g	
Sour Cream	4.0g	Dairy
Pico de Gallo	5.5g	
Tostios Scoops	19.0g	
Dinner Roll, Alfaro's Artesano	22.0g	Wheat, Soy, Sesame
Dressing Balsamic Vinaigrette Packet	3.0g	Soy
Dressing, Ranch Dip Cup	1.0g	Dairy, Egg, Soy
Edamame w/Tajin	6.2g	Soy
Enchilada Casserole	80.1g	Wheat, Dairy
Casserole	33.9g	Wheat, Dairy
Refried Beans	27.2g	
Tostito Scoops	19.0g	
Focaccia Cheese Wheel	31.0g	Wheat Dairy, Soy
Fruit, Canned Assorted	12.7g	
Fruit, Fresh Assorted	14.2g	
Green Chili & Cheese Burrito Meal	112.0g	Wheat, Dairy
Burrito (2 burritos)	112.0g	Wheat, Dairy
Grilled Cheese Sandwich	31.0g	Wheat, Dairy, 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
House Salad, Entree	55.5g	Wheat,Dairy, Egg,Soy
Salad	30.5g	Wheat, Dairy, Egg, Soy
Dinner Roll	22.0g	Wheat, Soy
Kickin' Nugget (5 nuggets)	13.0g	Wheat, Soy
Kickin' Patty	13.0g	Wheat, Soy
Kickin' Tenders (3 tenders)	13.0g	Wheat, Soy
Chicken Strip Meal	64.2g	
Chicken Strips (4 )	22.0g	Wheat
Potato Wedges (1/2 c)	40.2g	Wheat
Buffalo Sauce	2.0g	Dairy, Soy
Mac and Cheese w/Chicken Strip Meal	58.8g	Wheat, Dairy, Soy, Egg
Mac and Cheese	37.3	Wheat, Dairy, Egg
Chicken Strips (3)	16.5g	Wheat
Spice, Nashville Hot chicken	1.0g	
Broccoli	4.0g	

Milk 1%	16.0g	Dairy
Milk Nonfat	13.0g	Dairy
Orange Chicken Rice Bowl	47.2g	Wheat, Dairy, Soy
Orange Chicken (1/2 Cup)	13.2g	Wheat, Soy
Vegetables	8.0g	
Rice (1Cup)	26.0g	Wheat , Dairy, Soy
Orange Chicken Salad	42.3g	Wheat, Soy, Sesame
Salad	23.3g	Wheat, Soy, Sesame
Wheat Crackers	19.0g	Wheat
Parfait w/Sunbutter Meal (COMP 5)	74.0g	Wheat, Dairy, Soy
Parfait w/Sunbutter (Small High/Middle)	72.1g	Wheat, Dairy Soy
Pasta w/Beef Marinara Meal	49.7g	
Pasta Marinara w/Beef	29.7g	Wheat, Soy
Bread Stick	15.0g	Wheat, Dairy, Soy, Egg
Caesar Side Salad	5.0g	Wheat, Dairy, Egg, Soy, Fish
Pizza Caesar Salad Meal	39-41.9g	Wheat, Dairy, Soy, Egg, Fish
Pizza, Pepperoni/ Cheese	36.9g/34g	Wheat, Dairy
Caesar Side Salad	5.0g	Wheat, Dairy, Eggs, Soy, Fish
Pizza Pocket	30.0g	Wheat, Dairy, Soy
Popcorn Chicken Bowl	73.2g	Wheat, Dairy, Soy
Popcorn Chicken Smackers (10)	17.0g	Wheat, Dairy, Soy
Mashed Potatoes (1/2 c)	14.7g	Dairy
Gravy	4.0g	Wheat
Cheese	1.0g	Dairy
Corn	14.5	
Biscuit	22.0g	Wheat, Dairy
Potato Wedges (1/2 c)	18.1g	Wheat
Refried Beans w/Salsa	27.7g	
Roast Turkey Sandwich	60.1g	Wheat, Dairy, Soy, Egg, Sesame
Sandwich	41.1g	Wheat, Dairy, Soy, Egg, Sesame
Sunchips	19.0g	Wheat
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
Sack Lunch, Chicken Wrap	100.6g	Wheat, Dairy, Soy, Egg
Santa Fe Chicken Salad with Garlic Cheese	19.0g	Wheat, Dairy, Egg, Soy
Salad	19.0g	Dairy, Egg
Cheese Toast	31.0g	Wheat, Soy
Side Salad	15.g	Dairy, Egg
Side Caesar Salad	23.8g	Wheat, Dairy, Fish
Soup, Chicken Tortilla	16.7g	Wheat, Soy
Southwest Chicken Salad	573.7g	Wheat, Dairy, Soy
South West Chicken Salad	554,7	Wheat, Dairy, Soy
Tostito Scoops	19.0g	
Soymilk	17.0g	Soy
Spicy Chicken Sandwich Meal	64.0g	Wheat, Dairy, Soy
Chicken Patty w/Condiments	16.0g	Wheat, Soy

Hamburger Bun	30.0g	Wheat, Soy, Dairy
Potato Wedges (1/2 c)	18.0g	Wheat
Spicy Chicken Wrap	61.4	Wheat, Dairy, Soy, Egg
Strawberries, Fresh (3 strawberries)	4.2g	
Strawberry & Cream Frozen Juice	23.0g	
Sun Chips, Garden Salsa/Cheddar	19.0g	Wheat, Dairy
Sun Chips, Original	19.0g	Wheat
Tater Tots (8)	16.0g	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	
Tortilla Chips (La Tapatia), 1 oz	19.0g	Soy
Vegetables, Blanched (Carrots, Borccoli)	4.4g	
Veggie French Bread Pizza	37.0g	Wheat, Dairy, Soy