

<b>Secondary Breakfast CHO Counts / Allergens</b>		
<b>Breakfast Items</b>	<b>Carbohydrates</b>	<b>Major Allergens</b>
Applesauce Cup, Strawberry	14.0g	
Apple Juice	14.0g	
Bagel, Blueberry & Cream Cheese	49.0g	Weat, Dairy
Bagel Breakfast Sandwich	45.6g	Wheat, Dairy, Egg
Banana	27.0g	
Blenderless Smoothie w/Granola	74.6g	Wheat, Dairy
Breakfast Burrito	49.4g	Wheat, Dairy, Egg
Breakfast Pizza	27.0g	Wheat, Dairy, Egg, Soy
Cereal, WG	45.2g	Wheat
Chicken Crispito (1)	23.0g	Wheat, Soy
Cinnamon Roll w/Vanilla Glaze	48.7g	Wheat, Egg
Dried Cherries	31.0g	
Fresh Fruit, Assorted	14.2g	
Fruit Cup (Applesauce, Peach Cups)	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
Gravy Breakfast Pizza	18.0g	Wheat, Dairy
Milk (1%)	16.0g	Dairy
Milk (NF)	13.0g	Dairy
Milk, (NF) Lactose Fee	13.0g	Dairy
Milk, Soy Milk	17.0g	Soy
Muffin, Fresh Baked	46.1g	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	35.6g	Dairy
Smoothie, Peach (Barfresh)	35.0g	Dairy
Smoothie, Strawberry Banana Twist & Go	35.6g	Dairy
Smoothie, Dannon Yogurt	22.0g	Dairy
Turkey Chorizo Bagel	23.0g	Wheat, Dairy, Soy
Turkey Sausage Patty (Jennie O)	0.0g	
Vegetable Juice, 4 oz Various Flavors	13.0g	

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 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	56.9g	Wheat, Dairy, Soy
Cheeseburger	38.8g	Wheat, Dairy, Soy
Potato Wedges (1/2 c)	18.1g	Wheat
Mustard Packet	1.0g	
Ketchup (1oz cup)	6.0g	
Cheeseburger, Rodeo Meal	70.4g	Wheat, Dairy
Cheeseburger	55.3g	
Fries, Sidewinders (12 pieces)	15.1g	
Chicken Alfredo	55.2g	Wheat , Dairy, Soy, Egg
Alfredo	40.2g	Wheat, Dairy
Bread Stick	15.0g	Wheat, Dairy, Soy, Eggs
Chicken Burrito w/Red Sauce	87.3g	Wheat, Dairy
Chicken Caesar Salad Entree	20.8g	Wheat, Dairy, Soy, Fish
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 Wrap	62.9g	Wheat, Dairy, Egg
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
Cilantro 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
Dried Cherries	31.0g	
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 burritoos)	112.0g	Wheat, Dairy
Grilled Cheese Sandwich	31.0g	Wheat, Dairy, Soy
Hot Dog (2)	69.6g	Wheat, Dairy, Soy
Hot Dog (2)	2.0g	
Hot Dog Bun	30.0g	Wheat, Dairy Soy
Tater Tots (8 tots)	7.6g	
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
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
Milk Nonfat, Lactose Free	13.0g	Dairy
Milk, Soy Milk	17.0g	

Orange Chicken Rice Bowl (Small High/Middle)	45.0g	Wheat, Soy, Egg
Orange Chicken Rice Bowl (Comp 5)	54.8g	Wheat, Soy, Egg
Orange Chicken Asian Salad (Comp 5)	87.6g	Wheat, Soy, Sesame
Salad	67.6g	Wheat, Soy, Sesame
Dinner Roll	20.0g	Wheat, Soy Sesame
Parfait w/Sunbutter Meal	73.0g	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, Pepperoni Meal	37.9g	Wheat, Dairy, Soy, Egg, Pork
Pizza, Pepperoni/ Cheese	36.9g	Wheat, Dairy, Soy, Pork
Ranch Cup	1.0g	Dairy, Egg
Pizza, Cheese Meal	34.9g	Wheat, Dairy, Soy, Egg
Pizza, Cheese	33.9	Wheat, Dairy, Soy
Ranch Cup	1.0g	Dairy, Egg
Pizza Pocket	30.0g	Dairy, Egg
Popcorn Chicken Bowl	83.1g	Wheat, Dairy, Soy
Chicken Bowl	43.3g	Wheat, Dairy, Soy
Mashed Potatoes and Gravy (1/2 C)	17.8g	Dairy
Biscuit	22.0g	Wheat, Dairy
Pork Carnitas Taco Bowl	88.8g	Wheat, Dairy, Soy
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	94.4g	Wheat, Dairy, Soy, Egg
Side Salad	14.1g	Dairy, Egg
Side Caesar Salad	23.8g	Wheat, Dairy, Fish
Soup, Chicken Tortilla w/Crispy Tacos	44.8g	Wheat, Dairy, Soy
Soup	18.8g	
Tacos ( 2 tacos)	25.0g	Wheat, Soy
Sour Cream	1.0g	Dairy
Tostito Scoops	19.0g	
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	28.0g	Wheat, Dairy
Sun Chips, Original	19.0g	Wheat
Tater Tots (8)	16.0g	Soy
Teriyaki Chicken Bowl	43.4g	Wheat, Soy
Rice (1cup)	26.0g	
Teriyaki Chicken w/Blanched Vegetables	17.4g	Wheat, Soy
Tortilla Chips (La Tapatia), 1 oz	19.0g	Soy
Vegetables, Blanched (Carrots, Borccoli)	4.4g	
Veggie French Bread Pizza	37.0g	Wheat, Dairy, Soy