

Secondary Breakfast CHO Counts / Allergens		
Breakfast Items	Carbohydrates	Major Allergens
Applesauce Cup, Strawberry	14.0g	
Apple Juice	14.0g	
Bagel & Cream Cheese	49.0g	Wheat, Dairy
Bagel Breakfast Sandwich	45.6g	Wheat, Dairy, Egg
Banana	27.0g	
Breakfast Burrito	49.4g	Wheat, Dairy, Egg
Breakfast Chicken Sandwich	33.0g	Wheat, Dairy, Soy
Breakfast Croissant Sandwich	28.0g	Wheat, Dairy, Egg, Soy
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
Ham & Cheese Croissant	27.0g	Wheat, Dairy, Egg, Soy
Jalapeno Cheddar Bagel	47.5g	Wheat, Dairy
Milk (1%)	16.0g	Dairy
Milk (NF)	13.0g	Dairy
Milk, (NF) Lactose Free	12.0g	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 and Granola	51.1g	Wheat, Dairy, Soy
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	
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Secondary Lunch CHO Counts / Allergens		
Lunch Items	Carbohydrates	Major Allergens
Bacon & Pepper Jack Cheeseburger	31.5g	Wheat, Dairy, Soy
Bagged Carrots	4.0g	
BBQ Sauce Cup	8.0g	
Beef Burrito	61.8g	Wheat, Dairy, Soy
Beef Taco Bowl	61.0g	Wheat, Dairy, Soy
Biscuit	22.1g	Wheat, Dairy
Black Bean Burger	55.0g	Wheat, Dairy, Soy
Bread Stick, Garlic	15.0g	Wheat, Dairy, Soy, Egg
Brown Rice (1c)	26.0g	
Buffalo Dipping Sauce Cup	2.0g	Dairy, Soy
Cheeseburger	31.0g	Wheat, Dairy, Soy
Chicken Alfredo	32.8g	Wheat, Dairy, Soy, Egg
Chicken Burrito w/Red Sauce	87.3g	Wheat, Dairy
Chicken Caesar Salad Entree	20.8g	Wheat, Dairy, Fish
Chicken Corn Dog (2)	60.0g	Wheat, Soy, Egg
Chicken Strip (4)	22.0g	Wheat
Chicken Teriyaki Bowl w/Vegetables	44.6g	Wheat, Soy
Chicken Teriyaki Drumstick Rice Bowl	40.4g	Wheat, Soy
Chicken Tortilla Soup	18.8g	
Chips, Tostitos	19.0g	Wheat
Cilantro Lime Rice (1 c)	57.6g	
Ck Pasta Salad	41.3g	Wheat, Dairy, Egg
Cornbread	43.0g	Wheat, Dairy, Egg
Crispitos (2)	46.3g	Wheat
Dinner Roll (Truckee Sourdough)	22.0g	Wheat, Egg
Dressing Balsamic Vinaigrette Packet	3.0g	Soy
Dressing, Ranch Dip Cup	2.0g	Dairy, Egg
Dried Cherries	31.0g	
Drumstick (2 drumsticks)	6.4g	Wheat, Soy
Edamame w/Tajin	6.2g	Soy
Fruit, Canned Assorted	12.7g	
Fruit, Fresh Assorted	14.2g	
Hamburger/Hot Dog Bun	30.0g	Wheat, Soy, Dairy
Hot Dog (2)	62.0g	Wheat, Dairy, Soy
House Salad	30.5g	Wheat, Dairy, Egg, Soy
Ketchup Cup	6.0g	
Kickin' Nugget (5 nuggets)	13.0g	Wheat, Soy
Kickin' Patty Sandwich	43.0g	Wheat, Dairy, Soy, Egg
Kickn Tenders (4 tenders)	13.0g	Wheat, Soy
Mashed Potatoes (1/2c)	13.8g	Dairy
Milk 1%	16.0g	Dairy
Milk Nonfat	13.0g	Dairy
Milk Nonfat, Lactose Free	13.0g	Dairy
Milk, Soy Milk	17.0g	

Munchies	17.0g	Wheat, Dairy
Nashville Hot Wings (4 Wings)	5.0g	
Onion Ring (5)	30.0g	Wheat, Dairy, Soy, Egg
Orange Chicken Asian Salad	67.6g	Wheat, Soy, Sesame
Orange Chicken Rice Bowl (Comp 5)	54.8g	Wheat, Soy, Egg
Orange Chicken Rice Bowl (Small High/Middle)	45.0g	Wheat, Soy, Egg
Parfait w/Sunbutter Meal	81.9g	Wheat, Dairy, Soy
Pasta Marinara w/Beef	29.7g	Wheat, Soy
Pico de Gallo	5.5g	
Pizza Pocket	30.0g	Dairy, Egg
Pizza, Cheese	34.0g	Wheat, Dairy
Pizza, Pepperoni	37.9g	Wheat, Dairy, Soy, Pork
Popcorn Chicken Bowl	43.3g	Wheat, Dairy, Soy
Potato Wedges (1/2 c)	18.1	Wheat
Refried Beans w/Salsa	27.7g	
Roast Turkey Sandwich	41.1g	Wheat, Dairy, Soy, Egg, Sesame
Sack Lunch, Chicken Wrap	94.4g	Wheat, Dairy, Soy, Egg
Salsa Molcajete Roja (2oz)	2.0g	
Side Caesar Salad	23.8g	Wheat, Dairy, Fish
Side Salad	10.5g	Dairy, Soy, Egg
Sour Cream Pouch	4.0g	Dairy
Spicy Chicken Sandwich	45.0g	Wheat, Dairy, Soy
Spicy Chicken Wrap	67.4g	Wheat, Dairy, Soy, Egg
Strawberries, Fresh (3 strawberries)	4.2g	
Strawberry & Cream Frozen Juice	23.0g	
Sweet & Sour Chicken Bowl w/Blanched Veggies	60.5g	Wheat, Soy, Egg
Sun Chips, Garden Salsa/Cheddar	28.0g	Wheat, Dairy
Sun Chips, Original	19.0g	Wheat
Tacos, Crispy (2 tacos)	25.0g	Wheat, Soy
Tater Tots (8)	14.4g	
Teriyaki Chicken w/Blanched Vegetables	17.4g	Wheat, Soy
Tortilla Chips (La Tapatia), 1 oz	19.0g	Soy
Turkey Sandwich	53.9g	Wheat, Dairy
Vegetable Juice (6.75 oz)	21.0g	
Vegetables, Blanched (Carrots, Borccoli)	4.4g	
Veggie French Bread Pizza	37.0g	Wheat, Dairy, Soy