

Secondary Breakfast CHO Counts / Allergens			
Breakfast Items	Carbohydrates	Calories	Major Allergens
Bagel, Variety w/Cream Cheese	48g	303	Wheat, Milk
Bagel Breakfast Sandwich	46g	353	Wheat, Milk, Egg
Battered Potato Bites (1/2 C)	21g	165	Wheat
Breakfast Bowl	25g	322	Wheat, Milk, Egg
Breakfast Burrito	60g	565	Wheat, Milk, Egg
Breakfast Chicken & Biscuit Sandwich	66g	540	Wheat, Milk, Soy
Breakfast Croissant Sandwich	28g	437	Wheat, Milk, Egg, Soy
Breakfast Pizza	27g	210	Wheat, Milk, Egg, Soy
Cereal, WG	45g	230	Wheat
Chicken Crispito (1)	23g	272	Wheat, Soy
Cinnamon Roll w/Vanilla Glaze	49g	222	Wheat, Egg
Dried Cherries	31g	130	
Fruit Cup (Applesauce, Peach Cups)	16g	63	
Fruit & Yogurt Parfait	65g	290	Milk
Fuji Apples, Cinnamon Roasted	17g	65	
Graham Crackers	17g	90	Wheat, Soy
Granola Bake	45g	230	Wheat, Milk
Gravy Breakfast Pizza	18g	190	Wheat, Milk
Ham & Cheese Croissant	27g	300	Wheat, Milk, Egg, Soy
Milk (1%)	16g	130	Milk
Milk (NF)	13g	90	Milk
Milk, (NF) Lactose Free	12g	90	Milk
Milk, Soy Milk	16g	100	Soy
Muffin, Fresh Baked	46g	293	Wheat, Milk, Egg
Naked Berry Blast Juice	38g	140	
Naked Mighty Mango Juice	43g	180	
Naked Strawberry Banana Juice	38g	159	
Orange Juice (4oz)	14g	60	
Pancake and Sausage (2 each with syrup cup)	72g	470	Wheat, Milk, Soy, Egg
Smoothie (Barfresh)	36g	128	Milk
Smoothie, Dannon Yogurt	22g	110	Milk
Turkey Chorizo Bagel	23g	174	Wheat, Milk, Soy
Vegetable Juice, 4 oz Various Flavors	13g	50	

Secondary Lunch CHO Counts / Allergens			
Lunch Items	Carbohydrates	Calories	Major Allergens
BBQ Sauce Cup	8.0g	35	
Beef Bolognese w/Cavatappi	23g	253	Wheat, Milk
Beef Burrito	66g	471	Wheat, Milk, Soy
Beef Tacos, Crispy (2)	25g	363	Wheat, Milk, Soy
Beef Taco Bowl	61g	570	Wheat, Milk, Soy
Biscuit	22g	171	Wheat, Milk
Black Bean Burger	55g	350	Wheat, Milk, Soy
Bread Stick, Garlic	15g	100	Wheat, Milk, Soy, Egg
Broccoli Mix Salad	42g	336	Egg
Brown Rice, Calrose (1/2c)	26g	119	
Buffalo Dipping Sauce Cup	2g	30	Milk, Soy
Cheeseburger	32g	402	Wheat, Milk, Soy
Chicken Alfredo w/Breadstick	48g	576	Wheat, Milk, Soy, Egg
Chicken Barbacoa Burrito	113g	763	Wheat, Milk
Chicken Burrito w/Red Sauce	87g	916	Wheat, Milk
Chicken Caesar Salad Entree w/Pita Dippers (7)	8g	389	Wheat, Milk, Fish
Chicken Corn Dog Meal	81g	618	Wheat, Milk, Soy, Egg
Chicken Strip Meal	67g	711	Wheat, Soy
Chicken Tortilla Soup (6oz)	16g	136	
Cilantro Lime Rice (1 c)	58g	262	
Cornbread	42g	270	Wheat, Milk, Egg
Crispito Meal	50g	570	Wheat, Milk
Dried Cherries	31g	130	
Edamame w/Tajin	6g	103	Soy
Garlic Cheese Toast	28g	368	Wheat, Milk, Soy
Grilled Cheese w/Tortilla Soup	54g	330	Wheat, Milk, Egg
Hamburger/Hot Dog Bun	30g	160	Wheat, Soy, Milk
Hot Dog (2)	62g	584	Wheat, Milk, Soy
Kickin' Nugget (5 nuggets)	13g	210	Wheat, Soy
Kickin' Patty Sandwich	43g	270	Wheat, Milk, Soy, Egg
Kickn Tenders (4 tenders)	17g	280	Wheat, Soy
Kickn Tender Meal	60g	610	Wheat, Milk, Soy
Mac & Cheese (6oz)	34g	441	Wheat, Milk
Mandarin Orange Chicken	85g	437	Wheat, Soy, Egg
Mango Habanero Drumstick w/Corn Bread	52g	311	Wheat, Milk, Soy, Egg
Mashed Potatoes (1/2c)	14g	65	Milk
Milk 1%	16g	130	Milk
Milk Nonfat	13g	90	Milk
Milk Nonfat, Lactose Free	13g	90	Milk
Milk, Soy Milk	17g	100	Soy
Nashville Hot Wings (5 Wings) w/Cornbread	60g	768	Wheat, Milk
Onion Ring (2)	28g	200	Wheat, Milk
Orange Chicken Asian Salad	88g	755	Wheat, Soy, Sesame
Parfait w/Sunbutter Meal	82g	536	Wheat, Milk, Soy
Pepper Jack Cheeseburger	33g	412	Wheat, Milk, Soy
Pizza, Cheese	35g	509	Wheat, Milk
Pizza, Pepperoni	38g	550	Wheat, Milk, Soy
Popcorn Chicken Bowl w/Mac & Cheese	73g	863	Wheat, Milk, Soy
Pork Carnitas Burrito	81g	641	Wheat, Milk
Potato Bites, Battered (1/2c)	19g	165	Wheat

Potato Wedges (1/2 c)	18g	131	Wheat
Ranch Dressing Cup	1g	150	Milk, Egg, Soy
Roast Turkey Sandwich	55g	476	Wheat.Milk
Rodeo Cheeseburger Meal	70g	684	Wheat, Milk Soy
Sack Lunch, Chicken Wrap	94g		Wheat, Milk, Soy, Egg
Side Salad	9g	165	Milk, Soy, Egg
Southwest Chicken Salad w/Cilantro Lime Dressing	67g	681	Milk, Soy, Egg
Spicy Chicken Sandwich w/Potato Wedges	54g	588	Wheat, Milk, Soy
Spicy Chicken Wrap	67g	743	Wheat, Milk, Soy, Egg
Sweet & Sour Chicken Bowl w/Blanched Veggies	90g	479	Wheat, Soy, Egg
Sun Chips, Varous Flavors	28g	210	Wheat, Milk
Tater Tots (8)	14g	113	
Teriyaki Chicken Drumstick (1 drumstick)	6g	27	Wheat, Soy
Teriyaki Chicken Bowl w/Vegetables	35g	277	Wheat, Soy
Vegetable Juice (6.75 oz)	21g	83	
Yakisoba Noodle Side Salad (1c)	28g	187	Wheat, Soy, Sesame