

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	270	Wheat, Soy
Dried Cherries	31g	130	
Fruit Cups (peach, mixed fruit, pineapple tidbits, applesauce)	14g	63	
Fruit & Yogurt Parfait	51g	235	Milk
Graham Crackers	17g	90	Wheat, Soy
Gravy Breakfast Pizza	18g	190	Wheat, Milk
Ham & Cheese Croissant	27g	300	Wheat, Milk, Egg, Soy
Juice, Apple (SunCup 4oz.)	14g	60	
Juice, Grape (Sucre)	10g	71	
Juice, Orange (4oz)	14g	60	
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	300	Wheat, Milk, Egg
Orange Juice (4oz)	14g	60	
Pancake and Sausage (2)	43g	360	Wheat, Milk, Soy, Egg
Salsa	2g	10	
Smoothie (BarFresh), Mango/Pineapple	36g	130	Milk
Smoothie (Barfresh) , Peach	36g	128	Milk
Smoothie, Strawberry Banana	36g	130	Milk
Syrup Cup	29g	110	
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
Beef Entrees			
Beef Bolognese w/Cavatappi	23g	255	Wheat, Milk
Beef Burrito	66g	471	Wheat, Milk, Soy
Beef Chili Fries w/Cornbread	70g	618	
Beef Hot Dog (2)	62g	584	Wheat, Milk, Soy
Beef Tacos, Crispy (2) w/Refried Beans	49g	506	Milk, Soy
Beef Chesseburger w/Tots	39g	531	Wheat, Milk, Soy
Pizza			
Pizza, Cheese	35g	509	Wheat, Milk
Pizza, Pepperoni	38g	550	Wheat, Milk, Soy
Pork Entrees			
BBQ Pulled Pork Sandwich	37g	189	Wheat, Milk, Soy
Pork Carnitas Burrito	76g	648	Wheat, Milk
Pork Carnitas Soft Taco (2 tacos)	32g	680	Wheat, Milk, Soy
Poultry Entrees			
Chicken Alfredo	48g	553	Wheat, Milk
Chicken Caesar Salad Entree w/Baguette	32g	480	Wheat, Milk, Fish
Chicken Chile Verde Burrito	82g	538	Wheat, Milk, Soy
Chicken Corn Dog Meal	87g	625	Wheat, Milk, Soy, Egg
Chicken Teryaki Drumstick w/ Chow Mein	88g	434	Wheat, Soy, Sesame
Chicken, Mandarin Orange	89g	458	Wheat, Soy, Egg
Chicken Mango Habanero Drumstick w/Corn Bread	52g	311	Wheat, Milk, Soy, Egg
Chicken Strip Meal	47g	601	Wheat, Soy
Chicken Supreme Wings, Lemon Pepper (5 Wings)	46g	865	Wheat, Dairy, Egg
Chicken Wings, Nashville (5 wings) w/Cornbread	90g	1076	Wheat, Dairy, Egg
Chicken Bowl, Sweet & Sour	90g	479	Wheat,
Crispito Meal	50g	544	Wheat
Popcorn Chicken Bowl Meal	52g	702	Wheat, Milk, Soy
Spicy Chicken Sandwich w/Tots	60g	559	Wheat, Milk, Soy
Spicy Chicken Wrap w/Chipotle	54g	609	Wheat, Milk, Soy, Egg
Turkey Sandwich Meal	54g	441	Wheat, Milk
Vegetarian Entrees			
Bean & Cheese Burrito	51g	716	Wheat , Milk
Kickin' Nugget (5 nuggets)	13g	210	Wheat, Soy
Kickin' Patty Sandwich	43g	370	Wheat, Milk, Soy
Kickn Tender Meal	39g	430	Wheat, Milk, Soy
Parfait w/Sunbutter Meal	65g	457	Wheat, Milk, Soy
Quesadilla Meal	80g	745	Wheat, Milk, Soy
Kickin' Vegetarian Wrap	60g	721	Wheat
Kickin' Sweet and Sour Bowl	91g	627	Wheat, Soy, Egg
Lunch Sides			
Battered Potato Bites	21g	165	Wheat
Blanched Vegetables	4g	20g	
Beans, Ck Refried (1/2 Cup)	24g	143	Milk
Biscuit	22g	171	Wheat, Milk
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
Chicken Tortilla Soup (6oz)	16g	136	

Chow Mein (1.5 Cup)	86g	433	Wheat, Milk, Eggs
Cilantro Lime Rice (1 c)	58g	262	
Cornbread	43g	276	Wheat, Milk
Dried Cherries	31g	130	
Edamame w/Tajin	6g	103	Soy
Grilled Cheese w/Tortilla Soup	54g	330	Wheat, Milk, Egg
Mac & Cheese (6oz)	34g	441	Wheat, Milk
Mashed Potatoes (1/2c)	14g	65	Milk
Pita Dippers	36g	227	Wheat
Potato Wedges (Simplot 1/2 c)	18g	131	Wheat
Raisins (.33oz.bag)	32g	110	
Ranch Dressing Cup	1g	150	Milk, Egg, Soy
Sack Lunch, Chicken Wrap	94g		Wheat, Milk, Soy, Egg
Salad, Soil Born Central Kitchen	5g	17	Soy
Side Salad, House	7g	78	Milk, Eggs
Sun Chips, Varous Flavors	28g	210	Wheat, Milk
Tater Tots (8)	14g	113	
Yakisoba Noodle Side Salad (1c)	28g	187	Wheat, Soy, Sesame
Milk/Beverage			
Milk 1%	16g	130	Milk
Milk Nonfat	13g	90	Milk
Milk Nonfat, Lactose Free	13g	90	Milk
Milk, Soy Milk	17g	100	Soy
Vegetable Juice (6.75 oz)	21g	83	