

Secondary Breakfast CHO Counts / Allergens			
Breakfast Items	Carbohydrates	Calories	Major Allergens
Bagel, Variety w/Cream Cheese	48g	303	Wheat, Milk
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 Sandwich/Slider	37g	360	Wheat, Milk, 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	33g	147	Milk
Garlic Cheese Toast	28g	368	Wheat, Milk, Soy
Graham Crackers	17g	90	Wheat, Soy
Ham & Cheese Croissant	27g	300	Wheat, Milk, Egg, Soy
Juice, Apple (4oz.)	14g	60	
Juice, Grape (Sucre)	10g	71	
Juice, Orange (4oz)	14g	60	
Juice, Vegetable (4 oz various flavors)	13g	50	
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
Pancake and Sausage (2)	43g	360	Wheat, Milk, Soy, Egg
Salsa	2g	10	
Syrup Cup	29g	110	

Secondary Lunch CHO Counts / Allergens			
Lunch Items	Carbohydrates	Calories	Major Allergens
Beef Entrees			
Beef & Cheese Rolled CrispUps (2 ea)	44g	572	Wheat, Milk, Soy
Beef Bolognese w/Cavatappi Meal	38g	355	Wheat, Milk, Soy, Egg
Beef Burrito	66g	471	Wheat, Milk, Soy
Beef Chesseburger w/Tots	39g	531	Wheat, Milk, Soy
Beef Chili Fries w/Cornbread	70g	618	Wheat, Milk
Beef & Cheese Nachos	12g	223	Milk, Soy
Beef Hot Dog (2)	62g	584	Wheat, Milk, Soy
Beef Meatballs and Marinara Pasta Meal	29g	1450	Wheat, Soy, Sesame
Beef Taco CrispUps (2) w/Refried Beans	49g	506	Milk, Soy
Beef Tri-Tip Sandwich	30g	236	Wheat, Milk, Soy
Pizza			
Pizza, Cheese w/Ranch	38g	489	Wheat, Milk, Eggs
Pizza, Deep Dish Cheese	36g	400	Wheat, Milk
Pizza, Pepperoni w/Ranch	39g	500	Wheat, Milk, Soy, Eggs
Pizza, Deep Dish Pepperoni	36g	400	Wheat, Milk
Pork Entrees			
BBQ Spicy Pork Sandwich Meal	54g	353	Wheat, Milk, Soy
Pork Carnitas Burrito	76g	648	Wheat, Milk
Pork Carnitas Soft Taco (2 tacos)	32g	680	Wheat, Milk, Soy
Poultry Entrees			
BBQ Chicken Drumstick Meal	80g	354	Wheat, Milk
Buttered Chicken Bowl	31g	212	Milk
Chicken Alfredo Meal	48g	535	Wheat, Milk, Soy, Egg
Chicken Caesar Salad Entree	38g	568	Wheat, Milk, Fish
Chicken Chile Verde Burrito	82g	538	Wheat, Milk, Soy
Chicken Pot Pie (4oz)	20	301	Wheat, Milk
Chicken Teryaki Drumstick w/ Chow Mein	88g	434	Wheat, Soy, Sesame
Chicken Mango Habanero Drumstick w/Cornbread	52g	311	Wheat, Milk, Soy, Egg
Chicken Wings, Lemon Pepper w/Cornbread	45g	841	Wheat, Milk, Egg
Chicken Wings, Nashville (5 wings) w/Cornbread	77g	923	Wheat, Milk, Egg
Mandarin Orange Chicken Bowl W/Chow Mein	108g	601	Wheat, Soy, Eggs, Sesame
Mandarin Orange Chicken Bowl W/Rice	89g	457	Wheat, Soy, Egg
Popcorn Chicken Bowl Meal	87g	610	Wheat, Milk, Soy
Spicy Chicken Sandwich w/Tots	60g	559	Wheat, Milk, Soy
Spicy Chicken Wrap w/Chipotle	54g	609	Wheat, Milk, Soy, Egg
Sweet & Sour Chicken Bowl	107g	590	Wheat, Soy, Egg, Sesame
Turkey Sandwich Meal	54g	441	Wheat, Milk
Vegetarian Entrees			
Bean & Cheese Burrito	112g	794	Wheat , Milk, Soy
Kickin' Nugget (5 nuggets)	13g	210	Wheat, Soy
Kickin' Patty Sandwich	43g	370	Wheat, Milk, Soy
Parfait w/Sunbutter Meal	65g	457	Wheat, Milk, Soy
Kickin' Vegetarian Wrap	65g	721	Wheat, Milk, Soy, Egg
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
Chow Mein (1.5 Cup)	86g	433	Wheat, Milk, Eggs
Cilantro Lime Rice (1 c)	58g	262	
Cornbread	44g	279	Wheat, Milk
Dried Cherries	31g	130	
Edamame w/Tajin and Lime Juice	7g	105	
Mac & Cheese (6oz)	34g	441	Wheat, Milk
Mashed Potatoes (1/2c)	14g	65	Milk
Pasta Salad	61	345	Wheat, Egg, Soy
Pita Dippers	36g	227	Wheat
Potato Salad	22	162	Egg, Soy
Potato Wedges (Simplot 1/2 c)	18g	131	Wheat
Raisins (.33oz.bag)	32g	110	
Ranch Dressing Cup	2g	120	Milk, Egg
Ranch Dressing (2oz portion)	1g	100	Milk, Egg
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	
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	