

## Lunch Carbohydrates and Allergens

Item	Amount	Carbohydrates	Allergens
3 Cheese Calzone	1 each (4.69 ounces)	33g	Wheat, milk, soy
Apple Slices	½ cup	8g	N/A
Applesauce	½ cup	14g	N/A
Au Gratin Potatoes	½ cup (5.62 ounces)	25g	Milk
Baby carrots	½ cup	6g	N/A
Baked Beans	½ cup	22g	N/A
BBQ Cups	1 each (1 ounce)	16g	N/A
Beef, Bean and Cheese Burrito	1 each (5 ounces)	38g	Wheat, milk, soy
Bosco Sticks	4 ounces (2 sticks)	34g	Wheat, milk, soy
Bread stick	1 each (1 ounce)	14g	Wheat
Breakfast Calzone	1 each (4.4 ounces)	42g	Wheat, milk, egg, soy
Broccoli	½ cup	3-4g	N/A
Brownie	¼ cup	26g	Wheat, egg, soy
Bun for Hotdog	1.5 ounces (1 each)	21g	Wheat
Bun for Sandwich	2 ounces (1 each)	26g	Wheat
Butter packet	1 each (0.18 ounces)	0g	soy
California Blend	½ cup	3g (2.5g)	N/A
Cauliflower	½ cup	2g	N/A
Celery	½ cup	3g	N/A
Cheese burger	1.66 ounce (hamburger patty; bun (2 ounce); cheese (0.5 ounce)	27g (1g for cheese)	Milk, wheat
Cheese for sub	0.5 ounce (1 slice)	1g	Milk
Cheese Pizza	4.5 ounces (1 each)	34g	Wheat, milk, soy
Cheese Sandwich	Cheese (2 ounces; 4 slices); 2 ounce bun	30g	Wheat, milk
Cheese stick	1 ounce	2g	Milk
Chicken Drumstick	2.81 ounces (1 each)	5g	Wheat
Chicken Fajita	3.4 ounces	2g	N/A
Chicken Nuggets	3.43 ounces (5 each)	16g	Wheat, soy
Chicken Quesadilla	4.4 ounces (2 each)	32g	Wheat, milk, egg, soy
Chicken Sandwich	3.2 ounce (chicken); 2 ounce (bun)	41g	Wheat, soy
Chicken Strips	4.23 ounces	12g	Wheat, soy
Chips with taco	6 chips (0.5 ounces)	10g	N/A
Chocolate Chip Cookie	1 each (1 ounce)	18g	Wheat, milk, egg, soy
Churros	1.23 ounces (1 each)	13g	Wheat, milk, egg, soy
Coleslaw	½ cup	6g	Egg, soy
Corn	½ cup	21g	N/A
Corn Dog	4 ounce (1 each)	30g	Wheat, egg, soy
Cracker	1 ounce (0.81 ounce)	18g	Wheat, soy
Diced Ham	1 ounce	0g (0.33g)	N/A
Diced Turkey	1 ounce	0.66g	N/A
Fish Sticks	4 sticks (4 ounces)	19g	Wheat, egg, soy, fish
French Fries	½ cup (2.54 ounces)	17g	N/A
Fresh Fruit	½ cup	10-25g	N/A
Fruit cocktail	½ cup	14g	N/A
Goldfish	2 pack/salad (1.5 ounce)	28g	Wheat, milk
Grapes	½ cup	14g	N/A
Gravy	1 ounce	6g	Wheat, milk, soy (May contain egg)
Green Beans	½ cup	3g	N/A
Green Pepper strips	½ cup	4g	N/A
Grilled Chicken Sandwich	1 each (3 ounces chicken patty); 2 ounces (bun)	27g	Wheat

<b>Ham and Cheese Sub</b>	Ham (2 ounces/4 slices); Cheese (0.5 ounce/1 slice); 2 ounce	28g	Wheat, milk
<b>Hamburger with bun</b>	1.66 ounce (hamburger); 2 ounce (bun)	26g	Wheat
<b>Honey Mustard cups</b>	1 each (1 ounce)	6g	Egg, soy
<b>Hot Cauliflower</b>	½ cup	2g	N/A
<b>Hotdog</b>	2 ounces	3g	N/A
<b>Ice Cream Bar</b>	1 each	11g	Milk
<b>Ketchup packet</b>	1 each (0.32 ounces)	3g	N/A
<b>Lettuce for Chef Salad</b>	1 cup	3g	N/A
<b>Light Ranch dressing</b>	1 each	6g	Milk, egg, soy
<b>Macaroni and Cheese</b>	6 ounces	31g	Wheat, egg, milk
<b>Mandarin Oranges</b>	½ cup	20g	N/A
<b>Mashed Potatoes</b>	½ cup	14g	Milk
<b>Mayo packet</b>	1 each (0.42 ounces)	2g	Egg, soy
<b>Meatball sub</b>	2.59 ounce (4 meatballs), Bun (1.5 ounce each);cheese (0.5 ounce)	28g	Wheat, milk, soy
<b>Meatloaf</b>	1 each (2.86 ounces)	8g	Wheat, milk
<b>Milk (Chocolate) Fat Free</b>	1 carton	20g	Milk
<b>Milk (white) Fat Free</b>	1 carton	13g	Milk
<b>Mustard packet</b>	1 each (0.19 ounces)	1g	N/A
<b>Oranges</b>	½ cup	13g	N/A
<b>Pancake Wrap</b>	1 each (2.82 ounces)	18g	Wheat, egg, soy
<b>PB &amp;J</b>	2.7 ounce	32g	Wheat, peanuts
<b>Peach Cups</b>	½ cup (1 each)	19g	N/A
<b>Peaches</b>	½ cup	14g	N/A
<b>Pears</b>	½ cup	16g	N/A
<b>Pepperoni Calzone</b>	5 ounces (1 each)	32g	Wheat, milk, soy
<b>Pepperoni Pizza</b>	4.5 ounce (1 each)	34g	Wheat, milk, soy
<b>Pineapple</b>	½ cup	20g	N/A
<b>Pizza Bites</b>	5.48 ounces (4 each)	41g	Wheat, milk, soy
<b>Popcorn Chicken</b>	3 ounces (11 each)	14g	Wheat, soy
<b>Potato Smiles</b>	½ cup (4 each)	20g	Soy
<b>Potato Stars</b>	½ cup (7 each – 2.52 ounces)	17g	N/A
<b>Pulled Pork</b>	4 ounces	17g	N/A
<b>Ranch</b>	1 each	2g	Milk, egg, soy
<b>Ranch Dressing</b>	1 ounce	1g	Milk, egg, soy
<b>Ranch Dressing Packet</b>	1 each (0.42 ounces)	2g	Milk, egg, soy
<b>Refried Beans</b>	½ cup	30g	N/A
<b>Roll</b>	1 ounce (1 each)	15g	Wheat
<b>Salad</b>	1 cup	3g	N/A
<b>Salsa</b>	2 ounces	4g	N/A
<b>Shredded Cheddar Cheese</b>	1 ounce	0g	Milk
<b>Sour Cream</b>	1 ounce	2g	Milk
<b>Spaghetti Sauce</b>	¼ cup	5g	N/A
<b>Strawberry/Kiwi cups</b>	½ cup	22g	N/A
<b>Sweet and sour cups</b>	1 each (1 ounce)	11g	N/A
<b>Taco Beef</b>	4 ounces	6g	Soy
<b>Taco Bites</b>	3 each (4.09 ounce)	30g	Wheat, milk, soy
<b>Tarter Sauce</b>	1 each (0.42 ounces)	3g	Egg, soy
<b>Tomatoes</b>	2 serve (15 serve/pint) 1 ounce	1g	N/A
<b>Tortilla</b>	1 each (2 ounces)	30g	Wheat
<b>Turkey Sub</b>	2.08 ounce turkey	0g	N/A
<b>Veggie Slushie</b>	1 each (4.4 ounces)	26g	N/A