

** indicates that an item can be made gluten free or has a GF version

	Carbohydrates per serving (g)	Gluten-free	Dairy	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs
Cereal, Honey Nut Cheerios 2oz	45	X					X			
Cereal, Cinnamon Toast Crunch 2oz	44			X	X					
Cereal, Frosted Flakes 1oz	24			X	X					
Cereal, Frosted Mini Wheat 1oz	29			X						
Cereal, Golden Grahams 1oz	24			X						
Cereal, Lucky Charms 2oz	46	X								
Cereal, Rice Chex 1oz	24	X								
Cereal, Rice Krispies 1oz	23									
Cereal, Cocoa Puffs 2oz	47									
Cereal, Rice Chex Blueberry 2oz	46	X								
Cereal, Trix 1oz	24									
Cereal, Fruit Loops 1oz	24			X						
Cereal, Rice Chex Cinnamon 2oz	33	X								
Lunch Entrees:										
Chicken Tenders**	12.7		X	X	X					
Chicken Tacos, soft**	27.2		X	X						
Mac n Cheese**	23.5		X	X						
Asian Chicken Bites	18.9		X	X	X					
Buffalo Chicken Bites	18		X	X	X					
Dill Chicken Bites	12		X	X	X					
Cheesy Nachos	53.5	X	X							
BBQ Sandwich**	56			X	X					
16" Pizza, cheese**	35		X	X	X					
16" Pizza, pepperoni**	33		X	X	X					
Burrito, chicken	38		X	X	X					

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Burrito, bean	40		X	X	X					
Quesadilla	26.9		X	X						
Beef Tacos	32	X	X	X						
Fish Nuggets	21.7			X			X			
Chicken Nuggets**	13		X	X	X					
Chicken Alfredo** + Garlic Toast	49.2		X	X	X					
Corndog	31		X	X	X					X
Chicken Sandwich	42			X	X					
Grilled Cheese**	30.9		X	X	X					
Personal Pan Pizza, pepperoni**	30		X	X						
Personal Pan Pizza, cheese**	31		X	X						
Mandarin Orange Chicken w/Rice	46.7			X	X					X
General Tso Chicken w/ Rice	56.6		X	X	X					X
Spaghetti**	45		X	X						
Cheeseburger**	30		X	X						
Hamburger**	29			X						
Hot Dog	29			X						
Turkey + Cheese Kit	15.8		X	X	X					
French Toast + Sausage	54		X	X	X					
Mozzarella Bread Bites	33		X	X	X					
Chicken + Waffle	41		X	X	X					X
CF Steak + Gravy	22.3		X	X	X					X
Lasagna	43		X	X	X					X
Smoky Rib Sandwich	39		X	X	X					
Chicken Drumstick	10			X						
4x6 Pizza, pepperoni**	30		X	X	X					
4x6 Pizza, cheese**	30		X	X	X					

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Pizza Kit, cheese	21.7		X	X						
Pizza Kit, pepperoni	22.1		X	X						
Mini Calzones, cheese	41		X	X	X					
Mini Calzones, pepperoni	35		X	X	X					
Chicken and Rice Casserole	21.8		X	X	X					X
Mini Corndogs	36		X	X	X					X
Fish Sandwich	50		X	X				X		
Lunch Sides:										
Cookie, sugar**	23.9			X						X
Cookie, chocolate chip**	24.3			X						X
Cookie, double chocolate chip**	23.8			X						X
Cookie, snickerdoodle**	23		X	X						X
Roll	28		X	X	X					X
Mac n Cheese**	23.4		X	X						
Garlic Toast	11		X	X	X					
Scooby/Emoji Crackers**	19			X						
Rice	21.1	X	X							
Mashed Potatoes	17.8	X	X							
Straight Fries	20.2	X								
Curly Fries	17.2	X								
Tater Tots	21.4	X								
Corn	13.3	X	X							
Sweet Potato Fries	22	X								
Wedge Fries	18.9	X								
Cali Blend Vegetables	7.1	X	X							

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Milk:										
Skim	12	X	X							
Low-fat 1%	12	X	X							
Strawberry fat-free	19	X	X							
Milk Chocolate 1%	30	X	X							
Soy	9	X			X					
Lactose-Free Milk	13	X	X							