

** 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	
Lunch Entrees:											
Uncrustable	32			X		X					
Chicken Fajita Nachos	51.9	X	X								
Regular Chicken Sandwich**	42			X	X				X		
Spicy Chicken Sandwich**	45			X	X				X		
Grilled Chicken Sandwich**	30			X	X						
Dill Chicken Sandwich	44		X	X	X						
Chicken Alfredo** with Garlic Toast	49.2		X	X	X						
Ravoli with Garlic Toast	52.8		X	X	X				X		
Corndog	31		X	X	X				X		
Supreme Nachos	57.8	X	X								
Buffalo Chicken Boneless Wings	22.5		X	X	X				X		
Grilled Cheese**	32.9		X	X							
French Toast + Sausage	54		X	X	X						
Personal Pan Pizza, cheese**	31		X	X							
Personal Pan Pizza, pepperoni**	30		X	X							
Chicken Tenders**	17.5			X	X				X		
Spicy Chicken Tenders	19.5			X	X				X		
BBQ Pork + Garlic Toast	15.1		X	X	X						
Mozzarella Bread Bites	33		X	X	X						
Fish Sandwich	50		X	X				X			
Lasagna with Garlic Toast	46		X	X	X				X		
Buffalo Chicken Dip	38	X	X		X				X		
Cheeseburger**	30		X	X							
Hamburger**	29			X							
Hot Dog	29			X							
4x6 Pizza, cheese**	30		X	X	X						
4x6 Pizza, pepperoni**	30		X	X	X						
4x6 Pizza, buffalo chicken	26		X	X							
Mandarin Orange Chicken with Rice	47			X	X				X		
General Tso Chicken with Rice	57		X	X	X						
Mac n' Cheese**	24		X	X							
Chicken Taco**	27		X	X							
Chicken and Rice Casserole	22		X	X	X				X		
Dill Nuggets	12		X	X	X						
Spaghetti**	46		X	X							
16" Pizza, cheese**	35		X	X	X						
16" Pizza, pepperoni**	33		X	X	X						

