

| ** indicates that an item can be made gluten free or has a GF version | Carbohydrates per serving (g) | Glutenfree | Dairy | Wheat | Soy | Peanuts | Tree <br> Nuts | Fish | Shellfish | Eggs | Sesame | Cinnamon |
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| Muffin, blueberry | 54 |  |  | X |  |  |  |  |  | X |  |  |
| Granola, Cinnamon | 17 |  |  | X | X |  |  |  |  |  |  | X |
| Waffle, whole grain | 14 |  | X | X | X |  |  |  |  | X |  |  |
| Mini Donuts, powdered | 41 |  | X | X | X |  |  |  |  | X |  | X |
| Mini Donuts, chocolate | 41 |  | X | X | X |  |  |  |  | X |  | X |
| Donut Ring, glazed | 29 |  | X | X | X |  |  |  |  | X |  |  |
| Donut Holes, powered | 42 |  | X | X | X |  |  |  |  | X |  | X |
| Donut Holes, blueberry | 39 |  | X | X | X |  |  |  |  | X |  | X |
| Cereal Bar, Lucky Charms | 51 |  |  | X | X |  |  |  |  |  |  |  |
| Cereal Bar, Cinnamon Toast Crunch | 52 |  |  | X | X |  |  |  |  |  |  | X |
| Cereal Bar, Peach Cheerio | 51 |  |  | X | X |  |  |  |  |  |  |  |
| Cereal, Cheerios 102 | 21 | X |  |  |  |  |  |  |  |  |  |  |
| Cereal, Honey Nut Cheerios 2oz | 45 | X |  |  |  |  | X |  |  |  |  |  |
| Cereal, Cinnamon Toast Crunch $20 z$ | 44 |  |  | X | X |  |  |  |  |  |  | X |
| Cereal, Frosted Flakes 1oz | 25 |  |  | X | X |  |  |  |  |  |  |  |
| Cereal, Frosted Mini Wheat 1oz | 24 |  |  | X |  |  |  |  |  |  |  |  |
| Cereal, Lucky Charms 2 z | 46 | X |  |  |  |  |  |  |  |  |  |  |
| Cereal, Rice Chex 1oz | 24 | X |  |  |  |  |  |  |  |  |  |  |
| Cereal, Cocoa Puffs $20 z$ | 47 |  |  |  |  |  |  |  |  |  |  |  |
| Cereal, Rice Chex Blueberry 2 oz | 46 | X |  |  |  |  |  |  |  |  |  |  |
| Cereal, Trix 1oz | 24 |  |  |  |  |  |  |  |  |  |  |  |
| Cereal, Fruit Loops 10z | 24 |  |  | X |  |  |  |  |  |  |  |  |
| Cereal, Rice Chex Cinnamon 2oz | 33 | X |  |  |  |  |  |  |  |  |  | X |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch Entrees |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Carbohydrates per serving (g) | Glutenfree | Dairy | Wheat | Soy | Peanuts | Tree <br> Nuts | Fish | Shellfish | Eggs | Sesame | Cinnamon |
| Chicken Tenders** | 12 |  | X | X | X |  |  |  |  |  |  |  |
| Chicken Tacos, soft** | 27.2 |  | X | X |  |  |  |  |  |  |  |  |
| Mac n Cheese** | 62 |  | X | X |  |  |  |  |  |  |  |  |
| Chicken Bites, Plain | 17 |  | X | X |  |  |  |  |  |  |  |  |
| Asian Chicken Bites | 19 |  | X | X | X |  |  |  |  |  |  |  |
| Buffalo Chicken Bites | 18 |  | X | X | X |  |  |  |  |  |  |  |
| Dill Chicken Bites | 10 |  | X | X | X |  |  |  |  |  |  |  |
| Cheesy Nachos | 44.5 | X | X |  |  |  |  |  |  |  |  |  |


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| BBQ Sandwich** | 43 |  |  | X | X |  |  |  |  |  |  |  |
| 16" Pizza, cheese** | 24 |  | X | X | X |  |  |  |  |  |  |  |
| 16" Pizza, pepperoni** | 22 |  | X | X | X |  |  |  |  |  |  |  |
| Burrito, chicken | 33 |  | X | X | X |  |  |  |  |  |  |  |
| Quesadilla | 25.7 |  | X | X |  |  |  |  |  |  |  |  |
| Beef Tacos | 32 | X | X | X |  |  |  |  |  |  |  |  |
| Fish Nuggets | 20 |  |  | X | X |  |  | X |  |  |  |  |
| Chicken Nuggets** | 16 |  | X | X | X |  |  |  |  |  |  |  |
| Chicken Alfredo** + Garlic Toast | 32 |  | X | X | X |  |  |  |  |  |  |  |
| Corndog | 31 |  |  | X | X |  |  |  |  | X |  |  |
| Chicken Sandwich | 35 |  |  | X | X |  |  |  |  |  |  |  |
| Grilled Cheese** | 26 |  | X | X | X |  |  |  |  |  |  |  |
| Personal Pan Pizza, pepperoni** | 30 |  | X | X |  |  |  |  |  |  |  |  |
| Personal Pan Pizza, cheese** | 33 |  | X | X |  |  |  |  |  |  |  |  |
| Mandarin Orange Chicken w/Rice | 44 |  |  | X | X |  |  |  |  | X |  |  |
| General Tso Chicken w/ Rice | 48 |  | X | X | X |  |  |  |  | X |  |  |
| Spaghetti** | 54 |  | X | X |  |  |  |  |  |  |  |  |
| Cheeseburger** | 27 |  | X | X |  |  |  |  |  |  |  |  |
| Hamburger** | 26 |  |  | X |  |  |  |  |  |  |  |  |
| Hot Dog + Bun | 30 |  |  | X |  |  |  |  |  |  |  |  |
| Turkey + Cheese Kit | 16 |  | X | X | X |  |  |  |  |  |  |  |
| French Toast + Sausage | 39 |  | X | X | X |  |  |  |  |  |  |  |
| Mozzarella Bread Bites | 33 |  | X | X | X |  |  |  |  |  |  |  |
| Chicken + Waffle | 37 |  | X | X | X |  |  |  |  | X |  |  |
| CF Steak + Gravy | 22 |  | X | X | X |  |  |  |  | X |  |  |
| Lasagna Rollup | 30 |  | X | X |  |  |  |  |  | X |  |  |
| Smoky Rib Sandwich | 36 |  | X | X | X |  |  |  |  |  |  |  |
| French Bread Pizza, Cheese Garlic | 30 |  | X | X | X |  |  |  |  |  |  |  |
| 4x6 Pizza, pepperoni** | 33 |  | X | X | X |  |  |  |  |  |  |  |
| 4x6 Pizza, cheese** | 34 |  | X | X | X |  |  |  |  |  |  |  |
| Pizza Kit, cheese | 34 |  | X | X |  |  |  |  |  |  |  |  |
| Pizza Kit, pepperoni | 35 |  | X | X |  |  |  |  |  |  |  |  |
| Chicken and Rice Casserole | 20 |  | X | X | X |  |  |  |  | X |  |  |
| Fish Sandwich | 43 |  | X | X |  |  |  | X |  |  |  |  |
| Uncrustables Sandwich, Strawberry (2.6 oz) | 32 |  | X | X |  | X |  |  |  |  |  |  |
| Uncrustables Sandwich, Strawberry (5.3 oz) | 64 |  | X | X |  | X |  |  |  |  |  |  |
| Uncrustables Sandwich, PB \& J (2.6 oz) | 32 |  | X | X |  | X |  |  |  |  |  |  |


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| Uncrustables Sandwich, PB \& J (5.3 oz) | 64 |  | X | X |  | X |  |  |  |  |  |  |
| Tamale, red sauce | 26 | X |  |  |  |  |  |  |  |  |  |  |
| Tamale, green chile | 29 | X | X |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | Lunch | des |  |  |  |  |  |  |  |  |
|  | Carbohydrates per serving (g) | Glutenfree | Dairy | Wheat | Soy | Peanuts | Tree <br> Nuts | Fish | Shellfish | Eggs | Sesame | Cinnamon |
| Cookie, sugar** | 24 |  | X | X |  |  |  |  |  | X |  |  |
| Cookie, chocolate chip** | 24 |  | X | X | X |  |  |  |  | X |  |  |
| Cookie, double chocolate chip** | 24 |  | X | X | X |  |  |  |  | X |  |  |
| Cookie, double chocolate, fudge-filled** | 31 |  | X | X | X |  |  |  |  | X |  |  |
| Cookie, confetti** | 30 |  | X |  |  |  |  |  |  | X |  |  |
| Cookie, snickerdoodle** | 25 |  | X | X |  |  |  |  |  | X |  |  |
| Roll | 34 |  |  | X |  |  |  |  |  |  |  |  |
| Mac n Cheese** | 41 |  | X | X |  |  |  |  |  |  |  |  |
| Garlic Toast | 14 |  | X | X | X |  |  |  |  |  |  |  |
| Rice | 23 | X | X |  |  |  |  |  |  |  |  |  |
| Mashed Potatoes | 15.6 | X | X |  |  |  |  |  |  |  |  |  |
| Smile Fries | 25 | X |  |  |  |  |  |  |  |  |  |  |
| Straight Fries | 25 | X |  |  |  |  |  |  |  |  |  |  |
| Crinkle Cut Fries | 20 | X |  |  |  |  |  |  |  |  |  |  |
| Tater Tots | 17 | X |  |  |  |  |  |  |  |  |  |  |
| Tortilla Chips (10z) | 20 | X |  |  |  |  |  |  |  |  |  |  |
| Corn | 16 | X | X |  |  |  |  |  |  |  |  |  |
| Sweet Potato, canned | 29 | X |  |  |  |  |  |  |  |  |  |  |
| Sweet Potato Fries | 24 | X |  |  |  |  |  |  |  |  |  |  |
| Wedge Fries | 21 | X |  |  |  |  |  |  |  |  |  |  |
| Peas | 12 | X |  |  |  |  |  |  |  |  |  |  |
| Diced Potato | 15 | X | X |  |  |  |  |  |  |  |  |  |
| Baked Potato | 30.7 | X |  |  |  |  |  |  |  |  |  |  |
| Green Beans | 3.6 | X |  |  |  |  |  |  |  |  |  |  |
| Celery Dipper | 3 | X |  |  |  |  |  |  |  |  |  |  |
| Steamed Broccoli | 4.7 | X |  |  |  |  |  |  |  |  |  |  |
| Parmesan Roasted Cauliflower | 6 | X | X |  | X |  |  |  |  |  |  |  |
| Carrot Dipper | 7 | X |  |  |  |  |  |  |  |  |  |  |


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| Bell Pepper Dipper | 2.8 | X |  |  |  |  |  |  |  |  |  |  |
| Glazed Carrots | 14.3 | X | X |  |  |  |  |  |  |  |  |  |
| Side Salad | 2.9 | X |  |  |  |  |  |  |  |  |  |  |
| Garbanzo Beans | 27 | X |  |  |  |  |  |  |  |  |  |  |
| Refried Beans | 20 | X |  |  |  |  |  |  |  |  |  |  |
| Pinto Beans | 20 | X |  |  |  |  |  |  |  |  |  |  |
| Cucumber Dipper | 2.5 | X |  |  |  |  |  |  |  |  |  |  |
| Baked Beans | 45.5 | X |  |  |  |  |  |  |  |  |  |  |
| Broccoli Dipper | 3.3 | X |  |  |  |  |  |  |  |  |  |  |
| Coleslaw | 7.2 | X |  |  | X |  |  |  |  | X |  |  |
| Beans, Vegetarian | 29 | X |  |  |  |  |  |  |  |  |  |  |
| Black Beans | 20 | X |  |  |  |  |  |  |  |  |  |  |
| Mandarin Oranges | 20.4 | X |  |  |  |  |  |  |  |  |  |  |
| Fruit Juice, carbonated apple | 29 | X |  |  |  |  |  |  |  |  |  |  |
| 100\% Fruit Juice, apple | 14 | X |  |  |  |  |  |  |  |  |  |  |
| 100\% Fruit Juice, grape | 20 | X |  |  |  |  |  |  |  |  |  |  |
| 100\% Fruit Juice, pineapple orange | 14 | X |  |  |  |  |  |  |  |  |  |  |
| 100\% Fruit Juice, orange | 15 | X |  |  |  |  |  |  |  |  |  |  |
| Fruit Juice, carbonated kiwi berry | 30 | X |  |  |  |  |  |  |  |  |  |  |
| Fruit Juice, carbonated fruit punch | 30 | X |  |  |  |  |  |  |  |  |  |  |
| 100\% Fruit Juice, fruit punch | 15 | X |  |  |  |  |  |  |  |  |  |  |
| 100\% Fruit Juice, berry | 17 | X |  |  |  |  |  |  |  |  |  |  |
| Applesauce, cinnamon | 13 | X |  |  |  |  |  |  |  |  |  | X |
| Applesauce, peach mango | 15 | X |  |  |  |  |  |  |  |  |  |  |
| Applesauce, strawberry | 14 | X |  |  |  |  |  |  |  |  |  |  |
| Applesauce, plain | 14 | X |  |  |  |  |  |  |  |  |  |  |
| Frozen Fruit Cup, fruit punch | 14 | X |  |  |  |  |  |  |  |  |  |  |
| Frozen Fruit Cup, apple | 13 | X |  |  |  |  |  |  |  |  |  |  |
| Frozen Fruit Cup, grape | 19 | X |  |  |  |  |  |  |  |  |  |  |
| Frozen Fruit Cup, orange | 13 | X |  |  |  |  |  |  |  |  |  |  |
| Sliced Peaches | 26.8 | X |  |  |  |  |  |  |  |  |  |  |
| Raisins | 30 | X |  |  |  |  |  |  |  |  |  |  |
| Craisins, watermelon | 27 | X |  |  |  |  |  |  |  |  |  |  |
| Craisins, orange | 28 | X |  |  |  |  |  |  |  |  |  |  |
| Craisins, strawberry | 27 | X |  |  |  |  |  |  |  |  |  |  |
| Raisels, sour orange | 37 | X |  |  |  |  |  |  |  |  |  |  |
| Raisels, sour watermelon | 25 | X |  |  |  |  |  |  |  |  |  |  |


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| Pineapple Tidbits | 19.2 | X |  |  |  |  |  |  |  |  |  |  |
| Apple slices | 14.4 | X |  |  |  |  |  |  |  |  |  |  |
| Banana | 27 | X |  |  |  |  |  |  |  |  |  |  |
| Pear Halves | 14 | X |  |  |  |  |  |  |  |  |  |  |
| Italian Ice, tangerine | 22 | X |  |  |  |  |  |  |  |  |  |  |
| Italian Ice, watermelon | 25 | X |  |  |  |  |  |  |  |  |  |  |
| Italian Ice, mango | 22 | X |  |  |  |  |  |  |  |  |  |  |
| Apple | 25 | X |  |  |  |  |  |  |  |  |  |  |
| Mexican-style Rice | 22.8 | X |  |  |  |  |  |  |  |  |  |  |
| Mozzarella Cheese Stick (1 oz) | 2 |  | X |  |  |  |  |  |  |  |  |  |
| Mild Cheddar Cheese Stick (1 oz) | 0 | X | X |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Condiments |  |  |  |  |  |  |  |  |  |  |  |  |
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| Ketchup | 2 | X |  |  |  |  |  |  |  |  |  |  |
| Mustard | 0 | X |  |  |  |  |  |  |  |  |  |  |
| Honey Mustard | 7 | X |  |  |  |  |  |  |  | X |  |  |
| BBQ Sauce | 5 | X |  |  |  |  |  |  |  |  |  |  |
| Ranch - cups | 5 |  | X |  |  |  |  |  |  | X |  |  |
| Ranch - homemade | 4.5 |  | X | X | X |  |  |  |  | X |  |  |
| Buttermilk Ranch - homemade | 4 | X | X |  |  |  |  |  |  |  |  |  |
| Salsa | 3 | X |  |  |  |  |  |  |  |  |  |  |
| Sour Cream | 4 | X | X |  |  |  |  |  |  |  |  |  |
| Jalapenos | 1 | X |  |  |  |  |  |  |  |  |  |  |
| Taco Sauce | 1 | X |  |  | X |  |  |  |  |  |  |  |
| Tartar Sauce | 2 | X |  |  | X |  |  |  |  | X |  |  |
| Cranberry Sauce | 28 | X |  |  |  |  |  |  |  |  |  |  |
| Mayonnaise | 1 | X |  |  | X |  |  |  |  | X |  |  |
| Hot Sauce | 0 | X |  |  |  |  |  |  |  |  |  |  |
| Syrup | 4 | X |  |  |  |  |  |  |  |  |  |  |
| Jelly, grape | 9 | X |  |  |  |  |  |  |  |  |  |  |
| Jelly, assorted | 9 | X |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Milk |  |  |  |  |  |  |  |  |  |  |  |  |


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| Skim | 12 | X | X |  |  |  |  |  |  |  |  |  |
| Low-fat 1\% | 13 | X | X |  |  |  |  |  |  |  |  |  |
| Strawberry fat-free | 18 | X | X |  |  |  |  |  |  |  |  |  |
| Soy | 9 | X |  |  | X |  |  |  |  |  |  |  |
| Lactose-Free Milk | 13 | X | X |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | À la |  |  |  |  |  |  |  |  |  |
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| Doritos, Nacho Cheese (1oz) | 20 |  | X |  |  |  |  |  |  |  |  |  |
| Doritos, Cool Ranch (10z) | 20 |  | X |  |  |  |  |  |  |  |  |  |
| Doritos, sweet Chili (1oz) | 20 |  |  | X | X |  |  |  |  |  |  |  |
| Doritos, White Nacho (1oz) | 20 |  | X |  |  |  |  |  |  |  |  |  |
| Doritos, Chili Lime (1oz) | 20 |  | X |  |  |  |  |  |  |  |  |  |
| Cheetos, Puffs (1 pkg) | 13 | X | X |  |  |  |  |  |  |  |  |  |
| Cheetos, Baked Hot Limon | 15 | X | X |  |  |  |  |  |  |  |  |  |
| Cheetos, Baked | 16 | X | X |  |  |  |  |  |  |  |  |  |
| Cheetos, Baked Flamin' Hot | 16 | X | X |  |  |  |  |  |  |  |  |  |
| Cheetos, Baked Fantastix Chili Chz | 20 |  | X |  |  |  |  |  |  |  |  |  |
| Funyuns | 14 |  | X |  |  |  |  |  |  |  |  |  |
| Mini Chocolate Chips (1 pkg) | 25 |  | X | X | X | X | X |  |  |  |  |  |
| Graham Crackers, Cinnamon (1 pkg) | 21 |  |  | X | X |  |  |  |  |  |  |  |
| Chatsnax, Vanilla Crunch Crackers (1 pkg) | 21 |  |  | X | X |  |  |  |  |  |  |  |
| Graham Crackers, Chocolate (1 pkg) | 20 |  |  | X | X |  |  |  |  |  |  |  |
| Cheez-It Cheddar Crackers (1 pkg) | 14 |  | X | X | X |  |  |  |  |  |  |  |
| Goldfish Cheddar Crackers (1 pkg) | 14 |  | X | X | X |  |  |  |  |  |  |  |
| Cookie Bites, Blueberry Lemon (1 pkg) | 21 |  | X | X | X |  |  |  |  |  |  |  |
| Smartfood White Cheddar Popcorn (1 pkg) | 10 |  | X |  |  |  |  |  |  |  |  |  |
| Chex Mix Snack Mix, Cheddar (1 pkg) | 20 |  | X | X |  |  |  |  |  |  |  |  |
| Chex Mix Snack Mix, Strawberry Yogurt (1 pkg) | 23 |  | X | X | X |  |  |  |  |  |  |  |
| Chex Mix Snack Mix, Chocolate Caramel (1 pkg) | 22 |  |  | X |  |  |  |  |  |  |  |  |
| Rice Krispie Treat, Regular | 30 |  | X |  | X |  |  |  |  |  |  |  |


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| Frito Lay Baked, Sour Cream \& Cheddar | 18 | X | X |  | X |  |  |  |  |  |  |  |
| Frito Lay Baked, BBQ | 19 | X | X |  | X |  |  |  |  |  |  |  |
| Frito Lay Baked, Sour Cream \& Onion | 18 | X | X |  | X |  |  |  |  |  |  |  |
| Frito Lay Baked, Regular | 20 | X |  |  | X |  |  |  |  |  |  |  |
| Pretzels (1 pkg) | 15 |  |  | X |  |  |  |  |  |  |  |  |
| Rice Krispie Treat, Chocolate Chip | 34 |  | X |  | X |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | uten Fr | Items |  |  |  |  |  |  |  |  |
|  | Carbohydrates per serving (g) | Glutenfree | Dairy | Wheat | Soy | Peanuts | Tree <br> Nuts | Fish | Shellfish | Eggs | Sesame | Cinnamon |
| GF Chicken Fillet | 1 | X |  |  |  |  |  |  |  |  |  |  |
| GF Hamburger Bun | 39 | X |  |  |  |  |  |  |  | X |  |  |
| GF Sandwich Bread (1 slice) | 23 | X |  |  | X |  |  |  |  |  |  |  |
| GF Penne Pasta (2 oz) | 43 | X |  |  |  |  |  |  |  |  |  |  |
| GF Tortilla Chips (2 oz) | 40 | X |  |  |  |  |  |  |  |  |  |  |
| GF Chicken Chunks | 18 | X |  |  | X |  |  |  |  |  |  |  |
| GF Pizza Crust | 116 | X |  |  |  |  |  |  |  |  |  |  |
| GF Hotdog Bun | 40 | X |  |  |  |  |  |  |  | X |  |  |
| GF Taco Shell (3 shells) | 20 | X |  |  |  |  |  |  |  |  |  |  |
| GF Corndog | 20 | X |  |  | X |  |  |  |  | X |  |  |
| Tamale, red sauce | 26 | X | X |  |  |  |  |  |  |  |  |  |
| Tamale, green chile | 29 | X | X |  |  |  |  |  |  |  |  |  |
| GF Mac \& Cheese (side) | 24 | X | X |  |  |  |  |  |  |  |  |  |
| GF Mac \& Cheese (entree) | 48 | X | X |  |  |  |  |  |  |  |  |  |
| GF Spaghetti | 43 | X | X |  |  |  |  |  |  |  |  |  |
| GF Alfredo | 48 | X | X |  |  |  |  |  |  |  |  |  |
| GF Garlic Toast | 23 | X | X |  | X |  |  |  |  |  |  |  |
| Bean \& Cheese Pupusas | 35 | X | X |  |  |  |  |  |  |  |  |  |

