

Gluten Free Options



	Carbohydrates per serving (g)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Breakfast Entrees											
Cereal, Cheerios 1oz	21										
Cereal, Honey Nut Cheerios	45					X					
Cereal, Lucky Charms 2oz	46										
Cereal, Rice Chex 1oz	24										
Cereal, Rice Chex Blueberry	46										
Cereal, Rice Chex Cinnamon	33										X
GF Muffin (Blueberry)	43			X					X	X	
GF Muffin (Double Chocolate)	39			X					X	X	
Yogurt, Raspberry & Cherry (4 oz)	19	X									
Yogurt, Strawberry (4 oz)	19	X									
Yogurt, Strawberry-Banana (4 oz)	16	X									
Yogurt, Vanilla (4 oz)	16	X									
Lunch Entrees											
	Carbohydrates per serving (g)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
GF Chicken Sandwich	40			X					X	X	
GF Hamburger	40			X					X	X	
GF Cheeseburger	41	X		X					X	X	

	Carbohydrates per serving (g)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
GF Grilled Cheese	48	X		X							
GF BBQ Pork Sandwich	47			X					X	X	
GF Tortilla Chips (2 oz)	40										
GF Chicken Taco	27	X									
GF Chicken Chunks (5 pieces)	32			X							
GF Crispy Chicken Salad	32	X		X							
GF Buffalo Chicken Salad	36	X		X							
GF Pizza (1/2 pizza)	62	X									
GF Hotdog	43			X					X	X	
GF Ham & Cheese	36	X		X							
GF Turkey & Cheese	34	X		X							
GF Corndog	20			X					X		
Buffalo Chicken Dip	45	X		X					X		
Beef Tacos	34	X									
Taco Salad	33	X		X					X		
Tamale, Red Sauce	26	X									
Tamale, Green Chile	29	X									
GF Mac & Cheese (Side)	24	X									
GF Mac & Cheese (Entree)	48	X									
GF Spaghetti	43	X									
GF Alfredo	48	X									
GF Garlic Toast	23	X		X							
GF Beefy Mac	40	X									
GF Pizza Pocket (Pepperoni)	42	X							X		
Bean & Cheese Pupusas	35	X									
Lunch Sides											

	Carbohydrates per serving (g)	Milk	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Sesame	Cinnamon
Frito Lay Baked, BBQ	19	X		X							
Frito Lay Baked, Sour Cream & Onion	18	X		X							
Frito Lay Baked, Regular	20			X							