

Breakfast and Lunch Meal Carb List

Breakfast Items	Carb Count	Lunch Items	Carb Count	Fruit/Veg	Carb Count	Milk/Juice	Carb Count
Poptart	75	Western Bacon Cheeseburger	48	Carrots	8	White Milk	16
Pan Dulce	34	Grilled Rib BBQ Sandwich	40	Celery	2	Choc Milk	20
Breakfast Burrito	44	Southwest Chicken Bacon Club	29	Broccoli	3	Appleberry Juice	27
Muffin	39	Orange Chicken w/ Fried Rice	57	Apple (variety)	19	Orange Juice	28
Cereal (variety)	25	Mascot Bowl(Mozz, Wing, Fries) w/ Ranch & Marinara	95	Grapes	10	Apple Juice	28
Honey Bun	39	Turkey Deli Wrap	63	Pear	27		
Smoothie w/ Granola	34	Ranch Chicken Wrap	67	Tangerine	11		
Glazed Breakfast Bites	39	TerraBites Hot Chicken Sandwich	42	Kiwi	10		
Choc Donuts	40	Burrito- Bean & Cheese	52	Banana	26		
Pow. Donuts	40	Burrito- Shredded Beef	40	Nectarine	14		
Cinnamon Roll	54	Cheeseburger	30	Plum	8		
Breakfast Bowl	33	Yogurt Parfait	82	Dried Craisins	28		
Coffee Cake	32	Pizza	38	Sidekicks	23		
Bagel w/ Cream Cheese	34	Uncrustable	64				
		Turkey Deli Sandwich	55				
		Pretzel Dog	40				
		Corn Dog	27				
		Lasagna Roll Ups	87				
		Spicy Chicken Sandwich	46				
		Southwest Salad	93				
		Chili Cheese Fries	30-40				
		Chili w/ Corn Tortilla Chips	45				