

Breakfast and Lunch Meal Carb List 22/23

Breakfast Items	Carb Count	Lunch Items	Carb Count	Fruit/Veg	Carb Count	Milk/Juice	Carb Count
Poptart	75	Tamale w/ Spanish Rice	110	Carrots	8	White Milk	16
Pan Dulce	34	Fried Chicken Drumstick/Mashed	41	Celery	2	Choc Milk	20
Breakfast Burrito	44	Grilled Rib BBQ Sandwich	40	Broccoli	3	Appleberry Juice	27
Muffin	39	Orange Chicken, Fried Rice, Egg Roll	78	Apple (variety)	19	Orange Juice	28
Cereal (variety)	25	Mascot Bowl(Mozz, Wing, Fries) w/ Ranch & Marinara	75	Grapes	10	Apple Juice	28
Honey Bun	39	Turkey Deli Wrap	63	Pear	27	Strawberry Milk	20
Smoothie w/ Granola	34	Spicy Chicken Sandwich	46	Tangerine	11		
Glazed Breakfast Bites	39	Cheeseburger	30	Kiwi	10		
Choc Donuts	40	Yogurt Parfait	82	Banana	26		
Pow. Donuts	40	Pizza	38	Nectarine	14		
Cinnamon Roll	54	Uncrustable	64	Plum	8		
Breakfast Bowl	33	SW Chicken Salad	94	Dried Craisins	28		
Coffee Cake	32	Chicken Caesar Salad	24	Sidekicks	23		
Bagel w/ Cream Cheese	34	Savory Crackers	15				
Mini Pancakes	36	Pretzel Dog	40				
Cherry Frudel	36	Corn Dog	27				
Cinnamon Frudel (Mini)	36	Chili Cheese Fries	30-40				
Pancake Wrap	17	Turkey Deli Sandwich	55				
Benefit Bar	47 or 48	Burrito- Bean & Cheese	52				
		Burrito- Shredded Beef (Colorado)	40				
		Taco Nada	40				
		Stuffed Pepperoni Sandwich	31				
		Taquitos w/ Spanish Rice	88				
		Grilled Cheese Sandwich	30				