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						