

COHORT/HYBRID 2021

# Carb Counts

## BREAKFAST ITEMS

Carbohydrates (g)

UBR	1 Each	43g	French Toast Benefit Bar	1 Each	47g
Honey Bun	1 Each	38g	Blueberry Crumble Cake	1 Each	45g
Pan Dulce	1 Each	34g	Bagel	1 Each	45g
Benefit Bar	1 Each	47g	Cream Cheese	1 Each	1g
Double Chocolate Muffin	1 Each	40g	Super Donut	1 Each	38g
Cinnamon Toast Cereal	1 Each	22g	Cinnamon Crumb Cake	1 Each	47g
Honey Grams	1 Pack	17g	Benefit Bar Apple Cinnamon	1 Each	48g

## ELEMENTARY LUNCH ITEMS

Tortilla Chips	1 Bag	23g
Cheese Sauce	1 Cup	14g
Salsa	1 Cup	5g
Yogurt	4 oz	18g
Goldfish Cinnamon Cracker	1 Each	19g
Belly Bears	1 Bag	20g
String Cheese	1 Each	1g
Savory Herb Cracker	1 Bag	15g
Peanut Butter Cup	1 Each	9g
Turkey & Cheese Sandwich	1 Each	28g
Uncrustable PBJ	1 Each	32g
Nutrigrain Bar	1 Each	30g
Elf Grams	1 Each	21g
Cheez-Its	1 Each	14g
Uncrustable Honey	1 Each	32g
Turkey Cheese Lunchable	1 Each	33g
All Sports Bites	1 Each	20g
Jungle Crackers	1 Each	20g
Scooby Doo Grams	1 Each	21g
Benefit Bar F.T.	1 Each	47g
Strawberry/Banana Smoothie	1 Each	40g
Peach Smoothie	1 Each	35g

## SECONDARY LUNCH ITEMS

Tortilla Chips	1 Bag	23g
Jalapeno Cheese Sauce	1 Cup	15g
Salsa	1 Cup	5g
String Cheese	1 Each	1g
Yogurt	8 oz	33g
Benefit Bar	1 Each	47g
Turkey & Cheese Lunchable	1 Each	33g
Doritos Cool Ranch	1 Each	20g
Cheese Pizza Kit	1 Each	35g
Nacho Cheese Doritos	1 Each	20g
Uncrustable Large	1 Each	64g
Sweet Chili Chips	1 Each	20g
Chili Lime Sunflower seeds	1 Pack	35g
Pepperoni Pizza Kit	1 Each	35g

\*Menu subject to change or substituted without notice. \*

Revised 5/4/2021

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## FRUITS & VEGETABLES

		Carbohydrates (g)
Apple (Granny Smith)	1 Each	8g
Asian Pear	1 Each	13g
Apple Slices	1 Each	10g
Bananas	1 Each	27g
Broccoli	½ Cup	2g
Baby Carrots	½ Cup	8g
Celery	½ Cup	2g
Celery/Broccoli Mix	½ cup	6g
Dried Craisins	¼ Cup	28g
Juice, 100% Fruit	4 ounces	14g
Mixed Fruit, Can	½ Cup	15g
Orange	½ cup	13g
Peaches, Can	½ Cup	14g
Pineapple, Can	½ Cup	17g
Strawberry Cups	1 Each	19g
Raisins	¼ Cup	29g
Tangerines	1 each	10g

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