



Carb Counts

SUPER BREAKFAST ITEMS

Carbohydrates (g)

UBR	1 Each	44g
Honey Bun	1 Each	38g
Pan Dulce	1 Each	34g
Benefit Bar	1 Each	47g
Double Chocolate Muffin	1 Each	40g
Uncrustable PBJ	1 Each	32g

ELEMENTARY LUNCH ITEMS

DL Mini Cheeseburgers	1 Serv	32g
B/C Burrito	1 Each	44g
Chicken Bites	1 Serv	16g
Baked Chips	1 Each	20g
Corn Dog	1 Each	28g
Ketchup	1 Each	3g
Pull A Parts	1 Serv	29g
Rib B Q	1 Each	32g
Grilled Cheese	1 Each	31g
Beef Taco Stick	1 Each	32g
Marinara Sauce	1 Each	7g
Chocolate Milk	1 Each	20g

SECONDARY LUNCH ITEMS

Strawberry/Banana Smoothie	1 Each	40g
Peach Smoothie	1 Each	35g
Chicken Bites	1 Serv	24g
Baked Chips	1 Each	20g
Cheeseburger	1 Each	29g
Spicy Chicken Sandwich	1 Each	44g
Xtreme B/C Burrito	1 Each	44g
Turkey Lunchable	1 Each	41g
String Cheese	1 Each	1g
Benefit Bar	1 Each	48g
Pull A Parts	1 Serv	29g
Marinara Sauce	1 Each	7g
Corn Dog	1 Each	28g
Uncrustable	1 Each	64g

*Menu subject to change or substituted without notice. *

Carb Counts

FRUITS & VEGETABLES

		Carbohydrates (g)
Apple (Granny Smith)	1 Each	8g
Asian Pear	1 Each	13g
Apple Slices	1 Each	10g
Applesauce	1 Each	14g
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	15g
Mixed Fruit, Can	½ Cup	15g
Nectarines	1 each	19g
Orange	½ cup	13g
Peaches	1 Each	26g
Pineapple, Can	½ Cup	17g
Strawberry Cups	1 Each	19g
Raisins	¼ Cup	29g
Tangerines	1 each	10g