



CARBOHYDRATE COUNT

TerraBites Cafe 2024-25

BREAKFAST

Bagel w/ Cream Cheese	34
Benefit Bar	47
Breakfast Pizza Bagel	24
Breakfast Bowl	33
Breakfast Burrito	44
Cereal (Variety)	25
Cherry Frudel	36
Choc./Powder Donuts	40
Cinnamon Frudel	36
Cinnamon Roll	54
Coffee Cake	32
Glazed Breakfast Bites	39
Honey Bun	39
Mini Pancakes	36
Pan Dulce	34
Poptart	75
Tornado, Sausage Egg	21

LUNCH

Asian Boneless Wings	58
Beef 3 Lay Burrito	57
Carne Asada Potato	40
Cheeseburger	30
Chili Dog Combo	40
Chicken Wings/ Sticks	41
HomeStyle Tender Box	30
Nashville Chicken Sand.	38
Pizza	38
Sub Sandwich	41
Sandwich, Bagel	71
TerraBites Salad	69
Uncrustable	40
Walking Nacho Bowl	31
Yogurt Parfait	82

FRUIT/VEGETABLE

Apple (variety)	19
Banana	26
Broccoli	3
Carrots	8
Celery Sticks	2
Dried Craisins	28
Grapes	10
Kiwi	10
Nectarine	14
Orange	15
Pear	27
Plum	8
Sidekicks	23

MILK

Chocolate Milk	20
White Milk	16

JUICE

Apple Juice	28
Appleberry Juice	27
Orange Juice	28

