

Breakfast and Lunch Meal Carb List 26/27

Breakfast Items	Carb Count		Lunch Items	Carb Count		Fruit/Veg	Carb Count		Milk/Juice	Carb Count
Bagel Pizza	24		Carne Asada Fries w/ Chips	47		Cool Tropics	16		White Milk	16
Beefy Breakfast Bowl	35		Carnitas Bowl	43		Carrots	8		Choc Milk	20
Benefit Bars	48		Cheeseburger	30		Celery	2		Appleberry Juice	27
Breakfast Bowl w/ Egg Tots	21		Cheesy Pull Aparts	36		Broccoli	3		Orange Juice	28
Breakfast Bowl w/ French Toast	39		Chicken Dumplings w/ Rice	71		Apple (variety)	19		Apple Juice	28
Breakfast Burrito	24		Chicken Tender w/ Garlic Knot	46		Grapes	10		Strawberry Milk	20
Breakfast Calzone	30		Chiptole Chicken Bowl	70		Pear	27			
Breakfast Croissant Sandwich	33		French Bread Pizza	28		Tangerine	11			
Breakfast Nada	32		Loaded Baked Potato w/ Chips	84		Kiwi	10			
Breakfast Tornado	21		Mascot Box	68		Banana	26			
Breakfast Uncrustable	32		Mini Taco Box w/ Rice	91		Nectarine	14			
Cereal, Cherrios	45		Nashville Chicken Sandwich	38		Plum	8			
Cereal, Chex	46		Nashville Wrap (Snack Wrap)	61		Dried Craisins	28			
Cereal, Coco Puffs	47		Pick Up Stix	59		Sidekicks	23			
Cereal, Lucky Charms	46		Pizza	36						
Chocolate Donut	42		Pretzel Dog	40						
Crumb Cake	44		Southwest Chicken Burrito	58						
Honey Bun	38		Sub Sandwich	41						
Mini Cinnis	41		Taco Nada	40						
Mini Pancakes	40		TerraBites Protein Box	51						
Pan Dulce	34		Tinga Burrito	65						
Pancake Sandwich	16		Uncrustable	64						
Poptart (2)	73		Walking Nacho Bowl	30						
Powder Donut	41		Wings of Fire w/ Biscuit	36						
Muffin	35		Yogurt Parfait	82						
			Salad, Chef	27						
			Salad, Spicy Chicken	69						