

Elementary Breakfast CHO Counts	
Breakfast Items	Carbohydrates
Apple Cinnamon Chewie	51.6g
Apple Cinnamon Scone	40.7g
Banana	27.0g
Banana Muffin	58.7g
Berry Apple Crisp Bar (Zee Zees)	24.0g
Canned Fruit, Assorted	12.7g
Cereal, Whole Grain	22.8g
Cheese Toast	31.0g
Chicken Crispito	23.0g
Cowgirl Muffin	59.4g
Danone Strawberry Smoothie	22.0g
Focaccia Cheese Wheel	14.8g
Fresh Apple	25.0g
Fresh Fruit, Assorted	14.2g
Graham Crackers	17.0g
Lactaid	13g
Milk (NF)	13g
Milk (1%)	16g
Naked Berry Blast Juice	38.0g
Naked Mighty Mango Juice	43.0g
Naked Strawberry Banana Juice	38.0g
Nature Valley Oatmeal Round	38.0g
Orange Juice (4oz)	14.0g
Pancake with Pork Sausage	21.5g
Pillsbury Mini Blueberry Bash Waffles	37.0g
Pillsbury Mini French Toast, Triple Berry Blast	37.0g
Pillsbury Mini Pancakes	37.0g
Syrup Packet	21g
Turkey Chorizo Cheese Bagel	23.0g
Turkey Sausage Breakfast Square	31.0g

Elementary Lunch CHO Counts	
Lunch Items	Carbohydrates
Applesauce Cup, Strawberry	14g
Applesauce Cup, Unsweetened	14g
Bagged Carrots	4g
Bagged Grapes	13.7g
Bean & Cheese Burrito	40g
Beef Cheeseburger	33g
Breaded Chicken Bites (5 pieces)	17g
Breaded Chicken Drumstick	11g
Bug Bites	21g
Cheese Cubes	2g
Cheese Pizza	34g
Cheez-It Crackers	14g
Chick'n Dip'n Sauce	11g
Foster Farms Chicken Bold Bites	3g
Foster Farms Corn Dog	30g
Fresh Fruit	14.2g
Fresh Plum	8g
Fresh Strawberries (3)	4g
Garlic French Bread Pizza	33g
Goldfish Pretzels	17g
Hawaiian Brown Rice (1/2 C)	15.4g
Heartzel Pretzels	15g
Ketchup Cup	6g
Lactaid	13g
Juice, Apple (6oz)	23g
Juice, Apple (4oz)	14g
Juice, Very Berry (6oz)	26g
Juice, Very Berry (4oz)	17g
Juice, Fruit Punch (6oz)	25g
Juice, Strawberry Kiwi (4oz)	14g
Mac & Cheese	28g
Milk (1%)	16g
Milk (Nonfat)	13g
Millers All Natural Hot Dog	31g
Mini Corn Dog with Mac & Cheese	44g
Mutigrain Sun Chips	19g

Nature Valley Cinnamon Crisps	25g
Orange Chicken (1/2 C)	22g
Pepperoni Pizza	33g
Pizza Pocket	30g
Raisins	29g
Rotini w/Meat Sauce	26g
Sabra Guacamole Tortilla Roll Snacker	18g
Scooby Doo Bone Grahams	21g
Strawberry Chex Mix	23g
Strawberry Waffle Graham	21g
Sunbutter & Grape Sandwich Meal	56g
Tater Tots (8)	17g
Turkey Pepperoni Stuffed Sandwich	31g
Tyson Chicken Strips (3)	16g
Whole Grain Breaded Chicken Sandwich	40g
Whole Grain Breaded Chicken Smackers	18g
Whole Grain Cheddar Chex Mix	20g
Wild Mike's Mozzarella Bites w/Marinara	13g/4g