

FIELD TRIP SACK LUNCH CARB COUNTS

Lunches will consist of varying components from the following list:

Elementary School

Strawberry or Grape Uncrustable: 32 g

Hawaiian Roll Deli Sandwich: 27.21g

Raisins: 30g

Dried Mix Fruit: 30g

Carroteenies: 5g

White Milk: 16g

Chocolate Milk: 20g

Middle School

Grape Uncrustable: 64g

Turkey & Cheese Sub Sandwich: 32.25g

Turkey, Ham & Cheese Sub Sandwich: 30.65g

Carroteenies: 5g

Bagged Grapes: 14g

Bagged Apples: 7g

Oranges: 12g

Chocolate Chip Cookie: 27g

White Chocolate Chip Cookie: 24g

White Milk: 16g

Chocolate Milk: 20g

Shelf Stable

Cheese Cup: 14g

Tortilla Chips: 31g

Raisins: 30g

Apple Crisps: 10g

Juice: 13g (flavor dependent – listed on carton)