

SACK LUNCH CARB COUNTS

Lunches will consist of varying components from the following:

Elementary School

Peanut Butter Jamwich 33.5 g
Hawaiian Roll Deli Sandwich: 27.21g
Raisins: 30g
Dried Mix Fruit: 30g
Carroteenies: 5g
White Milk: 16g
Chocolate Milk: 20g

Middle School

Peanut Butter Jamwich Twin Pack: 69g
Turkey & Cheese Sub Sandwich: 32.25g
Smoked Turkey & 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

Hummus Cup: 11g
Cheese Cup: 14g
Tortilla Chips: 31g
Raisins: 30g
Juice: 13g (flavor dependent – listed on carton)