Breakfast and Lunch Meal Carb List 22/23

Breakfast Items	Carb Count		Lunch Items	Carb Count		Fruit/Veg	Carb Count		Milk/Juice	Carb Count
Poptart	75		Enchirito w/Spanish Rice	110		Carrots	8		White Milk	16
Pan Dulce	34		Fried Chicken Drumstick/Mashed	41		Celery	2		Choc Milk	20
Breakfast Burrito	44		Cheeseburger Mac & Cheese	48		Broccoli	3		Appleberry Juice	27
Muffin	39		Orange Chicken, Fried Rice, Egg Ro	78		Apple (variety)	19		Orange Juice	28
Cereal (variety)	25		Mascot Bowl(Mozz, Wing, Fries) w/ Ranch & Marinara	75		Grapes	10		Apple Juice	28
Honey Bun	39		Turkey Deli Wrap	63		Pear	27			
Smoothie w/ Granola	34		Spicy Chicken Sandwich	46		Tangerine	11			
Glazed Breakfast Bites	39		Cheeseburger	30		Kiwi	10			
Choc Donuts	40		Yogurt Parfait	82		Banana	26			
Pow. Donuts	40		Pizza	38		Nectarine	14			
Cinnamon Roll	54		Uncrustable	64		Plum	8			
Breakfast Bowl	33		SW Chicken Salad	94		Dried Craisins	28			
Coffee Cake	32		Chicken Caesar Salad	24		Sidekicks	23			
Bagel w/ Cream Cheese	34		Savory Crackers	15						