



Grab & Go Summer School Meal Choices

Menu Subject to Change
Due to Availability,
Counts listed are an
estimate and could vary
with substitutions &
students' selections

Carbohydrate Count Supplement Sheet	Carbohydrates
Assorted Cereals	22-24 g per box (see package)
String Cheese	2 g
Yogurt, variety (4 oz serving)	~19 g
Fruit	~15 g
Craisin Packet	28 g
Raisin Box	30 g
Juice, 4 oz box	15 g
Mini Pancakes	39 g
Mini Blueberry Waffles	37 g
Cherry Frudel	37 g
Apple Frudel	36 g
Chocolate Chip French Toast	35 g
Syrup	26 g
Mini Cini	40 g
Uncrustable, Grape	32 g
Whole Wheat Wrap (9 inch)	29 g
Whole Wheat Wrap (6 inch)	15 g
Sandwich Bread	13 g/slice
Hoagie Bun	30 g/ bun
Mini Cinnamon Cream Cheese Bagels	42 g
Corn Tortilla Chips	19 g per 10 chips
Baked Lays Chips (variety)	18-23 g (see package)
Goldfish Pretzel Pack	16 g
Goldfish Cracker Pack	14 g
Cheez-its	14 g
Mini Rice Krispie Treat	9 g

This institution is an equal opportunity provider.