



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

| <b>Carbohydrate Count Supplement Sheet</b> | <b>Carbohydrates</b>          |
|--|-------------------------------|
| 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.