

CARBOHYDRATE COUNTS FOR ELEM BAPS FOODS

MILKS: 8 OZ CARTONS

Chocolate Fat Free.....	22
Strawberry Fat Free.....	22
1% Plain.....	11

JUICES: 4 OZ CARTONS

Apple.....	14
Orange.....	12
Grape.....	18
Fruit Punch.....	14
Apple/Cherry.....	14

CEREALS: BOWL PACKS

(ALL WHOLE GRAIN & REDUCED SUGAR)

Frosted Flakes.....	26
Marshmallow Mateys.....	23
Rice Krispies.....	16
Choc. Mini Wheats.....	22.93
Trix.....	24.81
Cinn. Toast Crunch.....	22
Cocoa Puffs.....	20.79
Honey Grahams.....	24
Honey Nut Cheerios.....	22
Cheerios.....	14

DAILY FRUITS/VEGETABLES

Green Salad.....	2.25
Baby Carrots.....	5.75
Apples.....	20.58
Oranges.....	10.58
Bananas.....	26.95

CICI'S ELEMENTARY PIZZA:

Cheese.....	23.4
Pepperoni.....	23.6
Sausage.....	24

CONDIMENTS:

Jalapeno Ranch.....	2
Light Ranch.....	2
Italian.....	2
Raspberry Vinaigrette.....	7
Honey Mustard.....	4.73
Ketchup.....	6.67
BBQ.....	10
Pancake Syrup.....	26.14
Jelly 1 TBSP.....	14.69

APPLESAUCE FLAVORS:

Regular.....21.00
Strawberry.....23.00
Raspberry.....23.00
Peach.....22
Cinnamon.....22

SMOOTHIES:

Brain Berry
(Strawberry/Banana).....41.90
Cherry Chip.....27.63
Dreamy Peach.....28.69
Nanaberry
(Blueberry/Banana).....38.34
Sunrise Luau
(Pineapple).....37.13

COOKIES WITHOUT NUTRITION LABELS:

Chocolate Chip.....32
M&M.....33
Frosted.....26.70
Sugar.....23.18

LUNCHBOX COMPONENTS:

Yogurt.....19
String Cheese.....1
Apple Cinn. Mini Loaf.....30
Banana Mini Loaf.....30
Blueberry Mini Loaf.....29
Choc. Chip Mini Loaf.....29
Very Berry Mini Loaf.....30

SANDWICHES:

Peanut Butter & Jelly.....28.53
Jamwich.....35
Turkey & Cheese.....29.50
Ham & Cheese.....30.51