

	FIELD TRIP CARB COUNT LIST	CARB
SANDWICH:	MAY CONTAIN	
	Turkey and Cheese Sandwich	30
	Turkey and Cheese Wrap	14
CHIPS:	MAY CONTAIN	
	Tortilla Chips	18
	Dorito Chips	20
FRUIT:	MAY CONTAIN	
	Apple Slices	8
	Whole Apple	19
	Orange Wedges	9
	Whole Orange	11
	Grapes	22
	Peach Cup	14
	Pear Cup	14
	Pineapple Cup	18
	Mandarin Orange Cup	17
	Mixed Fruit Cup	16
	Raisels	36
	Craisins	28
	Applesauce	13
VEGETABLES:	MAY CONTAIN	
	Celery	3
	Baby Carrots	9
	Edamame	8
	Fruitables Plus 4.23 oz	14
	Fruitables Plus 6.00 oz	22
COOKIES:	MAY CONTAIN	
	Celebration (sprinkle) Cookie	24
	Chocolate Chip Cookies	18
	Double Chocolate Cookie	24
	Sugar Cookie	24
	Elf Grahams	21
JUICE	MAY CONTAIN	
ES	4.23 OZ APPLE JUICE, APPLE & EVE	14
ES	4.23 OZ FRUIT PUNCH, APPLE & EVE	15
MS/HS	6.75 OZ APPLE JUICE, ARDMORE	25
MS/HS	6.75 OZ FRUIT PUNCH, ARDMORE	27
MILK	MAY CONTAIN	
	MILK 1%	13
	NF CHOC MILK	20
	SOY MILK	15
	RICE MILK	23