

ENTREES	CHO
2. 5 oz Teriyaki Chicken	9g
3/4 cup Brown Rice	33g
3 oz Tangerine Chicken	19g
3/4 cup Brown Rice	33g
Chicken Tenders (2)	9 g
Onion Rings (2)	11 g
Chicken Nuggets (2)	6 g
Waffles (2)	19 g
Pancake Syrup (1)	32 g
Tuna Pita Pocket	15 g
Spicy Bean and Cheese Burrito	43 g
Yogurt	14g
Granola	48 g

SIDES	CHO
1/2 cup Deli Roasters	25 g
4 oz Tuna	5 g
Romaine Salad w/Grape Tomatoes	4 g
Cheesy Breadstick	15 g

SNACKS	CHO
String Cheese	1 g
Fresh Fruit	
Whole Apple	19 g
Whole Orange	11 8
Baked Chips	See Below
Doritos	20 g
Flamin' Hot Cheetos	14 g
Tortilla Chips	18 g
Granola	48 g
Yogurt	14 g
Cookies	See Below
Celebration (Sprinkle)	24 g
Chocolate Chip	18 g
Double Choc Chip	24 g
Sugar Cookie	24 g
BEVERAGES	CHO
Milk	13 g
Choc Milk	20 g
Juice	See Below
Apple Juice 4 .23 oz	14 g
Fruit Punch 4.23 oz	15 g
Very Berry 4.23 oz	17 g
Water	ZERO
Flavored Water	ZERO
Smoothies	
Strawberry Banana	33 g
Galactic Berry	30 g

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