

<b>ENTREES</b>		<b>CHO</b>	<b>BEVERAGES</b>		<b>CHO</b>
2. 5 oz Teriyaki Chicken	9g		1% White Milk		13 g
3/4 cup Brown Rice	33g		NF Choc Milk		20 g
3 oz Tangerine Chicken	19g		<b>Juice</b>		
3/4 cup Brown Rice	33g		Apple Juice 4 .23 oz		14 g
Spicy Bean and Cheese Burrito	43 g		Fruit Punch 4.23 oz		15 g
<b>SNACKS</b>		<b>CHO</b>	Very Berry 4.23 oz		17 g
String Cheese	1 g		Orange Tangerine 4.23 oz		15 g
Fresh Fruit			<b>Water</b>		ZERO
Whole Apple	19 g		Flavored Waters		ZERO
Whole Orange	11 8		<b>Smoothies</b>		
Baked Chips			Strawberry Banana		33 g
Doritos	20 g		Galactic Berry		30 g
Flamin' Hot Cheetos	14 g				
Tortilla Chips	18 g				
Granola	48 g				
Yogurt	14 g				
Cookies					
Celebration (Sprinkle)	24 g				
Chocolate Chip	18 g				
Double Choc Chip	24 g				
Sugar Cookie	24 g				