

**Grab n Go Carb List 2018-2019 SY**

**Grab n Go Crispy Chicken Salad**

Item	Carb (G)
Romaine Lettuce	6
Popcorn Chicken	18
Mozzarella Cheese 1oz	1
Croutons 7g	4
Ranch Dressing	1
<b>Dried Fruit</b>	<b>27</b>
Apple, Whole	22
Baked Flamin Cheetos	14
	93

**Spicy Chicken Wrap**

Item	Carb (G)
Spicy Chic Nuggets (8)	24
10" Tortilla	31
Shredded Cheddar 1oz	1
Romaine Lettuce 1c	1.5
Tomato Slice 1 oz	1
Ranch Dressing	1
Apple Slices	8
<b>Craisins (HS ONLY)</b>	<b>28</b>
Baked Doritos	20
	115.5