

## Field Trip Sack Lunch Carbohydrate Count

Food	Portion Size:	Carbohydrates
<b>DELI SUB SANDWICH</b> SLICED OVEN ROASTED TURKEY BREAST: 1 Ounce TURKEY HAM SLICED: 1/2 OZ CHEESE: PAST.PROCESS SLICE 1 (1/2 oz.) WHOLE WHEAT SUB ROLL 1 ROLL	SANDWICH	35.49 grams
<b>CHOCOLATE CHUNK COOKIES</b>	1 COOKIE	15.80 grams
<b>MARSHMALLOW RICE TREAT</b>	EACH	15.00 grams
<b>THAT'S IT BARS: APPLE CRANBERRY or APPLE RAISIN</b>	1 BAR	19.44 grams
<b>MILK: CHOCOLATE (Fat Free)</b>	1 CARTON	20 grams
<b>MILK: WHITE (Fat Free or 1%)</b>	1 CARTON	12 grams
<b>CARROT STICKS</b> Grades K-8 $\frac{3}{4}$ cup Grades 9-12 1 cup	$\frac{3}{4}$ CUP 1 CUP -or- 1 med baby carrot	12.63 grams 16.84 grams -or- 0.8 grams
<b>RANCH DRESSING</b>	1 PKG (2 TBSP OR 1 OZ)	2 grams
<b>MAYO: (FAT FREE)</b>	1 PKG	1 gram
<b>MUSTARD:</b>	1 PKG	1 gram