

FIELD TRIP SACK LUNCH CARB COUNTS

Lunches will consist of varying components from the following list:

Elementary School

Strawberry or Grape Uncrustable: 32 g

Hawaiian Roll Deli Sandwich: 27.21g

Raisins: 30g

Dried Mix Fruit: 30g

Carroteenies: 5g

White Milk: 16g