

COVID-19 Grab n' Go Items - Carb Count

Item/Category	Carb Count
Breakfast	
Benefit Bar	47g
CC Muffin	47g
Mini-Bagels	41g
Chicken & Biscuit Sandwich	28g
Mini-Waffles	38g
Breakfast Bun	38g
Blueberry Loaf	23g
Pan Dulce	34g
Lunch	
Mac and Cheese	37g
Cavatappi	36g
Pretzel	30g
Cheese Cup	14g
Taco Wrap	38g
Bean & Cheese Burrito	46g
Spaghetti	17.7g
Chicken Nuggets	9g
Corn Dog	27.8g
Mini-Cheeseburgers	39g
Mini-Cheese Pizza	29g
Turkey & Cheese Wrap	39g
Fruit	
Raisels	37g
Raisins	29g
Strawberry Cup	21g
Applesauce	14g
Sliced Apples	8g
Peach Cup	21g
Vegetables	
Carroteenies	5g
Milk	
White 1%	16g
Chocolate non-fat	20g