

Bagged Breakfast and Lunch meals provided at Cheektowaga Central School District may contain a variety of different items on a daily basis. Below is a list of food items that may be included in your meals with the carbohydrate count:

**Fruit:**

Apple/Orange – 15g carbs

**Vegetable:**

Baby Carrots – 1g carbs

**Milk:**

White – 12g carbs

Chocolate 23g carbs

**Juice:**

Orange – 14g carbs

Apple – 14g carbs

Fruit – 15g carbs

Grape – 19g carbs

**Graham Snacks:**

Goldfish Grahams – 19g carbs

Graham Crackers – 16g carbs

Scooby Snacks – 21g carbs

Bug Bites – 21g

**Sandwiches:**

Peanut Butter & Jelly – 43g carbs

Turkey Ham – 30g carbs

American Cheese – 30g carbs

Turkey – 30g carbs

Tuna – 30g carbs

**Breakfast Entrees:**

Cereal - 25g carbs (See Package, May Vary)

UBR – 43g carbs

Donut – 38g carbs

Cereal Bar – 29-30g carbs (See Package, May Vary)

Muffin – 30-32g carbs (See Package, May Vary)

Pop Tart – 38g carbs

**Should you have any questions, please contact Jennifer Klein in the Food Service Department at 716-686-3638**