

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 |
| Craisins (HS ONLY) | 28 |
| Apple, Whole | 22 |
| Baked Flamin Cheetos | 14 |
| | 94 |

Spicy Chicken Wrap

| Item | Carb (G) |
|---------------------------|-----------|
| Spicy Chic Nuggets (8) | 24 |
| 10" Tortilla | 40 |
| Shredded Cheddar 1oz | 1 |
| Romaine Lettuce 1c | 1.5 |
| Tomato Slice 1 oz | 1 |
| Ranch Dressing | 1 |
| Apple Slices | 8 |
| Craisins (HS ONLY) | 28 |
| Baked Doritos | 20 |
| | 124.5 |