

# Sack Lunch Carbs

Deli Sandwich (School Made) - 23 carbs

Apple or Orange - 18 carbs

$\frac{3}{4}$  C. Carrot Sticks - 5 carbs

Ranch Dressing - 2 carbs

Marshmallow Rice Treat - 15 carbs

Chocolate Milk - 20 carbs

White 1% Milk - 13 carbs