

# Sack Lunch Carb Count

Made with bread, not a bun.

Sandwich (school-made) - 40 carbs

Apple or Orange - 18 carbs

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

Ranch Dressing - 2 carbs

Marshmallow Rice Treat - 15 carbs

Chocolate Milk - 20 carbs

Regular Milk - 13 carbs