High Trails High www.hightrails Understanding how we can all fit together on one healthy planet

Menu: CARB COUNT

NOTE: this menu and the carb counts are only a	ARRIVAL DAY Dining Hall Lunch	MONDAY Dinne	
guide – there may be slight changes in the menu	BBQ Chicken (2oz = 30g) + Bun (38g)	Appetizer: Honey Biscuit (1 piece=18g)	
and carb counts should be done based upon	Chocolate Chip Cookies (1piece=17g)	Chicken Nuggets (6 nuggets/4.26 oz=13g)	
what food is actually being eaten.	Water on Tables, Punch (1 8oz cup=21g)	Macaroni & Cheese (2oz = 41g)	
Salad Bar Toppings: calculate salad and	Ranch (1 tbsp=1g)	Watermelon (286g/l wedge = 21g carbs)	
	Nut Free/Jelly Sandwiches (1/2 sandwich=34g)	Sugar Cookies (1 piece=14g)	
toppings individually per student.	Bean & Cheese Wraps (1 wrap=30g)	Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g)	
Vegetarian or Gluten Free Dish: calculate	Trail Mix: cereal, raisins, chocolate chips &	Water on Tables, Lemonade (1 8oz cup=21g)	
individually per student.	marshmallows (1 handful/1 oz=42g)	Nut Free/Jelly Sandwiches (1/2=34g)	
		Bean & Cheese Rolls (1 wrap=30g)	
		Sliced Apples (4 slices=10g)	
	TUEDDAY	Sliced Oranges (4 slices=8g)	
TUESDAY Breakfast Scrambled Eggs (1 scoop/4oz=2g) Image: scoop/4oz=2g)	TUESDAY Trail Lunch Nut Free/Jelly Sandwiches (1 sandwich=68g)	TUESDAY Dinne Appetizer: Garlic Bread (1 piece=7g)	
Tater Tots(1 scoop/3oz=15g)	Ham &Cheese Sandwich (1 sandwich=35g)	Spaghetti with Sauce (1 scoop/4oz=48g)	
Rice Krispies (1 cup/1oz=26g)	Turkey & Cheese Sandwich (1 sandwich=33g)	Meatballs (6 meatballs/3oz=8g)	
Cheerios (1 cup/1oz=23g)	Bean & Cheese Rolls (1wrap=30g)	Green Beans $(1/2 \text{ cup} = 4\text{g})$	
Raisin Bran (1 cup/2oz=45g)	Apple (1=20g) Orange (1=15g)	Oatmeal Cookies (1 piece=13g)	
Datmeal Packs (O=19g, MBS=32g, CS=32g, AC=33g)	Trail Mix: cereal, raisins, chocolate chips &	Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g)	
Canned Peaches (1/4 cup/2oz=7g)	marshmallows (1 handful/1oz=42g)	Water on Tables, Lemonade (1 8oz cup=21g)	
Pineapple (1/4 cup/3oz=11g)	Potato Chips (1 handful/1.2oz=18g)	Nut Free/Jelly Sandwiches (1/2=34g)	
Apples (4 slices=10g) Oranges (4 slices=8g)	Animal Crackers (1 handful/1oz=22g)	Bean & Cheese Rolls (1 wrap=30g)	
Milk (1 8oz cup=13g) Orange Juice (1 8oz cup=27g)	*Earthworks cookie (1 piece=19g)	Apples (4 slices=10g) Oranges (4 slices=8g)	
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WEDNESDAY Breakfast	WEDNESDAY Trail Lunch	WEDNESDAY Dinne	
Pancakes (2 pancakes/3.2oz=35g)	Nut Free/Jelly Sandwiches (1 sandwich=68g)	Appetizer: Corn Bread (1 piece=21g)	
Syrup (2tbsp=26g)	Ham & Cheese Sandwich (1 sandwich=35g)	Orange Chicken (1 scoop/5oz=26g)	
Sausage (3 sausages/2.4oz=0g)	Turkey & Cheese Sandwich (1 sandwich=33g)	Rice (1 scoop/3oz=22g)	
Rice Krispies (1 cup/1oz=26g)	Bean & Cheese Rolls (1 wrap=30g)	Broccoli (1 scoop/2oz=4g)	
Cheerios (1 cup/1oz=23g)	Apple (1=20g) Orange (1=15g)	Rice Krispie Treats (1 piece=23g)	
Raisin Bran (1 cup/2oz=45g)	Trail Mix: cereal, raisins, chocolate chips &	Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g)	
Oatmeal Packs (O=19g, MBS=32g, CS=32g, AC=33g)	marshmallows (1 handful/1oz=42g)	Water on Tables, Lemonade (1 8oz cup=21g)	
	Corn Chips (1 handful/1.2oz=19g)	Nut Free/Jelly Sandwiches (1/2=34g)	
Canned Peaches (1/4 cup/2oz=7g) Pineapple (1/4 cup/3oz=11g)		Nut Free/Jelly Sandwiches (1/2=34g) Bean & Cheese Rolls (1 wrap=30g)	
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High Trails High Trails POST OFFICE BOX 2640 BIG BEAR CITY, CA 92314 TELEPHONE/FAX: 800 428-1851 WWW.HIGHTRAILS.COM

Menu w/Cookout: CARB COUNT

NOTE: this menu and th	a anyla any water and a which		
	ie carb counts are only a	ARRIVAL DAY Dining Hall Lunch	MONDAY Dinn
guide – there may be sli	ight changes in the menu	BBQ Chicken (2oz = 30g) + Bun (38g)	Appetizer: Corn Bread(1 piece=21g)
and carb counts should	be done based upon	Chocolate Chip Cookies (1piece=17g)	Chicken Nuggets (6 nuggets/4.26 oz=13g)
what food is actually bei	ing eaten	Water on Tables, Punch (1 8oz cup=21g)	Macaroni & Cheese (2oz = 41g)
Salad Bar Toppings: ca	•	Ranch (1 tbsp=1g)	Broccoli(1 scoop/2oz=4g)
		Nut Free/Jelly Sandwiches (1/2 sandwich=34g)	Oatmeal Cookies (1 piece=13g)
toppings individually per		Bean & Cheese Wraps (1 wrap=30g)	Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g)
Vegetarian Dish: calcul	late individually per	Trail Mix: cereal, raisins, chocolate chips &	Water on Tables, Punch (1 8oz cup=21g)
student.		marshmallows (1 handful/1 oz=42g)	Nut Free/Jelly Sandwiches (1/2=22g)
			Bean & Cheese Rolls(1 wrap=30g)
			Apples (4 slices=10g) Oranges (4 slices=8g)
TUESDAY	Breakfast	TUESDAY Trail Lunch	TUESDAY Dinn
Scrambled Eggs (1 scoop/4	loz=2g)	Nut Free/Jelly Sandwiches (1 sandwich=68g)	Appetizer: Garlic Bread (1 piece=7g)
Tater Tots(1 scoop/3oz=15g	g)	Ham &Cheese Sandwich (1 sandwich=35g)	Spaghetti with Sauce (1 scoop/4oz=48g)
Rice Krispies(1 cup/1oz=26	ig)	Turkey & Cheese Sandwich (1 sandwich=33g)	Meatballs (6 meatballs/3oz=8g)
Cheerios (1 cup/1oz=23g)		Bean & Cheese Rolls (1 wrap=30g)	Green Beans (1/2 cup = 4g)
Raisin Bran(1 cup/2oz=45g))	Apple (1=20g) Orange (1=15g)	Rice Krispie Treats(1 piece=23g)
Oatmeal Packs (O=19g, ME	3S=32g, CS=32g, AC=33g)	Trail Mix: cereal, raisins, chocolate chips &	Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g)
Canned Peaches(1/4 cup/2)	oz=7g)	marshmallows(1 handful/1oz=42g)	Water on Tables, Punch (1 8oz cup=21g)
Pineapple(1/4 cup/3oz=11g)	Potato Chips(1 handful/1.2oz=18g)	Nut Free/Jelly Sandwiches (1/2=22g)
Apples (4 slices=10g) Orang	ges (4 slices=8g)	Animal Crackers(1 handful/1oz=22g)	Bean & Cheese Rolls(1 wrap=30g)
Milk(1 8oz cup=13g)Orange	e Juice (1 8oz cup=27g)	*Earthworks cookie (1 piece=19g)	Apples (4 slices=10g) Oranges (4 slices=8g)
WEDNESDAY	Breakfast	WEDNESDAY Trail Lunch	WEDNESDAY Dinn
Pancakes(2 pancakes/3.202	z=35g)	Nut Free/Jelly Sandwiches (1 sandwich=68g)	Appetizer: Honey Biscuit(1 piece=18g)
Syrup (2tbsp=26g)		Ham &Cheese Sandwich (1 sandwich=35g)	Cheese Pizza(4 slices=56g)
Sausage (3 sausages/2.4oz		Turkey & Cheese Sandwich (1 sandwich=33g)	Peas (1 scoop/3oz=8g)
Rice Krispies(1 cup/1oz=26	ig)	Bean & Cheese Rolls (1 wrap=30g)	Chocolate Cookies (1 piece=15g)
		Apple (1=20g) Orange (1=15g)	Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g)
Cheerios (1 cup/1oz=23g)			
Raisin Bran(1 cup/2oz=45g)	,	Trail Mix: cereal, raisins, chocolate chips &	Water on Tables, Punch (1 8oz cup=21g)
Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME	3S=32g, CS=32g, AC=33g)	marshmallows(1 handful/1oz=42g)	Nut Free/Jelly Sandwiches (1/2=22g)
Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2	3S=32g, CS=32g, AC=33g) oz=7g)	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g)	Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g)
Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=11g Pineapple(1/4 cup/3oz=11g	SS=32g, CS=32g, AC=33g) oz=7g)))	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g) Graham Crackers (1 piece/1oz=21g)	Nut Free/Jelly Sandwiches (1/2=22g)
Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2o Pineapple(1/4 cup/3oz=11g Apples (4 slices=10g) Orang	SS=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g)	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g)	Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g)
Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2o Pineapple(1/4 cup/3oz=11g Apples (4 slices=10g) Orang Milk(1 8oz cup=13g)Orange	SS=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g) a Juice (1 8oz cup=27g)	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g) Graham Crackers (1 piece/1oz=21g) *Earthworks cookie (1 piece=19g)	Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g)
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Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2o Pineapple(1/4 cup/3oz=11g Apples (4 slices=10g) Orang Milk(1 8oz cup=13g)Orange THURSDAY Scrambled Eggs (1 scoop/4	S=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast Ioz=2g)	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g) Graham Crackers (1 piece/1oz=21g) *Earthworks cookie (1 piece=19g) THURSDAY Trail Lunch Nut Free/Jelly Sandwiches (1 sandwich=68g)	Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g) COOKOL Turkey Hot Dogs and Bun(1 hot dog in bun=26g)
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Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=11g Apples (4 slices=10g) Orang Milk(1 8oz cup=13g)Orang THURSDAY Scrambled Eggs (1 scoop/4 Hash Browns (1 scoop/3oz= Rice Krispies(1 cup/1oz=26 Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=11g Apples (4 slices=10g) Orang Milk(1 8oz cup=13g)Orange FRIDAY French Toast (2 pieces/5oz= Syrup (2tbsp=26g)	AS=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast Hoz=2g) =15g)) 3S=32g, CS=32g, AC=33g) oz=7g)) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g) Graham Crackers (1 piece/1oz=21g) *Earthworks cookie (1 piece=19g) THURSDAY Trail Lunch Nut Free/Jelly Sandwiches (1 sandwich=68g) Ham &Cheese Sandwich (1 sandwich=35g) Turkey & Cheese Sandwich (1 sandwich=33g) Bean & Cheese Rolls (1 wrap=30g) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1oz=42g) Pretzels(1 handful/1.2oz=28g) Pumpkin Bread(1 piece=21g) Banana Bread (1 piece=21g) Banana Bread (1 piece=26g) *Earthworks cookie (1 piece=19g) DEPARTURE DAY Lunch served on request Standard Trail Lunch OR Cheeseburger(1 each=32g)	Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g) COOKOU Turkey Hot Dogs and Bun(1 hot dog in bun=26g) Corn Chips(1 handful/1.2oz=19g) Potato Chips(1 handful/1.2oz=18g) Watermelon (1 cup, diced=11g) Baby Carrots (4 carrots/2oz=5g) Apples (4 slices=10g) S'Mores (1 s'more=21g)(1 marshmallow=6g, 3 square chocolate=5g, 2 graham cracker pieces=11g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) NilGHT SNACKS Ritz Crackers (1 handful/1 oz=9g) Nilla Wafers (1 handful/1 oz=21g)
Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=11g Apples (4 slices=10g) Orang Milk(1 8oz cup=13g)Orang THURSDAY Scrambled Eggs (1 scoop/4 Hash Browns (1 scoop/3oz= Rice Krispies(1 cup/1oz=26 Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=11g Apples (4 slices=10g) Orang Milk(1 8oz cup=13g)Orange FRIDAY French Toast (2 pieces/5oz= Syrup (2tbsp=26g) Bacon (3 pieces=0g)	AS=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast Hoz=2g) =15g)) 3S=32g, CS=32g, AC=33g) oz=7g)) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g) Graham Crackers (1 piece/1oz=21g) *Earthworks cookie (1 piece=19g) THURSDAY Trail Lunch Nut Free/Jelly Sandwiches (1 sandwich=68g) Ham &Cheese Sandwich (1 sandwich=35g) Turkey & Cheese Sandwich (1 sandwich=33g) Bean & Cheese Rolls (1 wrap=30g) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1oz=42g) Pretzels(1 handful/1.2oz=28g) Pumpkin Bread(1 piece=21g) Banana Bread (1piece=21g) Banana Bread (1piece=26g) *Earthworks cookie (1 piece=19g) DEPARTURE DAY Lunch served on request Standard Trail Lunch OR Cheeseburger(1 each=32g) Vegetable Soup (1c=15g)**	Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g) COOKOL Turkey Hot Dogs and Bun(1 hot dog in bun=26g) Corn Chips(1 handful/1.2oz=19g) Potato Chips(1 handful/1.2oz=18g) Watermelon (1 cup, diced=11g) Baby Carrots (4 carrots/2oz=5g) Apples (4 slices=10g) S'Mores (1 s'more=21g)(1 marshmallow=6g, 3 square chocolate=5g, 2 graham cracker pieces=11g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) NIGHT SNACKS Ritz Crackers (1 handful/1 oz=9g)
Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=11g Apples (4 slices=10g) Orang Milk(1 8oz cup=13g)Orange THURSDAY Scrambled Eggs (1 scoop/4 Hash Browns (1 scoop/3oz=7 Rice Krispies(1 cup/1oz=26 Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=11g Apples (4 slices=10g) Orange Milk(1 8oz cup=13g)Orange FRIDAY French Toast (2 pieces/5oz= Syrup (2tbsp=26g) Bacon (3 pieces=0g) Syrup (2tbsp=25g)	AS=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast 4oz=2g) =15g) (g)) 3S=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast =64g)	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g) Graham Crackers (1 piece/1oz=21g) *Earthworks cookie (1 piece=19g) THURSDAY Trail Lunch Nut Free/Jelly Sandwiches (1 sandwich=68g) Ham &Cheese Sandwich (1 sandwich=35g) Turkey & Cheese Sandwich (1 sandwich=33g) Bean & Cheese Rolls (1 wrap=30g) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1oz=42g) Pretzels(1 handful/1.2oz=28g) Pumpkin Bread(1 piece=21g) Banana Bread (1piece=21g) Banana Bread (1piece=21g) DEPARTURE DAY Lunch served on request Standard Trail Lunch OR Cheeseburger(1 each=32g) Vegetable Soup (1c=15g)** Chocolate Chip Cookies (1 piece=17g)	Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g) COOKOU Turkey Hot Dogs and Bun(1 hot dog in bun=26g) Corn Chips(1 handful/1.2oz=19g) Potato Chips(1 handful/1.2oz=18g) Watermelon (1 cup, diced=11g) Baby Carrots (4 carrots/2oz=5g) Apples (4 slices=10g) S'Mores (1 s'more=21g)(1 marshmallow=6g, 3 square chocolate=5g, 2 graham cracker pieces=11g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) NilGHT SNACKS Ritz Crackers (1 handful/1 oz=9g) Nilla Wafers (1 handful/1 oz=21g)
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Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=11g Apples (4 slices=10g) Orang Milk(1 8oz cup=13g)Orange <i>THURSDAY</i> Scrambled Eggs (1 scoop/4 Hash Browns (1 scoop/3oz= Rice Krispies(1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=45g) Oatmeal Packs (O=19g, ME Canned Peaches(1/4 cup/2oz=45g) Apples (4 slices=10g) Orange Milk(1 8oz cup=13g)Orange <i>FRIDAY</i> French Toast (2 pieces/5oz= Syrup (2tbsp=26g) Bacon (3 pieces=0g) Syrup (2tbsp=25g) Strawberry Yogurt (1/4 cup/ Granola (1/3cup=22g) Rice Krispies(1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g)	AS=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast Aoz=2g) =15g))) 3S=32g, CS=32g, AC=33g) oz=7g))) ges (4 slices=8g) a Juice (1 8oz cup=27g) Breakfast =64g) //2oz=10g) ig))	marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g) Graham Crackers (1 piece/1oz=21g) *Earthworks cookie (1 piece=19g) THURSDAY Trail Lunch Nut Free/Jelly Sandwiches (1 sandwich=68g) Ham &Cheese Sandwich (1 sandwich=35g) Turkey & Cheese Sandwich (1 sandwich=33g) Bean & Cheese Rolls (1 wrap=30g) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1oz=42g) Pretzels(1 handful/1.2oz=28g) Pumpkin Bread(1 piece=21g) Banana Bread (1 piece=26g) *Earthworks cookie (1 piece=19g) DEPARTURE DAY Lunch served on request Standard Trail Lunch OR Cheeseburger(1 each=32g) Vegetable Soup (1c=15g)** Chocolate Chip Cookies (1 piece=17g) Water on Tables, Punch (1 8oz cup=21g) Ranch (1 tbsp=1g) Nut Free/Jelly Sandwiches (1/2 sandwich=34g)	Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g) COOKOU Turkey Hot Dogs and Bun(1 hot dog in bun=26g) Corn Chips(1 handful/1.2oz=19g) Potato Chips(1 handful/1.2oz=18g) Watermelon (1 cup, diced=11g) Baby Carrots (4 carrots/2oz=5g) Apples (4 slices=10g) S'Mores (1 s'more=21g)(1 marshmallow=6g, 3 square chocolate=5g, 2 graham cracker pieces=11g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls(1 wrap=30g) NilGHT SNACKS Ritz Crackers (1 handful/1 oz=9g) Nilla Wafers (1 handful/1 oz=21g)
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