

Bistro Box Carb Counts

Cereal Box

Cocoa Puffs 25g
Lucky Charms 23g
Cinnamon Toast Crunch 22g
String Cheese 0g
Yoplait Yogurt 15g
Upstate Farms Yogurt 19g
Carrots 4g
Applesauce Cup 14g
Goldfish Grahams 19g

Nacho Box

Tortilla Chips 18g
Nacho Cheese Sauce 3g
Go-Gurt 8g
Sliced Apples 8g
Carrots 4g
Banana Muffin 31g

Fruit and Yogurt Parfait Box

Fruit and Yogurt Parfait w/ granola: 61.5g
Carrots 4g
Raisins 29g
Craisins 28g
Chocolate Muffin 25g
Colby Jack Cheese Stick 1g

Protein Pack

Hummus 7g
Pretzels 16g
Grapes 14g
Sunflower Seeds 5g
Chocolate Elf Grahams 20g
Goldfish Graham 19g
Cheese Its 14g

Pizza Kit

Flat Bread 26g
Marinara Cup 6g
Shredded Mozzarella 1g
Cinnamon Applesauce Cup 17g
Carrots 4g

Cracker Stacker Box

Wheat Thins 22g
Cheese Its 14g
Sliced Cheddar Cheese 2g
Yoplait Yogurt 15g
Upstate Farms Yogurt 19g
Whole Apple 15g
Fresh Broccoli 1g
Ranch Cup 2g

Picnic Box

Pasta Salad 22g
Dinner Roll 16g
Carrots 4g
Cheese Cubes 1g
Whole Apple 15g
Cutie Orange 9g
Pear 22g
Goldfish Graham 19g
Baked Cheetos 20g

Bagel Box

Bagel 28g
Cream Cheese 1g
Yoplait Yogurt 15g
Upstate Farms Yogurt 19g
String Cheese 1g
Applesauce Cup 14g

SunButter and Jelly Kit

Mini Naan Breads 23g
Sun Butter Cup 2.2 oz 7g
Jelly 9g
Banana 27g
Celery 2g
Raisins 30g
Pretzels 23g

Belgian Waffle Box

Waffle 37g
Chocolate Spread (Chickpea) 17g
Strawberries 10g
Celery 2g
String Cheese 1g

Veggie Wrap Box

Tortilla 30g
Avocado ½ 20g
Diced Tomato 2g
Shredded Cheese 1g
Hard Boiled Egg ½ 0g
Blueberries 10g

Other Varieties:

Carrots and Celery Mix 6g
Chocolate/Chocolate Chip Muffin 27g
Blueberry Muffin 30g
Cinnamon Muffin 27g
Red Pear 27g