

Fuel 4 U Breakfast Kit Carbohydrate Counts by Kit

NOTE: All kits are now served with a 4.23 oz juice and a piece of fruit. The carb counts below include cereal, cracker, juice and milk. Please **ADD** the carb count for the piece of fruit from your fruit chart to the **TOTAL** to determine the amount of carbs per meal.

KIT ITEMS	CARBOHYDRATE (g)
Cinnamon Toast Crunch Cereal	22g
Vanilla Bear Grahams	20g
100% Apple Juice	(4.23oz): 15g
Skim Milk, White	11g
1%, White	11g
Skim Milk, Chocolate	20g
TOTAL: White 68g, Chocolate 77g	

KIT ITEMS	CARBOHYDRATE (g)
Cocoa Puffs Cereal	25g
Cinnamon Grahams	20g
100% Straw-Ban Juice Blend	(4.23oz): 15g
Skim Milk, White	11g
1%, White	11g
Skim Milk, Chocolate	20g
TOTAL: White 71g, Chocolate 80g	

KIT ITEMS	CARBOHYDRATE (g)
Golden Grahams Cereal	24g
Chocolate Bear Grahams	21g
100% Apple Juice	(4.23oz): 15g
Skim Milk, White	11g
1%, White	11g
Skim Milk, Chocolate	20g
TOTAL: White 71g, Chocolate 80g	

KIT ITEMS	CARBOHYDRATE (g)
Frosted Flakes Cereal	24g
Chocolate Bear Grahams	21g
100% Tropical Fruit Juice Blend	(4.23oz): 15g
Skim Milk, White	11g
1%, White	11g
Skim Milk, Chocolate	20g
TOTAL: White 71g, Chocolate 80g	

NOTE: Please **ADD** the carb count for the piece of fruit from your fruit chart to the **TOTAL** to determine the amount of carbs per meal.

KIT ITEMS	CARBOHYDRATE (g)
Apple Cinnamon Cheerios Cereal	22g
Strawberry Waffle Grahams	21g
100% Grape Juice Blend	(4.23oz): 15g
Skim Milk, White	11g
1%, White	11g
Skim Milk, Chocolate	20g
TOTAL: White 69g, Chocolate 78g	

KIT ITEMS	CARBOHYDRATE (g)
Lucky Charms Cereal	23g
Honey Grahams	20g
100% Tropical Fruit Juice Blend	(4.23oz): 15g
Skim Milk, White	11g
1%, White	11g
Skim Milk, Chocolate	20g
TOTAL: White 69g, Chocolate 78g	

KIT ITEMS	CARBOHYDRATE (g)
Trix Cereal	24g
Cinnamon Grahams	20g
100% Grape Juice Blend	(4.23oz): 15g
Skim Milk, White	11g
1%, White	11g
Skim Milk, Chocolate	20g
TOTAL: White 70g, Chocolate 79g	

KIT ITEMS	CARBOHYDRATE (g)
Fruity Cheerios Cereal	26g
Lemon Dinosaur Grahams	20g
100% Apple Juice	(4.23oz): 15g
Skim Milk, White	11g
1%, White	11g
Skim Milk, Chocolate	20g
TOTAL: White 72g, Chocolate 81g	