

Elementary Nutrition and Information for Carbs by the Week.

The following carbohydrate list is based entirely on information provided by the manufactures, USDA or distributors of the associated products. The District has not made any attempt to verify the information provided nor can the District represent or warrant the provided information is complete, accurate or fit for any particular purpose.

Additionally, manufactures and distributors sometimes change their recipes or the quantity of the products they provide in a serving. Such changes may result in changes in carbohydrate content.

The District recommends that diabetic patients consult their physicians and follow medical and other advice concerning carbohydrate intake to insure blood sugars are maintained at appropriate levels.

The nutrition listed for the Salad and Yogurt Lunches does not include Grain, Fruit/Vegetable of the day or Milk.

**Please contact the Food & Nutrition office
at 586 598-7663 for questions.**