

## Carb Counts

| Menu Item                      | Serving Size                           | Carbohydrate Grams |
|--------------------------------|--|--------------------|
| <b><i>Bread/Grains</i></b>     |  |                    |
| Asian Style Rice               | ½ cup                                  | 30                 |
| Bagel, Whole Wheat             | 2 oz                                   | 29                 |
| Biscuit, Homemade              | Each                                   | 32                 |
| Biscuit, BIC                   | Each                                   | 23                 |
| Blueberry Muffin               | Each                                   | 30                 |
| Bread, whole wheat, sliced     | 1 slice                                | 13                 |
| Chili Lemon Rice               | ½ cup                                  | 15.2               |
| Cinnamon Roll, no frosting     | Each                                   | 32                 |
| Cinnamon Roll w/ frosting      | Each                                   | 50                 |
| Cinnamon Twist                 | Each                                   | 32                 |
| Cookie                         | Each                                   | 27                 |
| Cowboy Bread                   | 1 square                               | 40.44              |
| Cowboy Muffin                  | Each                                   | 41.8               |
| Croutons                       | 2 oz                                   | 20                 |
| Dinner Roll 1.5 oz (ECE-8)     | Each                                   | 20                 |
| Dinner Roll 2 oz (6-12)        | Each                                   | 26.7               |
| French Toast                   | 1 slice                                | 20.5               |
| Garlic Bread                   | 1 slice                                | 25                 |
| Graham Crackers                | 1 package<br>2 packages<br>4 packages  | 11<br>22<br>44     |
| Granola                        | 1/4 cup                                | 19.6               |
| Hamburger Bun                  | each                                   | 26                 |
| Honey Streusel Muffin          | Each                                   | 29                 |
| Hot Dog Bun                    | Each                                   | 22                 |
| Saltines, WG                   | 2 packages<br>4 packages<br>8 packages | 9<br>18<br>36      |
| Spanish Rice                   | ½ cup<br>¾ cup<br>1 cup                | 15.5<br>23.3<br>31 |
| Tortilla, corn 6"              | Each                                   | 23                 |
| Tortilla, flour 8"             | Each                                   | 30.4               |
| Tortilla, flour 10"            | Each                                   | 37.2               |
| Tortilla chips                 | 1 oz<br>2 oz                           | 17<br>34           |
| Tostada shell                  | Each<br>2 Each                         | 7<br>14            |
| Zucchini Bread IW              | Slice                                  | 43                 |
| Zucchini Muffin w/ choc. chips | Each                                   | 47                 |
|                                |  |                    |
|                                |  |                    |
|                                |  |                    |

## Carb Counts

| <b><i>Snack Menu Items</i></b>          | <b><i>Serving</i></b>      | <b><i>Carbohydrate Grams</i></b> |
|---|----------------------------|----------------------------------|
| Apple Wedges                            | ¾ cup                      | 19.25                            |
| Baby Carrots                            | ¾ cup                      | 9                                |
| Bean Dip & Tortilla chips               | Serving                    | 30                               |
| Blueberry Muffin                        | Each                       | 30                               |
| Celery Sticks                           | ¾ cup                      | 3.5                              |
| Cheez-it Crackers                       | 1 pkg                      | 14                               |
| Cheese Stick                            | Each                       | 1                                |
| Chicken Salad & Crackers                | Serving                    | 22                               |
| Chips, Salsa and Celery                 | Serving                    | 24.33                            |
| Cowboy Bread                            | 1 square                   | 40.44                            |
| Graham Crackers                         | 2 packages                 | 22                               |
| Granola Bar, Homemade                   | Each                       | 76                               |
| Hummus Wrap (1/2)                       | Each                       | 31                               |
| Oatmeal Muffin Square                   | Each                       | 34.25                            |
| Orange Wedges                           | ¾ cup                      | 18.5                             |
| Saltines, WG                            | 4 packages                 | 18                               |
| Turkey Cheese Wrap                      | ½ wrap                     | 18.5                             |
| Turkey Snack                            | Serving                    | 18                               |
| Turkey Sandwich                         | ½ sandwich                 | 11.5                             |
| Yogurt, flavored                        | 4 oz                       | 15                               |
| WOW Butter & Jelly sandwich             | ½ sandwich                 | 27                               |
|   |                            |                                  |
| <b><i>Breakfast Items</i></b>           | <b><i>Serving Size</i></b> | <b><i>Carbohydrate Grams</i></b> |
| Applesauce Oatmeal                      | ½ cup                      | 22.5                             |
| Bagel, WG 2 oz                          | 1                          | 29                               |
| Baked French Toast                      | Serving                    | 53                               |
| Banana Bread, IW <b>BIC</b>             | Each                       | 43                               |
| Biscuit & Gravy                         | Serving                    | 39                               |
| Blueberry Mango Smoothie                | Each                       | 60.5                             |
| Blueberry Strawberry Smoothie           | Each                       | 51.5                             |
|   |                            |                                  |
| Breakfast Bar, Cinnamon Honey           | Each                       | 36                               |
| Breakfast Burrito                       | Each                       | 42.89                            |
| Breakfast Pizza                         | Slice                      | 27                               |
| Breakfast Sausage Cannoli               | Each                       | 16                               |
| Cheerios Cereal                         | 1 Bowlpak                  | 20                               |
| Cheese Stuffed Breadstick               | Each                       | 18                               |
| Cheese Toast                            | Slice                      | 34.25                            |
| Chicken Biscuit Sandwich, <b>BIC</b>    | Each                       | 28                               |
|   |                            |                                  |
| Cinnamon Chex Cereal                    | 1 Bowlpak                  | 23                               |
| Cinnamon Glazed French Toast Strips, IW | Each                       | ???                              |
|   |                            |                                  |

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|                                      |                     |                               |
|--------------------------------------|---------------------|-------------------------------|
| Cinnamon Roll                        | Each                | 34.4                          |
| Cinnamon Toast Crunch Cereal         | 1 Bowlpak           | 24.5                          |
| Cinnamon Toast, homemade             | Each                | 34                            |
| Egg & Cheese Biscuit Sandwich        | Each                | 33.5                          |
| Egg & Cheese Biscuit, IW, <b>BIC</b> | Each                | 22                            |
| Egg & Cheese Pinwheel                | 1 slice             | 30.75                         |
| Egg & Cheese Quiche                  | Serving             | 21                            |
| Fruitel, Apple or Cherry             | Each                | 36                            |
| Graham Crackers, 2 pkg               | 2 pkg               | 22                            |
| Ham & Cheese Bagel                   | Each                | 32.3                          |
| Mango Smoothie                       | Each                | 67                            |
| Mozzarella Cheese Stick              | 1 oz                | 1                             |
| Oatmeal                              | ½ cup               | 11                            |
| Omelet, IW, <b>BIC</b>               | Each                | 0                             |
| Pancakes, Mini IW, <b>BIC</b>        | Pouch               | 34                            |
| Pancakes, Regular Size               | 2                   | 25                            |
| Peach Smoothie                       | Each                | 67                            |
| Rice Chex Cereal                     | 1 Bowlpak           | 24                            |
| Sausage (Turkey) Link                | 1 Each              | 0                             |
| Sausage (turkey) Patty               | 1 Each              | 1                             |
| Sausage Biscuit                      | Each                | 33.5                          |
| Sausage Cannoli                      | Each                | 16                            |
| Scrambled Eggs                       | 2 oz                | 1                             |
| Strawberry Smoothie                  | Each                | 56.3                          |
| Toast                                | Full Slice          | 32                            |
|                                      | ½ slice             | 16                            |
| Texas Toast                          | 1 slice             | 23                            |
| Waffles, mini blueberry              | Pouch               | 38                            |
| Yogurt Basket, breakfast             | Each                | 35                            |
| Yogurt Parfait                       | Each                | 41                            |
| Zucchini Bread, IW <b>BIC</b>        | Slice               | 43                            |
| Zucchini Muffin w/ choc. chips       | Each                | 47                            |
|                                      |                     |                               |
|                                      |                     |                               |
| <b>JUICE BOX, 4.23 oz</b>            |                     |                               |
| Apple Juice                          | Each                | 14                            |
| Grape Juice                          | Each                | 20                            |
|                                      |                     |                               |
| <b>JUICE CARTONS, 4 oz</b>           |                     |                               |
| Apple Juice                          | Carton              | 14                            |
| Orange Juice                         | Carton              | 15                            |
|                                      |                     |                               |
| <b>Milk</b>                          | <b>Serving Size</b> | <b>Carbohydrate<br/>Grams</b> |
| Fat Free White                       | ½ pint              | 13                            |
| 1% White                             | ½ pint              | 13                            |

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|                              |                     |                           |
|------------------------------|---------------------|---------------------------|
| Chocolate Skim               | ½ pint              | 20                        |
| Strawberry Skim              | ½ pint              | 19                        |
|                              |                     |                           |
|                              |                     |                           |
| <b>Vegetables</b>            | <b>Serving Size</b> | <b>Carbohydrate Grams</b> |
| Baby Carrots                 | ½ cup               | 6                         |
| Baby Carrots                 | ¾ cup               | 9                         |
| Black Beans                  | ½ cup               | 32                        |
| Black Beans                  | ¾ cup               | 51                        |
| Broccoli, raw                | ½ cup               | 6                         |
| Broccoli, raw                | ¾ cup               | 9                         |
| Calabacitas con Elote        | ½ cup               | 9.6                       |
| Calabacitas con Elote        | ¾ cup               | 14                        |
| Cauliflower                  | ½ cup               | 4                         |
| Cauliflower                  | ¾ cup               | 5.5                       |
| Celery Sticks                | ½ cup               | 2                         |
| Celery Sticks                | ¾ cup               | 3.5                       |
| Cherry Tomatoes              | ½ cup               | 3.6                       |
| Cherry Tomatoes              | ¾ cup               | 5.4                       |
| Coleslaw, tri-color          | ½ cup               | 4                         |
| Coleslaw, tri-color          | ¾ cup               | 5.25                      |
| Cucumber Coins               | ½ cup               | 3.29                      |
| Cucumber Coins               | ¾ cup               | 4.77                      |
| Cucumber Tomato Salad        | ½ cup               | 2.9                       |
| Cucumber Tomato Salad        | ¾ cup               | 4.35                      |
| Fiesta Bean Salad            | ½ cup               | 29                        |
| Fiesta Bean Salad            | ¾ cup               | 43.5                      |
| Garden Greens (Tossed Salad) | 1 cup               | 2.32                      |
| Garden Greens (Tossed Salad) | 2 cup               | 4.64                      |
| Green Beans                  | ½ cup               | 4                         |
| Green Beans                  | ¾ cup               | 6                         |
| Italian Green Beans          | ½ cup               | 4.8                       |
| Italian Green Beans          | ¾ cup               | 7.2                       |
| Mashed Potatoes              | ¾ cup               | 23                        |
| Mashed Potatoes              | 1 cup               | 30.5                      |
| Oven Browned Potatoes        | ½ cup               | 16.5                      |
| Oven Browned Potatoes        | ¾ cup               | 24.8                      |
| Pepper Strips                | ½ cup               | 3.5                       |
| Pepper Strips                | ¾ cup               | 5.4                       |
| Potato Salad                 | ½ cup               | 19.6                      |
| Potato Salad                 | ¾ cup               | 28.75                     |
| Potato Strips (French Fries) | ½ cup               | 18                        |
| Potato Strips (French Fries) | ¾ cup               | 27.4                      |
| Southwest Beans              | ½ cup               | 40.5                      |

## Carb Counts

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|                         |                     |                           |
|-------------------------|---------------------|---------------------------|
| Southwest Beans         | ¾ cup               | 60.75                     |
| Spanish Beans           | ½ cup               | 39.62                     |
| Spanish Beans           | ¾ cup               | 59.43                     |
| Spicy Corn Salad        | ½ cup               | 22.33                     |
| Spicy Corn Salad        | ¾ cup               | 33.5                      |
| Spicy Cumber Coins      | ½ cup               | 3.35                      |
| Spicy Cucumber Coins    | ¾ cup               | 5.5                       |
| Sweet Corn              | ½ cup               | 17                        |
| Sweet Corn              | ¾ cup               | 25.5                      |
| Sweet Peas              | ½ cup               | 13                        |
| Sweet Peas              | ¾ cup               | 19.75                     |
| Sweet Potato Strips     | ½ cup               | 20.5                      |
| Sweet Potato Strips     | ¾ cup               | 30.75                     |
| Sweet Potato Puffs      | ½ c                 | 22.6                      |
| Sweet Potato Puffs      | ¾ c                 | 31.4                      |
| <b>Fruits</b>           | <b>Serving Size</b> | <b>Carbohydrate Grams</b> |
| Apple, medium           | each                | 19                        |
| Apple Wedges            | ½ cup               | 13                        |
| Apple Wedges            | 1 cup               | 26                        |
| Applesauce, unsweetened | ½ cup               | 13.75                     |
| Applesauce, unsweetened | 1 cup               | 27.5                      |
| Banana, medium          | Each                | 27                        |
| Blueberries, frozen     | ½ cup               | 9                         |
| Blueberries, frozen     | 1 cup               | 18                        |
| Cantaloupe              | ½ cup               | 9                         |
| Cantaloupe              | 1 cup               | 18                        |
| Green or Red Grapes     | ½ cup               | 13.5                      |
| Green or Red Grapes     | 1 cup               | 27                        |
| Grapefruit              | ½ cup               | 14                        |
| Grapefruit              | 1 cup               | 28                        |
| Honeydew Melon          | ½ cup               | 17                        |
| Honeydew Melon          | 1 cup               | 34                        |
| Kiwi                    | ½ cup               | 14.5                      |
| Kiwi                    | 1 cup               | 29                        |
| Mandarin Oranges        | ½ cup               | 16                        |
| Mandarin Oranges        | 1 cup               | 32                        |
| Nectarines              | Each                | 15                        |
| Orange Wedges           | ½ cup               | 10.5                      |
| Orange Wedges           | 1 cup               | 21                        |
| Peaches, sliced         | ½ cup               | 14.5                      |
| Peaches, sliced         | 1 cup               | 29                        |
| Pears, fresh            | Each                | 27.5                      |
| Pears, diced            | ½ cup               | 15                        |
| Pears, diced            | 1 cup               | 30                        |
| Pineapple tidbits       | ½ cup               | 14.75                     |

## Carb Counts

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|                               |       |       |
|-------------------------------|-------|-------|
| Pineapple tidbits             | 1 cup | 29.5  |
| Plums, fresh                  | Each  | 7.5   |
| RIPS, all flavors             | Each  | 14.17 |
| Strawberries, fresh or frozen | ½ cup | 8.5   |
| Strawberries, fresh or frozen | 1 cup | 17    |
| Watermelon                    | ½ cup | 7     |
| Watermelon                    | 1 cup | 14    |