

Carb Counts

Menu Item	Serving Size	Carbohydrate Grams
Gluten Free Bread/Pasta Items		
Hot dog Bun-GF	Each	32 g
Pasta, 2 oz dry--GF	Serving	45 g
WG Hamburger Bun-GF	Each	31 g
White GF Sandwich Bread	1 slice	11 g
White Hamburger Bun-GF	Each	32 g
Whole Grain GF Sandwich Bread	1 slice	11 g
Gluten Free Entrees/Sandwiches		
BBQ Chicken	Serving	8
Broccoli & Cheese Baked Potato	Serving	45.8
Chicken Alfredo--GF	Serving	50
Chicken Penne--GF	Serving	37
Chilaquiles	Serving	24
Chili Relleno Quiche	Serving	17
Green chili chicken Enchilada	Serving	19.5
Ham & Cheese Munchable-GF	Serving	21.2
Ham & Turkey Munchable-GF	Serving	19.5
Ham Sandwich--GF	Each	24
Hamburger on Bun-GF	Each	31
Hay Stack	Serving	50
Hot Dog on a Bun-GF	Each	33
Italian Sub on GF bun	Each	33
Macaroni & Cheese--GF	Serving	48.76
Mozzarella Cheese Stick	Each	1
Nachos	Serving	36.42
Orange Chicken w/ Brown rice	Serving	61.6
Peanut Butter & Jelly Sandwich-GF	Each	46
Sloppy Joe on GF bun	Each	41
GF Pasta/ Marinara Sauce	Serving	57
GF Pasta/ Meat Sauce	Serving	56
Roast Chicken	Serving	0
Taco (1)	Each	8.3
Tacos (2)	Serving	16.6
Toasted Cheese Sandwich-GF	Each	26
Tostada Sandwich	Each	26.85
Turkey—no gravy	Serving	0
Turkey Chef Salad	Each	7.4
Turkey & Cheese Sandwich-GF	Each	23
Turkey Sandwich-GF	Each	22

Carb Counts

Accompaniments on GF Menu		
Calabacitas con Elote	½ c.	10
Cheesy Potatoes	½ c.	22.6
Potato Strips	½ c.	18
RIPS	Each	14
Southwest Beans	½ c.	36.8
Spanish Beans	½ c.	39.6
Spanish Rice	½ c.	23.5
Sweet Corn	½ c.	17
Sweet Peas	½ c.	13.44
Sweet Potato Puffs	½ c.	22.6
Tortilla Chips	1 oz	17
Milk		
Chocolate Skim	1 c.	20
Strawberry Skim	1 c.	19
White, 1%	1 c.	13
White Skim	1 c.	13

<i>Vegetables</i>	<i>Serving Size</i>	<i>Carbohydrate Grams</i>
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
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
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

Carb Counts

Mashed Potatoes	¾ cup	23
Mashed Potatoes	1 cup	30.5
Oven Brownd Potatoes	½ cup	16.5
Oven Brownd 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
Spicy Cumber Coins	½ cup	3.35
Spicy Cucumber Coins	¾ cup	5.5
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
Fruits	Serving Size	Carbohydrate Grams
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

Carb Counts

Pears, diced	½ cup	15
Pears, diced	1 cup	30
Pineapple tidbits	½ cup	14.75
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

Breakfast Items	Serving size	Carbohydrate Grams
Cinnamon Rice Chex Cereal	1 Bowlpak	23
Hard Boiled Egg	1 Each	0
Peach Smoothie	Each	67
Rice Chex Cereal	1 Bowlpak	24
Sausage (Turkey) Link	1 Each	0
Sausage (turkey) Patty	1 Each	1
Scrambled Eggs	2 oz	1
Strawberry Smoothie	Each	56.3
Yogurt, flavored	4 oz	20
JUICE BOX, 4.23 oz: BIC		
Apple Juice	Each	14
Grape Juice	Each	20
Orange Juice	Each	15
JUICE CARTONS, 4 oz		
Apple Juice	Carton	14
Orange Juice	Carton	15

<i>Snack Menu Items</i>	<i>Serving</i>	<i>Carbohydrate Grams</i>
Apple Wedges	¾ cup	19.25
Baby Carrots	¾ cup	9
Bean Dip (Hummus) & Tortilla chips	Serving	30
Celery Sticks	¾ cup	3.5
Cheese Stick	Each	1
Chips, Salsa and Celery	Serving	24.33
Fruit, assorted	¾ c	22.5
Orange Wedges	¾ cup	18.5
Low Fat Ranch Dressing	1 oz	2.84
Turkey Sandwich	½ sandwich	11.5

Carb Counts

Wow Butter & Celery Sticks	Serving	11
WOW Butter & Jelly GF sandwich	½ sandwich	27
Yogurt, flavored	4 oz	20