

## Carb Counts

Menu Item	Serving Size	Carbohydrate Grams
<b><i>Bread/Grains</i></b>		
Asian Style Rice	½ cup	29.67
Bagel, Whole Wheat	2 oz	30
Biscuit, BIC (Farmstyle)	Each	23
Blueberry Muffin	Each	36.11
Bread, whole wheat, sliced	1 slice	11.5
Chili Lemon Rice	½ cup	15.2
Cinnamon Roll, no frosting	Each	38.18
Cinnamon Roll w/ frosting	Each	56.5
<i>Cinnamon Twist</i>	<i>Each</i>	<i>37.95</i>
Cookie	Each	27
Cowboy Bread	1 square	40.44
Cowboy Muffin	Each	41.82
Croutons	2 oz	23
Dinner Roll 1.5 oz (ECE-8)	Each	24.05
Dinner Roll 2 oz (6-12)	Each	31.10
French Toast	1 slice	20.5
Garlic Bread or Toast	1 slice	24
Graham Crackers	1 package 2 packages 4 packages	11 22 44
Granola	1/4 cup	19.6
Hamburger Bun	each	26
Honey Streusel Muffin	Each	28.72
Hot Dog Bun	Each	26
Saltines, WG	2 packages 4 packages 8 packages	8 16 32
Spanish Rice	½ cup ¾ cup 1 cup	25.18 37.78 50.37
Tortilla, corn 6"	Each	23
Tortilla, flour 8"	Each	30.42
Tortilla, flour 10"	Each	36
Tortilla chips	1 oz 2 oz	17 34
Tostada shell	Each 2 Each	7 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	19.26
Baby Carrots	¾ cup	14.2
Bean Dip & Tortilla chips	Serving	30
Blueberry Muffin	Each	36.11
Celery Sticks	¾ cup	.21
Cheez-it Crackers	1 pkg	14
Cheese Stick	Each	1
Chips & Salsa	Serving	20.4
Cowboy Bread	1 square	40.44
Graham Crackers	2 packages	22
Granola	¼ c.	19.6
Hummus Wrap (1/2)	Each	30.77
Oatmeal Muffin Square	Each	34.25
Orange Wedges	¾ cup	18.5
Saltines, WG	4 packages	16
Turkey Cheese Wrap	½ wrap	11.03
Turkey & Cheese Sandwich	½ sandwich	12
Turkey Sandwich	½ sandwich	11.5
Yogurt, flavored	4 oz	15
WOW Butter & Jelly sandwich	½ sandwich	25.45
<b><i>Breakfast Items</i></b>	<b><i>Serving Size</i></b>	<b><i>Carbohydrate Grams</i></b>
Applesauce Oatmeal	½ cup	22.08
Bagel, WG 2 oz	1	30
Baked French Toast	Serving	53.17
Banana Bread, IW <b>BIC</b>	Each	44
Biscuit & Gravy	Serving	39
Blueberry Mango Smoothie	Each	60.54
Blueberry Strawberry Smoothie	Each	51.50
Breakfast Bar, Cinnamon Honey	Each	36
Breakfast Burrito	Each	38.10
Breakfast Pizza	Slice	27
Breakfast Cannoli	Each	15.93
Breakfast Swirl	Serving	30.75
Cheerios Cereal	1 Bowlpak	20
Cheese Stuffed Breadstick	Each	18
Cheese Toast	Slice	34.25
Chicken Biscuit Sandwich, <b>BIC</b>	Each	28
Chorizo Bagel Wheel	Each	23
Cinnamon Chex Cereal	1 Bowlpak	23
Cinnamon Glazed French Toast	Each	31.33

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Cinnamon Roll	Each	38.21
Cinnamon Toast Crunch Cereal	1 Bowlpak	21.89
Cinnamon Toast, homemade	Each	28.68
Egg & Cheese Biscuit, IW, <b>BIC</b>	Each	22
Egg & Cheese Pinwheel( same as Breakfast swirl)	1 slice	30.75
Egg & Cheese Quiche	Serving	22.36
Frudel, Apple or Cherry	Each	36
Graham Crackers, 2 pkg	2 pkg	22
Ham & Cheese Bagel	Each	33.31
Mango Smoothie	Each	67.17
Mozzarella Cheese Stick	1 oz	1
Oatmeal	½ cup	10.96
Omelet, IW, <b>BIC</b>	Each	0
Pancakes, Mini IW, <b>BIC</b>	Pouch	40
Pancakes, Regular Size	2	25
Peach Smoothie	Each	66.64
Rice Chex Cereal	1 Bowlpak	16
Sausage (Turkey) Link	1 Each	0
Sausage (turkey) Patty	1 Each	1
Sausage Biscuit	Each	24.25
Sausage Cannoli (same as Breakfast Cannoli)	Each	15.93
Scrambled Eggs	2 oz	.36
Strawberry Smoothie	Each	56.32
Toast	Full Slice ½ slice	26.36 13.18
Texas Toast	1 slice	23
Waffles, mini blueberry	Pouch	35
Yogurt Basket, breakfast	Each	34.59
Yogurt Parfait	Each	31.7
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
Orange Tangerine Juice	Each	15
<b>JUICE CARTONS, 4 oz</b>		
Apple Juice	Carton	14
Orange Juice	Carton	15
<b>Milk</b>	<b>Serving Size</b>	<b>Carbohydrate Grams</b>
Fat Free White	½ pint	13
1% White	½ pint	13
Chocolate Skim	½ pint	20

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Strawberry Skim	½ pint	19
<b>Vegetables</b>	<b>Serving Size</b>	<b>Carbohydrate Grams</b>
Baby Carrots	½ cup	5.98
Baby Carrots	¾ cup	8.97
Black Beans	½ cup	37.68
Black Beans	¾ cup	56.52
Broccoli, raw	½ cup	6.32
Broccoli, raw	¾ cup	9.48
Calabacitas con Elote	½ cup	9.98
Calabacitas con Elote	¾ cup	14.97
Cauliflower	½ cup	3.83
Cauliflower	¾ cup	5.74
Celery Sticks	½ cup	.15
Celery Sticks	¾ cup	.225
Cherry Tomatoes	½ cup	3.57
Cherry Tomatoes	¾ cup	5.35
Cheesy Potatoes	½ cup	22.6
Cheesy Potatoes	¾ cup	33.89
Coleslaw, tri-color	½ cup	4.01
Coleslaw, tri-color	¾ cup	6.01
Cucumber Coins	½ cup	3.29
Cucumber Coins	¾ cup	4.93
Cucumber Tomato Salad	½ cup	2.83
Cucumber Tomato Salad	¾ cup	4.25
Fiesta Bean Salad	½ cup	19.43
Fiesta Bean Salad	¾ cup	29.14
Garden Greens (Tossed Salad)	1 cup	2.32
Garden Greens (Tossed Salad)	2 cup	4.64
Green Beans	½ cup	3.94
Green Beans	¾ cup	5.91
Italian Green Beans	½ cup	4.78
Italian Green Beans	¾ cup	7.17
Mashed Potatoes	¾ cup	20.7
Mashed Potatoes	1 cup	27.6
Oven Browned Potatoes	½ cup	16.51
Oven Browned Potatoes	¾ cup	24.77
Pepper Strips	½ cup	3.85
Pepper Strips	¾ cup	5.77
Potato Salad	½ cup	19.54
Potato Salad	¾ cup	29.31
Potato Strips (French Fries)	½ cup	18.01
Potato Strips (French Fries)	¾ cup	27.01

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Southwest Beans	½ cup	40.47
Southwest Beans	¾ cup	60.71
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	4.01
Spicy Cucumber Coins	¾ cup	6.01
Sweet Corn	½ cup	17.38
Sweet Corn	¾ cup	26.07
Sweet Peas	½ cup	13.44
Sweet Peas	¾ cup	20.16
Sweet Potato Puffs	½ c	22.63
Sweet Potato Puffs	¾ c	33.94
<b>Fruits</b>	<b>Serving Size</b>	<b>Carbohydrate Grams</b>
Apple, medium	each	19
Apple Wedges	½ cup	13.12
Apple Wedges	1 cup	26.24
Applesauce, unsweetened	½ cup	11.25
Applesauce, unsweetened	1 cup	22.5
Banana, medium	Each	29
Blueberries, frozen	½ cup	9
Blueberries, frozen	1 cup	18
Cantaloupe	½ cup	11.1
Cantaloupe	1 cup	22.2
Green or Red Grapes	½ cup	18.06
Green or Red Grapes	1 cup	36.12
Grapefruit	½ cup	13.64
Grapefruit	1 cup	27.28
Honeydew Melon	½ cup	16.9
Honeydew Melon	1 cup	33.8
Kiwi	½ cup	12.63
Kiwi	1 cup	25.26
Mandarin Oranges	½ cup	15.77
Mandarin Oranges	1 cup	31.54
Nectarines	Each	14.98
Orange Wedges	½ cup	12.93
Orange Wedges	1 cup	25.86
Peaches, sliced	½ cup	15.28
Peaches, sliced	1 cup	30.56
Pears, fresh	Each	26.57
Pineapple tidbits	½ cup	14.73
Pineapple tidbits	1 cup	29.46

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Plums, fresh	Each	7.54
RIPS, all flavors	Each	14.17
Strawberries, fresh or frozen	½ cup	7.07
Strawberries, fresh or frozen	1 cup	14.14
Watermelon	½ cup	13.64
Watermelon	1 cup	27.28