

Carb Counts

Menu Item	Serving Size	Carbohydrate Grams
<i>Bread/Grains</i>		
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 2 packages 4 packages	11 22 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 4 packages 8 packages	9 18 36
Spanish Rice	½ cup ¾ cup 1 cup	15.5 23.3 31
Tortilla, corn 6"	Each	23
Tortilla, flour 8"	Each	30.4
Tortilla, flour 10"	Each	37.2
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

<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 & 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
<i>Breakfast Items</i>	<i>Serving Size</i>	<i>Carbohydrate Grams</i>
Applesauce Oatmeal	½ cup	22.5
Bagel, WG 2 oz	1	29
Baked French Toast	Serving	53
Banana Bread, IW BIC	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, BIC	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, BIC	Each	22
Egg & Cheese Pinwheel	1 slice	30.75
Egg & Cheese Quiche	Serving	21
Frudel, 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, BIC	Each	0
Pancakes, Mini IW, BIC	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 ½ slice	32 16
Texas Toast	1 slice	23
Waffles, mini blueberry	Pouch	38
Yogurt Basket, breakfast	Each	35
Yogurt Parfait	Each	41
Zucchini Bread, IW BIC	Slice	43
Zucchini Muffin w/ choc. chips	Each	47
JUICE BOX, 4.23 oz		
Apple Juice	Each	14
Grape Juice	Each	20
JUICE CARTONS, 4 oz		
Apple Juice	Carton	14
Orange Juice	Carton	15
Milk	Serving Size	Carbohydrate Grams
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
<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
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

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

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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