

Carb Counts

Menu Item	Serving Size	Carbohydrate Grams
<i>Bread/Grains</i>		
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
Cinnamon Roll, no frosting	Each	32
Cinnamon Roll w/ frosting	Each	50
Cinnamon Twist	Each	32
Cookie	Each	27
Cowboy Muffin	Each	41.6
Croutons	2 oz	20
Dinner Roll	Each	20
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
Hamburger Bun	each	25
Honey Streusel Muffin	Each	29
Hot Dog Bun	Each	22
Saltines, WG	2 packages 4 packages 8 packages	8 16 32
Spanish Rice	½ cup ¾ cup 1 cup	15.4 23.2 30.8
Tortilla, flour 8"	Each	22
Tortilla chips	1 oz 2 oz	17 34
Tostada shell	Each 2 each	7 14
Zucchini Bread	Slice	43
Zucchini Muffin w/ choc. chips	Each	47
<i>Snack Menu Items</i>		
	<i>Serving</i>	<i>Carbohydrate Grams</i>
Apple Wedges	¾ cup	19.25
Baby Carrots	¾ cup	9
Blueberry Muffin	Each	30
Celery Sticks	¾ cup	3.5
Cheese Stick	Each	1

Carb Counts

Chicken Salad & Crackers	Serving	20
Chips, Salsa and Celery	Serving	27
Cowboy Bread	1 square	40.25
Graham Crackers	2 packages	22
Granola Bar, Homemade	Each	76
Orange Wedges	$\frac{3}{4}$ cup	15.4
Saltines, WG	4 packages	16
Sunbutter & Jelly Sandwich	$\frac{1}{2}$ sandwich	24.4
Turkey Cheese Wrap	$\frac{1}{2}$ wrap	11
Turkey Snack	Serving	16
Yogurt, flavored	4 oz	22
WOW Butter & Jelly sandwich	$\frac{1}{2}$ sandwich	25.5
Breakfast Items	Serving Size	Carbohydrate Grams
Applesauce Oatmeal	$\frac{1}{2}$ cup	22.5
Bagel, WG 2 oz	1	29
Biscuit Sausage Sandwich	Each	33.5
Biscuit Sausage Sandwich, BIC	Each	24.25
Blueberry Mango Smoothie	Each	60.5
Blueberry Strawberry Smoothie	Each	51.5
Breakfast Bar, Cherry Apple	Each	37
Breakfast Bar, Cinnamon Honey	Each	36
Breakfast Pizza	Slice	27
Cheerios Cereal	1 Bowlpak	20
Cheese Toast	Slice	34.25
Chicken Biscuit Sandwich	Each	36
Chicken Biscuit Sandwich, BIC	Each	27.25
Chili Relleno Quiche	3"x2"	8
Cinnamon Glazed French Toast	Each	31.3
Cinnamon Roll	Each	34.4
Cinnamon Toast Crunch Cereal	1 Bowlpak	24.5
Cinnamon Toast, homemade	Each	34
Egg & Cheese Bagel Sandwich, BIC	Each	30.4
Egg & Cheese Biscuit Sandwich	Each	33.5
Egg & Cheese Biscuit, BIC	Each	24.4
French toast	1 slice	20.5
Frudel, Apple or Cherry	Each	36
Mango Smoothie	Each	67
Mozzarella Cheese Stick	1 oz	1
Oatmeal	$\frac{1}{2}$ cup	11
Pancakes, Mini	Pouch	34
Pancakes, Regular Size	2	25
Peach Smoothie	Each	67
Rice Chex Cereal	1 Bowlpak	24
Sausage (turkey) Patty	1 ea	1

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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	40
Yogurt Parfait	Each	41
Zucchini Bread, IW BIC	Slice	43
Zucchini Muffin w/ choc. chips	Each	41
Cheesy Bread Stick, BIC	Each	18
JUICE BOX, 4.23 oz: BIC		
Apple Juice	Each	14
Orange Tangerine Juice	Each	15
White 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	12
1% White	½ pint	12
Chocolate Skim	½ pint	20
Strawberry Skim	½ pint	19
Vegetables	Serving Size	Carbohydrate Grams
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
Cauliflower	½ cup	4
Cauliflower	¾ cup	5.5
Celery Sticks	½ cup	2
Celery Sticks	¾ cup	3.5
Coleslaw	½ cup	4
Coleslaw	¾ cup	5.25
Cucumber Coins	½ cup	2.6
Cucumber Coins	¾ cup	4.2
Cucumber Tomato Salad	½ cup	1.9

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Cucumber Tomato Salad	¾ cup	2.5
Garden Greens (Tossed Salad)	1 cup	4.25
Garden Greens (Tossed Salad)	2 cup	8.5
Green Beans	½ cup	3.8
Green Beans	¾ cup	5.75
Italian Green Beans	½ cup	4.5
Italian Green Beans	¾ cup	7.2
Mashed Potatoes	¾ cup	23
Mashed Potatoes	1 cup	30.5
Oven Browned Potatoes	½ cup	14.25
Oven Browned Potatoes	¾ cup	21.25
Pepper Strips	½ cup	3.5
Pepper Strips	¾ cup	5.4
Potato Salad	½ cup	19.25
Potato Salad	¾ cup	24
Potato Strips (French Fries)	½ cup	18
Potato Strips (French Fries)	¾ cup	27.4
Spicy Cumber Coins	½ cup	3.5
Spicy Cucumber Coins	¾ cup	5.25
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
Veggie Patch	½ cup	5
Veggie Patch	¾ cup	7.5
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	9.5
Blueberries, frozen	1 cup	19
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

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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
Pineapple tidbits	1 cup	29.5
Plums, fresh	Each	7.5
Strawberries, fresh or frozen	½ cup	8.5
Strawberries, fresh or frozen	1 cup	17
Watermelon	½ cup	7
Watermelon	1 cup	14