

CABOHYDRATE COUNTS*

Revised 5/28/2019

Breakfast Entrées	Carbs (g)
Apple Frudel	36
Bagel	34
Cream Cheese	1
Benefit Bar, French Toast	47
Blueberry Muffin	39
Breakfast Pizza	17
Breakfast Sandwich	17
Cereal Bowl, Apple Cinn Cheerios	22
Cereal Bowl, Cheerios, Fruity	25
Cereal Bowl, Cheerios, Multigrain	23
Cereal Bowl, Cinnamon Chex	22
Cereal Bowl, Cinnamon Toast Crunch	22
Cereal Bowl, Frosted Flakes	24
Cereal Bowl, Frosted Mini Wheats	24
Cereal Bowl, Raisin Bran	27
Cereal Bowl, Rice Krispies	23
Cinnamon Toast	26
French Toast Sticks (3 sticks)	26
Egg & Cheese Slider	17
Mini Blueberry Pancakes	38
Pan Dulce	34
Pancakes, Mini Maple	36
Trix Yogurt - strawberry banana	15
bug bite graham crackers	21

Lunch Entrées	Carbs (g)
Burrito, Bean & Cheese	56
Chicken, Popcorn (18 pieces)	23
Chicken, Orange	19
brown rice (3/4 c)	34
CVESD Lunchable	21.5
Breaded Chicken	9
Waffle	15
Corn Dog	30
Hamburger Patty	0
Hamburger Bun	30
Italian Sub	29
Mozzarella Crunchers	41
Pizza, Cheese, Wild Mike's	34
Pizza, Pepperoni, Wild Mike's	33
Star Cheese Sandwich	31
Taco, Baja Fish	32
Taco Salad (meat)	4
Tortilla Chips	31
Quesadilla	33

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CABOHYDRATE COUNTS*

Fruits/Vegetables	Carbs (g)
Apple, fresh (small)	14
Apples Sliced, fresh (1/2 c)	8
Applesauce (1/2 c)	16
Banana, fresh (medium)	23
Beans, Black (1/4 c)	9
Beans, Garbanzo (1/4 c)	8
Beans, Kidney (1/4 c)	9
Beans, Vegetarian (1/4 c)	13.5
Broccoli, florets (1/4 c)	1.5
Cabbage, Red (1/4 c)	1
Carrots, baby (1/4 c)	3
Cauliflower, florets (1/4 c)	1
Celery sticks (1/4 c)	1
Corn, frozen (1/2 c)	16
Cranberries, dried (bag)	28
Cucumbers, sliced (1/4 c)	1
Fruit Mix (1/2 c)	18
Grapes, fresh (1/2 c)	8
Jalapenos (1/8 c)	0.5
Jicama sticks (1/4 c)	3
Kiwi, fresh (2 smalls)	11
Lettuce, shredded (1/2 c)	0.72
Lime, fresh (medium)	7
Mandarins, fresh (1/2 c)	13
Nectarine, fresh (medium)	15

Fruits/Vegetables	Carbs (g)
Onions, sliced (1/4 c)	2.5
Orange, fresh (medium)	15
Peaches, canned (1/2 c)	15
Peach, fresh (medium)	14
Peas, Snap Peas, fresh (1/4 c)	1
Peas, Snow Peas	1.5
Peas, frozen (1/2 c)	11
Pears, canned (1/2 c)	15
Pear, fresh (medium)	28
Persimmon, fresh (medium)	31
Pickles, dill (1/8 c)	0.5
Plum, fresh (medium)	7.5
Raisins, box	29
Salad Mix	3
Salad/Spinach Mix (1/2 c)	1
Salsa (1/8 c)	4.5
Spinach (1/2 c)	0.5
Strawberries, fresh (1/2 cup)	5.5
Tangelos, fresh (1/2 c)	16
Tomatoes, chopped/sliced (1/4 c)	2
Watermelon, sliced (1/2 c)	6
Zucchini, sliced (1/4 c)	1
Sidekicks - Frozen (variety)	20
Rosati Ice - Frozen (variety)	25

*Nutritional information for fruits and vegetables is only an approximation and can vary due to differences in size

CABOHYDRATE COUNTS*

Beverages	Carbs (g)
Juice, Apple (4oz)	14
Juice, Appleberry (4oz)	14
Juice, Cherry (4oz)	14
Juice, Grape (4oz)	15
Juice, Orange (4oz)	14
Milk, Lactaid (8oz)	13
Milk, Lowfat 1% (8oz)	16
Milk, Nonfat (8oz)	12
Milk, Chocolate Nonfat (8oz)	20
Milk, Soy (8oz)	7

Condiments	Carbs (g)
Dressing, Italian (2 tbsp)	6
Dressing, Lite Ranch (1 tbsp)	2
Jalapenos (1/8 c)	1
Ketchup (9g packet)	3
Mayonnaise (12g packet)	1
Mustard (5.5g packet)	0
Pickles (1/8 c)	1
Sauce, Fish Taco (1 oz)	2

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