

Carbohydrate Count		
		Revised 2/26/24
Lunch Entrées	Serving Size	Carbohydrates (g)
Brunch 4 Lunch	2 sausage/1 waffle	35
Belgian Waffle	1 each	33
Chicken Sausage	2 each	2
Burrito, Bean & Cheese	1 each	45
Chicken Sandwich	1 patty/1 bun	38
Hamburger Bun	1 each	29
Chicken Patty	1 each	9
Corn Dog, Chicken	1 each	28
Hamburger	1 each	29
Hamburger Bun	1 each	29
Hamburger Patty	1 each	0
Mac & Cheese & Goldfish	6 oz/ 1 each	43
Mac & Cheese	6 oz	29
Goldfish	1 each	14
Mini Cheeseburger	1 each	32
Orange Chicken & Rice	3.6oz chx/4 oz rice	40
Orange Chicken	3.6oz	19
Rice	4oz	21
Popcorn Chicken	15 pieces	19
Pizza, Cheese	1 slice	37
Pizza, Pepperoni	1 slice	33
Rotini in Meat Sauce & Goldfish	7.4 oz/1 each	38
Rotini in Meat Sauce	7.4 oz	24
Goldfish	1 each	14
Tacos, Chicken Tinga	4.25 oz/2 each	36
Chicken Tinga	4.25 oz	4
Corn Tortilla	2 each	32
Tamale, Chicken	1 each	26
Teriyaki Chicken & Rice	2.4 oz/4oz rice	27
Teriyaki Chicken	2.4 oz	6
Rice	4oz	21
Vegan Burger	1 patty/1 bun	35
Vegan Patty (Beyond Burger)	1 each	6
Hamburger Bun	1 each	29
Veggie Buffalo Nuggets & Corn Bread (SkyB)	6 nuggets/1 each	63
Veggie Buffalo Nuggets	6 nuggets	27
Corn Bread, Sky Blue Brand	1 each	36
Corn Bread, Buena Vista Brand	1 each	33
Yogurt, Cheese, & Granola	4oz yogurt, 2oz granola, 1 string cheese	59
Yogurt	4oz	15
String Cheese	1 each	2
Granola (2oz)	2oz	42
Granola(1oz)	1oz	21
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<b>Breakfast Entrées</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Bagel	1 each	34
with Cream Cheese	1 each	2
Breakfast Bites	1 each	37
Cinnamon Crumb Loaf	1 each	43
Egg & Cheese English Muffin	1 each	23
Egg & Beef Chorizo Burrito	1 each	22
French Toast Sticks	2 sticks	38
Ham & Cheese Croissant	1 each	27
Maple Chicken Sandwich	1 each	17
Pan Dulce	1 each	34
Pancakes, Mini Maple	1 each	36
Pumpkin Bread	1 each	44
Sunrise Muffin	1 each	45
Cereal, Apple Jacks, 1.5oz	1 each	37
Cereal, Cheerios Multigrain, 1oz	1 each	23
Cereal, Chex Blueberry, 2oz	1 each	46
Cereal, Chex Cinnamon, 2oz	1 each	46
Cereal, Cinnamon Toast Crunch, 2oz	1 each	45
Cereal, Lucky Charms, 2oz	1 each	46
Cereal, Frosted Corn Flakes 1oz	1 each	24
Cereal, Frosted Flakes, 2oz	1 each	51
Cereal, Frosted Mini Wheats, 2oz	1 each	50
Cereal, Raisin Bran, 1oz	1 each	28
Cereal, Trix 2oz	1 each	46
String Cheese (comes with cereal)	1 each	2
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<b>Fruits &amp; Vegetables</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Apple, fresh (small)	1 each	14
Apple, slices (pouch)	1 each	12
Applesauce, cup	1 each	14
Asian Pear, fresh (small)	1 each	13
Banana, fresh (petite)	1 each	23
Beans, Black (1/4c)	1/4 c	9
Beans, Garbanzo (1/4 c)	1/4 c	11
Broccoli, florets (1/4 c)	1/4 c	1.5
Cabbage, shredded (1/4c)	1/4c	2
Carrots, baby (1/4 c)	1/4 c	3
Cauliflower, florets (1/4 c)	1/4 c	1
Celery sticks (1/4 c)	1/4 c	1
Corn, canned (1/2 c)	1/2 c	16
Cranberries, dried (box)	1 each	27
Cucumbers, sliced (1/4 c)	1/4 c	1
Grapes, fresh (1/2 c)	1/2 c	8
Green Beans, fresh (1/2 c)	1/2 c	4
Jalapenos (1/8 c)	1/8 c	0.5
Jicama, sliced (1/4 c)	1/4 c	3
Kiwi, fresh (medium)	1 each	11
Lettuce, shredded (1/2 c)	1/2 c	1
Lettuce, romaine (1/2 c)	1/2 c	1
Lime, fresh (medium)	1 each	7
Mushrooms, fresh (1/2 c)	1/2 c	2
Nectarine, fresh (medium)	1 each	14
Orange, fresh (medium)	1 each	15
Peaches, canned (1/2 c)	1/2 c	15
Peaches, diced fruit cup (1/2 cup)	1/2 c	12
Peaches, fresh (medium)	1 each	14
Pear, fresh	1 each	27
Persimmon, fresh (medium)	1 each	31
Pickles, dill (1/8 c)	1/8 c	0.5
Plum, fresh (medium)	1 each	8
Pluot, fresh (medium)	1 each	8
Raisins, box	1 each	29
Salad/Spinach Mix (1/2 c)	1/2 c	1
Sidekicks, Frozen Fruit (Assorted Flavors)	1 each	22
Snap Peas, fresh (1/4 c)	1/4 c	5
Spinach, fresh (1/2 c)	1/2 c	1
Sweet Peppers Mini, fresh (1/4 c)	1/4 c	2
Tangelo, fresh (medium)	1/2 c	11
Tomatoes, cherry (1/4 c)	1/4 c	1.5
Tomatoes, chopped/sliced (1/4 c, 4slices)	1/4 c	1.5
Watermelon, sliced (1/2 c)	1/2 c	6

<b>Beverages</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Juice, Apple (4oz)	1 each	15
Juice, Fruit Punch (4oz)	1 each	15
Juice, Orange (4oz)	1 each	14
Juice, Wildberry (4oz)	1 each	15
Milk, 1% (8oz)	1 each	12
Milk, Nonfat (8oz)	1 each	10
Milk, Nonfat Chocolate (8oz)	1 each	19
<b>Condiments</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Dressing, Italian (2 tbsp)	2 tbsp	6
Dressing, Ranch (2 tbsp)	2 tbsp	2
Jalapenos (1/8 c)	1/8 c	1
Ketchup (9g packet)	1 each	3
Mayonnaise (9g packet)	1 each	0
Mustard (5.5g packet)	1 each	0
Pickles (1 oz/8 slices)	1 oz	1
Pico De Gallo (1/2cup)	1 each	3
Taco Sauce (9g packet)	1 each	1
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