

Carb Counts per Average Serving Size							
Fruit - serving size 1/2 cup		Breakfast Items		Lunch Entrees		Snacks	
apple	19 gm	1 slice toast	14 gm	bread (white enriched) 1 slice	14 gm	baked lays	19 gm
applesauce	11 gm	1/ 2 english muffin	14 gm	bread stick	31 gm	doritos	20 gm
banana	23 gm	1/ 2 english muffin	14 gm	brown rice (1/2 cup)	18 gm	fritos	10 gm
fruit cocktail	21 gm	bagel w/ cr cheese	35 gm	cheese pizza.32 gm		funyuns	14 gm
grapes	20 gm	bagel w/ peanut butter	37 gm	chicken noodle soup (6oz)	9 gm	Lays kettle chips	28 gm
mandarin orj	11 gm	Biscuit	27 gm	chicken nuggets (5 pc)	15 gm	Linden choc chippers	22 gm
med orange	21 gm	blueberry muffin	25 gm	chicken patty	13 gm	RK original	30 gm
orange slices	8 gm	breakfst pizza	26 gm	chicken quesadilla	16 gm	RK treats cocoa	34 gm
peaches	17 gm	chocolate chip muffin	38 gm	chicken tenders	20 gm	saltines (1 pk)	5 gm
pears	21 gm	cinni minis	40 gm	chili (6 oz)	16 gm	welch's fruit snacks	32 gm
pineapple	19 gm	cold cereal	25 gm	deli ham (2 oz)	3 gm	zee zee bars	39 gm
slushie	22 gm	egg 'n cheese muffin	25 gm	deli turkey	1 gm		
		egg patty	1 gm	fish sticks or filet	24 gm	Ice Cream	
		english w/ PBJ	51 gm	french fries (ovenable)	38 gm	brownie batter sandwich	33 gm
		french toast sticks w/ syrup	57 gm	garlic bread	20 gm	choc eclair	20 gm
Vegetables-serving size 3/4 cup		french toast w/ syrup	51 gm	goulash (1 cup)	28 gm	cookies & cr cone	25 gm
baby carrots	8 gm	frudel	36 gm	gravy (2 T)	4 gm	cookies & cream	16 gm
baked beans	20 gm	graham cracker PC	10 gm	grilled cheese sandwich	23 gm	crazy cone	24 gm
BBQ beans	20 gm	MAX breakfast pizza	24 gm	grilled chicken patty	4 gm	fruit bar	27 gm
broccoli	4 gm	mini pancakes w/ syrup	66 gm	ham & cheese bagel	63 gm	fudgsicle	16 gm
brussels sprouts	6 gm	mini waffles w/ syrup	64 gm	hamburger bun	24 gm	IC sandwich	33 gm
cole slaw	10 gm	pancake/sausage on a stick	18 gm	hamburger on a bun	26 gm	ice cream cup	12 gm
cooked carrots	6 gm	pancakes w/ syrup	56 gm	hot dog	2 gm	orange blossom	14 gm
corn	13 gm	sausage n' biscuit	22 gm	hot dog roll	22 gm	polar blast	16 gm
grape tomatoes	6 gm	sausage patty	2 gm	italian dunkers	32 gm	scooter bar	25 gm
green beans	4 gm	sausage, egg & cheese muffin	28 gm	macaroni and cheese (1 cup)	44 gm	straw eclair	22 gm
hash browns	55 gm	scrambled egg and toast	15 gm	macaroni salad (1/2 cup)	26 gm	twist cone	30 gm
mashed potatoes	22 gm	syrup PC	17 gm	meatballs (4 pc)	5 gm		
mashed sweet potatoes	33 gm	vanilla yogurt (1/2 cup)	10 gm	michigan sauce (3T)	4 gm	Beverages	
peas	24 gm	waffle w/ berries & cream	34 gm	mozzarella sticks	24 gm	1 % choc milk	24 gm
refried beans	31 gm	waffles w/syrup	45 gm	nacho cheese sauce (2 oz)	6 gm	1% milk	12 gm
spinach	3 gm			pasta salad (1/2 cup)	22 gm	apple juice	27 gm
sweet potato fries	17 gm			pita pizza	20 gm	grape juice	18 gm

tater tots	23 gm			popcorn chicken	18 gm	orange juice	14 gm
wax beans	6 gm	Condiments		ravioli (8 pc)	37 gm	Skim milk	12 gm
		cream cheese PC	1 gm	roasted chicken	2 gm	strawberry milk	24 gm
		Fluff (2 T)	10 gm	saghetti sauce (1/4 cup)	5 gm		
		grape jelly (1 T)	13 gm	soft pretzel	99 gm		
		italian dressing PC	3 gm	spaghetti w/ meatballs (1 cup + 4	35 gm		
		ketchup PC	8 gm	stuffing (1/2 cup)	20 gm		
		peanut butter (2T)	6 gr	taco meat (2 oz)	4 gm		
		ranch dressing PC	3 gm	tomato soup (6 oz)	18 gm		
		syrup PC	21 gm	tortilla chips (15 chips)	16 gm		
		tartar sauce PC	1 gm	WG roll	17 gm		
updated 3/27/18-dm							