

## Breakfast Fruit Carbohydrate Content

Item	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>Monday</b>			
Orange	15	3	12
Diced Pears (1/2 cup)	21	1	16
<b>Tuesday</b>			
Apple	21	4	16
Mandarin Oranges (1/2 cup)	23	1	20
<b>Wednesday</b>			
Orange	15	3	12
Pineapple Tidbits (1/2 cup)	17	1	15
<b>Thursday</b>			
Apple	21	4	16
Sliced Peaches	10	1	9
<b>Friday</b>			
Mixed Fruit (1/2 cup)	16	1	13
Orange	15	3	12

## Lunch Fruit Carbohydrate Content

Item Name	Carb (g)	Total Fiber (g)	Total Sugars (g)
<b>Monday</b>			
Apple	21	4	16
Mandarin Oranges (1/2 cup)	23	1	20
<b>Tuesday</b>			
Sliced Peaches	10	1	9
Pineapple Tidbits (1/2 cup)	17	1	15
<b>Wednesday</b>			
Apple	21	4	16
Grapes (1/2 cup)	15	0	12
<b>Thursday</b>			
Mixed Fruit (1/2 cup)	16	1	13
Orange	15	3	12
<b>Friday</b>			
Apple	21	4	16
Frozen Peach Cup	19	1	16

Juice	Carb (g)	Total Fiber (g)	Total Sugars (g)
Apple Juice	14	0	13
Grape Juice	20	0	20
Orange Juice	13	0	12