

Carb Counts

Breakfast items	Carbs
Breakfast burrito	24.5 g
Lucky Charms	45 g
Cocoa Puffs	47 g
Honey Nut Cheerios	45 g
Cinnamon Chex	46 g
Cinnamon Toast Crunch	44 g
Breakfast Ring	38 g
Breakfast Bread	45 g
French Toast Sticks	38 g
Pop Tart- Either Flavor	73 g
Strawberry Bagel	42 g
Breakfast Boat	25 g
Breakfast Pizza	27 g
Apple Oatmeal Bar	46 g
Oatmeal Cookie Round	38 g
Pancake Wrap Corndog	17 g
Pancake Wrap Minis	15 g
Apple Frudel	36 g
Cinni Minis	40 g
Eggo Bites	35 g
1 oz Cereal	22 g

Entrees	Carbs
Sliced Bread	39 g/2 slices
Hamburger Bun	26 g
Hot Dog Bun	26 g
Tortilla Chips	18 g
Raspberry Churro	28 g
Burger Patty	2 g
Bosco Stick	25 g/1 (serve 2)
Max Stick	16 g/1 (serve 2)
Baked Beans	30 g
Pepperoni Pizza	33 g
Cheese Pizza	35 g
French Bread Pizza	30 g
Mozzarella Sticks	22 g/ 3 (serve 5)
Corn Bread Muffin	32 g
Chicken Nugget	16 g
Rice	15 g
Bean and Cheese Burrito	44.2 g
Breaded Chicken Drumstick	6 g
Chicken Taquito	15g /1 (serve 2)
General Tso	25g
Tangerine Chicken	25 g
Dinner Roll	24 g
Rip Stick	14 g
Chow Mein	27 g
12 in Tortilla	41 g/1 (serve 1/2)
6 in Tortilla	13 g/1 (serve 2)
Pasta- Rotini	39 g(2 oz)
Dutch Waffle	43 g
Granola	15 g
Shredded Beef Burrito	41 g
Un crustable small	32 g
Un crustable Large	64 g
Chicken Patty	15 g
Mini Corn Dog	35 g

Dairy	Carbs
White Milk	12g
Chocolate Milk	24g
Yogurt	6 oz = 31 g
Cheese stick	12g
Shredded cheese	12g

Fruit	Carbs
Apple	15-30 g
Pear	15 g
Banana	30 g
Orange	15 g
Mandarin Cup	13 g
Peach Cup	14 g
Pear Cup	18 g
Fruit Mix Cup	15 g
Pineapple Cup	15 g
Canned Peaches	15 g
Canned Pears	15 g
Canned Pineapple	15 g
Canned Mixed Fruit	15 g
Frozen Strawberries	15 g
Fruit Salad	15 g
Frozen Peach Cup	16 g
Frozen Strawberry Cup	22 g
Frozen Mixed Berry Cup	20 g
Applesauce	14 g
Canned Apples	12 g
Apple Slices	15 g
Grapes	15 g
Side Kick	20g

Juice	Carbs
Apple	15
Orange	15
Apple-Cherry	15

Vegetables	Carbs
Vegetables, Cooked	1/2 cup= 5 g
Vegetables, Raw	1 Cup= 5 g
Fries -Waffle	17 g
Fries- Crinkle	18 g
Sweet Potatoes	10 g
Mixed Vegetables	14 g
Mashed Potatoes	15 g
Refried Beans	23 g

Snacks	Carbs
Cheez-it	14 g
Gold Fish	14 g
Scooby Snack	21 g
Sun Chips	19 g
Doritos	20 g
Animal Crackers	22 g
Cinnamon Crips	25 g
Scoops	19 g

Condiments	Carbs
Salsa	2 g
Ketchup	3 g /packet
BBQ	28 g
Mayo	1 g
Marnara	8 g
Honey Mustard	
Ranch	1 g