

Fruit and Veggie Bar Carbs g/Protein g

<u>Dark Green</u>	<u>Red/Orange 3/4 Cup</u>	<u>Starchy 1/2 Cup</u>	<u>Other 1/2 Cup</u>
Broccoli 1/2C-- 3g/2g	Carrots -- 7g/1g	Corn -- 16g/2g	Celery-- 2g/0.5g
Romaine 1C-- 2g/1g	Steamed Carrots 7g/1g	Green Beans 7g/2g	Cucumbers--2g/0.5g
Spinach 1C--1g/1g	Cherry Tomato-5g/1g	Mixed Veg 12g/2g	Grn Peppers--4g/1g
Steam Broccoli 1/2C 5g/3g			Pickles--0g/0g

<u>Fresh Fruits</u>	<u>Frozen Fruit 1/2C</u>	<u>Canned Fruit 1/2C</u>	<u>Dried Fruit 1/4C</u>
Orange--15g/2g	Strawberries--22g/0g	Pineapple--20g/0g	Raisins--31g/1g
Apple--25g/0.5g	Peaches--19g/0g	Peaches--14g/0g	Cranberries--28g/0g
Banana--27g/1.5g	Blueberries--10g/0g	Pears--15g/0g	
Pear--25g/1g		Mandarins--20g/1g	
		Tropical--15g/0g	
		Applesauce--13g/0g	

<u>Cut Fresh Fruit 1/2C</u>	<u>Fruit Juice Boxes</u>	<u>Veggie Juice Carton</u>	<u>Beans 1/2C</u>
Watermelon--6g/0.5g	Apple--14g/0g	Wango Mango-13g/0g	Taco Beans--22g/7g
Cantaloupe--7g/1g	Orange--15g/0g	Dragon Punch--13g/0g	Baked Beans-30g/7g
Grapes--15g/1g	Kiwi/Strawberry 14g/0g	<u>Frozen Juice Cup</u>	Black Beans--20g/7g
Strawberries--6g/0.5g	Cran/Rasp--14g/0g	Apple--13g/0g	Refried Beans-23g/8g
Blueberries--11g/0.5g	Very Berry--17g/0g	Orange--13g/0g	
		Grape--19g/0g	

Condiment Carb g/Protein g Counts

Condiments are listed per packet



- Ketchup--2g/0g
- Mustard--0g/0g
- Syrup--30g/0g
- Lt. Ranch--1g/1g
- BBQ--10g/0g
- Lt. Mayo--2g/0g



