

Middle-High Sides

Sides:	Total Carbs:	Size
Apple, Fresh	25.1	1 each
Apple Salad	14.3	½ Cup
Apple Slices/Smiles, Fresh, Pre-packaged	7.7	1 package
Applesauce, Plain from canned	12.7	½ Cup
Applesauce Cup, Blue Raspberry, Pre-packaged	22.0	1 package
Applesauce Cup, Plain, Pre-packaged	16.0	1 package
Applesauce Cup, Strawberry, Pre-packaged	16.0	1 package
Baked Beans	23.7	½ Cup
Banana	27.0	1 each
Black Beans and Rice	24.4	¾ cup
Black Beans, Seasoned	12.3	½ Cup
Black Eye Peas	17.1	½ Cup
Blueberries and Cream	10.5	1 Serving
Blueberry Crisp	36.7	½ Cup
Broccoli, Steamed	7.1	4 oz.
Cabbage, Steamed	0.05	½ Cup
California Blend Veggies	7.2	½ Cup
Carrots, fresh w/dip	11.7	1 Serving
<i>Carrots, fresh</i>	1.0	¾ cup
<i>Dip</i>	10.7	1 packet
Carrots, Honey Glazed	15.7	½ Cup
Carrots, Steamed	12.1	½ Cup
Cheesy Broccoli	6.6	½ Cup
Cherry Tomato Cup	2.8	½ Cup
Cinnamon Apples	15.2	½ Cup
Cole Slaw	8.1	½ Cup
Confetti Beans	23.3	½ Cup
Corn	19.0	½ Cup
Craisins, Pre-packaged	22.7	1 package
Cranberry Sauce	26.8	¼ cup
Cucumber Slices, fresh w/dip	12.6	½ Cup
<i>Cucumbers, fresh</i>	1.9	½ Cup
<i>Dip</i>	10.7	1 packet
English Peas	15.4	½ Cup
Fruit Cocktail	21.5	½ Cup
Fruit Explosion	14.5	½ Cup
Fruit Sherbet	19.4	Each
Great Northern Beans	18.5	½ Cup
Green Beans	5.0	½ Cup
Jell-O Fruit Cup	43.6	½ Cup
Lima Beans	21.3	½ Cup
Loaded Tater Tots	21.2	Serving
Mandarin Oranges	10.7	½ Cup
Marinated Zucchini & Squash	11.6	½ Cup
Mashed Potatoes	14.1	½ Cup

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Mixed Berry Cup, Pre-packaged	20.0	1 each
Mixed Vegetables	14.4	½ Cup
Orange, Fresh	15.4	1 each
Orange Pineapple Cup	20.7	½ Cup
Orange Smiles Fresh	15.9	6 wedges
Oriental Walton	5.8	½ Cup
Peaches, diced cup (pre-packaged)	19.0	4.5 oz.
Peach Crisp	42.1	½ Cup
Peaches, Sliced	11.9	½ Cup
Peaches & Cherries	16.9	½ Cup
Pear Crisp	49.6	½ Cup
Pears, Blushing	23.2	½ Cup
Pears, Chilled (from canned)	13.7	½ Cup
Pears & Cherries	18.9	½ Cup
Pineapple Orange Cup	20.7	½ Cup
Pineapple Tidbits	15.7	½ Cup
Pinto Beans, Seasoned	20.8	½ Cup
Potato Smiles	20.0	4 each
Potato Wedges, Seasoned	20.0	½ Cup
Raisins, Pre-packaged	29.9	1 package
Ranchero Beans	21	½ Cup
Refried Beans	19.6	½ Cup
Roasted Parmesan Veggies	4.8	½ Cup
Salad, Caesar - Total	11.5	Serving
<i>Cheese, Parmesan Grated</i>	0	sprinkle
<i>Croutons</i>	6.5	3 each
<i>Lettuce, Romaine w/Caesar dressing</i>	3.7	1 cup
<i>Tomato, Grape</i>	1.3	3 each
Salad, Tossed Green - Total	13.2	Serving
<i>Carrots, baby, fresh</i>	7.5	2 each
<i>Cucumber, diced</i>	1.7	2 oz.
<i>Lettuce, Romaine & Spinach</i>	2.7	1 cup
<i>Tomato, Grape</i>	1.3	3 each
Seasoned Tomato Wedges	7.3	½ Cup
Sticks & Stones	3.1	½ Cup
Strawberry Cup, Pre-packaged (USDA)	33.1	Each
Strawberries	28.9	½ Cup
Strawberries and Bananas	37.6	½ Cup
Strawberries and Cream - Total	29.9	½ Cup
<i>Strawberries</i>	28.9	½ Cup
<i>Whipped Topping</i>	1.0	dollop
Sunrise Fruit Cup	33.0	½ Cup
Sweet Potato Puffs/Tots	23.0	3 oz.
Sweet Potatoes, Candied	50.9	½ Cup
Sweet Potatoes, Roasted Cubes	15.3	½ Cup

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Sweet Potato Wedges	20.0	3 oz.
Sunbelievable Sherbet	25.0	1 cup
Tomato Wedges, Seasoned	10.8	½ Cup
Tomato-Cucumber Salad	14.5	½ Cup
Tropical Apples	29.0	½ Cup
Turnip Greens	5.3	½ Cup
Veggie Juice, Pre-packaged	13.0	4 oz.
Watermelon Chunks	11.5	1 cup