

Fruit & Vegetable Carb Counts

Menu Item (Common Size)	Carb (g)
Fruit & vegetable CHOs	
Category: Vegetables	
Carroteenies - TR1039 (1 ea.)	5.00
Fresh Veggie Bag - TR1377 (5/8 c.)	6.99
Baked Beans - TR1383 (1/2 c.)	39.81
Baked Sweet Potatoes - TR1382 (1/2 c.)	41.38
BBQ Baked Beans - TR1603 (1/2 c.)	46.37
Broccoli with Cheese Sauce - TR1346 (1/2 c.)	9.89
Celery, Stick, Bag - TR2212 (7 strip (4")	0.12
Emoji Fries - TR1939 (1/2 c.)	18.00
French Fry, Waffle Cut - TR2785 (1/2 c.)	20.00
Mashed Potatoes new - TR2919 (1/2 c.)	16.06
Potato, Oven Fry Commodity - TR2260 (1/2 c.)	22.00
Steamed Broccoli - TR1384 (1/2 c.)	5.21
Steamed Carrots - TR1386 (1/2 c.)	6.01
Steamed Corn - TR1388 (1/2 c.)	16.41
Steamed Green Beans - TR1389 (1/2 c.)	4.27
Steamed Peas - TR1391 (1/2 c.)	13.86
Steamed Peas & Carrots - TR1390 (1/2 c.)	10.69
Tater Tots, Low Sodium - TR2758 (8 piece)	14.00
Category: Fruit	
Apple, Slices, Fresh - TR1003 (1 ea.)	7.00
Applesauce, Unsweetened, Cups, Commodity - TR1009 (1 c.)	29.38
Assorted Applesauce - TR1452 (1 ea.)	14.62
Assorted Fruit Ice - TR1465 (1 ea.)	22.00
Assorted Peaches - TR2447 (1 serving)	15.93
Cool Pears - TR1158 (1/2 c.)	16.00
Fruit Ice, Kiwi Strawberry, Sidekick - TR1769 (1 ea.)	22.00
Fruit Ice, Lemon Raspberry, Sidekick - TR1108 (1 ea.)	22.00
Fruit Ice, Strawberry Mango, Sidekick - TR1111 (1 ea.)	22.00
Juicy Pineapple - TR1173 (1/2 c.)	22.00
Mandarin Oranges - TR1149 (1/2 c.)	24.00
Strawberry, Frozen, Sliced, Commodity (Unsweetened) - TR2843 (1/2 c.)	0.00(M)