

<i>Food Item</i>	<i>Serving Size</i>	<i>Carb Amount (grams)</i>
Apple Sauce	½ cup	17
Apple Slices	½ cup	19
Apple	1 medium	21
Bacon Cheeseburger	3 oz./roll	26
Bagel w/cream cheese	1	35
Baked beans	¼ cup	25
Banana	1	17.5
BBQ sauce	2 oz.	9
Beans, green	½ cup	4
Beef Patty	2.8/roll	21
Beef steak meat	2 oz.	24
Beef sloppy jo	2 oz.	28
Beef taco	3 oz./shell	38
Beets, red	¼ cup	3
Bread, Italian	1 slice	15
Bread, wheat	1 slice	10
Breakfast bar	1 ea.	9
Broccoli	¼ cup	4
Brownie	1 cut	34.59
Cantaloupe	½ cup	5.63
Carrots, steamed	¼ cup	5
Carrot sticks	½ cup	6
Carrots, baby	¼ cup	7

Celery sticks	¼ cup	5
Cereal bar, Trix	1 each	28
Cheesesteak	3 oz./roll	40
Cheese, string	1 each	0
Chicken noodle soup	¾ cup	10
Chicken nuggets	5 each	13
Chicken patty sandwich	3 oz./roll	33
Chicken tenders	2 ½ oz.	15
Chips, baked	1.125 oz.	17
Corn	¼ cup	13
Crackers	2 pack	4
Cranberry sauce	¼ cup	27
Cream cheese	1 oz. cup	2
Doritos	1 bag	19
Dressing, Italian	2 tablespoon	3
Dressing, French	2 tablespoon	5
Dressing, Ranch	2 tablespoon	2
English muffin	1 each	25
French toast sticks	4 each	42
Fries, baked	½ cup	32
Fritos	1 oz.	15
Fruit cocktail	½ cup	18
Fruit crisp	½ cup	34
Grilled cheese sandwich	1 each	34
Grapes	½ cup	14

Gravy, beef	2 tablespoon	5
Gravy, turkey	2 tablespoon	6
Hoagie	6"	35
Hotdog	1 each/roll	22
Jello w/fruit	½ cup	23
Juice, apple	4 oz.	14.5
Juice, orange	4 oz.	14.4
Ketchup	1 tablespoon	4
Macaroni cheese	½ cup	14
Mayo	1 tablespoon	1
Meatball sub	6"	35
Milk, chocolate 1%	8 oz.	27
Milk, white 1%	8 oz.	13
Mixed vegetables	½ cup	8
Mustard	1 tablespoon	0
Onion rings	½ cup	31
Oranges, mandarin	½ cup	17
Orange wedges	½ cup	11
Oven roasted turkey	2 1/2 oz.	0
Pancakes	2	36
Pasta	½ cup	42
Peas	½ cup	9
Peas & carrots	½ cup	10
Peaches	½ cup	17
Peanut butter & jelly sandwich	1 each	32

Pears	½ cup	21
Pepperoni pizza pocket	4 oz.	37
Pickles	¼ cup	.3
Pierogies	1 each	13
Pineapple	½ cup	17
Potato, hash brown patty	1 each	15
Potato, mashed	½ cup	16
Potato, tater tots	½ cup	23
Potato wedges	½ cup	34
Pizza, breakfast	1 slice	14.3
Pizza, stuffed crust	1 slice	43
Pudding canned	¼ cup	28
Quesadilla, cheese	1 each	41
Quesadilla, chicken	1 each	35
Relish	1 tablespoon	
Rib Bj Que	1 + bun	32.10
Rice Pilaf	½ cup	43
Roll, dinner	1 each	14
Rotini w/meat sauce	¾ cup	26
Salisbury steak	1 each	3.76
Salad, chef	1 cup	21
Salad, chicken ceasar	1 cup	25.10
Salad, garden	1 cup	22
Salad, tossed	¼ cup	2
Salsa	2 oz.	2

Sandwich ham & cheese	2 ½ oz. + ¼ oz.	34
Sandwich turkey & cheese	2 ½ oz. + ¼ oz.	33
Sausage links	4 each	4
Sour cream	1 oz.	2
Spaghetti w/meatballs	¾ cup	26
Stick, bread	1 each	21
Stick, cheese	1 each	26
Stuffed shells	2 ea.	36
Stuffing	½ cup	22
Syrup, table	1.5 oz. cup	31
Tomato soup	½ cup	19
Tortilla rounds w/cheese		24
Tuna sandwich	½ cup + bread	29
Uncrustable	2.8 oz.	33
Vegetable soup	¾ cup	9
Yogurt	4 oz.	20
Yogurt	8 oz.	48