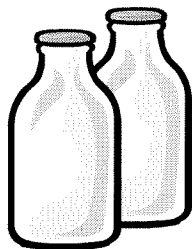


Carbohydrate Counts

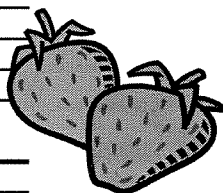
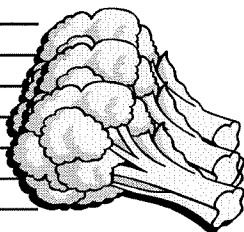
Fresh Fruit Serving Sizes - 1/4 cup Elementary, 1/2 cup Secondary

Vegetable Serving Sizes - 1/4 cup Elementary, 1/2 cup Secondary

Milk/Dairy	Carbs
Cheese, Mozzarella, String	<1 g
Milk, 1%, Chocolate (1 C)	28 g
Milk, 1%, Strawberry (1 C)	32 g
Milk, 1%, White (1 C)	13 g
Milk, Skim, White (1 C)	13 g
Yogurt (4 oz)	22 g
Yogurt (8 oz)	45 g



Fruit	Carbs
Apple Crisp (1 piece) Elementary	32 g
Apple Crisp (1 piece) Secondary	64 g
Apple Fresh (1 small apple)	19 g
Applesauce (1/2 C)	14 g
Apricots Halves (1/2 C)	21 g
Banana Fresh (1 small banana)	23 g
Cantaloupe Fresh (1/4 C)	3.3 g
Cherry Crisp (1 piece) Elementary	36 g
Cherry Crisp (1 piece) Secondary	72 g
Cherry Salad, Fluffy (1/2 cup)	46 g
Cranberry Sauce (1/4 C)	27 g
Grapefruit Fresh (1/4 C, 1/2 grapefruit)	13.5 g
Grapes Fresh (1/4 C)	4 g
Honeydew Fresh (1/4 C)	4 g
Juice, Apple (4.23 oz)	14 g
Juice, Fruit Punch (4.23 oz)	15 g
Juice, Orange Tangerine (4.23 oz)	15 g
Juice, White Grape (4.23 oz)	20 g
Kiwifruit Fresh (1 kiwi)	11 g
Mixed Fruit Cocktail (1/2 C)	18 g
Nectarine Fresh (1 nectarine)	16 g
Orange, Fresh (1/4 C, 1/2 orange)	6 g
Peaches Diced (1/2 C)	18 g
Pears Diced (1/2 C)	19 g
Pears Fresh (1/2 fruit)	13 g
Pineapple Chunks (1/2 C)	15 g
Plum Fresh (1 plum)	7.5 g
Raisins (1/4 C)	29 g
Rosy Apple Gelatin (1/2 C)	24 g
Sherbet (4 oz)	26 g
Strawberries Fresh (1/4 C)	3 g
Tangerine Fresh (1 tangerine)	11 g
Watermelon Fresh (1/4 C)	3 g



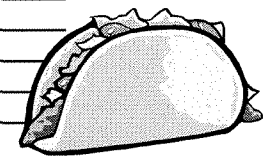
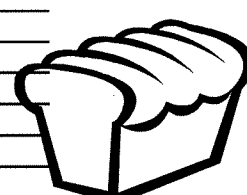
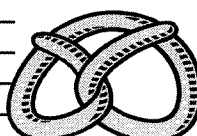
Featured Salad Platters w/o dressing	Carbs
Chef Salad Platter w/croutons	14.5 g
Chicken Caesar Salad Platter w/croutor	16 g
Taco Salad Platter w/tortilla chips	40 g
Taco Salad Platter w/o tortilla chips	14.5 g
Tuna Salad Platter	16.4 g

Vegetables & Salads	Carbs
Beans, Refried (1/2 C)	19.5 g
Beans, Refried, Homemade (1/2 C)	36.5 g
Beans, Vegetarian Baked (1/2 C)	37 g
Broccoli, Cheese & Rice (1/3 C)	13 g
Broccoli, Cheese & Rice (2/3 C)	26 g
Broccoli, fresh (1/4 C)	1.5 g
Broccoli, steamed (1/4 C)	2.5 g
Carrots, baby, raw (1/4 C)	3 g
Carrots, Steamed (1/4 C)	3 g
Cauliflower, fresh (1/4 C)	2 g
Cauliflower, steamed (1/4 C)	2 g
Celery Sticks (1/4 C)	1 g
Cole Slaw (1/4 C)	2.5 g
Corn (1/4 C)	8 g
Corn on the cob (1 cobette - 3")	14 g
French Fries, Crinkle, Oven baked (1/2 C)	12.5 g
French Fries, Shoestring Oven bake (1/2 C)	18.5 g
Green Beans (1/4 C)	1.5 g
Green Peas (1/2 C)	11 g
Lettuce & Tomato (3/8 C)	1 g
Lima Beans (1/2 C)	16.5 g
Mixed Vegetables (1/4 C)	6 g
Potato, Baked (1/4 C, 1/2 potato)	18 g
Potatoes Au Gratin (1/2 C)	11.5 g
Potatoes Mashed (1/2 C)	15 g
Potatoes Wedges, Seasoned Oven (1/2 C)	18 g
Sweet Potato & Apples (1/4 C)	19 g
Sweet Potato (1/4 C)	12.5 g
Tater Tots (8 tots)	16 g

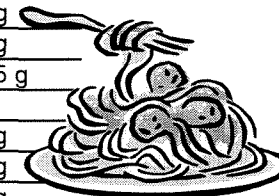
Grains	Carbs
Bagel, Plain (2.3 oz)	36 g
Bagel, Cinnamon Raisin (2.3 oz)	37 g
Biscuit (2.3 oz)	40 g
Biscuit Cheese (1 biscuit 2.5 in)	22 g
Biscuit Homemade (1 biscuit 2.5 in)	22 g
Bread Stuffing (1 portion)	22.5 g
Bread, Sliced Wheat (2-.9oz slices)	20 g
Bread, Sliced White (2-.9oz slices)	23 g
Cereal, Apple Jacks, 1/3 less sugar	18 g
Cereal, Froot Loops, 1/3 less sugar	16 g
Cereal, Frosted Flakes, 1/3 less sugar	25 g
Cereal, Crispix	18 g
Cereal, Cruncheroos	13 g
Cereal, Rice Krispies	16 g
Cinnamon Bun homemade (2 oz)	38 g
Cookie, Chocolate Chip - RF (2.5 oz)	46 g
Cookie, Oatmeal Raisin - RF (2.5 oz)	47 g

Carbohydrate Counts

Grains	Carbs
Cookie, Sugar Wheat homemade	28 g
Cornbread (1 piece)	18 g
Cracker, Saltine (8 crackers)	18 g
Croissant (2.5 oz)	32 g
Dinner Roll homemade (2 oz)	28 g
Dinner Roll Wheat homemade (2 oz)	28 g
English Muffin (2 oz)	27 g
Focaccia (2 oz)	28 g
French Toast Sticks (2 sticks)	26 g
Graham Crackers (2 squares)	10 g
Hamburger Roll, Wheat (1.8 oz)	21 g
Hamburger Roll, White	22 g
Hot Dog Roll (1.5 oz)	22 g
Mozzarella Breadstick (1.5 oz)	23 g
Pancake (2-1.2 oz)	26.5 g
Pasta (1 C)	43 g
Pasta salad (3/8 C)	16.5 g
Pretzel, Soft Small (1 oz)	16 g
Pretzel, Soft Whole Wheat Rod (1 oz)	14 g
Raisin Bread (1.3 oz)	12 g
Rice (1/2 C)	22 g
Rice, Fried (2/3 C)	29 g
Spanish Rice (1/3 C)	13.5 g
Steak/Sub Roll (2 oz)	32 g
Taco Shell Corn (6" shell)	12 g
Toast, Wheat (1-.9 oz slice)	10 g
Toast, Wheat w/Cheese (1 slice)	11 g
Toaster Pastry, Blueberry (2 pastries)	74 g
Toaster Pastry, Brown Sugar/Cinn (2 pastries)	68 g
Toaster Pastry, Strawberry (2 pastries)	74 g
Tortilla Chips (1 oz)	17 g
Tortilla, Flour (1.3 oz)	18 g
Tortilla, Flour (12 ")	N/A
Waffle Stick (2-1.1 oz sticks)	28 g



Lunch Main Dish/Entrees	Carbs
Baked Rotini, Pork	61 g
Beef Nachos w/1/4 C Tortilla Chips	17 g
Beef-a-Roni (3/4 C)	26 g
Burrito, Beef & Bean (5.75 oz)	46 g
Burrito, Beef, Homemade (1 burrito)	21.5 g
Cheese Quesadilla	21 g
Cheeseburger on Bun	21 g
Chicken & Cheese Enchilada	24.5 g
Chicken & Cheese Quesadilla	20.5 g
Chicken BBQ on Bun	40 g
Chicken Burger, Flame Broiled on Bun	27 g
Chicken Fajita Rice Bowl	22.5 g
Chicken Fajita Strips/ wo shell (3.5 oz)	0 g
Chicken Filet on Bun	34 g
Chicken Fried (2 oz meat)	11 g
Chicken Nuggets (5 nuggets)	13 g
Chicken Parmesan on Bun	37 g
Chicken Pot Pie (1 portion)	23 g
Chicken Salad (1/2 C)	4 g

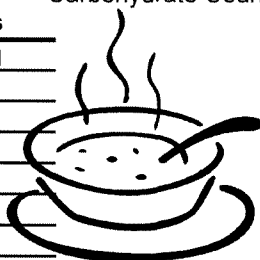


Lunch Main Dish/Entrees	Carbs
Chili & Cheese Baked Potato	46 g
Chili, Beef with Beans	9 g
Chili, Vegetable	21 g
Corn Dog, Minis Whole Grain (6 nuggets)	33 g
Corn Dog, Whole Grain (4 oz)	33 g
Egg, Hardboiled (1 large)	.5 g
Eggs Scrambled (1/4 C)	1.5 g
Fish Filet on Bun	36 g
Fish Nuggets (5 nuggets)	30 g
Grilled Cheese Sandwich (1.8 oz brd)	21.5 g
Grilled Ham & Cheese (1.8 oz brd)	23 g
Ham & Cheese Bagel (2.3 oz bagel)	39 g
Ham & Cheese Sandwich (1.8 oz bun)	24 g
Ham & Cheese Sub (2 oz roll)	35 g
Ham & Cheese Wrap	N/A
Ham Sub (2 oz roll)	35 g
Hamburger on Bun (1.8 oz bun)	21 g
Hot Dog on Bun (1.6 oz bun)	24 g
Italian Dunker (1/2 C) w/mozz brdstk	32 g
Italian Sub (2 oz sub roll)	37 g
Lasagna, Beef	27 g
Lasagna, Vegetable	36 g
Macaroni & Cheese (2/3 C)	23 g
Meatball Sub (2 oz sub roll)	36 g
Meatloaf	8 g
Peanut Butter & Jelly Sandwich	41 g
Pizza Cheese (5.4 oz)	40 g
Pizza Cheese, Wedge (5 oz)	31 g
Pizza, Personal Pan (8 oz)	59 g
Pork BBQ on Bun (2 oz bun)	41 g
Rib on Bun (2 oz bun)	38 g
Sausage & Cheese Biscuit (2.3 oz)	41 g
Sausage Biscuit (2.3 oz biscuit)	41 g
Sloppy Joe, Beef on Bun (1.8 oz bun)	40.5 g
Sloppy Joe, Pork on Bun (1.8 oz bun)	31 g
Spaghetti & Meat Sauce (1 C)	41 g
Steak & Cheese Sub (2 oz sub roll)	33.5 g
Taco Meat, Beef (1/4 C) w/o shell	3 g
Tuna Salad, meat only (1/2 C)	3 g
Turkey & Cheese Sub (2 oz roll)	36 g
Turkey & Dressing	25 g
Yogurt (8 oz)	45 g

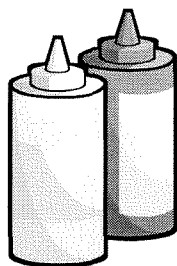
Breakfast Entrees	Carbs
Breakfast Burritos (2 burritos)	50 g
Cinnamon Bun homemade (2 oz)	38 g
Egg & Cheese Biscuit	42 g
Ham & Cheese Biscuit	42 g
Ham, Egg & Cheese Biscuit	43 g
Pig 'N Flapjack	23 g
Sausage Biscuit	41 g
Sausage Pattie	1 g
Sausage, Egg & Cheese Biscuit	42 g
Scrambled Eggs	1.5 g

Carbohydrate Counts

Soup	Carbs
Bean Soup (1 C)	29.5 g
Chicken or Turkey Noodle (1/2 C)	6 g
Chicken or Turkey Rice (1/2 C)	8.5 g
Chicken or Turkey Vegetable (1/2 C)	4.5 g
Minestrone Soup (1 C)	18 g
Tomato Soup (1 C)	38 g
Vegetable Soup (1/2 C)	6 g



Condiments	Carbs
BBQ Sauce (9 g)	4 g
Catsup (17 g)	4 g
Cream Cheese (1 oz)	2 g
Dressing, 1000 Island - fat free (12 g)	4 g
Dressing, Caesar Salad (1.5 oz)	2 g
Dressing, French - fat free (12 g)	3 g
Dressing, French - low calorie (12 g)	1 g
Dressing, Italian - fat free (12 g)	1 g
Dressing, Ranch - fat free (12 g)	2 g
Dressing, Ranch (1.5 oz)	2 g
Dressing, Ranch (12 g)	1 g
Dressing, Thousand Island (1.5 oz)	4 g
Honey (9 g)	7 g
Jelly (12-13 g)	9 g
Margarine (5 g)	0 g
Mayonnaise - reduced calorie (12 g)	2 g
Mayonnaise (12 g)	1 g
Mustard (5.5 g)	0 g
Relish, pickle - sweet (9 g)	2 g
Soy Sauce (9 g)	0 g
Sweet & Sour Sauce (12 g)	5 g
Syrup (1.5 oz)	31 g
Taco Sauce (9 g)	1 g
Tartar Sauce (9 g)	1 g
Whipped Topping (2 Tablespoons)	2 g



Desserts	Carbs
Bug Bites, Kellogg's (1.1 oz)	23 g
Cinnamon Toast Crunch Crisps (1 oz)	22 g
Cookie Choc Chip-reduced fat (2.5 oz)	46 g
Cookie, Oatmeal Raisin-reduced fat (2.5 oz)	47 g
Cookie, Sugar Wheat homemade (1oz)	28 g
Doritos, Baked, Nacho Cheesier (.875 oz)	16 g
Granola Bar, Peanut Butter/Choc Chip	20 g
Munchies Snack Mix, Quaker (.875 oz)	18 g
Potato Crisps, Baked, BBQ (.875 oz)	19 g
Potato Crisps, Baked, Original (.875 oz)	20 g
Potato Crisps, Baked, Sour Crm & Onion (.875 oz)	19 g
Pretzel, Soft (1 oz)	16 g
Pretzel, Soft, Whole Wheat, Rod (1 oz)	14 g
Pretzels, Tiny Twists, Rold Gold (1 oz)	23 g
Pumpkin Pie (1/10 pie)	51 g
Scooby-Doo Graham Cracker Sticks (1 oz)	20 g
Teddy Graham, Cinnamon (1.25 oz)	27 g

Ice Cream	Carbs
Fruit Juice Bars (2.25 oz)	15 g
Fruit Sherbet, Clovervale (4 oz)	29 g
Push-up, Orange Sherbet (3 oz)	21 g
Crunch Bar, Chocolate (3 oz)	23 g
Crunch Bar, Strawberry (3 oz)	19 g
Fruit Bar, Pure Fruit, Lime (4 oz)	27 g
Fruit Bar, Pure Fruit, Strawberry (4 oz)	25 g
Fudge Bar (3 oz)	25 g
Ice Cream Cup, Vanilla/Fudge RF (4 oz)	17 g
Ice Cream Sandwich (4 oz)	29 g
Italian Ice, Cherry (8 oz)	36 g
Italian Ice, Lemon (8 oz)	34 g
Nut Cone (4 oz)	25 g
Scribblers (2-1.2oz)	15 g
Sherbet, Lime (4 oz)	26 g
Sherbet, Orange (4 oz)	27 g
Sherbet, Raspberry (4 oz)	26 g

