

Item	CHO Count g
Breads & Grains:	
Bagel 1.8 oz. (2oz)	29
Bread Loco	25
Cereal Golden Grahams	23
Cereal , Kix	14
Cereal, Rice Krispies	16
Cereal, Cinamon Toast Crunch	22
Crackers, Honey Grahams 3 pk	20
Crackers Saltines 2 pk	5
Bread, Wheat 1 slice	11
Dunker Bread Sticks 1 oz.	21
Muffin, Corn 2oz	28
Pasta, 1/2 cup wg	23
Rice, Brown 1/2cup	27
Roll, Burger Wheat	30
Roll Grinder	23
Roll Kaiser	30
Roll Dinner Wheat	17
Rolls Hot Dog Wheat	21
Rolls Hot Dog Long	31
Tortilla Chips Baked	19
GM Pancakes Mini	33
Waffle sticks	33
Sandwiches:	
Ham and Cheese	25
Turkey	23
Italian Combo	23
Tuna	21
Chicken Salad	34
Salads:	
Black Bean and Corn	46
Greek	16.5
Caesar	23
Chicken Club	20
Tuna Macaroni Salad	28
Fish:	
Fish Nuggets each	3.3
Fish Breaded Pollock 3.6 oz.	14
Tuna	1
Beef/Pork:	
Manwich: Meat & Roll	30.6
Burger 2 oz.	0
Italian Dunker Meat	2
Meatballs Tyson 5 each	4
Chicken Nacho Meat	2

Meatsauce	13
Cuban Pork	0
Long Dogs with Chicken, Beef, Pork	4
Pepperoni	0
Cheese / Dairy:	
Pizza:	
French Bread	33
4 x 6 square	35
Personal Tony's	38
Uno's	31
Toasted Cheese	23
Cheese American	1
Mozzarella Cheese Sticks	8
Macaroni & Cheese RF WG	32
Yogurt 4 oz.	22
Poultry:	
Chicken Dippers 4 each unbreaded Teriyaki	9
Chicken Nuggets 5 ea.	11
Chicken Patty	12
Chicken Popcorn (10pc)	14.2
Chicken Diced	0
Chicken Quesadilla	42
Chicken Nacho Meat	2
Chicken Tangerine	27
Chicken Teriyaki Strips	20
Turkey Franks	1
Turkey Taco	3
Turkey Sausage Link Each	1
Vegetarian Foods:	
Boca Burger	8
Sauces:	
Cheese 1/4 cup	7
BBQ 1 oz.	11
Marinara 4 oz.	12
Gravy 2 oz. Brown	2
Gravy 2 oz. Chicken	2
Gravy 2 oz. Turkey	1.5
Salsa 1 oz.	2
Hidden Healthies Alfredo Sauce 3.5 oz.	9
Teriyaki 2	2
Zesty Orange 1 oz.	21
Soup:	
Fruits : 1/2 cup	
Apple Slices Canned warm	17
Applesauce	14

Applesauce cups all flavors preportioned	16
Fruit Cocktail	10.4
Peaches	7.5
Pears	19
Pineapple	17
Fresh Fruit:	
Apples 100 count	21
Apple Slices fresh	17
Bananas petite	19
Bananas	26.7
Oranges 113 count	15.2
Fruit Juice 4 oz.:	
Apple	14
Orange	13.4
Fruit Punch	15.4
Pineapple	16
Vegetables: 1/2 cup	
Broccoli	5
Beans Vegetarian	24
Carrots	5
Corn	16
Green Beans	5
Mixed Vegetables	6
Oriental Vegetable Mix	12
Lettuce:	
1 leaf	0.4
Shredded 1 oz.	0.4
Garden Salad: Lettuce, Tomato Cukes 1 cup	3
Tomatoes Slice	0.7
Tomatoes Diced 1 oz.	0.7
Potatoes: Mashed 1/2 cup	13.5
Potatoes Oven Fries	16.5
Potatoes Sweet: Mashed 1/2 cup	21
Potatoes Sweet Fries	25